

The Unstruck Music of Meher Baba God's Voice Pt. 2

Compiled and published by Maud Kennedy
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Source:

THE UNSTRUCK MUSIC
of Meher Baba
GOD'S VOICE
Compiled and Published by MAUD KENNEDY
Heyford, Oxford, England, 1966

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The Unstruck Music
of Meher Baba

Part Two

THE UNSTRUCK MUSIC OF MEHER BABA

PART TWO

Compiled by MAUD KENNEDY, Heyford, Oxford, 1970
Published by friends of Meher Baba, England

To

DIVINE MEHER BABA

AVATAR OF THE AGE

Age after age, when the wick of
righteousness burns low, the
Avatar comes yet once again to rekindle
the torch of Love and Truth.

Age after age amidst the clamour
of destruction, wars, fear and
chaos, rings the Avatar's call

"COME ALL UNTO ME"

ACKNOWLEDGEMENT

Through the Love and co-operation of young Baba-Lovers
in England and their contributions to the Publishing
Fund, it was possible to have this book printed.

M.K.

Foreword.

The greatest visible social power among us is still example. To behold in another the realization of our ideals, or what we wish were our ideals, is what impresses us most. The teacher that the Age wants is a living example of what all may become. It is the power of the lived or experienced Truth that we look for, not the mere utterance of the Truth ... Therefore the only teacher that we can accept is one who has experienced God, or whatever we like to call the ultimate Reality. He must be one who has consciously bridged the gulf between time and eternity and can show others how to do likewise

That indeed, is how a teacher is recognized. He enables us to discover ourselves, to understand ourselves by his presence, simply by our awareness of him. We get through him a change of heart. He has the power to transmit grace, kindle love, bestow illumination. Above all he has abounding life. In him the idea has not only become thought as in philosophers, or inspiration as in poets, but flesh and blood. He is a living work of art. In such a teacher God in the heart becomes conscious. He can therefore awaken God in others.

Charles Purdom.

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January 1st

1. GOD AND TRUTH

Ultimately everyone and everything is God and that God, as Truth, can be realized through the Guru or the Master.... God as Truth, as He comes into our experience, after the disappearance of the limited and limiting ego-mind. God is an Unshakable and Eternal Truth. He reveals Himself and communicates Himself to those who love Him, seek Him and surrender themselves to Him, either in His Impersonal aspect, which is beyond name, form and time, or in His Personal aspect.

He is more easily accessible to ordinary man through the God-men, who have always come and will always come to impart Light and Truth to struggling humanity, which is groping mostly in darkness.

January 2nd

2. CREATION

God is the Creator, Preserver and Destroyer of the universe which emanates from Him, is sustained by Him in His own Being and also is re-absorbed in Him. God alone is real and the universe is in the domain of illusion, even though it is the manifestation of God Himself.

The world or creation comes out of the eternal and infinite being of God through the creation-point which is referred to as "Om". No-one can attain lasting peace unless he contacts and transcends this Om point. We therefore find the sacred symbol Om often appearing in juxtaposition with the word "Shantih", which means peace.

January 3rd

3. LOYALTY

Be you guided by Love and Truth; this is the simple way that leads to God. Not by the endless manoeuvring of alluring illusions, but by loyalty to the unchangeable truth can you hope to be established in abiding peace.

Just as darkness becomes invisible in sun light, so to those who are in the darkness of Maya God who is present in all places and at all times, is still invisible.

January 4th

4. ASKING

Remember that although I do not perform miracles, I will give anything to whomsoever asks for it from the bottom of his heart. If I am Baba I can do anything. You ask wholeheartedly and you will get from me. But this I tell you too, - that the one who asks for my love will be the chosen one.

January 5th

5. THE PATH

The Path begins with a conscious longing for a deeper reality. As the fish which is taken out of water longs to go back to the water, so the aspirant who has sensed the Goal longs to be united with God.

In fact the longing to go back to the source is present in each being from the very time that it gets separated from the source by the veil of ignorance, but it is unconscious of it till the person enters the Path.

January 6th

6. LIFE OF THE SPIRIT

The Sufis call this attitude of mind "tauba" meaning repentance and implying "turning away from" or renouncing of the life of the senses for the life of the spirit. One who has taken this great step does not look back again at that which he has left behind.....

To cultivate discipline in one's self requires self-determination and honest effort if one desires to tread knowingly and consciously the path of love.

January 7th

7. FORGETFULNESS

Forgetfulness of the world makes one a pilgrim; forgetfulness of the next world makes one a saint; forgetfulness of forgetfulness is perfection.....

I am the SUN which is hidden by the shadow of yourself. Cease thinking that you are your shadow, and you will find that the Sun which I am is your own Reality.

January 8th

8. DISCIPLESHIP

The unity and solidarity of the inner plane makes it possible for the Master to use his disciple as a medium for his work even when a disciple is unconscious of his serving this larger purpose of the Master. This is possible because the disciple, through his love and understanding of the Master as well as his obedience and surrender establishes a rapport between himself and the Master and comes into tune with him. Those who come into direct contact with the Master receive his direct help; and those who are closely connected with his disciple receive his indirect help.

January 9th

9. SURRENDER

"Don't try to understand Me," says Baba , "It is impossible for your poor intellect. Love Me and surrender yourself to Me. Do as I say. Don't question

"Long, long ago I lost myself and became God, but thank God I didn't lose my sense of humour.....

"I am the one so many seek and so few find. No amount of intellect can fathom me. No amount of austerity can attain me. Only when one loves me and loses one's self in me, am I found."

January 10th

10. GOD FORGIVES

God forgives sins in the sense that He does not eternally damn anyone for his sins. He keeps the door of redemption open. Through repeated sincere prayers it is possible to effect an exit from otherwise inexorable working out of Karma. The forgiveness asked from God evokes from Him His inscrutable grace... which alone can give new direction to the inexorable Karmic determination... Divine grace is beyond all laws.

January 11th

11. TO LOVE ALL

To love the Master is to love all, not merely symbolically but actually; for what the Master receives on the subtle planes, he spiritualises and distributes; and thus He not only strengthens the personal links which the disciples may have with Him but also gives them the privilege of sharing His divine work.....

Deep and intense love is called Bhakti or devotion - the lover (aspirant) breaks through his limitations and loses himself in the being of the Beloved (God).

January 12th

12. MEDITATION OF THE HEART

By allowing the mind to dwell upon the divine qualities, expressed in the life of the Master, the aspirant imbibes them into his being....

Appreciation of the divinity, perceived in the Master, gives rise to forms of meditation, in which the aspirant constantly and strenuously thinks of the Master as being an embodiment of qualities like Universal Love, complete detachment, egolessness, or steadfastness, Infinite knowledge or selfless-action.

January 13th

13. MEDITATION OF THE HEART (cont'd)

This form of meditation is very valuable when it is spontaneous; it then leads to a greater understanding of the Master and gradually remoulds the aspirant into the likeness of the Master, thus contributing to his self preparation for the realization of truth....

The purpose of every kind of Yoga..... is to lose the limited self by forgetting that self through service to others, through meditation and through love for God and gain the unlimited Infinite Self....

January 14th

14. MEDITATION (cont'd)

Complete identification of the Master with the spiritual ideal is responsible for removing such barriers as might exist between the aspirant and the Master. This gives rise to the release of unrestrained love for the Master and leads to the meditation of the heart, which consists in constantly thinking about the Master with uninterrupted flow of limitless love. Such love annihilates the illusion of separateness, which seems to divide the aspirant from the Master and it has in it a spontaneity which is hardly paralleled by other forms of meditation. Meditation of the heart is, in its final stages, accompanied by unbounded joy and utter forgetfulness of self.

January 15th

15.

You are bliss itself. To make you aware of it I come amongst you and suffer infinite agony.....

It is to live in your hearts and to share in your lives that I have come among you.

January 16th

16. MIRAGE

Man's long-drawn sojourn through the wilderness of dual existence is a story of repeated blunders, ever tightening the grip of ignorance on his consciousness.

An easy prey to the guiles of Mayavic mirage, he gets enmeshed in its clutches. He goes astray in the feverish dreams of his vitiated imagination, with little prospect of launching on his homeward journey.....

However, by a stroke of good luck, which is God's grace, he may stumble upon an exit through these mazes and get a glimmer of the limitlessness of the real.

January 17th

17. THE INNER PLANES

Those who have even preliminary acquaintance with the structure and the laws of the inner spheres of existence know that complete isolation of human beings is a fiction of imagination. Whether they desire it or not, all persons are constantly acting and interacting upon each other by their very existence even when they do not establish any contact on the physical plane. There are no limits to the spreading of the influence of man. The magnetic influence of the subtle spheres knows no barriers of national frontiers or any other conventional limitations. Good thoughts as well as evil thoughts, cheerful moods as well as gloomy moods, noble and expansive feelings as well as petty and narrow emotions, unselfish aspirations as well as selfish ambition - all these have a tendency to spread out and influence others, even when they are not expressed in words or deeds.

January 18th

18. REASON AND LOVE

To find the truth one not only has to depend upon analysis and intellect, but on the heart. Intellectual understanding is not so important as experience through the heart. God is the only Reality, and He cannot be analysed. Reason cannot reach Him. When one through love finds Him, one finds Him in everyone. We must seek God in everyday life. The goal of life is to know God, the Infinite One, in every day life My love will help you to love God, as He ought to be loved.

January 19th

19. SHADOW AND SUBSTANCE

Ordinary persons are caught up in the universe and its allurements, though the entire universe is nothing but a shadow of God or Truth. The Masters are always immersed in the joy of union with God, and can never be caught in the mazes of the illusory universe.....

One who lives for himself is truly dead and one who dies for God is truly alive.

The purpose of life is to realize our oneness with the Infinite; this can be achieved through love for God.

January 20th

20. DIVINE LOVE

Divine Love makes us (to be) true to ourselves and to others. It makes us live honestly, comprehending that God himself is Infinite Honesty. Divine Love is the solution to all our difficulties and problems. It frees us from every kind of binding. It makes us speak truly, think truly and act truly. It makes us feel one with the whole universe. Divine Love purifies our hearts and glorifies our being. I give you my Love and blessings.

January 21st

21. MEDITATION

Meditation should not be resorted to with a heavy heart as if it were like taking castor oil. One has got to be serious about meditation; but this does not mean that the aspirant must always look grave or melancholy. Sense of humour and cheerfulness not only do not interfere with the progress of meditation but actually contribute to it. Meditation should not be artificially turned into a distasteful and tiresome thing; the aspirant should fully allow himself the natural joy which is attendant upon successful meditation, without getting addicted to it.

January 22nd

22. A PICNIC

Meditation should be something like a picnic on the higher planes like excursions into new and beautiful surroundings. Meditation brings with it a sense of enthusiasm, adventure, peace and exhilaration..... All thoughts of depression, fear or worry have to be completely cut out, if there is to be really successful meditation.

January 23rd

23. FAILINGS

What really matters is not aimless discontent with existing limitations but directive effort towards the established ideal. As long as the face of the person is turned towards the sun and as long as he is trying to walk into His light, the shadows which encircle him, cannot be a serious handicap to his emancipation. In the same way, the aspirant need not worry too much about his failings, as long as his heart is firmly set upon uniting with his spiritual ideal. His failings will have vanished into nothingness when his pilgrimage is at an end.

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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.

January 24th

24. UNLIMITED SIGHT

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.....

Except God all things are like a passing show. God is never changing; all else is ever-changing.....

God does everything without doing anything. He who knows everything displaces nothing. To each one I appear to be what he thinks I am.

January 25th

25. HIS SERVICE

Serve your Beloved God-man and you are serving your own Self in every other self. The service He expects is for your own spiritual benefit, but this service must be spontaneous, willing, wholehearted, unconditional and not expecting any reward. His service is an ordeal that tries the body, mind and spirit; or else wherein would the perfection of serving lie if it were to be easy and at one's convenience? The body suffers, mind is tormented, but the spirit of the selfless server of the Master experiences the bliss of satisfaction.

January 26th

26. RELIEF FROM SUFFERING

Man or woman, rich or poor, great or small, each is under the spell of some sort of suffering. The relief from every kind of suffering is within ourselves, if we try, under all circumstances and in every walk of life, to think honestly, to act honestly and to live honestly.

When we put our whole-hearted faith in God, then relief will be found. We are already in possession of infinite power and happiness; but it is our way of life which prevents us from enjoying these eternal treasures of God.

January 27th

27. THE WORD OF TRUTH

My mission is to utter this Word of Truth which will pierce the mind of the world and go to its very heart. It will convey the simple truth in its pure and indefinable simplicity. It will mark the moment of fulfilment of the Divine Life. It will bring new hope to despairing humanity. But for the fulfilment of the divinely ordained plan, it is necessary that humanity should throw away all its accumulated impediments and surrender unconditionally to the abiding love of God - the unfailing and supremely universal Beloved. God has to be accepted in all simplicity and not by laboriously proved intellectual conclusions.

January 28th

28. THE WORD

The Word that I will speak will go to the world as from God, not as from a philosopher. It will go straight to its heart. With the dawn of the realization of the Unity of all life, hatred and dissension will come to an end. There will be unfaltering love and unfailing understanding, and men shall be united in an inviolable brotherhood based on the realised oneness of God.

January 29th

29. THOUGHTS

In achieving good thoughts, good words and good deeds, one finds that good is not just something better than bad, nor merely the opposite of bad; and not-bad is not necessarily good. 'Good' and 'bad' are terms that reinforce illusory duality more than they remind one of divine unity. From the point of view of truth, thoughts, words and deeds are 'good' only when they are born of the longing for, or the love of, God, the one and only Truth.

January 30th

30. STILLING THE MIND

A real fast for the mind is to have no thoughts at all, but ordinarily this is impossible. Knowingly or unknowingly, like breathing, thoughts keep coming and going, whether you are dreaming the dream of your life or the dreams in your sleep. You become completely free of thoughts only when you are in the state of sound sleep - the most original beyond-beyond state of God. But in sound sleep you also lose consciousness. Your mind is then temporarily at rest, but not freed of its impressions.

January 31st

31. METHOD

The best way to cleanse the heart and prepare for the stilling of the mind is to lead a normal worldly life. Living in the midst of your day-to-day duties, responsibilities, likes and dislikes will help you. All these become the very means for the purification of your heart. This natural method depends for its success upon a clear idea of the force behind your thoughts, and the facts underlying your actions.

February 1st

32. IMPRESSIONS

The force behind your thoughts is the force of the impressions in your mind. The impressions are there due to your own previous actions. Actions are the cause of impressions and thoughts are but the expression of the impressions.

This being true, the more you try to check your thoughts, the more you interfere with the natural process of their expression. Sooner or later, with the added force produced by suppression, the impressions are bound to express themselves completely.

February 2nd

33. ACTIONS

The Truth of action is that every action, significant or voluntary or involuntary, is at once impressed in turn upon your mind. Like a non-greasy stain, a light impression can be easily wiped out, but impressions caused by actions conceived in anger, lust or greed are hard to remove. In short, actions produce impressions, and impressions produce thoughts. Thoughts in turn tend to precipitate further action.

February 3rd

34. A WORKING EGO

It is, therefore, most necessary for the aspirant to keep free from the idea "I do this", and "I do that". This does not mean that the aspirant is to keep clear of all activity through fear of developing this form of ego.....

To avoid inaction on the one hand, and 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 any activity, the aspirant should think that it is the Master who is getting it done through him..... By training his mind in this attitude, he succeeds in creating a new ego..... which is able to become a source of that confidence, feeling, and enthusiasm and "go" which true action must express.

February 4th

35. INSTRUCTIONS

1. God reveals himself only to the mind which is entirely devoid of egoism and egotism.

2. We cannot witness even the threshold of the divine Path until we have conquered greed, anger and lust.

3. Do not get disheartened and alarmed when adversity, calamity or misfortune pour in upon you.

4. Do not try to find excuses or extenuating circumstances for your misdeeds.

5. Take good care of your body, but do not be a slave to it.

February 5th

36. INNER EXPERIENCES

Although it is good to have inner experiences, it is very dangerous to attach importance to them. If the aspirants are not warned then even petty experiences prove treacherous and hinder steady progress..... With the gross eye, gross things are seen; with the subtle or internal eye, the spiritual world and planes are seen; with the mental or spiritual eye, God is seen.

February 6th

37. THE JOURNEY OR THE PATH

The spiritual journey does not consist of gaining what a person does not have, but in the dissipation of ignorance concerning himself and life, and the growth of understanding which begins with spiritual awakening. To find God is to come to one's own Self.....

Truth is God in experience - this process is the awakening of intuition in the human being, giving him an expansion of consciousness that he has never known before.

Our very life should be such as to be God's Message of Truth in the world. In our every day life of worldly duties, if Love - Service - Honesty is manifested, renunciation is achieved without renouncing the world.

February 7th

38. DESIRELESSNESS

Spirituality truly means the life of the spirit. It is to be lived and experienced. It makes you firm like a rock and neither worldly sorrows nor pleasure upset you. You attain to the state where desires end, and you want nothing. When you do not want anything, you have everything - happiness, eternal peace of mind and contentment. The state of desirelessness or of wanting nothing is a faculty latent in everyone.

It is within you and you must find it out and experience it.

February 8th

39. BECOME GOD

I am the One so many seek and so few find. No amount of austerity can attain me. Only when one loves me and loses one's self in me, am I found..... From the Beginning of all beginnings I have been saying, I say it now, and to the End of ends I will say it that "he who loves God becomes God."

February 9th

40. MUSIC

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..... Once you see God within you, you get that conviction (of God). There is no more doubt. Then there is the experience of infinite bliss.

February 10th

41. VEIL OF IGNORANCE

God is within everyone. He is in all of us Infinite, All-Powerful. The helplessness that you feel now, here as you are in the body, is all illusion. It is the veil between you and God. The veil of what? That veil is the veil of ignorance. Once you come to know that the body is not real and this body is not you, then that veil of ignorance is lifted.

February 11th

42. GOD WITHIN

Once you see God within you, you get that conviction (of God). There is no more doubt. Then there is the experience of infinite bliss..... If those who love Me will just for one minute, as now, be silent in their minds just before they go to bed, and think of Me and picture Me in the silence of their minds, and do that regularly, then this veil of ignorance that we have will disappear, and this bliss that I speak of and which all long for, we shall experience.

February 12th

43. THE ORIGINAL WORD

I perform no miracles and will perform none, until I manifest on breaking My outward silence. Then I will perform the one and only miracle, whose greatness and glory you can not even imagine, and which will benefit not only those around Me, but the whole world - each and every being in consciousness.... The moment I break My silence and utter that original Word, the first and last miracle of Baba in this life will be performed. When I perform that miracle I won't raise the dead, but I will make those who live for the world dead to the world and live in God. I won't give sight to the blind, but will make people blind to illusion and make them see God as Reality.

February 13th

44. THE CONSTANT COMPANION

I want you to make Me your constant companion. Think of Me more than you think of your own self. The only message I could give and have been giving is "Love God", and you will find that your own self is nothing but God.

God cannot be theorized.

God cannot be discussed.

God cannot be argued about.

God cannot be explained.

God cannot be understood.

God can only be lived by losing ourselves in Him through LOVE.

February 14th

45. TO LIVE FOR EVER

I am never born. I never die. Yet every moment I take birth and undergo death. The countless illusory births and deaths are necessary in the progression of man's consciousness to Truth - a prelude to the Real Death and Real Birth. The Real Death is when one dies to self; the Real Birth is when dying to self one is born in God to live for ever his Eternal Life consciously.

February 15th

46. THE THIRD EYE

There is, besides our two external eyes, one internal eye. This eternal eye, which may be called the spiritual eye, really sees through the external eyes, and is located between the two eyebrows. Saints see God with the internal eye and the world with the external eyes..... Each one of the Christian mystics was my gem, each was a lover of God. Jesus was their Beloved, and they did nothing but love their Beloved. They were burning with Love that burned their sins to ashes.

February 16th

47. THE REAL AND THE FALSE

In the material world every bit of money counts. In the subtle world every ounce of energy counts. In the mental world every force of thought counts. In the Beyond-State only God counts, and in the realm of the God-man everything counts as nothing and nothing counts as everything. Science as it is understood deals with energy and matter. This is in the domain of the mind. There is also spiritual science which deals with the beyond-mind state. Material science brings results through the intellect, spiritual science through love. When Love is fully experienced, the source of spiritual science, which is God, is realised and all else is then discovered to be illusory.

February 17th

48. SCIENCE

Science is a help or hindrance to spirituality according to the use to which it is put and therefore it is a mistake to look upon science or its practical application as anti-spiritual. As art, when rightly practiced, can be the expression of spirituality, science, if properly handled, can be the expression and fulfilment of the spirit..... Spiritual science based on love alone is beyond mental understanding. It is full of apparent contradictions which love alone can face and overcome. Whereas material science enhances the ego-life, spiritual science annihilates it, and leads into the "I-am-God" state of becoming God. In fact, the end of all human questioning is God. The core of existence and the one and only Reality.

February 18th

49. INFINITE BLISS

Infinite bliss is bliss eternal and continual and because it is perpetual it is without any opposite aspects. Happiness on the other hand, although linked with infinite bliss, is not perpetual and therefore it has an opposite aspect of misery.

One must contact the ocean of unfading bliss within, and be free of the limiting duality of "I" and "you", to unveil the perennial spring of imperishable sweetness which is within each and all.

February 19th

50. MANONASH

The One All-pervading, All-comprehending, All-powerful God, who is the Self of ourselves, and besides whom nothing is real..... When the false self is lost the Real Self is found; the birth of the Real can follow only the death of the false; and dying to ourselves - the true death which ends all dying - is the only way to perpetual life. This means that when the mind with its desires, cravings and longings, is completely consumed by the fire of Divine Love, then the infinite, indestructible, indivisible, eternal Self is manifested. This is Manonash, the annihilation of the False, limited, miserable, ignorant, destructible 'I', to be replaced by the real 'I', the eternal possessor of Infinite knowledge, Love, Power, Peace, Bliss and Glory, in its unchangeable existence.

February 20th

51. FOOD

I allow vegetarians to follow their own diet and non-vegetarians to eat meat. I do not interfere with any custom or religion. When faced with love for God these matters have no value. Love for God is self-denial, mental control and ego annihilation.

.....

Love has no limit, but the mind is in the way. This hitch cannot be removed without my grace. It is impossible to be removed because mind has to annihilate itself.

February 21st

52. BEYOND UNDERSTANDING

No-one can understand My ways. I am beyond your understanding. Only Perfect Masters can know Me and My ways.

As you all become more intimate with Me, with opportunities to come closer to Me, all that is good and all that is bad, come out..... My proximity, the intimacy with Me, just change that mass of sanskaras and sometimes you find sparks of good and bad flying out.

February 22nd

53. LOVE IS BEYOND MIND

In spite of all explanations and reading of books, words remain words. They do not take one any further than mere intellectual satisfaction. Only Love for God works the miracle, because love is beyond mind and intellect. Where then is the necessity to read? I authoritatively say: I am the Ancient One. I have been saying this to all the world. If you love me with all your heart, you shall be made free eternally.

February 23rd

54. WITHOUT REWARD

Begin to love God by loving your fellow beings. Begin to see God by seeing Him in all beings and things. Give without thought of return, serve without thought of reward. God is everywhere, in everything. Most of all He is right within yourself. You do not exist for the world, the world exists for you.

February 24th

55. I AM ONE WITH ALL

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. I suffer for the whole universe.

I must suffer infinitely; unless I suffered, how could I ask My lovers to suffer for others? I am One with all on every level; I am One with all on every plane of consciousness; and I am beyond all planes of consciousness.

February 25th

56. THE NAD

The form, beauty, music and bliss of the NAD (original divine sound of creation) is beyond description. It is one and the same Universal :Being, God, who plays the different roles of stone, metal, vegetable, dumb animal and human being, and through the existence of each of them experiences His own gross and subtle manifestations. It is the same indivisible Being, who, through the existence of a realized and spiritually perfect person, experiences His own real State which is beyond the gross and subtle planes.

February 26th

57. UNIVERSAL-MIND

Universal MIND and Infinite Consciousness have infinite ways of working universally. So whichever work one of Infinite Mind and Universal Consciousness does it reverberates throughout the universe and produces reflex action. If he fasts, the result of His fasting is felt by the whole universe spiritually.

A Master's working is always for the spiritual end. If He observes silence, the same result is brought about.

February 27th

58. MATERIAL WELFARE

To follow the spiritual path and to enable the mind to accept the spiritual, the material needs to an extent must be satisfied. So when I, with My own hands, give food and clothing to the poor, the result will be that the world will gain its economic and material welfare. When I give the mad and the lepers a wash, the effect will be that those of sub-normal consciousness and lepers will either get cured or their future births will be greatly minimized.

February 28th

59.

Being the total manifestation of God in human form, the Avatar is like a gauge against which man can measure what he is and what he may become. He tries the standard of human values by interpreting them in terms of divinely human life.

February 29th

60. THE SEARCH FOR THE GOAL

Knowingly or unknowingly man is ever seeking the Goal, which is to realize his true Self. The very nearest and innermost to man is his Soul, but the humour of it is he feels far, far away from It. There appears to be no end to his journeys towards the Goal, through the numberless highways and by-ways of life and death, although in fact there is no distance at all to cover. Having achieved full consciousness as man, he has already arrived at his destination, for he now possesses the capacity to become fully conscious of his Soul. Still he is unable to realize this divine destiny because his consciousness remains completely focussed on his inverted, limited, finite self - the mind - which, ironically, has been the means of achieving consciousness.....

All illusion comes and goes, but the Soul remains unchanged. What is meant by God-Realization is to actually experience this important thing - that the Soul is eternal.

March 1st

61. LOVE

Love is the reflection of God's unity in the world of duality. It is the significance of creation. If love were excluded from life, all souls in the world would assume externality from each other, and their only possible relations and contacts would be superficial and mechanical. It is because of love that the contacts and relations between individual souls become significant; and it is love which gives meaning to every happening in the world of duality. But the love that gives meaning to the world of duality is a standing challenge to it.

As love gathers strength, it generates creative restlessness and becomes the spiritual dynamic which ultimately succeeds in restoring to consciousness the original unity of being.

March 2nd

62. OBEDIENCE

The ego which is entirely subservient to the Master is not only indispensable and spiritually harmless, but contributes directly to the spiritual advancement of the aspirant, because it brings him closer and closer to the Master, through the life of selfless service and love,

The constant inward contact with the Master which it fosters (i.e. through identification, repetition of his name, thinking of him with love, imaging him, following his instructions, studying his teachings, etc.) makes him particularly amenable to the special help which the Master alone can give.

March 3rd

63. AN INSTRUMENT (continued)

The aspirant who renounces the life of an uncurbed and separative ego in favour of a life of self-surrender to the Master, is through this new subservient ego, operating as an instrument in the hands of the Master. It is in reality the Master who is working through Him. And just as an instrument has a tendency to go wrong while in use, the seeker is also likely to get out of order when working in the world. From time to time the instrument has to be cleansed, overhauled, repaired and set right. In the same way, the aspirant who, during his work, may have developed new perversities, entanglements and shelters for the personal ego, has to be put into working order, so that he can go ahead in his spiritual sojourn.

March 4th

64. ETERNAL REALITY

To lead men and women to the heights of Realization, we must help them to overcome fear and greed, anger and passion. These are the result of looking upon the self as a limited separate, physical entity, having a definite physical beginning and a definite physical end, with interests apart from the rest of life, and needing preservation and protection.

The Self in fact is a limitless, indivisible, spiritual essence, eternal in its nature and infinite in its resources. The greatest romance possible in life is to discover this Eternal Reality in the midst of infinite change.

March 5th

65. REALIZATION (continued)

Once one has experienced this one sees oneself in everything that lives, one recognises all of life as his life, everybody's interest as his own. The fear of death, the desire for self-preservation, the urge to accumulate substance, the conflict of interests, the anger of thwarted desires are gone. One is no longer bound by the habits of the past, no longer swayed by the hopes of the future. One lives in and enjoys each present moment to the full. There is no greater romance in life than this adventure in Realization.

March 6th

66. MAITREYA

One day, when a friend gave me a small booklet on the Buddha, I opened the book to the place that told about the second coming of the Buddha, as Maitreya, the Lord of Mercy, and I realized all of a sudden 'I am that, actually', and I felt it deep within me. Then I forgot about it, and years passed by. Babajan called me one day as I was cycling past her tree, she kissed me on the forehead; and for nine months, God knows, I was in that state to which very, very few go.

March 7th

67. THE FILM WORLD

The great initiator of the Truth of your being is Divine Love - Love that burns the limiting self, that disarms all fears, that rises above temptations, that is deaf to the voices of lust, greed and jealousy, that expresses the infinite spiritual potential. Those in the film world have also to play their part unreservedly in the divine game of life, aspiring to the highest within them; then only can they find real beauty, and then only can they fully express it.

March 8th

68. AN INCARNATION

Man cannot permanently escape his own Divine Self and must inevitably yield to the life-giving Truth, which finally overtakes him, not in the form of a skilfully woven structure of dry and intellectual tenets, but in the form of an Incarnation or Living Manifestation. It then becomes an irresistible and emancipatory power, challenging the false without compromise and releasing the limitless Divine Life of Love and understanding.

March 9th

69. INTUITION (continued)

Man can be dislodged from the sandy land of empty words only when he voluntarily and whole-heartedly surrenders himself to a Perfect Spiritual Master, who in his example brings to him the religion of Life.

The Religion of Life is not fettered by mechanically repeated formulae of the unenlightened purblind intellect. It is dynamically energized by assimilation of the Truth, grasped through lucid and unerring intuition, which never falters and never fails, because it has emerged out of the fusion of head and heart, intellect and love.

March 10th

70. THE MASTER AND DISCIPLE

The Master is important and indispensable in spiritual life, not only because he shows the Path, but also because he takes the disciple to the goal. Because of his unity with the One Divine Self, which is in all selves, the Master becomes the Divine Beloved, for the disciple. The Master as Truth represents the highest Self of the disciple.....

March 11th

71. Continued

and therefore has supreme and unquestionable claim to the undivided loyalty and unqualified surrender from the disciple. It is only when the disciple dedicates his entire life to the Master, with complete and unswerving faith, that he can fully benefit from the unfailing and abundant life-current which flows to him from the Master.

March 12th

72. DIVINE LOVE.

Purity, love and service are watchwords of the spiritual life..... only a Perfect Master, who is the veritable incarnation of Divinity can awaken in the individual the fire of Divine Love which consumes in its flames the lesser desires of the body, mind and world, all of which must be completely relinquished before Perfection can be realised. If worldly desire and anger take hold of your mind, then no matter how much you may practice tapa-japa (austerity and asceticism) and meditation, you are still entangled in the toils of Maya. Maya is the source of all worries, anxieties and troubles...

March 13th

73. THE SUN OF GOD

To those who are in the darkness of Maya, God, who is present in all planes and at all times is still invisible. As soon as the clouds of sanskaras pass away, we begin to see the sun of God in His pristine glory.

All those who experience the gross world as real are asleep. Only those who experience it as unreal can realise God and become awakened... look for God. God loves those who seek Him, and when we seek Him with all our hearts, we find Him in ourselves. I give you My LOVE, that love which will eventually help you to find God.

March 14th

74. PURITY

In order to enter upon the Divine Path it is necessary to purify the mind, to abstain entirely from carnal pleasures or sense enjoyments and to love the Truth. He is a real aspirant who escapes the snares of Maya, speaks the truth, holds by the truth and seeks truth only.

March 15th

75. HUMOUR

There will be no more explanations. I will play marbles with you! I am so full of humour and so human that it is difficult even for rishis and saints to know me as I am. I am at every level and act according to that level. With a child I am a child; with the highest saints I am one with them. It is my nature to be absolutely natural, even with the beloved God, who is one with me, and I with Him.

March 16th

76. LOVE HONESTLY

God is infinite honesty, and unless we love Him honestly we cannot know Him. Though beyond understanding the heart full of love can understand the un-understandable. If you love God you become one with Him; that is the only thing. And you can love God.... Honesty is the keynote to Divinity. He who can love God honestly can lose himself in God and find himself as God.

March 17th

77. TRUST

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. And as you love, your heart must love so that even your mind is not aware of it. As you love God whole-heartedly and honestly sacrificing everything at the altar of this supreme love, you will realize the Beloved within you.

March 18th

78. LIVE FOR GOD

In the meanwhile mankind must await, according to this Final Decision, the witnessing of all that is to come to pass as ordained by God. This is the time when man must love God more and let him die for God. In all his thoughts, in all his words and in all his actions love for God alone must prevail.

March 19th

79. WHO AM I?

The initiative of all initiatives, the foremost Lahar or spontaneous urge on the part of God to ask himself "Who Am I?" was God's declaration; creation was then necessary for its clarification; the evolution of perfect consciousness in man is its confirmation, and involution - the transformation of human consciousness into God-consciousness - concludes in the decision that throughout God was God and never anything other than God.....

March 20th

80. SAHAVAS 1957 BABA SAID:

"Try to forget what you think you already know..... you say you want God-realization. It is all superficial. I want to warn all who approach me that they should not expect health, wealth, wife or children from me. I tell you that those who have associated with me through love have suffered complete material pain. History records this. All I give is God. I want only Love."

March 21st

81. THREE KINDS OF SEEKERS

There are three kinds of seekers: 1) One who says: "I know God is within me, and I have to seek and find him." But he has no courage and his rebirths continue. 2) One who says: "I know God is within me, and I have to seek and find him within." He has courage, plunges into the river and is drowned. He feels he has no need of a Master. 3) One who says: "I know God is within me, and I have to seek and find him within myself." He has courage and obeys the Master. If the Master says "Drown yourself," he will throw himself into the river, but the Master saves him, for he is there.

March 22nd

82. THE SAME CHRIST

Although I appear to be quite different in every Avataric period, I always am and always remain the same from beginning to end. I live the worldly life that is lived by the people in order to help them live the divine life that I live simultaneously.

To be established in the hearts of the people, I need no religious organisation. On the contrary, religious organisations need me in order to be established after me. Those who do not love me fail to understand me; and those who do not realize my divinity fail to understand it.

March 23rd

83. UNDERSTANDING REALITY

Do not give undue importance to explanations and discourses. Words fail to give any meaning to Reality; because when one supposes that one has understood, one has not understood; one is far from understanding anything so far as Reality is concerned. Reality is beyond human understanding. The moment you try to understand God you misunderstand Him; you miss Him when you try to understand him. Reason must go before knowledge dawns.

March 24th

84. MANONASH

All this is a show, fun, a play. Mind must go, because the play lies in the mind. And the play is that mind must annihilate itself. Only manonash (annihilation of mind) takes one to reality. There is a way to annihilate the mind. The way is love. Just consider ordinary human love: when a man or woman is deeply in love with his or her partner, nothing comes between them. There is neither admiration nor fault finding. There is total absence even of exchange of thought: love prevails without thoughts..... this brings about a state similar to trance.

If ordinary human love can go so far, what should be said of the height of love divine?

March 25th

85. THE ONLY MIRACLE

The only miracle for a Perfect One is to make others perfect too, to make them realize the Infinite State, which he himself enjoys. That is a real miracle..... otherwise miracles have nothing to do with Truth at all.

March 26th

86. THE PLANES

Those on the subtle planes have different experiences from those on the gross plane. The angle of vision completely changes but all is still illusion. On the mental plane you see wonderful things. Your vision changes and you see illusion from a different angle. But you have to go beyond illusion; then the gross, the subtle, the mental and God are all here. Don't think that the gross, the subtle, the mental are higher or lower than each other - all are here. It is your angle of vision that makes the difference. You begin to see more deeply into the subtle, then more deeply into the mental sphere, then you take a complete turn and see yourself as infinite. Nothing remains but yourself. Have you any idea of that bliss? It is continual without a break, everlasting, never-changing.

March 27th

87. STATES OF GOD

1. In the Beyond-Beyond state of God there is 'Unconscious Inaction'.
2. In the state of God-realization there is 'Conscious Inaction'. This is not the state of Perfection but of Liberation (Najaat). In this state there is absolute tranquility which gives rise to infinite power, knowledge and bliss.
3. In the Intermediate State there is 'Conscious Action'. Actions promote sanskaras. Sanskaras in turn breed more actions and create bindings; in this state there is bondage.
4. In the state of Majzoob of 7th plane there is 'Unconscious Action'.
5. In the state of Perfect Master there is 'Conscious Active Inaction',

March 28th

88. PERFECT MASTERS

Perfect Masters are free of sanskaras: they have no impressions. As such, there cannot be room for actions of their own: their life is one of inaction but made active because of the prevailing environmental circumstances. Actions of Perfect Masters are prompted by the environmental atmosphere prevailing.

March 29th.

89. MY WISH

1. Do not shirk your responsibilities.
2. Attend faithfully to your worldly duties, but keep always at the back of your mind that all this is Baba's.
3. When you feel happy, think: 'Baba wants me to be happy'.
4. Be resigned to every situation and think honestly and sincerely 'Baba has placed me in this situation'.
5. With the understanding that Baba is in everyone try to help and serve others.

March 30th

90. LOVE FOR GOD

God is not to be lured but is to be loved.

God is not to be preached but is to be lived.

God is not understood until He is understood as Infinite Love.

God is infinite honesty. To love God you must be honest.

Nothing is real but God.

Nothing matters but Love for God.

March 31st

91. THE INEXORABLE 'MUST'

Everything and everyone in the universe is constrained to move along a path which is prescribed by its past. There is an inexorable 'must' that reigns over all things large and small..... The freedom that man seems to enjoy is itself subject to inner compulsions: and the environmental pressure, which limits the scope of reactions or moulds the reacting self, is itself subject to the inexorable 'must' which is operative in the past, present and future.

April 1st

92. THE LOVER OF GOD

Beloved God is all.

What is then the duty of the lover?

It is to make the Beloved happy without sparing himself. Without giving a second thought to his own happiness the lover should seek the pleasure of the beloved. The only thought a lover of God should have is to make the Beloved happy.

Thus is you stop thinking of your own happiness and give happiness to others, you will then indeed play the part of the lover of God, because Beloved God is in all.

April 2nd

93. AFFECTION

But, while giving happiness to others, if you have an iota of thought of self, it is then not love but affection. This tends to seek happiness for the self while making others happy.

As for example (1) A husband's affection for his wife. The husband wants to give happiness to his wife, but while doing so he thinks of his own happiness too. (2) A mother's affection for her child. From this affection the mother desires happiness purely out of giving and seeking happiness for her child.

April 3rd

94. GOD ALONE IS

Man being unconscious of actually possessing the never-ending continually conscious experience that God is everything and all else is nothing, for him everything is everything: Air is. Water is. Fire is. Earth is. Light is. Darkness is. Stone is. Iron is. Vegetation is. Insect is. Fish is. Bird is. Beast is. Man is. Good is. Bad is. Pain is. Pleasure is - and thus there is no end to what else is, until he arrives at 'nothing is' and instantaneously he realizes "God is".

April 4th

95. GOD IS (continued)

It is not easy for man to accept and keep on accepting under all circumstances that God is. Even after his firm acceptance that God Is, it is supremely difficult though not impossible for him to realize that he has firmly accepted. And realization means that instead of being fully conscious that he is man, man becomes fully conscious that he is God, was God, has always been God.

April 5th

96. GOD-LOVE

Before he can know Who he is, man has to unlearn the mass of illusory knowledge he has burdened himself with on the journey from unconsciousness to consciousness. It is only through love that you can begin to unlearn, thus eventually putting an end to all that you do not know. God-love penetrates the illusion, while no amount of illusion can penetrate God-love. Start learning to love God by beginning to love those whom you cannot. You will find that in serving others you are serving yourself. The more you remember others with kindness and generosity, the less you remember yourself, the more you forget yourself. And when you completely forget yourself, you find me as the Source of all Love.

April 6th

97. DESIRES

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.

This 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 desire the Real Desire and longing for the Real Longing which are by my Grace.

April 7th

98. DIVINE LOVE

By loving Me you will receive my liberating Love,
By loving Me you will get established in my abiding peace,
By loving Me you will get the untarnished clarity of head and
heart,
My Love will break asunder the chains that bind you,
My Love will restore to you your divine dignity,
No more shall you wander aimlessly in the values of the false.

April 8th

99. THE ONE IN THE MANY

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 elements of Spiritual life.

April 9th

100. GOD IS YOUR EXISTENCE

God is infinitely more vital to your existence than your breath which is your very life. Ordinarily, life is associated with breath; but you only become aware of this when breath is restricted through exertion, and you only completely realize this when breath is cut off altogether as when drowning.

Similarly, you only become aware that God is your existence when you pant for Him, and you only finally realize Him when you drown in His ocean of divine Love.

April 10th

101. FORBEARANCE

As the aspirant advances on the Path he acquires through contact with the Master an increasingly deeper understanding of love, which makes him sensitive to contempt, callousness, apathy and hatred. This will try his forbearance to the uttermost. Even worldly men find the world indifferent or hostile, but their suffering is less acute, because they do not expect anything from human nature and think these things inevitable. But the aspirant knows the hidden possibilities in every soul, and his suffering is acute because he feels the gulf between that which is and that which might have been.

April 11th

102. ONE WITH THE TRUTH

Through ages of darkness and suffering, mankind awaits me and my Truth. I and the Truth which I bring are inseparable, one from the other. I am one with the Truth. May you all, too, break through the numberless cages and realize that you are One with the limitless Truth of divine life. The divine Beloved is always with you, in you and around you. Know that you are not separate from Him.

April 12th

103. LORD AND SERVANT

The God-Man may be said to be the Lord and Servant of the Universe at one and the same time. He showers spiritual bounty on all in measureless abundance, and as one who bears the burden of all and helps them through spiritual difficulties, he is the Servant of the Universe. Just as he is the Lord and Servant in one, so he is the supreme lover and the matchless Beloved. The love, which he gives or receives frees the soul from ignorance.

April 13th

104. GOD REALIZATION

God-realization is the goal of creation. All earthly pleasure is a shadow of the eternal bliss of God-realization; all mundane knowledge is a reflection of the absolute truth of God-realization; all human might is but a fragment of the infinite power of God-realization. All that is noble, beautiful and lovely, all that is great and good and inspiring in the universe, is an infinitesimal fraction of the unfading and unspeakable glory of God-realization.

April 14th

105. LOVE

...Love is its own excuse for being. It is complete in itself and does not need to be supplemented by anything else. The greatest of saints have been content with their love for God, desiring nothing else. Love is not love if it is based on expectations. In the intensity of Divine Love, the lover becomes one with the Divine Beloved.

April 15th

106. THE INDIVISIBLE EGO

Love for God alone can annihilate the falsity of the limited ego, the basis of life ephemeral. It alone can make one realize the Reality of one's Unlimited Ego, the basis of Eternal Existence continually expressing itself; but shrouded in the veil of ignorance, man misconstrues his Indivisible Ego and experiences and expresses it as the limited separate ego.

April 16th

107. TRUTH

Man cannot permanently escape his own Divine self and must inevitably yield to the life-giving truth which finally overtakes him, not in the form of dry and intellectual tenets, but in the form of an Incarnation or LIVING MANIFESTATION - the AVATAR. It then becomes an irresistible and emancipatory power, challenging the false without compromise and releasing the limitless Divine Life of love and understanding. Man can be dislodged from the sandy land of empty words only when he voluntarily and whole-heartedly surrenders himself to a Perfect Master, who in his example brings to him the Religion of Life.

April 17th

108. THE DIVINE BELOVED

The Master is important and indispensable in spiritual life, not only because he shows the path but also because he takes the disciple to the Goal. Because of his unity with the ONE Divine Self which is in all selves, the Master becomes the Divine Beloved for the disciple.

April 18th

109.

The Master as truth represents the highest self of the disciple and therefore has supreme and unquestionable claim to the undivided loyalty and unqualified surrender from the disciple. It is only when the disciple dedicates his entire life to the Master, with complete and unswerving faith, that he can fully benefit from the unfailing and abundant life-current which flows to him from the Master.

April 19th

110. WORK FOR GOD

To penetrate into the essence of all being and significance and to release the fragrance of that inner attainment for the guidance and benefit of others, by expressing, in the world of forms, truth, love, purity, and beauty - this is the sole game which has any intrinsic and absolute worth. All other happenings, incidents and attainments can, in themselves, have no lasting importance.

April 20th

111. DIVINE FORGIVENESS

In the bondage of duality there is good and there is bad, but in reality everything but God is zero. Maya, which causes you to mistake illusion for reality, is present for you but not for me. For me, only I AM, and nothing else exists. It therefore means nothing for me to forgive, and everything for you to be forgiven.

Forgiveness consists in loosening the bindings of duality in maya, which makes you feel and find the ONE in the many. Therefore 'I forgive you' amounts to the loosening of your bindings.

Although it takes a lot of time to build a big stack of hay a single lighted match can burn all of it in no time at all. Similarly, regardless of the accumulated dirt and refuse of sins, divine forgiveness burns them away in no time.

April 21st

112. COMPASSION

This is about the God-Man, the one that is expected. When he comes all are blind to it. But 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.

April 22nd

113. ONE INFINITE EXISTENCE

True religion consists in developing that attitude of mind which should ultimately result in seeing the One Infinite Existence prevailing throughout the universe; when one could live in the world and yet be not of it and at the same time be in harmony with every one and everything; when one could attend to all worldly duties and affairs and yet feel completely detached from all their results; when one could see the same Divinity in art and science, and experience the highest consciousness and indivisible bliss in everyday life.

April 23rd

114. THE TIDAL WAVE OF GRACE

The time is rapidly approaching when a tidal wave will rise in the ocean of grace. Then the usual process by which the water in the rivers flows into the ocean will be reversed and the ocean water will rush through the river beds. Be prepared to receive this over-flow of grace.....

Drown all sound in My SILENCE, to hearken My Word of words.

April 24th

115. THE NET

You can also entrust your mind to Me by remembering my name in your heart as often as you can. Remember Me so often that your mind is at a loss to find other thoughts to feed on.....

Let My name serve as a net around you so that your thoughts, like mosquitoes, may keep buzzing around you and yet not sting you. In that manner you can prevent unwanted thoughts turning into unwanted actions, and thus eventually bring your heart to the purification required for me to manifest therein.

April 25th

116. THE FIVE PERFECT MASTERS

The five greatest 'thieves' in the world are the five living Perfect Masters of their time. They often steal the hearts of people, and periodically they also steal Me and bring me down amongst you. Again and again I must become what I am, and each time this is due to the five Perfect Masters.

Wherever I may be, at whatever time, it will always be due to those five.

I never come of my own wish. It is always the five Perfect Masters who bring Me down in each Avataric period. Those five hold the key to all of creation - which holds a number of universes.

April 26th

117. HEART AND MIND

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. Spirituality does not consist of true values but in their realization. It is this knowledge of inner realization which is worthy of being called spiritual understanding, and this is far more dependent on the heart than on the mind.

Knowledge of the intellect alone is on the same footing as mere information; and being superficial it moves on the surface of life. It gives the shadow and not the substance of reality. The hidden depth of the ocean of life can be gauged only by the plumber of the heart.

April 27th

118. THE ALL-KNOWING ONE

Although I would not be worth loving if I were not aware of someone's unexpressed love for me, why should anyone who wishes to express it be compelled to do so through some office or organisation.

My office should be the heart of everyone who loves me. The heart of each one should be my shrine, and my lover the priest of that temple of love. Such a temple comes first and the priest afterwards.

April 28th

119. SPIRITUAL INFINITY

Life is not meant to be rich in spiritual significance at some distant date but is so at every moment, if the mind is free of illusions. It is only through a clear and tranquil mind that the true nature of spiritual INFINITY is grasped as something which is not yet to be but which already has been, is and ever will be an eternal self-fulfilment.

When every moment is rich with eternal significance there is neither a clinging to the dead past, nor a longing expectation for the future, but an integral living in the eternal NOW. It is only through such living that the spiritual Infinity of the Truth can be realized in life.

April 29th

120. SOUL CONSCIOUSNESS

Through the ages a single life impulse (individualized soul) gradually becomes more conscious as it expresses itself through myriad forms. The consciousness thus developed is the possession of the mind and it does not vanish with the disappearance of the physical vehicle.

April 30th

121. CONSCIOUSNESS

The physical form also evolves as consciousness unfolds. Bodily forms emerge one after another in continuous and ascending order, so that the total consciousness might develop progressively through a fitting progression of form vehicles.

Consciousness is not a coincidental product of physiological processes but the very reason for the existence of all forms.

May 1st

122. SLEEP

Sleep is the means by which the mind withdraws temporarily from the pressure exerted by its age-old load of impressions and desires.

Through sleep the mind refreshes itself temporally for further participation in the game of "becoming self-conscious". If the self were completely aware of its true God-nature during waking consciousness it would find no need to withdraw into self-forgetfulness of sleep. Its spontaneous joy would be an eternal well spring of divine refreshment.

May 2nd

123. SLEEP

Sleep does confer positive benefit. Due to the fact that the separate "I - consciousness" is in complete abeyance during sleep, the individual soul is in actual union with the infinite SELF. When sleep is dreamless, the individual soul is resting in the undisturbed tranquility of the most original beyond-beyond state of God. But inasmuch as sleep is a submergence of consciousness into oblivion, it does not bestow upon the soul the conscious realization of the truth that the soul will eventually experience when consciousness is freed of all impressions, good as well as bad.

May 3rd

124. COMMERCIALISM

All the suffering of mankind through commercialism comes from catering to the outer shell of man. We lavish our bodies with things that feed the false ego more and more, while the true Self that is buried under all the debris has to struggle more and more to free itself..... materialism is a great burden.

May 4th

125. MY ASHRAM

Every heart that loves Me continues, regardless of the presence or absence of institutions, to remain my ashram for my work.....

Every being is a point from which a start could be made towards the limitless Ocean of Love, Bliss, Knowledge and Goodness already with him. No spiritual Master brings religion to the world in the form which it eventually assumes.

May 5th

125. LASTING VALUES

Scientific truths concerning the physical body and its life in the gross world, can become a medium for the soul to know itself, but to serve this purpose, they must be properly fitted into the framework of spiritual understanding, which includes a perception of true and lasting values. For example, the more one tries to understand God, one understands Him less and less. How can He who is beyond explanation, be expressed? His being infinitely simple has rendered Him infinitely difficult to understand. The secret is that one has to become what one already is.

May 6th

127. THE GOAL OF LIFE

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.

May 7th

128. REMEMBERING THE BELOVED

Those who are raw in love do not know of the pain they give to their Beloved. That love which gives the slightest bit of burden to the Beloved is not love. (Words of a ghazal.)

"The lover says, I am trying to make my heart pure, but I do not expect any reward."

May 8th

129. SACRIFICE

The way of Love is a continual sacrifice and what gets sacrificed are the lover's thoughts of "I", until at last comes the time when the lover says:

"O Beloved! Will I ever become one with you and so lose myself forever? But let this be only if it is your will."

This is the stage of love enlightened by obedience.

May 9th

130. LIVING GOD'S LIFE

(Words of a ghazal.)

"The true lover has no interest in palaces and things of this world. For him each breath he draws reveals to him a new world."

Repeating my name is not enough, it should be done with all love and faith. You should continue to love Me more and more. It is true that man can become God just through loving ME.

May 10th

131. THE PEARL

Those who step into the domains of Love think that they have reached the destination. Only God knows what a foolish thought it is. Hafiz says that when he walked on the beach, he thought he had already found the Pearl; but little did he know that he would have to face the waves, the storms and whirlpools and that he would have to dive deep into the ocean before getting the Pearl.

May 11th

132. GOD'S GRACE

Think always of Me whatever you may be doing; then gradually you will realize that it is I doing everything through you. "I" the doer, not you. What concern need you have then with results..... we are all, each of us meant to be happy. Our life is by God's Grace and happiness is that which makes us feel that we are One with God.

May 12th

133. A LETTER (from a letter to a disciple)

The true understanding of Love is 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.

There is no Sadhana greater than Love, there is no law higher than love. God and love are identical and one who has Divine Love has reached God.

May 13th

134. TRUTH

Truth is simple, but illusion makes it infinitely intricate. The person is rare who possesses an insatiable longing for Truth; the rest allow illusion to bind them ever more and more.

God alone is real and all else that you see is nothing but a series of nothings.

.....I am nearer to you than your own breath. Remember Me and I am with you and my Love will guide you.

May 14th

135. LOVE IS DYNAMIC

Love is dynamic in action and contagious in effect. Pure Love is matchless in majesty, it has no parallel in power and there is no darkness it cannot dispel. It is the undying flame that has set life aglow.

The lasting emancipation of man depends upon his love for God and upon God's love for one and all.

May 15th

136. PRAYER

The prayer God hears is the prayer of the heart, that raising of the heart, that suffering of the heart is what God pays attention to; certainly it is foolish to rely upon the usual religious practices and ritual. What matters is your heart, the prayer that arises from your hearts, that is the prayer that Baba hears.

May 16th

137. PROGRESS

I cannot expect you to understand what I want you to know all at once. It is my charge to awaken you from time to time through the ages, sowing the seed in your limited minds, which, in due course and with proper attention on your part, must germinate, flourish and bear that fruit of true knowledge which is your birthright.

On the other hand if, led by your ignorance, you persist in going your own way, none can stop the course of progress you have chosen. That too is progress which leads you after innumerable incarnations to realize what I want you to know now.

May 17th

138. PRAYER

Constant prayer and selfless service are both vital in turning the mind away from worldly things and directing it towards spirituality..... Under all circumstances hold fast to my undying Love and you will live in me for ever.....

The contact of a saint, the service of humanity, the repetition of God's Name, these three combined are the highest possible yogas or religious practices.

May 18th

139. LOVE OF GOD

If you become addicted to God, then all of your problems are solved. Go on drinking the Love of God until you become ONE with God. It is good to be addicted to the Love of God.....

I am constantly eyeing your obedience to Me, because it is futile to have Love from the whole world in the absence of obedience from you.....

It is easy to Love Me because I am Love, but it is difficult to Love Me with that love by which I am attained.

May 19th

140. SIGHT

If you feel very keen to "see" Me, then believe Me, that I am all the more most eager to let you "see" once and for all. If and when that happens it will happen quite unawares, and all of a sudden, and yet it will be at the moment exactly fixed for that to happen.

May 20th

141. CONTROL OVER MIND

He who gets control over the mind gets everything under control.

He who has completely brought his mind under control is a true Yogi.

It is the mind that makes us slaves to worldly desires.

The chief props and agents of Maya are Kama, Krodh and Lobh (lust, anger and greed). Unless and until you subjugate them it is impossible for you to enter upon the Path that leads to Union with God.

May 21st

142. PARAMATMAN

As a single object seems to multiply itself to him who is drunk to excess, so Unity appears as plurality to those who are intoxicated with the wine of egoism.

The Supreme Soul - Paramatman - God, is nowhere to be searched for. For He is very near you; He is with you. Seek Him within. You could easily see Him were it not for the four big "Devils" that stand in your way. They are egoism, lust, anger and greed.

May 22nd

143. NATURE

Nature never has been, never will be, and never is at war with man. It seems as if she is at war with man because he violates her laws. No individual and no nation can break her laws with impunity...

Although the one sun God, who is without a second, shines at all times without a moment's break on all forms, animate as well as inanimate, you are unable to see Him even for a moment, because you are imprisoned in a cell of ignorance coated with desires.

May 23rd

144 . THE GOD-MAN

The God-Man neither thinks nor desires. Through Him, the Divine will flows inevitably into perfect manifestation, passing directly from the Spiritual body which, in the ordinary human being, is undeveloped into physical expression. For Him, the super-conscious is the normal state of consciousness.

From Him there flows continuously infinite love and wisdom, infinite joy and peace and power.

May 24th

145. DIVINE FIRE

The Perfect Master is Himself a fire, Divine Fire, that burns up all dross in His Presence. He exacts the highest that He knows the individual is capable of giving, and the highest can be known not to the individual but to the Perfect ONE, who sees, not the small ego only but Himself within.....

If borne willingly, physical and mental suffering can make one worthy of receiving spiritual healing. Consider mental and physical suffering as gifts from God, which, if accepted gracefully lead to everlasting happiness.

May 25th

146. LIBERATION AND FREEDOM

We should once and for all understand that no amount of learning, reading, teaching, reasoning and preaching, can give us Liberation. Vedantic expressions, Sufi talks, mystical words and philosophical statements take us nowhere spiritually. Religious conferences, spiritual societies and the so-called universal brotherhood are apt to bind the Soul, rather than free it.

May 26th

147. TRANSCENDING THE INTELLECT

Only when we transcend intellect and enter the domain of Love, can we aspire for Liberation. When love for God reaches its zenith we lose ourselves in the Beloved God and attain Eternal Liberation.

Liberated ones are ever free from all illusory attachments. Good and bad, virtue and vice, cannot pollute the Ocean of Divine Truth.

May 27th

148. GUIDANCE

There are individual as well as national and universal problems which need the spiritual guidance of Perfect Masters and Avatars. Age after age, these God-men guide humanity thru their Divine Messages. Even after the absence of their physical bodies, these Messages are carried to the remotest corners of the world by their disciples, devotees and followers, who spread the Beloved's word, even at the cost of life. Throughout the ages these Divine Messages have been many, but the essence of one and all has always been - Divine Love.

May 28th

149. THE MASTERS

The Avatars and Perfect Masters give their divine guidance and protection to the human race and the world in their own unique and imperceptible ways, which are beyond the grasp of human intellect. The Perfect Masters are the true Saviours of mankind, and not of the selected few only. Their love and grace alone sustain the universe.

May 29th

150. WHAT CAN I DO?

I want love, nothing else! Love ME and let God love us. That is what I want. When you love Baba, God will love you and God's loving means everything. So Baba is very happy. One who is the humblest of the humble is the greatest of the great. But it has to be in all honesty, in all truth.... so let us love, love, love; all else is illusion.

I am in you all. But I only can enter your heart when you have driven out everything else. I am God. I am in you all. But I feel shy; I do not enter your heart if I find there the slightest impurity.

May 30th

151. SERVICE

When one remains fully and completely resigned to the Divine Will of God, all service, sacrifice, solitude, seeking and surrenderance merely symbolize one's love for God..... The Body suffers, the mind is tormented but the soul experiences bliss in working for Baba.....

Difficulties give us the opportunity to prove our greatness by overcoming them.

May 31st

152. OBEDIENCE AND DISCRETION

True obedience to one's Master is the greatest and closest of bindings which must inevitably bring it its wake the greatest of all freedoms - the freedom of the soul.....

I am like a wall, doing nothing. You are to throw the ball and catch it, so throw it in such a way as will enable you to handle its rebound easily without straining yourself.

June 1st

153. CATCHWORDS AND SPIRITUAL LIFE

Man has a tendency to cling to catchwords and to allow his actions to be determined by them mechanically without bringing his actions into direct relation to the living perception these words embody. Words have their own place and use in life; but if action is to be intelligent it is necessary that the meaning these words are intended to convey should be carefully analyzed and understood.

June 2nd

154. THE MASTER

Spiritual progress is not a process of accumulating from without; it is a process of unfoldment from within. The Master is absolutely necessary for anyone to arrive at Self-Knowledge; but the true significance of the help given by the Master consists in the fact that he enables others to come into the full possession of their own latent possibilities.

June 3rd

155. THE WORD

When I speak it will be only one Divine Word; but it will be the Word of Words or the Manifestation of Truth.

This word will have to be hearkened to by the heart and not merely by the mind. It will go home to you and bring you the Awakening.

June 4th

156. FATHOMLESS

I am the joy in your heart and the despair of your mind - for Love can attain that which the intellect cannot fathom.....

Inscribe these words on your heart. Nothing is real but God, nothing matters but love for God.

June 5th

157. THE REAL GUIDE

"I am the New Christ. You have waited and waited
for Me for a long time.

I am the real Guide.

You will know Me. You will see Me.

You will feel Me.

My word is power.

My thought is action.

I AM THE TRUTH."

Meet Me with open heart and I shall reveal myself to you. I reveal myself to all in experience.

I have come to this world to achieve the new wonder of spiritual resurrection.

June 6th

158. DARSHAN

To have my real Darshan is to find me. The way to find me is to find your abode in me. And the only one and sure way to find your abode in me is to love me. To love me as I love you, you must become recipient of my grace. Only my grace can bestow the gift of Divine Love.

June 7th

159. GRACE

To receive my grace, you must obey me wholeheartedly with the firm foundation of unshakable faith in me.

And you can only obey me spontaneously as I want when you completely surrender yourselves to me so that my wish becomes your law and my love sustains your being.

Age after age, many aspire for such a surrender, but only very few really attempt to surrender themselves to me completely as I want.

June 8th

160. LOVE

Love is essentially self-communicative; those who do not have it catch it from those who have it. Those who get love from others cannot be its recipients without giving a response which in itself is of the nature of Love. True love is unconquerable and irresistible; and it goes on gathering power and spreading itself until eventually it transforms everyone whom it touches.

June 9th

161. WHY WE NEED THE MASTER

Question: Why is it necessary to have the aid of a Perfect Master in order to attain to Perfection?

BABA: Only a Perfect Master, who is the veritable incarnation of Divinity, can awaken in the individual the fire of Divine Love, which consumes in its flames the lesser desires of the body, mind and world, all of which must be completely relinquished before Perfection can be realized.

June 10th

162. A SAINT OR A SINNER

If you maintain a tight and lasting grip on my daaman, you will remain with ME on the highest of levels or the lowest, wherever I may be..... So long as you keep your grip tight it matters little whether you are a saint or a sinner..... It is now for you to decide whether to hold on to My daaman, believing in Me and remaining devoted to ME, by following My orders and instructions.

(Note: "He that believeth in Me shall have everlasting life." Jesus)

June 11th

163. ILLUSION

According to Baba, an illiterate rustic and a learned philosopher are both equally in the domain of ignorance, as both fail to understand the Real Life which is not to be lived until the last vestige of illusion vanishes. Baba never tires of upholding the fact that God cannot be imagined or understood thru the intellect. Yet while pointing out the limitations of the intellect, Baba employs sound reasoning to convince us that man can find God, man can see God, and above all man can more naturally become infinitely-conscious God than he is finitely-conscious man.

June 12th

164. DIVINE OCEAN

It is your devotion that has made me come to the West during the period of my seclusion.

If anything ever touches MY universal heart it is Love.

I have crossed the limited earthly oceans to bring to you all the limitless shoreless Divine Ocean of Love.

Those who do not dare to love ME seek safety on the shores. You who have been loving ME are swimming in the Divine Ocean. Love ME more and more till you get drowned in me. Dive deep and you will gain the priceless pearl of Infinite Oneness.

June 13th

165. FLY STRAIGHT

Once you open your wings to fly,
You must fly straight like the swan
Do not flit from tree to tree like the sparrow,
Or many things will distract you on the way,
And the journey is long.

June 14th

166. THE ORIGINAL MUSIC

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.

June 15th

167. THE VEIL OF IGNORANCE

If those who love ME will just for one minute, as now, be silent in their minds just before they go to bed, and think of ME and picture ME in the silence of their minds, and do that regularly, then this veil of ignorance that we have will disappear and this bliss that I speak of and which all long for, we shall experience.

Once you see God within you, you get that conviction (of God) there is no more doubt. Then there is the experience of infinite bliss.

June 16th

168. THE MASTER'S GRACE

Powers have no importance. Hafiz says that the one who does not lay his life at the feet of a Perfect Master cannot know God. It is very difficult to become One with God. The Master's grace makes it very easy, but to get his grace is as difficult as trying to realize God by one's own efforts. It becomes easy once one becomes a slave at the feet of the Perfect Master. Ages of restlessness get eased as soon as one surrenders his life at His feet. This does not mean cutting off one's head and putting it at the feet of the Master. It means literal obedience (absolute surrender in love.)

June 17th

169. LIBERATION

Although the whole Universe is Illusion yet it is governed by law; and that law deals with every detail. We cannot escape from the law of karma. But when we transcend illusion, the law does not bind us any longer..... The grace of the God-man is like the rain which equally falls on all lands, irrespective of whether they are barren or fertile; but it fructifies only in lands which have been rendered fertile through arduous and patient toiling.

June 18th

170. KARMA

Every action that you do binds you..... every little action whether good or bad. The good action also binds you, but you are bound then, let us say, by a chain of gold - and if the actions are bad then you are bound, say by a chain of steel.

Christ said, "Leave all and follow ME." What did that mean? But the meaning behind it was not to leave all these things; not to renounce the world. It was to obey. Leave all thoughts, your own thoughts, your selfish thoughts and simply obey ME. Then you are liberated, you are free. But if you cannot, then more and more bindings are created, for every action creates a binding.

June 19th

171. DEATHLESS LIVING

Life is a positive manifestation of the True Existence which negative death cannot extinguish. To end the ceaseless succession of lives and deaths, death itself has to be annihilated in life.....

I cannot expect you to understand all at once what I want you to know. It is for me to awaken you from time to time throughout the ages, which must in due course and with proper heed and care on your part, germinate, flourish and bear the fruit of that true knowledge which is inherently yours to gain.

June 20th

172. IMPRESSIONS

It is the birthright of every human being to be happy, but most feel miserable. It is due to the load of sanskaras or impressions gathered throughout evolution. In our evolution through all the forms, stone, worm, bird, fish, etc., we gather impressions. Once human consciousness is gained, then there is full consciousness. After that, it is only a question of directing one's attention to the "I", in order to become free.

(Note: "I" or the SELF, highest self.)

June 21st

173. THE VOICE OF THE HEART

Everyone can be happy, but some feel happy and some feel miserable. Those who constantly want something will never feel happy. Misery is bound to accompany wanting. Those who never want for themselves but for others, they can feel happy. Why? Because they want others to feel happy. God who is in everything, and everyone, is deaf to formal rituals, ceremonies, prayers in mosques, churches, temples: but HE HEARS THE VOICE OF THE HEART.

When you help others God knows instantly and is pleased. No amount of prayer or meditation can do what helping others can do.

June 22nd

174. THE VEIL

It is love alone which can lift the veil between a lover and the Beloved. Believe me, you and I remain divided by nothing but the veil of you, yourself! From the beginning of all beginnings I have been saying, I say it now, and to the end of ends I will say it, that he who loves God, becomes God.

June 23rd

175. THE VOICE

For twelve years no word has passed my lips. Yet I am never silent. I speak eternally. The voice that is heard deep within the soul is my voice, the voice of inspiration, of intuition, of guidance. Through those who are receptive to this voice I speak.

June 24th

176. THE ORIGINAL WHIM

The Sufis differentiate between Qaza (destined occurrences) and Qadar (impulsive or accidental happenings). Every happening in the universe is a materialization of the divine Original whim.....

Perfect Masters and the Avatar can change the happenings which were destined by the Original whim so as to give beauty and charm to a rigid determination.

When a Perfect Master intervenes in the Divine Plan, his intervention is on a limited scale. The Avatar's intervention is on a Universal scale.

The Avatar does not change individual destinies, but may do so in exceptional cases from His all-encompassing point of view.

June 25th

177. THE SELF

To experience your real Self is the goal. You are and you ever will be. There is no one else but you. Instantly, in a flash, you will know everything, including why you have no beginning and no end. But this knowing will have nothing to do with mind, reason, logic. It is beyond mind. You know the answer to everything, you know that nothing has happened and nothing will ever happen. You then experience bliss, you become all powerful, all-knowing.

June 26th

178. NUR (words of a song)

The singer tells of the infinite effulgence of God's being contained in human form as Muhammad, as Jesus the Christ, as Baba. The infinite bottled up in human form..... The God-man is the ocean of Unity, and the saints are the pearls in the ocean..... And the Christian mystics, each one of whom was my gem, each was a lover of God. He was their theme. Jesus was their Beloved and they did nothing but love their Beloved. They were burning with love that burned their sins to ashes.

June 27th

179. IGNORANCE

Ignorance in all its forms has to disappear if the soul is to be established in self-knowledge; therefore it is necessary for man to know that which is false, to know it as false and to get rid of it....

The conflicts upon ordinary matters are rarely brought to the surface of consciousness, so that they cast a shadow on life from, as it were, behind a screen. Such conflicts have to be brought to the surface and faced.

June 28th

180. WORDS

Do not give undue importance to explanations and discourses. Words fail to give any meaning to REALITY, because when one supposes that one has understood, one has not understood: one is far from understanding anything so far as Reality is concerned. REALITY is beyond human understanding (SAMAJ) for it is beyond intellect. Understanding cannot help because God is beyond understanding. The moment you try to understand God you "misunderstand" Him; you miss Him when you try to understand Him. Intellect must go before knowledge dawns.

June 29th

181. THE FREE LIFE

The consuming of freedom and bindings means that there is a complete blending of the God-state and the man-state, so that one does not live through opposition to the other....

Spiritual freedom is essentially a positive state of conscious enjoyment of divinity.....

June 30th

182. SUFFERING

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 love to Me. I suffer for the whole universe. I must suffer infinitely: unless I suffered how could I ask my LOVERS to suffer for others? I am One with all on every level: I am One with all on every level of consciousness: and I am beyond all planes of consciousness.

July 1st

183. EVOLUTION AND LOVE

In the sub-human stage, the consciousness of false self or false "I", which is very slight, provides scope for evolution. In the human form the evolution of consciousness is completed and the consciousness, becomes full. Love comes into play actively for the first time. As love plays the part more actively and fully, the false "I" begins to get consumed more and more. Eventually when love is at its zenith the false "I" gets totally consumed by love; this results in consummation of both lover and love at the altar of the Beloved.

Neither does the lover remain in love, nor does love reign supreme over the lover: the goal is attained. The BELOVED is supreme over his self: there is nothing except the BELOVED: everything else is consumed.

July 2nd

184. SPIRITUAL FREEL'OM

All over the world the spirit of man is crying for freedom - political freedom, economic freedom, religious freedom, racial freedom. But these freedoms bestow no lasting satisfaction. Until the soul of man achieves SPIRITUAL freedom, he will again and again be driven from his illusory shelters.

"No sacrifice is too great to set man free from his bondage to physical and material things. He must be inspired to realize that God alone is real; all else is a vain and empty pursuit of transitory values. He must be given the capacity to love all men as his brothers, regardless of colour, creed or country. It is my divinely appointed task to bring this spiritual freedom to mankind, and I look to those who would be crusaders in the cause of Truth to help me in this God-ordained mission."

July 3rd

185. DUST INTO GOLD

Hafiz says something very nice, and it is the Truth. He says: "The Perfect One can turn hak, dust, not into gold but into an alchemy that turns everything into gold. This means, Perfect Masters can raise those who are in the lowest depths to the highest levels with one glance (or nazar). It means that if a Perfect Master so wills, while he is sitting here in the barn and he wishes to give God-Realization to someone in India, one glance is sufficient." Hafiz says also: "But I am afraid such a Perfect Master will seldom look at me out of the corner of his eye."

July 4th

186. LIBERATION

'To come to ME' means liberation, experiencing me as I am. No more bondage of births and deaths. But it does not mean the state of a Perfect Master, or Perfection. That is only to be attained in the gross body. So if you are not blessed with this state of perfection, at least you can have liberation. If you just take my name, just at the moment of dropping your body, you will come to me. Yes, anyone. It's not easy to take my name at the very moment of leaving the body. Then you individually experience bliss, infinite bliss. After liberation you continue to experience infinite bliss eternally. Why? Because it belongs to you eternally. You experience what belonged to you eternally. Even spiritual ecstasy cannot be compared with Divine Bliss. Remember this!

July 5th

187. THREE IN ONE

In the God-Man, God as Father, Son and Man are one. God is infinite beyond all comprehension, Son is infinite mind and man is the human side. The God-man experiences all three states simultaneously: in him, Father Son and Man are one. Jesus was Father, Son and man. In His (Baba's) Christ-conscious state He experiences all three states at once. As Father he is infinite and beyond all conception, as Son He is infinite but He comes down to our level, as man He experiences himself as human. Jesus Christ the Avatar took on the suffering of all humanity.

July 6th

188. THE LOTUS FEET

The feet which are physically the lowest part of the body are spiritually the highest. Physically, the feet go thru everything, good and bad, beautiful and ugly, clean and dirty, yet they are above everything in the universe which is like dust to them. When people come to a Perfect Master and touch His feet with their heads, they lay upon Him the burden of their Sanskaras, those subtle impressions of thought and emotion which bind the individual soul to recurrent earthly lives.

July 7th

189. Continued

This is the burden which Jesus meant He would assume when He said, "Come to Me, all ye who labour and are heavy laden, and I will give you rest." A Perfect Master collects these sanskaras from all over the universe, just as an ordinary person, in walking, collects dust on his feet.

July 8th

190. POWER OF YOGIS

Some Yogis can perform miracles like creating gold out of lead or iron. Others can even shake the whole world, if they want it. But they are not necessarily perfect. Such Yogis, though really far from perfection, get caught up in their own unmanageable powers. They become like a deer for a real Master to hunt. The Master of perfection, as it were, hunts them in the woods, in which they roam about missing their way and whiling away their time in ignorant pursuits. And when the hunted ones pray for the right Path, the Master shows it to them, thus saving them from rounds and rounds of lives, which they would otherwise require for arriving at the further stages of the inner Path.

The Master can subdue the Yogis into the right course, because his powers, unlike the powers of the Yogis, are unlimited, though he seldom uses them. He is interested not in the exercise of powers, but in the imparting of spiritual knowledge, which is far more difficult and is the only thing of real value.

July 9th

191. THE DIVINE GAME

The Infinite alone exists, and is Real; the finite is passing and is false.

The Original Whim in the Beyond caused the apparent descent of the Infinite into the realm of the seeming finite. This is the Divine Mystery and Divine Game in which Infinite Consciousness forever plays with and on all levels of finite consciousness.

July 10th

192. When the tongue is silent, the mind speaks,
When the mind is silent, the heart sings,
When the heart stops singing, Soul begins
to experience its original Self.
In deep sleep tongue, mind and heart are silent
And one is unconscious.
If one can go into deep sleep and remain awake
One has it: one becomes what one originally
was and eternally is
GOD.

July 11th

193. DIVINELY HUMAN

Baba sent this message to G.P., 1947

"God is very natural, I would say very human, and one who finds God as He really is, becomes as natural as God Himself.

- 1) Amongst complete activity shall always be a period of complete inactivity.
- 2) One must reach a state beyond desire; when one does not want anything.
3. To reach perfection means to try to be divinely human.

July 12th

194. SERVICE

What can be received in a flash by spiritual experience takes ages to grasp by the mind.

True Karma (service) means the rendering of service to others without any thoughts of gain or reward, and also without the least intention of putting others under an obligation.

July 13th

195. SILENCE BROKEN

My mission is to utter this Word of Truth which will pierce the mind of the world and go to its very heart. It will convey the simple Truth in its utter and indefinable simplicity. It will mark the moment of fulfilment of the Divine Life. It will bring new hope to despairing humanity. But for the fulfilment of the Divinely Ordained plan, it is necessary that humanity should throw away all its accumulated impediments and surrender unconditionally to the abiding love of God - the unfailing and supremely universal Beloved. God has to be accepted in all simplicity and not by laboriously proved intellectual conclusions.

July 14th

196. THE WORD

The word that I will speak will go to the world as from God, not as from a philosopher. It will go straight to its heart. With the dawn of the realization of the Unity of all life, hatred and dissension will come to an end. There will be unfaltering love and unfailing understanding and men shall be united in an inviolable brotherhood, based on the realised Oneness of God.

July 15th

197. THE DIVINE WORD

Baba says that He will culminate His Advent by a public manifestation of His power to bestow illumination. When He speaks the one Divine WORD, the Unspoken Word, it will be the auspicious beginning of a New Era for mankind.

During this short period My Word will touch the hearts of all mankind and spontaneously this Divine touch will instill in man the feeling of oneness of all fellow beings.

Gradually in the course of the next seven hundred years, this feeling will supersede the tendency of separateness and rule over the hearts of all, driving away hatred, jealousy, and greed, that breed suffering; and happiness will reign.

July 16th

198. WHO AM. I?

God's first word was "WHO AM I?" God's last word is "I AM GOD". And the word that I, the God-man will utter soon will be the sound of MY INFINITE SILENCE.

The real untouchables are those who cannot enter the temple of their own hearts and see the LORD therein.

Jesus the Christ knew that it was not possible for men to love God in the Beyond state, therefore He said:

"Come unto ME, follow ME."

That is all that is needed for you all.

July 17th

199. DIVINE LOVE

Love holds the key to all problems: cultural, national, international, racial, religious - inasmuch as under this law, the Infinite is realized completely at all times in every walk of life, be it science, art or human relationship.....

Creative leadership will have to recognize and emphasize the fact that all men are already united with each other, not only by their (co-) partnership in the great Divine Plan for earth, but also by virtue of their all being equally the expression of ONE LIFE. No line of action can be really helpful or fruitful unless it is in entire harmony with this deep Truth. The future of Humanity is in the hands of those who have vision.

July 18th

200. LOVE AND UNITY

Love is the reflection of God's unity in the world of duality. It constitutes the entire significance of creation. If love were excluded from life all souls in the world... would be superficial and mechanical. It is because of love that contacts and relations between individual souls become significant and it is love that gives meaning and value to all the happenings in the world of duality.

July 19th

201. THE DIVINE THEME

"The Divine Theme underlining this bewildering fantasy of our universal life is the romance of the Soul with God." Meher Baba says: "At the beginning you are conscious of nothing... but emptiness, frustration, superficiality and the gnawing chains of bondage; but gradually you attain an increasingly fuller and freer expression of love, and ultimately merge into the Divine Beloved, to realize the Unity of the lover and the Beloved in the supreme and eternal Fact of God as Infinite Love."

July 20th

202. GIFT OF GRACE

Nobody can create this highest aspect of love in himself - "It is the gift of grace". When this love is born you have only one desire, and that one desire is to be spiritually united with the Divine Beloved. Such withdrawal of consciousness from all other desires, leads to infinite purity..... When the lover and the Beloved are one - that is the end and the beginning of the life itself..... You cannot find God until you experience God in His Essence as Infinite Love.

July 21st

203. LUST AND LOVE

Do not mistake Lust for Love. Lust is the lowest, most distorted form of human love. In lust, the sole reliance is upon the quarry of the senses with consequent subordination of the soul. The sensualist is virtually anchored to the prey of his lust. Love, however, puts the soul in direct and reciprocal touch with the Reality that is behind and beyond form.

Lust therefore may be called an experience heavy with the weight of its own corruption, while the exhalation of love seems to lend wings to the participants. In lust there is a decaying of life; in love an expansion of being.....

July 22nd

204. LOVE

Love enhances the spirit, its sacred fire fuses the lives of lover and beloved into one, doubling the capacity of both. Loving the whole world is in the deepest sense equivalent to living in the whole world.

Lust is a blundering into separateness and grief; love a progression into unity and joy. Lust is a craving of the senses; love the reaching out of the spirit. In lust there is excitement, in love tranquility. Lust seeks fulfilment. Love experiences it.

July 23rd

205. 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 thru 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 hearts of millions.

July 24th

206. THE GOD-MAN

The God-man neither thinks nor desires. Thru Him the Divine Will flows inevitably into perfect manifestation, passing directly from the spiritual body (which in the ordinary human being, is not developed) into physical expression. For Him, the superconscious is the normal state of consciousness. He does not convey thought, but Truth, which He either awakens in the individual whom He is helping, thru deep, inner experience, or which He transmits directly from the superconscious to the conscious, from the spiritual to the physical, by means of either the physical eye, the physical touch or the spoken word. When He speaks, Truth is more powerfully manifested than when He uses either sight or touch to convey it.

So when Shri Meher Baba speaks He will manifest the Divine Will, and a world-wide transformation of consciousness will result.

July 25th

207. SELF INTEREST

.....Self-interest operates to the detriment of human welfare. Eliminate self-interest, and you will solve all your problems, individual and social.

But the elimination of self-interest, even granting a sincere desire on the part of the individual to accomplish it, is not easy and is never completely achieved except by the aid of a Perfect Master who has the power to convey Truth at will. For self-interest springs from a false idea of the true nature of the self, and this idea must be eradicated and the Truth experienced before this elimination is possible. Shri Meher Baba intends when He speaks to reveal the One Supreme Self which is in all. This accomplished, the idea of the self as a limited separate entity will disappear, and with it will vanish self-interest. Co-operation will replace competition, security will replace uncertainty, generosity will replace greed, exploitation will disappear.

July 26th

208. REACHING THE TRUTH

Q. Do intellectual attainments help or hinder man's progress on the spiritual path?

A. It is impossible to reach the spiritual Truth and Realization by talks, arguments or by reading books. It can be reached by the heart alone, but that would be a very slow process. But when the heart and the head are equally developed and well balanced, man's progress is much quicker,

The man in whom the head (intellect) is more developed than the heart, is liable to get idées fixes, and he becomes attached to his intellectual achievements and superiority. The man with a warm heart has greater faith, and for Love and Truth, he will give up all.

July 27th

209. REACHING THE TRUTH (continued)

Intellect is the lowest form of understanding, and is developed by reading, listening, reasoning and logic. These processes create an illusion of Real knowledge. The higher form of understanding is permanent illumination through which one experiences and sees things as they are. In this state, one feels in harmony with everyone and everything, and realizes Divinity in every phase of life and is able to impart happiness to others.

The last and the highest state of understanding results from the merging of the soul into the limitless Ocean of Infinite Knowledge, Bliss and Power. One who has himself attained to this can enable thousands to attain Perfection.

July 28th

210. THE UNIVERSAL WORK OF THE AVATAR

Universal Mind and Infinite Consciousness have infinite ways of working universally. So whichever work one of Infinite Mind and Universal Consciousness does, it reverberates throughout the universe and produces reflex action. If he fasts, the result of fasting is felt by the whole universe spiritually. A Master's working is always for the spiritual end. If he observes silence, the same result is brought about.

July 29th

211. UNIVERSAL WORK (continued)

Now the world is labouring under a terrible economic chaos. To follow the spiritual path and to enable the mind to accept the spiritual, the material needs to an extent must be satisfied. So when I, with my own hands, give food and clothing to the poor, the result will be that the world will gain its economic and material welfare. When I give the mad and lepers a wash, the effect will be that those of subnormal consciousness and lepers will either get cured or their future births will be greatly minimized.

July 30th

212. THE PEARL

"In the beginning," Baba said, "a lover is like a man who has gone down to the seashore and paddles in the shallow water and in his enjoyment thinks, 'I have reached the ocean!' But after a while he sees that this is nothing, the pearl he desires is in the depths of the ocean, and in order to obtain it he must learn to swim. To do this, he must enter the deeper water where he encounters the waves. Out of many such one succeeds in swimming, the others get drowned in the waves.

Out of many who, at different times master the waves, one starts diving, the others remain enjoying their mastery. Out of many who, at different times, start diving, one reaches the floor of the ocean and grasps the pearl in his hand; the others become suffocated in their attempt.

July 31st

213. THE PEARL (continued)

Out of many who at different times actually get the pearls, one swims back up to the surface with the pearl in his hand; the others thru overwhelming delight, stay on the ocean bed holding the pearl. Out of many who return to the surface, one comes back to the shore and shows the pearl to others and can make another also the possessor of it. This one who so returns is the Qutub or Perfect Master.

August 1st

214. FORGIVENESS

God forgives sins in the sense that He does not eternally damn any one for his sins. He keeps the door of redemption eternally open. Through repeated sincere prayers it is possible to effect an exit from the otherwise inexorable working out of the law of Karma. The forgiveness asked from God evokes from Him His Inscrutable Grace, which alone can give new direction to the inexorable karmic determination.

August 2nd

215. GNOSIS OF THE SIXTH PLANE

Only God exists and, if anything exists due to ignorance, its reality is illusory. It then exists as God's shadow, which means that God is both in the stage of Knowledge and ignorance.....

When in you the limited "I" disappears, the infinite "I" in you manifests automatically.....

Where there is ego there is no God, and where there is God there is no room for egoism.

August 3rd

216. A GURU

One's guru must be spiritually more advanced than oneself - better, if he is spiritually perfect. If you are in bonds and wish to be free, to whom should you go? Certainly to one who is quite free, and not to one whose hands are tied. Similarly, if a person wishes that Maya should no longer bewitch him, he must go to ONE for whom Maya does not exist and who has completely subjugated his passions.

August 4th

217. CIVILIZATION

Humanity should be considered the test of civilization. He who is devoid of humanity should be considered a barbarian. Though a man may be very learned, very up-to-date in the worldly routine of life, and advanced in scientific knowledge, yet if he lacks humanity he is still a barbarian,

August 5th

218. MIRACLES OF A YOGI

If gold is defined as representing miracles, a yogi of the lower planes dazzles worldly people by dangling this gold in front of their eyes, so that they are astounded by his prowess. Should they surrender themselves to such a yogi they will ultimately suffer a cruel disillusionment. But when the Saviour or a Perfect Master dangles this gold in front of the eyes of worldly people, he uses one form of Maya (gold) to drag them away from other more binding forms of Maya, and so draws them towards the PATH that leads to their true destiny, Self-Realization.

August 6th

219. ILLUSION

The yogi and those lesser Masters who are not perfect merely replace one illusion by another. But a Perfect Master permanently tears away the veil of all illusion and reveals the truth that creation is imaginary and that GOD ALONE is REAL. This working of the Perfect Master is a slow and painful process that lacks the colourfulness of the yogi's spectacular and misleading method and it is for this reason that Perfect Masters are seldom widely recognised in their lifetime.

August 7th

220. A MESSAGE

There is no reason at all for any of you to worry. Baba was, Baba is, and Baba will be eternally existent. Severance of external relations does not mean the termination of internal links. It was only for establishing the internal connection, the external contacts had been maintained till now.

The time has now come for being bound in the chain of internal connections. Hence, the external contact is no longer necessary. It is possible to establish the internal link by obeying Baba's orders. I give you all My blessings for strengthening these internal links.

August 8th

221. THE WAY

I am Infinite consciousness, interpenetrating and transcending all states of limited consciousness. The most primal or the most final category of consciousness - say a stone or a saint - is equidistant from ME.

So I am equally approachable to all. I am the WAY. Unflinching loyalty to the WAY is the real remedy for the impressioned consciousness to become free.....

August 9th

222. THE AVATAR AND ILLUSION

Age after age the Avatar comes amidst mankind to maintain his own creation of illusion, thereby awakening humanity to the awareness of it. The framework of illusion is always one and the same, but the designs in illusion are innumerable and ever changing. My advent is not to destroy illusion because illusion, as it is, is absolutely nothing. I come to make you become aware of the nothingness of illusion when you are made aware of its falseness.

August 10th

223. TRUE KNOWLEDGE

I cannot expect you to understand all at once what I want you to know. It is for me to awaken you from time to time throughout the ages, which must in due course and with proper heed and care on your part, germinate, flourish and bear the fruit of that true knowledge which is inherently yours to gain.

August 11th

224. GOD IN HUMAN FORM

Infinite God, age after age, throughout all cycles, wills thru His Infinite Mercy to effect His presence amidst mankind by stooping down to human level in the human form; but His physical presence amidst mankind not being apprehended, He is looked upon as an ordinary man of the world. However, when He asserts His Divinity on earth by proclaiming Himself the Avatar of the Age, He is worshipped by some who accept Him as God; and glorified by a few who know Him as God on earth. But it invariably falls to the lot of the rest of humanity to condemn Him while He is physically in their midst.

August 12th

225. INFINITE LOVE

Thus it is that God as man, proclaiming Himself as the Avatar, suffers Himself to be persecuted and tortured by humanity, for whose sake His Infinite Love has made Him stoop so low, in order that humanity, by its very act of condemning God's manifestation in the form of Avatar should, however indirectly, assert the existence of God in His Infinite Eternal State.

August 13th

226. THE VEIL

When the Avatar takes an Incarnation in the human form, He brings upon Himself a veil; and this veil has to be removed by some Master or Masters.

The veil with which the Avatar descends in the human form is placed upon Him by the five Perfect Masters who bring Him down from His formless being. In the Avataric periods, the five Perfect Masters always put this veil upon the Infinite Consciousness of the Avatar, because if He were to be brought without such a veil into the world of forms, the existing balance between reality and illusion would be profoundly disturbed. However, when the five Masters think that the moment is ripe, they remove this veil which they have placed on the Avataric consciousness. From that moment the Avatar consciously starts His role as the Avatar.

August 14th

227. INCARNATION

The incarnation of the Avatar does not take place unless it is precipitated by the five Perfect Masters of the cycle. In all of His incarnations except the first, even the Avatar needs a Master in order to come into His own eternal and Infinite Consciousness.

August 15th

228. THE DESCENT OF GOD

God is absolutely independent, and the universe is entirely dependent upon God. Yet when the Perfect Masters effect the descent of God on earth as the Avatar, they make Reality and illusion interdependent, each upon the other. And thus it is that His Infinite Mercy and Unbounded Love are eternally drawn upon by those who are immersed in illusion.

August 16th

229. DIVINE PLAY AND LAW

.....and so the Universe becomes the eternal playmate of God. Through this prominent link the Avatar not only established life in His Divine Play, but also established Law in illusion. And this Law, being established by the God-man, or Avatar, is the Law of the Law-less Infinite and it is eternally Real and at the same time illusory. It is this Law that governs the universe; all its ups and downs, construction and devastation are guided by this Law.

August 17th

230. THE LORD OF THE UNIVERSE

I am the Lord of the Universe.
I am the ONE for whom mankind awaits.
I am the ONE that has been expected to come.
I am the Ocean of Love.
Fear Me not but love ME more and more.
Love knows not fear.
The more you Love ME the closer you will come to ME.
I am the Lord of the universe and I am the slave of My lovers.
All that you see is My creation.
The whole creation has sprung out of ME.

August 18th

231. MY LOVE

By loving ME, you will receive my liberating Love.
By loving ME you will get established in my abiding peace.
By loving ME you will get the untarnished clarity of head and heart.
My Love will break asunder the chains that bind you.
My Love will restore to you your divine dignity.
No more shall you wander aimlessly in the values of the false.
COME UNTO ME.

August 19th

232. THE FOUR JOURNEYS

In Avataric periods, one does not necessarily have to make these inward journeys by stages (referring to a chart given by Baba concerning the four journeys.)

If you have the Grace of the Avatar, He just takes you from where you are to where you should be, where God wants you to be. There is no need for "trains" or "planes" when HE IS HERE!

August 20th

233. CRITICISM

The habit of criticising our fellow beings is a bad one, At the back of it often lies self-righteousness, conceit and a false sense of superiority. Sometimes it indicates envy, or a desire for retaliation. Those who criticise should first look to themselves.

They will find greater faults within themselves than in others..... backbiters are friends, as they take over our bad sanskaras to themselves.

August 21st

234. ANGER

Curb yourself and never give way to anger. Whenever you fly into a passion, you contract red sanskaras, which are the worst of all.....

Only One who loves can serve..... Those who are united in love, know no separation. Wherever I am, wherever you are, I am always with you.

August 22nd

235. GRACE OF THE MASTER

Grace is not cheaply bought. It is gained by being always ready to serve and reluctant to be served. There are many points which lead to this Grace.

Wishing well for others at the cost of oneself.

Never back-biting.

Tolerance supreme.

Thinking more of the good points of others and less of their bad points.

August 23rd

236. THROUGH LOVE ALONE

Love in which there is no sense of restraint cannot be born of a conviction which is based upon things accessible to the mind. And where there is no love, there is no bliss or beauty of being.

In fact, God's nature cannot be grasped by the mind. God has to be known through love and not through the intellectual search after miracles.

August 24th

237. BECOMING DUST

Hafiz says: "O, you mad One, if you have that madness to realize God, then, become the dust at the feet of a Perfect Master".... What does Hafiz mean? Dust has no thought of its own. It has no will of its own. Dust can be trampled upon, put on the head and be suspended in the air. There is no truer and better example of complete obedience than of becoming like dust.

August 25th

238. TWO KINDS OF FREEDOM

Material freedom binds you to Maya and leads to spiritual avoidance - it is not freedom. The freedom that helps towards Truth and spirituality is real freedom.

Some who have faith and believe in God, lead a life without character and fail to make any progress; while there are others who do not even believe in God but lead such a noble life that they automatically come closer to God.

August 26th

239. THE WAY

Those who would realize ME must have:

- Intense longing for union with ME.
- Unassailable peace of mind.
- Unfailing humility.
- Desperate search.
- Unquestioning faith.
- Unswerving fidelity.
- Control, which is born of love.
- The spirit of selfless service, which is unfettered by attachment to results.
- Thorough going renunciation.
- Spontaneous obedience.
- Whole-hearted surrender.
- Self-giving Love.

August 27th

240. THE BURDEN

In God there is no such thing as confusion - GOD is infinite Bliss and Honesty. In Illusion there is confusion, misery, chaos. As the eternal Redeemer of humanity I am at the junction of Reality and the suffering of Illusion. With Reality on the one hand and Illusion on the other, I constantly experience as it were, a pull on either side. This is my crucifixion.....

The Avatar draws upon Himself the universal suffering, but He is sustained under the stupendous burden by His infinite Bliss and His infinite sense of humour. The Avatar is the Axis or Pivot of the universe, the Pin of the grinding-stones of evolution, and so has a responsibility towards everyone and everything.

August 28th

241.

As a rule each action of an ordinary person is motivated by a solitary aim serving a solitary purpose; it can hit only one target at a time and brings about one specific result. But with the Avatar, He being the Centre of each one, any single action of His on the gross plane brings about a network of diverse results for people and objects everywhere.

August 29th

242. YOUTH

It is the privilege of youth to be full of energy and hope. Not being caught up in any ruts, your dreams of the future have the advantage of being inspired by an unfettered imagination. In the glow of a new-born love or in the warmth of a newly-caught enthusiasm, you are quick to respond to the call for action and self sacrifice. Life would be poorer without these qualities that are predominantly present in youth. But if you are to derive the full benefit of the qualities with which you are abundantly endowed, you must also try to acquire some other qualities which are rare in youth.

August 30th

243. YOUTH (continued)

Hope should be fortified by a courage which can accept failure without upset. Enthusiasm should be harnessed by the wisdom that knows how to wait with patience for the fruit of action. Idealistic dreams about the future should be balanced by a sense of the realities of the present. And the glow of love should allow itself to be illumined by the full exercise of reason..... In your desire to improve the world, do not, by becoming bitter, surrender your right to be happy.

August 31st

244. YOUTH (continued)

True self expression need not include irreverence for others. True criticism need not involve snobbishness or cynicism. True freedom need not manifest hostility or separateness. Freedom without responsibility is a doubtful boon. Freedom is worth having only where there is self-restraint and willingness to co-operate with others. Youth is always keen to act and take risks. It should be allowed to yield freely to this fearless and imperative urge of life within. But while engaged in action, youth must take every care that it is creative, and not destructive. Let your watchwords always be LOVE and SERVICE.

September 1st

245. VIOLENCE AND NON-VIOLENCE

Spiritual life is a matter of perception and not a matter of mechanical conformity with rules, even when these rules are meant to stand for the highest values; it implies an understanding, which goes beyond all words or formulations.

Suppose an aggressive nation invades a weaker nation for selfish purposes and some other nation, which is inspired solely by the noble desire of saving the weak nation, resists this aggressive invasion by armed force. Fighting for such resistance in the defence of the weak nation cannot be looked upon as either violence or non-violence, but can be called non-violent violence.

September 2nd

246. VIOLENCE

Defending the weak is an important form of self-less service and it is a part of Karmayoga; and use of force, when necessary for the purpose, stands completely justified as an indispensable instrument for securing the desired objective. But any such fighting which may have to be undertaken to defend the weak must be without any selfish motives or hatred if it is to have unalloyed spiritual importance.

It resembles the case of a man defending a woman who is being attacked by another man for vile purposes, thus saving the woman's honour and life, and correcting the attacking man by punishing him and making him repent.....

September 3rd

247. NON-VIOLENCE

Suppose a physically strong man is insulted and spat upon by an arrogant man who is nevertheless weak, and suppose that the strong man, who has got the power to crush the arrogant man, not only desists from hurting the arrogant man but calmly explains to him the gospel of love. This action implies non-violence, but it is the non-violence of the strong.....

September 4th

248. ACTION

A right understanding of the status of violence and non-violence in the scheme of spiritual values requires a true perception of the meaning and purpose of existence. Action, therefore, should not be governed by means of any slogans (however high sounding) based upon the incomplete and insufficient ideas of mere violence or mere non-violence: it should be a spontaneous outcome of Divine Love which is above duality and of spiritual understanding, which is above rules.

September 5th

249. SPIRITUAL FREEDOM

Only spiritual freedom is absolute and unlimited; and when it is won through persistent effort, it is secured forever. For though spiritual freedom can and does express itself through the duality of existence, it is grounded in the realisation of the inviolable unity of all life and is sustained by it. One important condition of spiritual freedom is freedom from all wanting. It is want that fetters life through attachment to the conditions which would fulfil that want; if there is no want, there is no dependence or limitation. The soul is enslaved through wanting. When the soul breaks asunder the shackles of wanting, it emancipates itself from its bondage to the body, mind and the ego. This is the spiritual freedom, which brings with it the final realization of the unity of all life and puts an end to all doubts and worries.

September 6th

250. SPIRITUAL FREEDOM

It is only in spiritual freedom that one can have abiding happiness and unimpaired self-knowledge..... and it is only in spiritual freedom that there is the final ending of sorrow and limitation; and it is only in this freedom that one can live for all, and yet be detached in the midst of all activities. Any lesser type of freedom is comparable to a house which is built on sands; and any lesser type of attainment is fraught with the fear of decay. Therefore, there is no gift greater than the gift of spiritual freedom, and there is no task more important than the task of helping others to have spiritual freedom.

September 7th

251. UNITY OF LIFE

The Truth which I want you to share with me is not a matter of opinion or belief but of direct experience which knows no contradiction, and which will make you realise that nothing in this world is worth being greedy about, and that there need not be any hatred, jealousy or fear. Then and only then, will man launch himself upon the safe voyage of unending creativity and unfading happiness which knows no decay or fear; he will have transcended the duality of "I" and "you", "mine" and "thine".

September 8th

252. LOVE FOR ALL

There is nothing but God. He is the only REALITY, and we all are one in the Indivisible Oneness of this absolute Reality.

Be pure and simple, and love all because all are one. Live a sincere life; be natural, and be honest with yourself. Love alone knows how to give without necessarily bargaining for a return.

The most practical way for the common man to express the language of the heart, while attending to his daily life duties, is to speak lovingly, think lovingly, and act lovingly towards all mankind, irrespective of caste or creed, taking God to be present in each and everyone.

September 9th

253. DIVINE KNOWLEDGE

Man cannot escape his glorious destiny of Self-realization, and no amount of suffering that he passes through on the way to it can ever be too much. After the apex of suffering has been reached, the time will soon come for mankind to have a deeper spiritual understanding, bringing it closer together in universal love and brotherhood in the bond of divine knowledge - the only knowledge worth having.

September 10th

254. THE CALL

Age after age, when the wick of righteousness burns low, the Avatar comes yet again to rekindle the Torch of Love and Truth. Age after age, amidst the clamour of disruptions, wars, fear and chaos, rings the Avatar's call, "Come all unto ME." Although, because of the veil of illusion, this Call of the Ancient One may appear as a voice in the wilderness, its echo and re-echo nevertheless pervades through time and space, to rouse at first a few, and eventually millions, from their deep sleep of ignorance. And in the midst of illusion as the VOICE behind all voices, it awakens humanity, to bear witness to the Manifestation of God amidst mankind.

September 11th

255. PURSUIT OF HAPPINESS

Everywhere, in every walk of life, man without exception, is thirsting for happiness. From the diverse allurements of the sensual life and from the many possessions and attainments that feed and tickle the ego, as also from the numberless experiences which stimulate the intellect, excite the mind, calm down the heart or energise the spirit..... from all these he seeks happiness of diverse kinds. But he seeks in the world of duality and in the passing shadows of the Mayavic illusion which we call the universe. And he finds that the happiness which he gets therein is so transient that it has almost disappeared in the very moment of experience. And after it disappears, what remains is a bottomless vacuity, which no multiplication of similar experiences can ever completely fill.

September 12th

256. HAPPINESS AND BLISS

But true Bliss can come only to one who would take courage in his hands and become free of all attachment to forms, which are nothing but the illusions of duality. Only then can he get united with his True Beloved, who is God as the Eternal and abiding Truth behind all forms, including what he regards as his own body.

September 13th

257. ANANDA BLISS

The endless and fathomless Ocean of Bliss is within everyone. There is no individual who is entirely devoid of happiness in some form; for there is no individual who is entirely cut off from God as the Ocean of Bliss. Every type of pleasure which he ever has is ultimately a partial and illusory reflection of God as Ananda. But pleasure, which is sought and experienced in ignorance, ultimately binds the soul to endless continuation of the false life of the ego-life.

The pleasures of the illusory world are comparable to the many rivers of mirage that apparently pour themselves into the ocean. Divine Bliss is ever fresh, everlasting, continuous, and is endlessly experienced as self-sustained and infinite joy of God. Be united with your real Beloved, who is God as Ananda or Bliss!

September 14th

258. DETACHMENT

For the West in particular, external renunciation is inadvisable and impracticable. It should be internal and of the mind from the start. One should live in the world, perform all legitimate duties and yet feel mentally detached from everything. One should be in the world but not of it. The Sufis say..... "The heart with God; the hands for work."

September 15th

259. HOW TO LIVE

Hazrat Nizamuddin Awliya, the Perfect Master of Delhi, was once asked by a visitor how one should live in the world. At that moment it so happened that a few women were passing by with pitchers of water balanced on their heads, and as they walked, they gossiped and gesticulated. Pointing to them Nizamuddin said, "Look at those women - that's how you should live in the world." Asked to explain this cryptic remark, the Master continued, "These women returning from the well with pitchers balanced on their heads seem to be thinking of nothing else but exchanging tidbits of gossip with each other; and yet they are all the time concentrating on something far more important, on balancing the pitchers on their heads. Thus whatever your body, your senses or the purely surface part of your mind may be occupied with, see that the root of your mind is constantly focused on God."

September 16th

260. WAYS TO GOD

Truth is one, but the approach to it is essentially individual. The Sufis say, "There are as many ways to God as there are souls of men."

Nature's beauty has thousands of facets for which there are thousands of ways and means of acceptance (understanding); in the Path of Gnosis, who can determine which particular mode or mood is earmarked for a given individual?

September 17th

261. LONGING FOR GOD

When an aspirant has such an intense longing for Truth he is qualified to enter the PATH. There is a story of a Master who was pestered by a disciple as to when he would realize God. Once when they went to bathe in a river the Master held the disciple under water for a few moments. When he was on the verge of suffocation the Master pulled him out and asked what he thought of and longed for most under water. The aspirant replied "Air". The Master explained that when the disciple had just as intense a longing for GOD then Realization would come.

September 18th

262. THE SOURCE

The Path begins with a conscious longing for a deeper reality. As the fish which is taken out of water longs to go back to the water, so the aspirant who has sensed the Goal longs to be united with God. In fact, the longing to go back to the Source is present in each being from the very time that it gets separated from the Source by the veil of ignorance, but it is unconscious till the aspirant enters the Path.

The Sufis call this attitude of mind "tauba" meaning repentance and implying the turning away from or renouncing of the life of the senses for the life of the spirit. One who has taken this great step does not look back again at that which he has just left behind.

Meher Baba says that there may be a thousand seekers enjoying as many spiritual experiences, but there is only one Path of GNOSIS.

September 19th

263. ONE SELF

God-consciousness means to be mentally emotionally and spiritually conscious of the ONE SELF at all times and in all places. The God-conscious man radiates spirituality even as a cheerful man radiates joy.....

I will teach you how to move in the world, yet be at all times in inward communion with Me as the Infinite Being.

September 20th

264. SAHAVAS 1958

Baba remarked when a boy was introduced to Him as the son of His elder brother, "All of you are my brothers and brother's sons. All are my relatives, and all are my children. All are ME and I am you."

"To Me, saint and sinner, high and low, rich and poor, man and woman, young and old - all are just the same. Why? Because I am in everyone."

September 21st

265. MY TRUE LOVERS

Those who have indomitable courage to face willingly and cheerfully the worst calamities, who have unshakable faith in me, eager to fulfil my slightest wish at the cost of their own happiness and comfort, they indeed truly love me

And, the only message I could give, and have ever been giving is, Love Me as I want you to, and you will find that your own Self is nothing but God.

September 22nd

266. OCCULT EXPERIENCES

Very often, when the aspirant is having psychic unfoldment, he has occasional experiences of the subtle world in the form of significant visions, lights, colours, sounds, smells or contacts. To start with, these experiences are fitful and the aspirant is likely to treat them as hallucinations; he finds it impossible to resist their directive influence because of their intrinsic potency.

Occult experiences are vouchsafed to the aspirant if and when they are absolutely necessary for spiritual purposes and not when he wants or asks for them. Occult experiences often bear unmistakable credentials of their own claim to validity: even when any such credentials are not patent on their very face, they compel due respect and attention because of the unusual significance, bliss, peace and directive value with which they are surcharged.

September 23rd

267. THE SUFFERING OF THE AVATAR

At the time Babajan gave me the nirvikalp (inconceptual) experience of my own reality, the illusory physical, subtle and mental bodies - mind, worlds and one and all created things - ceased to exist for me even as illusion. Then I began to see that only I and nothing else existed.

The infinite bliss of my Self-realization was, is and will remain continuous. At the moment I experience both infinite bliss as well as infinite suffering. Once I drop the body, only bliss will remain. But after I became Self-conscious I could not have said all this. Nor could I say it even now if it had not been for the indescribable spiritual agonies which I passed through for another period of nine months in returning to normal consciousness of the suffering of others. During those nine months I remained in a state which no one else could have tolerated for even nine days.

September 24th

268. THE ETERNAL PRESENCE

Baba said: "I am never born, I never die. At every moment I take birth and undergo death..... Although I am present eternally in my formless, infinite state, from time to time I take form, and the taking of the form and leaving it is termed my physical birth and death. In this sense, I am born and I die when my Universal work is finished."

September 25th

269. LOVE AND SACRIFICE

The Light of Love is not free from its fire of sacrifice. In fact, like heat and light, love and sacrifice, so to say, go hand in hand. The true spirit of sacrifice that springs spontaneously does not and cannot reserve itself for particular objects and special occasions.

Just as it can never be too late or too early to learn to love for the sake of love, there can be nothing too small or too big to be sacrificed or sacrificed for. The flow of life, light and love is as much in the drop as in the Ocean.....

September 26th

270. REAL SACRIFICE

The Spirit of true love and real sacrifice is beyond ledgers and needs no measures. A constant wish to love and be loving and a non-calculating will to sacrifice in every walk of life, high or low, big or small, between home and office, streets and cities, countries and continents, are the best anti-selfish measures that man can take to be really Self-ful and joyful.

May you one day behold the ever-shining light of love that never dies and knows no darkness.

September 27th

271. REAL WORTH

It is the One Supreme Soul who is playing the different parts of the Almighty, the Creator and the God-realized Man, who has attained the Christ-conscious state and is a Perfect Master. The Perfect Master knows he is in every man and that every man is in Him. The Perfect Master is Love, Lover and Beloved.

Only three things are of real worth, God, Love and the Perfect Master. These three are almost one and the same.

September 28th

272. STAGES

One generally passes through three stages in 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.

September 29th

273. FINDING THE TRUTH

Truth when it comes comes in a flash within. When knowledge comes, one knows everything, but Truth and its Knowledge is not found unless one seeks with all his heart, and when one feels that he cannot live without it, then one finds it within the Self. I give you My Love, and this Love will help you to find the Truth.

September 30th

274. HEAVEN AND HELL

Let me tell you the tale of the Mast and the Mullah. The Mast, his consciousness focused upon the intimate nearness of his Beloved God, was virtually oblivious to everything else. The Mullah, since he could not understand this state, would pester the Mast with learned parrotry, and eventually became so exasperated that one day he cursed the Mast, saying that he would go to hell. The Mast happened to hear and understand what had been said and retorted that the Mullah's heaven contained everything except God; but that since God was everywhere, he would be quite happy in hell, where he might share his Beloved's sufferings.

October 1st

275. THE ANCIENT ONE

Although I appear to be quite different in every Avataric period, I always am and always remain the same from beginning to end. I live the worldly life that is lived by the people, in order to help them live the divine life that I live simultaneously. To be established in the hearts of the people, I need no religious organizations. On the contrary, religious organizations need me in order to be established after me. Those who do not love me fail to understand me; and those who do not realize my DIVINITY fail to understand it.

October 2nd

276. THE LOAD

Hafiz has compared the body with a pot, the soul with smoke, and the sanskaras with a huge stone lying on top of the pot. For all its attempts, how can the smoke ever succeed in removing and throwing off the stone? For this, a sage must come and lift it away. Similarly, a bird may go on trying to open a cage which is closed from the outside, but it will never succeed until help is received from outside. In short, those who desire to gain something - even a little benefit in the spiritual line - must have a chest as strong as iron (that is, be very brave and patient, like iron) so as to withstand severe blows.

October 3rd

277. GOD EXISTS

You are convinced of God's existence. God exists - therefore God is to be sought, seen, realized. 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 millions of strangers you have filled it with, you cannot find God.

October 4th

278. THE STRANGERS

Who are these strangers? They are your age-old desires, your millions of wants. These are strangers to God, for incompleteness 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..... I am in everyone and everything.

October 5th

279. THE OCEAN

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 can you take with you depends on the receptacle you bring. If it is a cup, you can take only a cupful; if a pail, only a pail-full. But once in a long while comes the true hero, the giant in Love that can gulp the Ocean itself!

October 6th

280. THE CHRIST STATE

I am not limited by this form. I use it like a garment to make Myself visible to you; and I communicate with you through words best 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 shall 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.

October 7th

281. MIND

To have one's mind under one's control is very important. Mind controls life, and we must control the mind. Mind makes us believe and be happy - mind makes us doubt and be miserable. It is like the sun. The sun gives life, and the sun takes life. It gives life to plants, takes life from man by strokes.

Concentration produces ecstasy and trance and spiritual experience. Making the mind empty produces peace. It makes it possible for one to enter the path. It is like climbing a mountain. When you reach the foot, before you start your ascent, you lay down your burden.

The mind has become habituated, through ages and ages of time, to look outwards. We must train it to look within. It is difficult because it is so infinitely easy.

October 8th

282. THE PERFECT MASTER OR SADGURU

The Sadguru himself is free. To lead to freedom those who are still bound is his divine sport. Whereas in the beginning, the God who was unconsciously divine, accepted apparent limitation in order to become consciously divine; so the Sadguru, consciously divine assumes apparent limitation to help others to conscious divinity, always in the process, maintaining his infinite Power, Knowledge and Bliss..... A Majzub is like fire. He can communicate "light" (illumination) to others only if he is approached. One must be in his presence to be benefitted by him. A Sadguru is like electricity. He can communicate "light" to others wherever they may be..... Every Avataric manifestation will differ from every other Avataric manifestation. The creative process is infinitely varied; nothing in it is ever repeated in exactly the same way.

October 9th

283. EVOLUTION

Man's pilgrimage through time and space is but part of God's pilgrimage from unconscious or latently conscious divinity to conscious divinity. God in his essential nature is unconsciously divine, just as a foetus in its mother's womb is unconsciously human. And just as the baby, coming into consciousness becomes conscious first of its surroundings, so God coming into consciousness, becomes conscious first of His creation, which begins to evolve simultaneously with the advent of consciousness. And just as the child becomes aware of itself first through the medium of its physical body, and identifies itself with that. So God becomes aware of Himself, first through the medium of the individual soul, and identifies Himself with that. Thus the evolution of the individual soul becomes His evolution, and the liberation of the individual soul becomes His liberation.

October 10th

284. GOD AND THE UNIVERSE

God is absolutely independent, and the universe is entirely dependent upon God. Yet when the Perfect Masters effect the descent of God on earth as the Avatar, they make Reality and illusion interdependent each upon the other. And thus it is that His infinite mercy and unbounded love are eternally drawn upon by those who are immersed in illusion.

October 11th

285. SPIRITUAL HELP

Not only is the God-man not necessarily bound to any particular technique of giving spiritual help to others but he is also not bound to the conventional standards of the good. He is beyond the distinction of good and evil; but though what he does may appear to be lawless to the eyes of the world, it is always meant for the ultimate good of others. He uses different methods for different persons. He has no self-interest or personal motive and is always inspired by the compassion that seeks the true well-being of others; therefore in all that he does he remains unbound. He uses Maya to draw his disciples out of Maya, and takes infinite ways and workings for his spiritual task. His methods are different with different persons; nor are they the same with the same person at all times.

An interception by a short shocking dream is often useful in awakening a person from a long beautiful dream; and like the shocking dream the usual shocks which the God-Man in his discretion deliberately administers, are eventually wholesome though they might be unpleasant at the time of their occurrence.

October. 12th

286. ONE IS

In Reality there is only ONE. In illusion there are many. The reason why there is so much confusion as to whether there is one God or many is because God is so infinitely One.

Even to say "There is one God" is wrong. God is so infinitely One that He cannot even be called One. One may only say "One is". The word "God" is only an attempt to give that ONE a name, for in actuality He has no name. Even to say that God is one implies there is the possibility of two. For one to say there are many Gods is madness.

October 13th

287. 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. If you lean towards both you get crushed.

So, through love, let go the pull of illusion and become one with Reality.

October 14th

288. RITUALS AND CEREMONIES

The diverse rituals and ceremonies of different religions and cults are intended to release Divine Love, but they mostly bind the soul to the repetitive mechanism of expressive forms. Attachment to the rigid forms of external expression of love for God not only limits the love itself, but creates separative divisions between one religion and another. Rituals and ceremonies often bind the soul to ignorance and illusory separateness and become an obstacle to real illumination. The true spiritual aspirant is therefore, more keen about the inner life. Inner life is based on love for God, and it is this love that annihilates all desires, keeping in fact only one desire and longing - that of Union with the Beloved God. He has no obsessions for expressing his reverence in any set forms. Such obsessions twist the real life. The free soul is never entangled in any of these unessentials, and never allows itself to be over-powered by the separative tendencies released by attachment to rituals and ceremonies.

October 15th

289. THE TRUE MASTER

Q. Why is meditation on a Perfect Master the most effective form of meditation?

A. By meditation on a Perfect Master who is divine and fully conscious of his divinity, the individual who is divine, but not fully conscious of his divinity, is led into Divine Self-Consciousness.

Q. How can we recognize the True Master?

A. 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 hearts of millions.

October 16th

290. AVATAR OR PROPHET

Q. What is the theory of the Manifestation of an Avatar?

A. God-realized Masters always do exist on the physical as well as on other planes but are not always known, and seen physically. After cycles of years, when spirituality reaches its lowest ebb, and materialism is at its highest points, and at those critical periods when there is chaos and misery everywhere, the impersonal aspect of Divinity assumes personality, and the world sees the physical manifestation of an Avatar, or a Prophet.

October 17th

291. THE WORD MEANING

Baba has said, "The one WORD full of meaning has produced innumerable meaningless words and when I utter that WORD all words will have meaning.... I am not limited by this form. I use it like a garment to make Myself visible to you; and I can communicate with you. Don't try to understand Me. My depth is unfathomable. Just love Me. I eternally enjoy the Christ-state (Aham-Brahmasmi) of consciousness and when I speak I shall 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."

October 18th

292. ONENESS

The word that I will speak will go to the world as from God, not as from a philosopher; it will go straight to its heart. With the dawn of the realization of the unity of all life, hatred and dissension will come to an end. There will be unfaltering love and unfailing understanding and men shall be united in an inviolable brotherhood based on the realized Oneness of God.....

Drown all sound in my silence, if you would hear my word of words.

October 19th

293. DIVINE GLORY

My humiliation and my glorification. In the stage of Humiliation, the measure of your love for me and your preparedness to obey me will be tested, not by me but by the phase of humiliation itself. Blessed will be those among you who will hang on to my 'daaman' through it all, emerging triumphant in the Divine Glory of my love.

The stage of Glorification to follow, will be when I break my silence with the divine word - THE WORD that will indisputably assert the existence of God, in the mind and heart of man; that will make the world know that God not only exists, but that He alone exists, infinitely and eternally.

October 20th

294. SILENCE

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 gain, nor for the impending breaking of my silence and my manifestation, but I want you to love me for myself as being God in human form.

October 21st

295. CRISIS

Of my own I shall not break my silence; Universal crisis will make me do so. When the crisis reaches its absolute culmination, it will make me utter the WORD at that moment. Circumstances are converging and fast gathering momentum towards precipitating the right moment which will come completely unawares - at any time, any hour, any day. That moment is not far away.

October 22nd

296. THE PIVOT

As I am the Pivot of the universe, the full pressure of the Universal upheaval will bear on me, and correspondingly my suffering will be so infinitely overwhelming that the WORD will escape from out of the silence.....

Remain completely resigned to my will and do not let any circumstances or situation shake your grip from my 'daaman'. I shall not come out of my seclusion until I break my silence. The divine moment for my giving the WORD is not far off.

October 23rd

297. ONENESS OF GOD

There is nothing but God. He is the only Reality, and we are all one in the indivisible Oneness of this absolute Reality. When the ONE who has realized God says, "I am God, You are God, and we are all one," and also awakens this feeling of Oneness in his illusion-bound selves, then the question of the lowly and the great, the poor and the rich, the humble and the modest, the good and the bad vanishes.

October 24th

298. MAYA

I used to say to the mandali, that God's work Maya always opposes: it is necessary. Just as illusion is necessary for the realization of God, so Maya's force in opposing God's work gives strength to the work. The greater the opposition from Maya, the better the result..... God is eternal; illusion semi-eternal, God does not change; illusion changes. Your shadow is always with you, but it changes in the morning from what it is later, and at midday you do not see it; the shadow is semi-eternal.

October 25th

299. GOD IS

When one has experience of Eternity, one knows that God IS. To say that God was, is and will be, is wrong. All Eternity is now present at this moment. So I say "GOD IS"..... God is all, God knows all and God does all. When the Avatar proclaims he is the Ancient One, it is God who proclaims his manifestation on earth. When man utters for or against the Avatarhood it is God who speaks through him. It is God alone who declares himself through the Avatar and mankind.

October 26th

300. A STORY - GOD'S FOOL

As Baba and His disciples approached the river at Brindaban, a youngish man wearing what resembled a fool's cap, sat on a wall playing a flute; when he noticed Baba he stopped and in a loud voice cried out, "Here comes the Flute Player," which is another name for Krishna. He didn't want money, he didn't want anything, he just ran ahead with dancing steps and flute, a short distance in front of Baba. The guide thinking he was being annoying, tried to drive the man away with a stick. Baba said, "Let him be." Some stern-faced priests near a temple looked on scornfully. He followed and cried "Krishna is here, Krishna is here!"

Just before returning to the bus, extraordinary greetings or signals went on between Baba and the man, an unmistakeable recognition. Later Baba said that he had come for this man, who was a highly evolved soul. Such 'fools of God' take this guise so "that the world should pass them by."

October 27th

301. THE FIRST SONG

The first Song of the Infinite is the beginning of Creation. It brings about the apparent descent of the Infinite into the domain of multiple duality. Duality implies unending sufferings.

I am eternally happy for I know that I am the Infinite One. I alone exist; there is nothing besides Me; all else is illusion. Simultaneously, I suffer eternally.

October 28th

302. SUFFERING

I, as myself, am free. But in you, as you, I get myself bound. I knowingly suffer through you, to make you free from bindings. This is my crucifixion. Your experience of suffering is because of sheer ignorance; and your ignorance is my suffering.

October 29th

303. INDIVISIBLE

You are sitting here before me, each one asserting his separate existence from the other. You come from different levels of society. You possess varied physical and mental aptitudes and abilities. Through the ego-mind you have become individualized, and the ONE, Indivisible Soul is infinitely divided. But the Soul never becomes divided, it ever remains ONE and the Same.

October 30th

304. INFINITE SOUL

You are really the Infinite Soul but you identify yourself with a finite mind and so have to suffer. You have your moments of happiness and sorrow. Whether your pains outweigh your pleasures or your pleasures outweigh your pains, you worry all day about something or the other until your finite existence retreats at night into sound sleep. There you unconsciously merge in the Infinite.

October 31st

305. THE DREAM

In the dream state you enjoy and suffer. When you wake you realize that your enjoyment and suffering was nothing but a dream - an illusion. But know that your present state of consciousness which you call being awake, when compared to the Real Awake State, is nothing but a dream state. Your life is a dream within the mighty Dream of God which is the Universe.

November 1st

306. REAL AWAKE STATE

From your present awake dream state you have to go through many sleeps of deaths before you get established in the Real Awake State. After ordinary sleep you awake in the same surroundings; after death you arise in a new environment. But this does not bring the end of your suffering, for the Thread of Action (KARMA) continues unbroken and unfailingly keeps on determining your life. The humour of it is new settings create new worries. The grip of illusion is so tight and deceitful that you cannot help worrying. So your life in your awake dream state becomes an endless chain of suffering.

November 2nd

307. KARMA

You as gross body, are born again and again till you realize your Real Self. You, as mind, are born only once and die only once; in this sense you do not reincarnate. The gross body keeps changing, but mind (mental body) remains the same throughout. All impressions (sanskaras) are stored in the mind. The impressions are either to be spent or counteracted through fresh karma in successive incarnations. Buddha's wheel denotes the cycle of birth and deaths. The wheel goes on in its ceaseless round. It lifts you to the heights; it brings you down to the depths.

November 3rd

308. KARMA (The King story)

To show you how Karma persists as a connecting link and a life-determining factor of future lives, I give you an example. There is a king who has vast possessions. But he is a worthless king. He spends all his energy and money in selfish pursuits and luxuries and has no care for his subjects. In his next birth he is born blind and becomes a beggar and thus compensates for his wrong doings.

November 4th

309. THE KING AND THE BEGGAR

Now this king has a servant who is honest and faithful and hard-working. In his next birth because of his merits he is born into a cultured and well-to-do family. One day, when he is going along the street he hears a pitiable cry from the pavement. It is from the blind beggar who was the king in his previous life crying aloud with outstretched hands, 'Have pity. Give me a penny in the name of the Lord.' And because all actions however trivial are inwardly determined by the sanskaric ties, creating claims and counter claims, the rich man is unconsciously drawn towards the beggar and gives him a few copper coins.

November 5th

310. JUSTICE

A king crying out for alms and a servant taking pity on him - what a comedy, what irony of fate! This is the working of the law of Karma, the expression of justice in the world of values. The law of Karma is impartial and inexorable. It knows no concessions, gives no preferences, makes no exceptions. It dispenses justice.

By divine law you are shielded from remembrance of past lives, for it would not help you in living your present life but would make it infinitely more complicated and confusing.

November 6th

311. KARMIC DEBTS

The wheel of births and deaths ceaselessly turns. You are born as a male, as a female; rich, poor; brilliant, dull; healthy, weak; black, white; of different nationalities and of different creeds, in accordance with your inherent and imperative need to have that richness of experience which helps transcend all forms of duality. Side by side with the experience, the paying and receiving of payment of karmic debts goes on ad infinitum. How can you clear the account? The Avatar or Sadguru, having universal Mind, literally embodies universal life. It is through Him that you become free from this business of Karma.

November 7th

312. TO HAVE KNOWLEDGE

How do I know everything? The nature of the infinitely complicated phenomenon - the Universe - is infinitely simple. But to know and understand this is infinitely difficult. When you know what Universal Mind, Universal Energy and Universal Body are and what their relation is to individual mind, individual energy, and individual body you will understand how the Perfect Master knows everything.

This all-comprehensive Knowledge is obtained in a flash. But to know everything in a flash takes an eternity in the illusion of time while you gradually die to your self. This dying to your self means completely losing yourself in God to find your Self as God. This dying to your false self is no easy task; raising a corpse to life is child's play compared to it.

November 8th

313. PROVING GOD

When a Parsee gentleman (a barrister) came to visit Baba, he asked, "Why don't you prove what you claim to be?" Baba laughed and without hesitation said, through gestures - "The Creator (God) who is limitless, formless and unbounded is not bound to prove to his own creation that He is the Creator. It's for the Creation to know, find and realise the Creator."God needs your intense Love, He needs you to become "dust" for His love - instead of defying Him. It is better to deny God than to defy Him.....

God's ways are mysterious and He alone understands his mystery.... God only knows and understands His language.

November 9th

314. THE SUN

What Baba says of the Perfect Master applies to Himself. He is the sun of the spiritual world, and each of His innumerable rays penetrates the innermost heart of each individual existence - gross, subtle and mental: thus his infinite existence is linked with each and every thing. He has now become the very source of bliss, power and knowledge which He eternally experiences and which He uses for the upliftment of humanity at large in the spiritual advancement of individual souls.

November 10th

315. ARTI in GUJRATI

1. O God command that the fire of our ignorance be extinguished.
2. Your lovers yearn for You to bestow upon them the Light of faith.
3. O Murshed Meher Baba we (your lovers) lay our heads at your feet.
4. O Meher Baba, you have made yourself perfectly aware of your Godhood.
5. You are the Lord of Truth, You are the Lover and the Beloved in One.
6. Being the torrent of Infinite Knowledge, You are the Ocean of Oneness.

November 11th

316. ARTI (continued)

7. O Master, bestow upon us, the wayfarers, the Knowledge of Ezad (the only One worthy of worship).
8. For You, O Paramatma are Omniscient and are divine Knowledge itself.
9. Give us to drink of the cup of God's Love that we become intoxicated.
10. O Saki, we offer our lives in sacrifice to You - give us this draught.
11. Only if You steer our ship while in mid-ocean can we remain afloat.
12. O Meher Baba, the Captain of our ship, You are our protector.

November 12th

317. THE REAL SELF

To try to understand with the mind that which the mind can never understand, is futile; and to try to express by sounds of language in forms of words the transcendent state of the soul, is even more futile. All that can be said, and will be said, by those who live and experience that state, is that when the false self is lost the Real Self is found; that the birth of the Real can follow only the death of the False; and that dying to ourselves - the true death which ends all dying - is the only way to perpetual life.

November 13th

318. THE REAL SELF (continued)

This means that when the mind with its desires, cravings and longings, is completely consumed by the fire of Divine Love, then the infinite indestructible, indivisible, eternal Self is manifested. This is Manonash, the annihilation of the false, limited, miserable, ignorant, destructible "I", to be replaced by the real "I", the eternal possessor of Infinite Knowledge, Love, Power, Peace, Bliss and Glory, in its unchangeable existence.

November 14th

319. THE PARADOX

Unless and until ignorance is removed and Knowledge is gained - the Knowledge whereby the Divine Life is experienced and lived - everything pertaining to the Spiritual is paradoxical.

God, whom we do not see, we say is real; and the world, which we do see, we say is false. In experience, what exists for us does not really exist; and what does not exist for us, really exists.

We must lose ourselves in order to find ourselves; thus loss itself is gain. We must die to Self to live in God; thus death means Life.

We must become completely void inside to be completely possessed by God; thus complete emptiness means absolute fullness.

We must become naked of selfhood by possessing nothing, so as to be absorbed in the infinity of God; thus nothing means Everything.

November 15th

320. THE LOVER AND THE BELOVED

Beloved God is in all.

What then is the duty of the lover?

It is to make the Beloved happy without sparing himself. Without giving a second thought to his own happiness the lover should seek the pleasure of the Beloved. The only thought a lover of God should have is to make the Beloved happy. Thus if you stop thinking of your own happiness and give happiness to others, you will then indeed play the part of the lover of God, because Beloved God is in all.

But, while giving happiness to others, if you have an iota of thought of self, it is not love but affection. This tends to seek happiness for the self while making others happy.

November 16th

321. NEW LIFE PRAYER

"God give me strength to follow the conditions one hundred per cent. God help me to speak the Truth and not to lie under any circumstances. God help me to control anger, and keep away from lustful and greedy desires. God help me to be just, fair, honest and kind towards my companions and to those who come into contact with me."

True love is no game of the faint-hearted and the weak; it is born of strength and understanding.

November 17th

322. STORY OF MANSARI

Years ago, Baba gave Mansari a stick for protection against robbers; but she said, "Baba, the whole village reveres you, they would not dare to step into the ashram." Baba continued: "Mansari is not the nervous type. She is afraid of nothing, only snakes, the sight of snakes. One night she awoke and there was a cobra on her chest. Her eyes met those of the cobra. I had warned her always that when in difficulties or emergencies to repeat my name with all her heart. But she was frozen with fear and for about five minutes could say nothing. Then she took in her hand that small stick and saying my name knocked the cobra off the bed. Then she saw it crawling up on the bed again! Then, repeating my name, she killed the snake with the stick. She was trembling for two days afterwards. She cried when she saw me again, saying how I had saved her life.

November 18th

323. THE PLAN

For the fulfilment of the Divinely Ordained Plan it is necessary that humanity should throw away all its accumulated impediments and surrender unconditionally to the abiding love of God - the unfailing and supremely universal Beloved - God has to be accepted in all simplicity and not by laboriously proved intellectual conclusions.

November 19th

324. WINE

Wine is prepared by the crushing and the further crushing of grapes, when it acquires the capacity for intoxication which usually takes away one's command of understanding. Close and repeated feeling of love for God also brings intoxication, but this takes you TOWARDS true understanding.

November 20th

325. DIET AND MEDITATION

The analogy of diet can be extended even to the second type of meditation, which consists in avoiding and eliminating the things which are anti-spiritual. A faulty diet can upset physical health; faulty types of meditation can throw the mind in disorder. The wrong type of food can ruin health instead of nourishing it; so, the instinctive meditation on the objects of craving can create further fetters for the mind instead of breaking those which already exist. Therefore, it is as important to avoid the wrong type of meditation as it is to avoid the wrong type of food. And further, just as good health requires constant elimination of waste products and poisonous substances, spiritual health requires the expulsion of undesirable thoughts and emotions.

November 21st

326. THE EGO-SHELL

When the soul comes out of the ego-shell and enters the infinite life of God, its limited individuality is replaced by unlimited individuality. The soul knows that it is God-conscious and thus preserves its individuality. The important point is that individuality is not entirely extinguished; but it is retained in the spiritualized form.

November 22nd

327. THE PRESENT

It is not right to deprive the present of all importance by subordinating it to an end in the future; for this means the imaginary accumulation of all importance in the imagined future, rather than the perception and realization of the true importance of everything that exists now. There cannot be ebb and tide in eternity, nor meaningless intervals between intermittent harvests, but a fulness of being which cannot suffer the impoverishment of a single instant. When life seems to be idle or empty, it is not due to any curtailment of the Infinity of Truth; but to one's own lack of capacity to enter into its full possession.

November 23rd

328. JEALOUSY

Limitation comes into existence owing to ego-centered desires and self-will. Possessiveness in all its forms leads to a life of limitation. For example if one looks upon another with covetous eyes and finds that instead of winning that person's love, someone else has it, the free life of the spirit is narrowed down and strangled by an acute consciousness of limitation and suffocating jealousy. But if one looks at the situation with a heart purged of longing, the love received by the other will be seen in its natural beauty. In the clarity of perception that comes through non-possessiveness, one will not only taste the freedom of non-duality, but also its joy.

November 24th

329. JEALOUSY (continued)

Someone else receiving that love is like receiving it oneself, once one no longer insists on the claims of a single form, but identifies with life in all its forms. In non-duality there is freedom from limitation, and the knowledge and appreciation of things as they are, and in non-duality alone is there the realization of true spiritual infinity that secures abiding and unfading bliss.

November 25th

330. THAT WHICH IS

What is true of the limitation of jealousy is true of all other limitations like anger, hate and cravings; they are all one's own creation. All finiteness and limitation is subjective and self-created; and with the surrendrance of self-will and ego-centered imagination there arises the true perception of the infinite worth of That Which Is.

November 26th

331. ON DYING

(from Kitty Davy's Diary) Baba said, "Now listen very seriously to this lecture. As I said this morning, it is time we started dying. Dying, not in the meaning of ordinary death, but the death of low sense desires. It is all bliss and yet all are miserable because of ignorance. This ignorance causes desires to be fulfilled, yet the goal of each and everyone is to attain the 'no-desire' state.

You want millions of things. You say, "I want this, I want that". And wanting inevitably leads to suffering..... Baba had to change "the orbit of disharmony, with self as centre, to an orbit of harmony with God as centre."

November 27th

332. MIRACLES

The only miracle which is worthy of the name is divine grace that knows no fetters, and that can control the entire universe with all of its laws. It is the last supervening factor in the graded orders which obtain in the spiritual panorama.

Divine grace is not concerned with phenomena. It is concerned with the emancipation and spiritual fulfilment of souls. Here an interesting question is, "Does God work miracles in the narrower sense of operating the hidden laws of the inner sphere?" The answer is, "God does everything and at the same time he does nothing. He leaves everything to the natural and supernatural forces prevalent in the spiritual panorama of the universe."

November 28th

333. THE MIRACLE OF MIRACLES

Although God does nothing by way of small miracles, the entire universe which has emanated from Him is the miracle of miracles. The more we ponder on anything in the universe - even the meanest of things - the more miraculous it appears to the human mind. And the universe, which includes an infinite number of such items, giving to each of them an indelible stamp of eternal significance, is an unquestionable miracle because it admits of a thousand questions but offers no answers to the limited human intellect.

November 29th

334. NORMAL ROUTINE

So having created this supreme miracle of the universe, God does not bother about performing further minor miracles within this universe, but leaves it to the reign of laws. However, this does not apply to the God-man who may, if he deems it to be fit and necessary, perform numberless miracles in supervision of the normal routine working of the universe, without attaching any special importance to them..... A living faith is always born of some deep experience which the Master imparts.

November 30th

335. APPROACH WITH LOVE

God does everything and in another sense does nothing. Although God does nothing, those who approach Him with love and surrender derive everything that matters in the spiritual realm, even though He does not do anything particular towards them.

December 1st

336. OVERSHADOWED

Some advanced disciples are in such complete harmony with the Master that the Master can, if he so wills, sometimes "overshadow" the ego-mind and the body of a disciple, without supplanting his soul. Such overshadowing may take place for the working out of the wider plans of the Master. Instead of replacing or wiping out the individuality of the disciple, it implements and amplifies his individuality. Here the disciple and his Master are so merged into each other that they both find equal fulfilment through whatever the disciple achieves through his bodily existence.

December 2nd

337. INFINITE SOULS

There is one infinite, indivisible soul which, through illusion, appears as many separate souls. Just as the one real soul is infinite in its indivisible being, the many souls into which it appears to get split are infinite in number. The shadow of the Infinite is infinite and remains infinite. Though the number of souls who attain full or human consciousness is limited and growing, the total number of souls of all plants, animals, insects, atoms, etc. is infinite and cannot be counted.

December 3rd

338. HYPOCRISY

In this world of innumerable frailties, the greatest of all frailties is the common fault of not being able to face, accept and acknowledge one's own weaknesses. This is the frailty of all frailties. It gives rise to hypocrisy. Hypocrisy is said to be the tribute which vice pays to virtue. In contrast to the world of facts man builds out of his inspired imagination another world of ideals. Sometimes he imaginatively transports himself into the world of ideals, sometimes he reverts to his realistic world of facts; and occasionally he tries to bridge the gulf between them by actually and laboriously traversing the path with slow and bleeding steps.

December 4th

339. THE NARROW PATH

It is of no use to attribute motives to the conscious imposter or fraudulent claimant of spirituality. The inner spiritual path is narrow and difficult. Even sincere seekers can become enticed by the allurements of spiritual jingoism before they become aware that they have fallen. But they may have the advantage of a timely beacon light flashed forth by some Perfect Master. The line dividing the true from the false on the steep path to Truth is so narrow that it has almost no dimensions.

December 5th

340. GOOD AND EVIL

It is a mistake to think that evil is an irreducible active force by itself. Both good and evil are abstractions and have to be seen in their true perspective as inevitable phases in the sub-human and human evolution. Evil is the lingering relic of earlier good. Some impressional tendencies, which were necessary and inevitable at a particular phase, are carried over to the higher phase of evolution and they persist in their existence due to inertia. They hinder harmonious functioning in the new context and appear as evil.

December 6th

341. GOOD AND EVIL

Good as well as evil has an undeniable relationship with the circumstances. No judgment can be passed on the goodness or other aspect of any action without considering the concrete context in which the judgment is called for. An act which is normally undeniably evil may, under special circumstances, be not only defensible but praiseworthy.

December 7th

342. PRAYER

What constitutes the essence of prayer?Some prayers invariably contain an element of asking something from God, either material or spiritual. In fact, God is so merciful and bountiful that even without asking He always gives much more than His lovers can receive. He knows their real needs more than they do. Therefore the element of asking something from God is superfluous, It often mars the inner love and worship which a prayer tries to express..... The language of the heart is the song of Love for the Beloved.

December 8th

343. PRAYER

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-forgetful appreciation of what He really is. You praise Him because He is praise-worthy. Your praise is a spontaneous appreciative response to His true being, as infinite Light, Infinite power and infinite bliss.

December 9th

344. IDEAL PRAYER

All hymns and prayers reach out towards the eternal Truth of Godhead only to merge those who utter them in silent and unending adoration. If by ideal prayer to the Lord is meant a set formula, any search for it is a wild goose chase. All prayers ultimately initiate the soul into an ever deepening silence of sweet adoration.....

December 10th

345. PRAYER WITHOUT MOTIVE

If you pray with a motive to do good to someone, your prayer may actually bring about good both to him and to yourself. Some people pray for the spiritual benefit of those who have done them some wrong. There also, they are helping others spiritually. But all prayers with a motive fall short of the ideal prayer which is without motive. In the entire spiritual panorama of the universe nothing is more sublime than spontaneous prayer. It gushes out of the human heart, filled with appreciative joy. It is self expression of the freed spirit without any actuation of a motive. In its highest form, prayer leaves no room for the illusory diarchy of the lover and the Beloved. It is a return to one's own being.

December 11th

346. OPPOSITES

If an action does not have the whole-hearted support of the innermost being of a person, it is quick in inviting its opposite. If, however, an action has had the whole-hearted support of the innermost being, it can evade deflection as long as it does not gather in its train some other things which strike a note of discord within the innermost being. The way to transcend the alternation between fractional opposites is to steer one's own life so as to make it a true and complete expression of the innermost being.

December 12th

347. MIND AND HEART

Mind has to work in co-operation with the heart; factual knowledge has to be subordinated to intuitive perceptions: and the heart has to be allowed full freedom in determining the ends of life without any interference from the mind. The mind has a place in practical life, but its role begins after the heart has had its say.

Spiritual understanding is born of the harmony of the mind and the heart.

December 13th

348. THE PATH

With his back to the false and evanescent and his gaze firmly fixed on the goal of Shoreless Divinity, an aspirant traverses the Path through spiritual planes with security if he has the help of a master of wisdom. And when he sheds his illusion completely, he finds that his mysterious sojourn has been from eternity to eternity, from God to Himself. But it is not an arrival at the same point. In the shoreless Divinity of the eternal reality, there are no dividing points or lines. So you cannot call it a "return". It is a return only in the sense of his having realised his initial limitlessness, but not a return to some imagined point or terminus.

December 14th

349. ETERNITY

It has been a flight from eternity to eternity, from the shoreless Divinity to the shoreless Divinity, from the unending to the unending. It is fulfillment that can never become stale. No-one may put the seal of finis on this story of the invincible eternal but everyone may disappear in it and share its unending and ineffable glory. Through the incident of imaginary creation God overtakes Himself, only to discover that He is limitless in all dimensions.

December 15th

350. MY SILENCE

I am silent. My Silence is not merely an observing of Silence, My Silence has a purpose behind it. When I break it, all will know. The breaking of my Silence will be as forceful as thousands of atoms exploding together....

The Avatar comes to awaken contemporary humanity to a realization of its true spiritual nature, give liberation to those who are ready and quicken the life of the Spirit in his time.

December 16th

351. THE HIGHEST

If I am the Highest of the High, then nothing is impossible for me. However I have often said that I do not perform miracles to satisfy individual needs, for this would only result in entangling the individual further into the net of ephemeral existence. On the other hand for spiritual upliftment and benefit of all humanity and all creatures, at certain periods I do manifest the infinite power I possess in the form of miracles.

December 17th

352. OF THE HIGH

.....Miraculous experiences have often occurred to individuals who love and have faith in ME, and these have been attributed to my nazar or grace. But I want everyone to know that it is not fit for those who love me to attribute such miraculous experiences to my state of the Highest of the High. If I am the Highest of the High then I am above this illusory play of Maya..... Whatever your body, your senses or the purely surface part of your mind may be occupied with see that the root of your mind is constantly focussed on God.

December 18th

353. FAITH

.....The miraculous experiences described by those who love me, or by those who love me unknowingly through other channels, are only the product of their own firm faith in me. That unshakable faith often supersedes the course of play of Maya and thus produces what they describe as miracles. Such experiences derived through firm faith do not entangle those individuals into further binding in illusion, but eventually do good,

December 19th

354. BECOME GOD

I have not come amongst you for you to bow down to me, to perform my arti (song in praise), to worship me. These things are good for the saints, walis and yogis. I expect much more from you. I have come to receive your love from you, and to bestow my love on you. I have descended to your level for the one purpose of bestowing my love on you, so that you may love God and become God. The rest is all illusion.

December 20th

355. THE ONE

I am the One so many seek and so few find. No amount of intellect can fathom ME. No amount of austerity can attain ME. Only when one loves Me and loses one's self in Me, am I found..... The more you try to understand God, the less you understand Him. How can He, who is beyond all explaining be described? His being infinitely easy to know has rendered Him infinitely difficult. The secret is that you have to become what you already are.

December 21st

356. THE ANCIENT ONE

You can know Me as one of you and one in you only, when the veils of separateness are lifted and this can be done if you love me honestly and wholeheartedly.

Lose yourself in Baba and you will find that you eternally were Baba. There can be no compromise in Love. It has either to be full or not at all. I say with divine authority that I am the Ancient One, and the slave of those who really love ME.

December 22nd

357. SEPARATION

As long as you remain separated from God and try to understand Him, He cannot be understood. There is no separation between you and God. Lover and Beloved are One. You yourself are the way. You ARE GOD.

December 23rd

358. PURE AND SIMPLE

To those whose hearts are pure and simple true love comes as a gift through the activating grace of a Perfect Master, and this divine love will perform the supreme miracle of bringing God into the hearts of men. All the same human love should not be despised, even when it is fraught with limitations for it can initiate an aspirant into the eternal life in the Truth.

December 24th

359. WHAT IS INTUITION?

Baba says: "It is dynamically energized by assimilation of the Truth, grasped through lucid and unerring intuition, which never falters and never fails, because it has emerged out of the fusion of head and heart, intellect and love.

Sit quiet and alone and imagine yourself as infinite within - say, 'I am part of the Infinite, the Infinite God is within me.'"

December 25th

360. UNDERSTANDING GOD

Do not give undue importance to explanations and discourses. Words fail to give any meaning to Reality; because when one supposes that one has understood, one has not understood: one is far from understanding anything so far as Reality is concerned. Reality is beyond human understanding, for it is beyond intellect. 'Samaj' cannot help because God is beyond understanding. The moment you try to understand God you "misunderstand" Him; you miss Him when you try to understand Him. Intellect must go before knowledge dawns.

December 26th

361. HAFIZ SAYS

Hafiz says: "It is foolishness on your part to desire union with God; but if you are mad enough, become the dust under the feet of the Perfect Master.

Repeating My Name is not enough, it should be done with all love and faith. You should continue to love Me more and more.

It is true that man can become God just through loving Me.

God and Love are identical, and one who has divine Love has received GOD,"

December 27th

362. FORGETFULNESS

The whole philosophy of happiness and unhappiness hinges on the question of forgetfulness of some kind or another, and of remembrance of some kind or another. Remembrance is an attachment of the mind to a particular idea, person, thing or place, and forgetfulness is its opposite. Once it is understood that remembrance causes pain, it follows that the only cure is some kind of forgetfulness, and this forgetfulness may be either positive or negative. The positive forgetfulness is one in which the mind remains aware of external stimuli, but refuses to react to them. The negative forgetfulness is either mere unconsciousness - a stopping of the mind as in sound sleep - or an acceleration of it as in madness, which has been defined as a way of avoiding the memory of suffering.

Positive forgetfulness, then is the cure, and its steady cultivation develops in man that balance of mind which enables him to express such noble traits as charity, forgiveness, tolerance, selflessness and service to others. One who is not equipped with this positive forgetfulness becomes a barometer of his surroundings. His poise is disturbed by the slightest whisper of praise or flattery, and by the faintest suggestion of slander or criticism; his mind is like a slender reed swayed by the slightest breeze of emotion. Such a man is perpetually at war with himself and knows no peace.....

December 28th

363. FORGETFULNESS

Positive forgetfulness, although it lies at the very root of happiness, is by no means easy to acquire. Once a man attains this state of mind, however, he rises above pain and pleasure, he is master of himself. This forgetfulness, to be fully effective for the spiritual life, must become permanent, and such permanence is only acquired through constant practice during many lives.....

December 29th

364. FORGETFULNESS

In such moments of true forgetfulness there is a mental detachment from all material surroundings in which the poet allows his imagination to soar. An artist, when he gives form to an ideal in which he completely forgets himself and all irrelevant surroundings, creates a masterpiece. The best of philosophy is uttered when a man surveys the problems of life without reference to the ups and downs of his purely personal circumstances; and some of the greatest scientific discoveries have been made in this same frame of mind. Such manifestations of genuine spontaneity of forgetfulness are very rare indeed, and although it is said that poets, artists and philosophers are born and not made, these fleeting phases of real forgetfulness are the result of efforts made in past lives.

December 30th

365. TO SURRENDER

In surrendering to the Master the disciple surrenders to the embodiment of Infinite and Universal Truth, not to another finite ego. The disciple's consciousness, therefore, is freed from its bondage of ignorance, instead of being further bound, as would be the case if he became identified with another finite mind. "When the ego disappears, there arises the knowledge of the TRUE SELF; one's consciousness is then that of the eternal and infinite 'I am' in which there is no separateness, and which includes all life."

December 31st

366. THE SINGER

I have the continuous experience that I am the singer, the song, the musical instruments and the audience. You cannot imagine what infinite bliss means. The greatest joy man feels is when he lives happily with his beloved. That joy is only the seventh shadow of Real Bliss. I am real but my shadow is not real - it has no value, The value of my seventh shadow would be absolutely nil. Similarly, worldly joy which is the seventh shadow of real bliss has absolutely no value. When once one experiences that bliss, one would not want to leave it and come back to this worldly consciousness, even as a Perfect Master..... The happiness of God-realization is self sustained, eternally fresh and unfading, boundless and indescribable; and it is for this happiness that the world has sprung into existence.

THE LOVE MESSAGE

Of teachers there are many. Baba alone is ONE BABA. I live in every heart who loves God for Himself and His Presence alone.

I have been called a promise breaker. This is not true and I have endured this humiliation for a long time; but the time will come - in the next second - when those who have not fully comprehended My LOVE nor my mission - when even they shall be re-awakened and know the meaning of my statement to mankind, viz: 'That I love you more than you can understand and more than you can ever love your REAL SELF.' Whoever sees God with eyes Divine will always see Me bowing down before them. I repeat again: My Avataric mission in this material day and age is to awaken mankind to the one single, simple, Divine Truth that GOD ALONE IS REAL and that there is nothing but God in the universe.

I urge all my lovers to hold fast to my daaman and I urge all mankind to perceive within My long SILENCE the Divine working of the mind of Christ. If this message will enable you to love God more than you have been doing, it will have fulfilled its mission on this Sacramental Day of July 10th, 1968.

I enfold each of my lovers in my Divine Love.

GNOSIS

"Nature is much bigger than that which a man can perceive through the ordinary senses of the physical body. The hidden aspects of nature consist of finer matter and forces that interpenetrate and exist together with the physical. There is no unbridgeable gulf separating the finer aspects of nature from its gross aspects. The finer aspects of nature are not perceptible to man but they are nevertheless continuous with the gross aspects. They are not remote and yet they are inaccessible to his consciousness. This is due to the fact that his consciousness is functioning through the physical senses which are not adapted for perceiving those aspects of nature which are finer than the gross aspects. He is unconscious of these 'inner planes' just as a deaf man is unconscious of sounds; and naturally he cannot also deal with them consciously. For practical purposes they are other worlds to him."

Meher Baba.

"The pathway of a man through the divisions of nature's hidden part, is called gnosis; the object of the various systems of religious ceremonial and doctrine is to prepare for it. It is believed by some that this was the aim of the mystery religions of the ancient world in their original purity, when there were spiritual initiates to guide neophytes. The veiled allusions scattered through mystic and gnostic literature and the vast ruins of the places where, hidden from the world, these arcane secrets were demonstrated, have left traces to show that the Path is One through all ages."

Will Backett.

"Gnosis is: the internal but actual pathway inside a human being though it is not exactly like a material road, yet it is distinctly perceptible to the internal eye of a real mystic or gnostic, who actually feels travelling along it."

Meher Baba.

From Meher Baba Journal, December 1938, Vol. 1. No. 2.

GLOSSARY of Indian or Persian words

Anal-hak	=	I am God
Arti	=	song in praise of the Master
Atman	=	soul
Avatar	=	Descent of God in incarnate form, God-man, Saviour
Brahmin	=	Hindu priest caste
Dastoor	=	priest class, Zoroastrian title
Daaman	=	hem of garment
Dukh	=	misery
Dnyan	=	knowledge
Guru	=	teacher
Karma	=	results of past actions
Lahar	=	first spontaneous urge
Qaza	=	destined happenings
Qadar	=	impulsive or accidental happenings
Nad	=	original divine sound of creation
Nazar	=	compassionate look
Nirvikalp	=	inconceptual experience
Mandali	=	disciple
Maya	=	illusion of this world
Majzub	=	God-man
Paratpar	=	Beyond state of God
Sanskara	=	impression on the mind body
Sadguru	=	Perfect Master
Sahavas	=	meeting with a God-man, or being in his company
Tauba	=	turning away from
Tamasha	=	a show – fun, play
Sadhana	=	the spiritual path

BOOK LIST and SOURCES OF QUOTATIONS

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9. God Speaks by Meher Baba, published by Dodd Mead and Co., New York, 1955.
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11. "The God Man" by Charles Purdom; published by George Allen and Unwin, 1964.
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13. Divya Vani (Quarterly published in India)
14. The Glow Publications, 36 Lytton Rd, Dehra Dun, U.P., India.

Register of Editorial Alterations

Day No. 3, para. 1, line 2, manoeuvring changed to manoeuvring

Day No. 185, para 1, line 4, nazir changed to nazar*

Day No. 208, para 3 line 2, ideas fixeas changed to idées fixes

Day No. 272, para 1, line 2, embued changed to imbued,

*also corrected on Glossary page