

The Unstruck Music of Meher Baba God's Voice

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**

Dedicated to

Avatar Meher Baba

the Compassionate Father

THE UNSTRUCK MUSIC
of Meher Baba
GOD'S VOICE

"The lock of error shuts the gate,
open it with the key of love:
Thus by opening the door, thou shalt
wake the Beloved.
Kabir says: "O brother! do not pass
by such good fortune as this!
Kabir

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FOREWORD

I am not come to establish any cult, society or organization; nor even to establish a new religion. The religion that I shall give teaches the knowledge of the One behind the many. The book that I shall make people read is the book of the heart that holds the key to the mystery of life. I shall bring about a happy blending of the head and the heart. I shall revitalize all religions and cults, and bring them together like beads on one string.

Meher Baba.

- XXII -

O BROTHER., my heart yearns for that
true Guru, who fills the cup of
true love, and drinks of it himself,
and offers it then to me.

He removes the veil from the eyes, and
gives the true Vision of Brahma:

He reveals the worlds in Him, and
makes me to hear the Unstruck
Music:

He shows joy and sorrow to be one:

He fills all utterance with love.

Kabir says: 'Verily he has no fear,
who has such a Guru to lead him
to the shelter of safety!'

What is our Life?

The incident of birth is common to all life on earth. Unlike other living creatures which are born insignificantly, live an involuntary life and die an uncertain death, physical birth of human beings connotes an important and if they are extra circumspect about it, perhaps a final stage of their evolutionary progress. Here onwards, they no longer are automatons but masters of their destiny, which they can shape and mould according to will. And this means that human beings, having passed through all travails of lower evolutionary processes, should insist upon the reward thereof, which is "spiritual birth" in this very life, and not rest content with a promise in the hereafter.

No sooner does one recoil on oneself and seriously ask the questions, "Where am I going to?", "Where have I come from?", surely such a one may be said to have had "spiritual birth".

This poise of mind, once gained, automatically and unknowingly brings about a readjustment of material surroundings and a man finds himself in harmony and at peace with the world. Conservatism, intolerance, pride and selfishness will shred off. Everything will put on a new meaning and assume a purpose. Sinner and Saint will appear to be waves differing in size and magnitude, on the surface of the same ocean, a natural outcome of forces in the universe governed by time, space and causation - the saint has neither the pride of place, nor the sinner the stigma of eternal degradation. Nobody is utterly lost and nobody need despair.

My panacea to the worried world is the effort on its part to get an answer to the questions, "Whence and whither?" "The knowledge that all have the same beginning and the same end, with life on earth a happy interlude, will go a long way in making the brotherhood of man a reality on earth, and this in turn will strike at the root of narrow communalism and rigid nationalism, which mean wars and economic exploitation. I bless you all for the realization of this, the aim of life".

Meher Baba
Nasik 18th Feb. 1937.

January 1st

1. The Reality of God *

What is Baba's work?

To transform human consciousness from the illusion of the world and the self to the reality of the spirit and God; or, to put it another way, to enable men to know by experience the truth of the Infinite Self which is in all.....

Real help that can be rendered to humanity is to make man feel his inherent divinity, and to cause him to see that the only purpose of life is to love God in order to become one in full consciousness with him.

* by Charles Purdom, from "The Awakener".

January 2nd

2. Negative forces

You must be able to face disappointment, criticism, negative forces with perfect calm and inner poise, And you must submit yourself at all times to the will of God.....

The world as world is an illusion but the world as God is Reality.....

Baba is like the sun..... anyone whose heart is pure can receive the rays. Make the heart pure by thinking of the Master and then loving Him.

January 3rd

3. Work

Do whatever needs to be done, but do it as a spiritual being..... as one who knows he is divine by nature and united with the whole of life in essence.

Do it as if you were doing it for Me or for God. Do it with equal consideration for the interests of all concerned, for God is equally in each. Do it with the utmost concentration yet with utter detachment from the result of action. Leave the fruits of action to Me or to God. Do it as if it were the most important thing in the universe, yet let it be destroyed, or ignored, or ridiculed, without concern, or let it be praised without elation. Leave the response to me or to God. Do it, in short, as if you were not doing it at all, but as if I or God were doing it through you.

January 4th

4. Charity

The mind is capable of turning the bitterest enemy into the sweetest friend by constantly thinking well of him. Never think you are obliging anybody by rendering any kind of help or giving anything in charity to him.

On the contrary, believe that the recipient of your generosity gives you a chance to serve yourself People take life seriously and God lightly whereas we must take God seriously and Life lightly God alone is real and the goal of life is to be united with Him through love.

January 5th

5. Becoming Childlike

If, when we grow up we become like children, child-like, not childish, then we can love God; because to love God we have to be desireless, except with the one desire, the longing to be united with God. So when we grow up and become child-like, not childish, we can then honestly love God. We find God everywhere, Nothing can shake, alter or stop that perpetual happiness, but we must first be honest seekers of truth.

January 6th

6. A Vision of the Truth

It is time that man had a fresh vision of the Truth, that all life is One and that God is the only thing which is real and the only thing that matters.

God is worth living for, and He is also worth dying for; all else is empty pursuit of illusory values.....

Don't lose heart, but keep me in your heart and remember I am always near you.

January 7th

7. The ocean-like Mind

Baba explained to some disciples in India, "My Mind is like the ocean, all the good and bad in the universe are drowned in it. If you think good thoughts I absorb them; if you think bad ones I absorb them too. If filth gets into a small pool, it pollutes it but if filth flows into the ocean it is absorbed by it, and is no longer filth, Your limited minds become stagnant with a few bad thoughts, but even universal bad thoughts cannot affect my ocean-like mind.

January 8th

8. God-realization

If you who keep company with me are sometimes attracted to worldly life (Maya) do not get disappointed.

I, too, was once like you, but the grace of Babajan* descended upon me and she, the perfect saint, presented me with the pearl of God-realization.

The only place that can hold me is the heart - Keep me close with you - I am always there.

And the following lines have been quoted by Meher Baba, as they explain so well the beautiful relationship between the sincere devotee and the Master.

"Constantly repeating thy name, I became one with Thee, nothing was left of me (self). How can I sing Thy praise O Guru mine, wherever I cast my eyes, I perceive thee and nothing else."

* A Perfect Master who died at Poona 1932. (September 21, 1931)

January 9th

9. We have to love Him silently and honestly even in our everyday life. Whilst eating, drinking, talking and doing all our duties. We can still love God continuously, without letting anyone know.

When God is found, you can have no idea what Infinite Bliss and Peace is gained. I give you my love so that some day you can love God as He ought to be loved.

January 10th

10. Intellect alone

Intellect alone can never save mankind. Intellect alone cannot make us find God, and without God, man never attains his true self or destiny.

When our own time runs slow (cold, cruel, feeble, or confused) God restores the balance by sending radiations of Love through the heart of one of His great Avatars.

January 11th

11. Spiritual rebirth

We have lived in an age of darkness - but every age is a cycle, and revolves into an Age of Enlightenment, of spiritual rebirth. And this rebirth of man is always guided by one of these great illumined Souls who functions as a living link between man and God. They bring down the power and grace of God into our hearts which are dry and empty.

January 12th

12. The Avatar

When Christ descends from the Infinite i.e. seventh plane, He brings with Him to earth, the Infinite goodness, wisdom, power and love and also the powers, signs, experiences of the six lower planes. In the words of the great Sufi saint: "Behold the sky, and clouds and the world: First is God, then the planes, the last is earth; but all three are linked."

January 13th

13. Recognition

How can we recognise the True Messiah? Baba's answer: The feeling and inspiration for things sublime and the Divine Love are imparted by a real Messiah to anyone who comes in contact with Him. A false Messiah cannot do this.

Through His Divinity the True Messiah gradually attracts the world to Himself, and people come to know and feel that He is real. The knowledge and feeling of confidence in His words and works grow gradually into certainty, and masses follow Him, drawn by an irresistible force.

January 14th

14. Reading about Perfect Masters such as Rama Krishna or St. Francis is not the same thing as discovering a Perfect Master living in our world at the same time.

When you discover this, at first it seems incredible, then it is a shock which develops into a thrill of hope and finally awakens real love in your heart.

Such a creative process does not go unrecognised by the Master Himself. This great Power house of Love, of Divine Love draws towards Himself all the empty hearts who stumble on to His path. Then they begin to feel His strength and joy pouring into them.

They begin not only to feel but to know about God - which immediately leads to acting in a new way, True to the inner Self.

Each day as one reads on, one also feels happier, one sees with a clearer vision. Each day some old question is answered, some old worry is knocked off. This of course is Faith - Faith in the Beloved who knows all. In the same way the disciples loved Jesus.

January 15th

15. The age of intellect has had its day. The greater age of the heart is at hand and the Master of Silence is its Avatar. He brings to mankind, at the moment of its deepest despair, the divine certainty of redemption.....

True love is unconquerable and irresistible, it goes on gathering power and spreading itself, until eventually it ennobles everyone and everything it touches.

January 16th

16. The Limited Vision

The ways of the impressionable many are as a rule emblematic of the attitude and behaviour of the influential few..... worldly man in his limited vision, fancies something to be right; he then proceeds to make it right for other people of similar tendencies, and to declare it sacrosanct for those whose concept it is. Such a life of... uncritical imitation is not the life of the spirit; blind surrender to convention does not result in wise action; much less does it lead to perfection.

January 17th

17. The life of the spirit

The life of the spirit has its basis in a true understanding of values, and is governed by it. In the life of perfect action there must be harmonious adjustment between material and spiritual aspects of life. This cannot be affected by granting equal importance to them. Baba says: "Change the orbit of disharmony with self at its centre, to an orbit of harmony with God as centre."

January 18th

18. The spirit must and ever will have an inviolable priority over matter. This sovereignty is expressed not by avoiding or rejecting matter, but by making full use of it as an appropriate vehicle for the expression of the spirit.....

Baba told a woman disciple to repeat to herself every night: "I am part of the Infinite and the Infinite God is within me."

January 19th

19. Perfect Masters (Sadgurus) are always on the lookout for those who need and deserve their help, and the faintest gleams of spiritual longing are not overlooked by them.

"I am the universal thief," says Meher Baba, "I steal the hearts of all."

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January 20th

20. Self lost is freedom gained

God manifests His Presence when and where lust, greed, anger, jealousy, hatred, back-biting and selfish desires are totally absent. But as they are the outcome of impressions (sanskaras) of past lives, and must necessarily be expressed, getting rid of them is ordinarily impossible; it would be like a rock trying to lift itself as these past impressions are being spent new ones are forged because of the presence and assertion of the lower self. If one is to be free of the endless chain of impressions, past and present, this assertive lower self must be abolished.

January 21st

21. Don't run away from the world; run away from your own lower self. Don't renounce the world; renounce your own lower self. Don't seek solitude anywhere but within your own self. Silently cry out....."Beloved One, reveal yourself to me as my own real infinite Self." It is you who are obstructing yourself from finding yourself. So try to lose your lower self in continued remembrance of God - who is your real self.

Don't become master of disciples till you have mastered your own self.

January 22nd

22. Do not worry. Love Me more and more. Hold on to my daaman, whatever the trials and difficulties you may be passing through. You are sharing in my universal working and are fortunate to do so.

The purpose of life is to realize God within ourselves. This can be done whilst attending to our worldly duties. In the everyday walks of life and amidst intense activities, we should feel detached and dedicate our doings to our Beloved God.

January 23rd

23. I love you as God alone can love..... Hold on to my daaman, love Me more and more and you will receive fully what I have to give.

Be brave, be happy. I and you all are One - and the Infinite that eternally belongs to Me will one day belong to every One of you.

January 24th

24. Part of the Song of the New Life

Even if the heavens fall
Do not let go the hand of Truth.
Let despair and disappointment ravage and destroy the garden of
your life.
You beautify it once again, by the seedlings of contentment and
self sufficiency.
Even if your heart is cut to bits, let there be a smile on your lips.
Here I divulge to you a point worth noting,
Your beggarly life will be the envy of kings.

January 25th

25. God exists indeed and true are the Prophets
Every cycle has an Avatar and every moment has a Wali.
For us however it is only hopelessness and helplessness.
How else should I tell you what our New Life is?
-

The world as world is illusion,
The world as God is reality.

January 26th

26. Problems

Problems each individual has - petty problems of the world that have nothing but a passing influence or significance. But the greatest of all problems - the solution of this struggle of existence, this riddle of life - the problem of "self-realization", which includes all petty problems of the world and humanity put together remains unsolved for ages, until a "Master" takes up that mission and helps the struggling, suffering humanity to become free.

January 27th

27. Make use of modern civilization when and where necessary, but do not let it dominate you. Neither despise it nor be driven by it.
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God reveals Himself only to that mind which is entirely devoid of egoism and egotism.

January 28th

28. Love only

It is by Love that we can fully enter into that harmony with others which alone constitutes our own reality and the reality of the universe.

We conceive the universe as a spiritual whole, made up of individuals, who have no existence except as manifestations of the whole; as the whole, on the other hand, has no existence except as manifested in them.

January 29th

29. Be angry with none but your own weakness.

Hate none but your lustful self.

Be greedy to own more and more wealth of tolerance and justice.

Let your temptation be to tempt Me with your love in order to receive My grace.

Wage war against your desires and Godhood will be your victory.

January 30th

30. One universal consciousness

I belong to no religion.

My religion is Love

Every heart is My Temple.....

There is one Universal Consciousness which is functioning at all levels in creation.

God alone is real and the goal of life is to be united with Him through Love.

January 31st

31. Cause and effect

Every effect must have its cause. As the griefs and sorrows of this world are imaginary and self created, there cannot be any substantial cause for them.

The cause being imaginary there is no necessity to take griefs and sorrows to heart. It is also childish to be enamoured of the pleasures of this world. Be passive spectators of all the events that occur in the world, whether they concern you or not.

Keep your minds free and happy.

February 1st

32. The New Life

Although the New Life has emerged from Me, I am not at all bound by it.....
But this New Life is endless and even after My physical death will be kept alive by those who live the life of complete renunciation of falsehood, lies, hatred, anger, greed and lust, and who to accomplish all this, do no lustful actions, do no harm to anyone, do no back biting, do not seek material possessions or power, who accept no homage, neither covet honor nor shun disgrace, and fear no-one and nothing; by those who rely wholly and solely on God, and who love God purely for the sake of Loving; who believe in the lovers of God and in the reality of Manifestation and yet do not expect any spiritual or material reward, who do not let go the hand of Truth, and who without being upset by calamities, bravely and whole-heartedly face all hardships with 100% cheerfulness and give no importance to caste, creed, and religious ceremonies.

February 2nd

33. One God

To love God as He ought to be loved we must live for God and die for God, knowing that the goal of all life is to love God and find Him as our own Self.....

All religions are revelations of one God.....

God is both personal and impersonal. He is in art, in literature, in everything.

February 3rd

34. The Self

To achieve the heights of Realization, we must 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.

February 4th

35. Eternal Reality

The greatest romance possible in life is to discover this Eternal Reality in the midst of infinite change. Once one has experienced this one sees oneself in everything that lives, one recognises all life as his life, everybody's interests 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.

February 5th

36. Non-attachment

Non-attachment to an action means that even during the course of the action there should not be the slightest thought that the particular Karma is being performed; nor any desire to be concerned about the result. A Perfect Master is universally non-attached.

Although a Sadguru is non-attached to the universe, the universe is certainly attached to Him, the centre of all existence.

Serve Him who serves the whole universe; obey Him who commands the whole creation, love Him who is Love itself; follow Him in every walk of life. The more the attachment to a Sadguru the greater the chances of attaining that perfect state of non-attachment which is nothing but God-realization.

February 6th

37. The Infinity of Truth

If truth were to be found only in the future and not in the past or present, it would not be infinite; it would automatically be limited as an event which has its origin in time. All that is inherent in life is deprived of its intrinsic significance if the present is regarded as merely a stepping stone to some far off attainment. This is definitely a false point of view.... It is not right to deprive the present of all importance by subordinating it to an end in the future. It is only through a clear and tranquil mind that the true nature of spiritual infinity is understood to be something not to be attained in the future, but as that which already has been, is and ever will be an eternal self-fulfilment. When every moment is rich with eternal significance, there is neither the tenacious clinging to the dead past, nor an expectant yearning for the future, but an integrated living in the Eternal NOW.

February 7th

38. Dominion over illusion

Divinity is not devoid of humanity - it lifts the manhood and womanhood into God; nor does spirituality necessarily imply renunciation of worldly activities. True spirituality signifies the internal renunciation of mundane desires. Mere external renunciation - asceticism - does not lead to spirituality. Perfection is a misnomer if it tries to escape from the dual expressions of nature. The perfect man must assert his dominion over all illusion however attractive and however powerful. A Perfect Being functions with complete detachment in the midst of the most intense activity and in contact with all forms of life.

February 8th

39. Purification

For the purification of your heart, leave your thoughts alone, but maintain a constant vigil over your actions. Let the thoughts of anger, lust and greed come and go freely and unasked without putting them into words and deeds, Then the related impressions in your mind begin to wear out and become less and less harmful, But when you put such thoughts into action - whether overtly or secretly - you develop new impressions worse than those which are spent in the act. These new impressions root even more firmly in your mind. The fire of divine love alone can destroy all impressions once and for all. However remembering Me can keep down the impurities in the impressions in your mind, as alum catches hold of dirt in a vessel of turbid water,

39. Purification (contd.)

Therefore when you feel angry or have lustful thoughts, remember Baba at once. 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.

February 9th

40. Moment of death

I tell you all with my divine Authority that whosoever - anyone and everyone - takes my name on his lips at the time he or she breathes his last "Comes to Me". Therefore do not forget to remember Me at that time when you would be breathing your last. Unless you take my name on your lips (remember Me from now on constantly) and keep it up continuously you cannot remember and keep My name on your lips at the time you drop your body. Even if you take My Name once a day with all your heart and soul it is sufficient. You will thus ultimately "come to Me" (come back to Me).

February 10th

41. The God-man

God as God alone is not conscious of being man nor is man alone conscious of being God. Only the God-man (Perfect Master) is conscious of being both God and man; so the God-man is both Lord and servant of the Universe.

He is Lord or Master in His capacity of helping all souls forward on the pathway to Reality. He is servant in that he continuously bears the burden of humanity.

To serve him who serves all is to serve the universe.

"Selfless service and love are twin qualities of divinity. Only one who loves can truly serve. When you serve your beloved God-man you serve your own SELF in all other SELVES."

February 11th

42. Truth-consciousness

Meher Baba tells us that Man should have a blending or a balance of the head and the heart. That means Divine wisdom and Love.....

"Spiritual life is not a matter of quantities, but of inherent quality of Living. Spiritual Infinity includes in its scope all the phases of life - it comprehends acts which are great as well as those that are small.....

Thus a smile or a look stands on the same level as offering one's own life for a cause, when the smile or the look springs from Truth-consciousness. There are no gradations in spiritual importance when all life is lived in the shadow of eternity. If life were to consist only in big things, and if all the little things were to be omitted from its scope, it would not only be not infinite, but would be extremely impoverished.

The infinite Truth which is latent in everything can reveal itself only when life is accepted in its totality."

February 12th

43. God is all

God has never failed humanity in its dark and critical days - The greatest danger to man is not from any natural catastrophe, but from himself.....

God is everywhere and does everything
God is within us and knows everything
God is without us and sees everything
God is beyond us and is everything
God is All - - Only God is.

February 13th

44. Sandalwood

God may be compared to the sandalwood. It continuously emits a sweet scent in all directions, though only those who take the trouble to go near it have the benefit of its charming fragrance.

But we cannot say that the sandalwood has done anything in particular towards those who approach it because emanation of its sweet scent is going on all the time and is not specifically directed towards any person. It is available to each and all who care to come within its range.

February 14th

45. Philosophers, atheists and others may affirm or refute the existence of God, but as long as they do not deny their very existence they continue to testify their belief in God, for I tell you with divine authority that God is existence, Eternal and Infinite. He is everything. For man, there is only one aim in life and that is to realize his unity with God.

I have only one message to give and I repeat it age after age. My message to one and all is: LOVE GOD.

February 15th

46. Our real Self

from "The Awakener" February 25th, 1954:

The real Baba can never grow old; the real Baba is eternal. Who is this real Baba, whom He says we have never seen?

This "real Baba" is our Real Self that is in each and every one of us, but whom we have not yet realized.... whom we have not yet joined, in the eternal marriage of Love, Knowledge and Bliss Infinite.

February 16th

47. Reincarnation

You eternally were and will be. You have had innumerable forms as man and woman, beautiful and ugly, sick and poor and here you are again with another form. Till you gain spiritual freedom, you will be invested with many such forms. So why seek temporary relief which has in its wake more binding? Ask God not for money, fame, power, health or children but for His Grace of love which will lead you to eternal bliss and freedom.

February 17th

48. How to Love God

To one who inquired "How to Love God"? Baba answered:

"How to Love God? How do you love anything? If a man falls in love with a beautiful girl, what happens then? No system or principle exists for him. He won't mind ridicule; if people call him mad, he does not mind.

48. How to Love God (contd.)

One should become lost in the idea of possessing the Beloved by hook or by crook. When you are prepared in your heart of hearts to gain union with God at the cost of life itself and the ridicule of the whole world, then perhaps you may be said to have entered the Lane of Divine Love.....

Before I met my Beloved in union I lost everything.... ego, mind and lower consciousness; but thank God I did not lose my sense of humour. That is why I appear amongst you on your level.

February 18th

49. The three most important things on the path to God-realization are love, obedience and surrender. There is no possibility of compromise about these three. Love is a gift from God to man, obedience is a gift from master to man, and surrender is a gift from man to master. The one who loves desires to do the will of the beloved, and seeks union with the beloved. Obedience performs the will of the beloved and seeks the pleasure of the beloved. Surrender resigns to the will of the beloved and seeks nothing.

Love is meant to be experienced and not disclosed. What is displayed is not love. Love is a secret which is meant to remain a secret save for the one who receives it and keeps it.

February 19th

50. The New Humanity

The spiritual experience which shall enliven and energise the New Humanity, cannot be just a reaction to the stern and uncompromising by the realities of life..... Man will again and again be dislodged from his illusory shelters by fresh and irresistible waves of life and he will invite upon himself fresh forms of suffering. The New Humanity will come into existence through release of love in measureless abundance, and this release of love itself can come only through the spiritual awakening brought about by the Masters.

February 20th

51. True Love

Love cannot be born of mere determination; through the exercise of will one can at best be dutiful..... it has to spring spontaneously from within and is in no way amenable to any form of inner or outer force, and it can be awakened through love itself..... Those who do not have it catch it from those who have it, 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.

February 21st

52. 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, that 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.

February 22nd

53. To be full of emptiness is the ideal state. It means turning one's heart and mind inside out, becoming empty and naked. To be empty means to be rid of all desires and concerns the heart, To be naked concerns the mind and means not to care for the opinions, criticism or censure of others in one's pursuit (of the true Goal). This is what Junaid¹'s Master meant when he told Junaid to become both empty and naked.

Only when the heart is cleaned out and the mind completely emptied, can they become instruments, hollow as the flute or drum, to give forth divine music.

Love and understanding never condemn, but seek to help and encourage,

February 23rd

54. Miracles

All miracles belong to the phenomenal world, which is the world of shadows, As phenomena, they are subject to change, and nothing that changes can have lasting value.

Realization of the eternal Truth is an initiation into the unchangeable Being, which is the supreme Reality; and no acquaintance of the occult world or capacity to manipulate its forces can really amount to the realization of the Truth.

February 24th

55. Occult phenomena

The occult phenomena are as much within the domain of false imagination as ordinary phenomena of the gross world; and from the spiritual point of view the only important thing is to realize the Divine Life and help others to realize it, by manifesting it in the everyday happenings. 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.

February 25th

56. A birthday message

On this anniversary of my Birthday I give you my blessings for the death-day of your false selves and for the birthday in Me of your One True Self.

It is open to every man to choose God or self, to flower or to wither and the choosing is continuous.

February 26th

57. Good and bad standards

Standards of good and bad are established according to contemporary standards that may vary with time and circumstance. In spirituality, very often, what is understood to be good by the masses is, from the spiritual point of view, bad; and what is understood as bad by the masses, is often good from the spiritual point of view..... It is very easy to keep the body clean; but cleanness of the mind is very difficult indeed.

February 27th

58. Perfection

When there is a happy and a conscious blending of the Finite and the Infinite, we have perfection. Then we have the Infinite revealing itself through the Finite without getting limited thereby; and we have the Finite transcending its sense of limitation in the full knowledge of its really being the revelation of the Infinite.

February 28th

59. Resources of the inner life

The relative difference between man and man in material resources or physical endowment becomes lost like a mote of dust in the infinitely greater resources of the inner self - the treasure house of all.

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 29th

60. There is within man the inextinguishable Light of Truth, because he is essentially divine in origin and being. Those who cleanse their hearts of the embittering poison of selfishness, hate and greed, shall find God as their own True Self.....

The Truth of the divine life is not a mere hope but a reality. It is the only Reality, and all else is illusion. Have faith and you will be redeemed. Have love and you will conquer the lower and limited self of cravings that veil your own true being as God. Not through desperate self-seeking but through constant self-giving is it possible to find the Self of all selves.

March 1st

61. If you don't want to be old before your time, be cheerful in deed and word and in appearance - most of all in appearance. It is a divine art to look cheerful. It helps others.

Humour

Later, when Garrett expressed surprise at Baba's keen sense of humour, the Master reminded him that: "Divinity includes all that is beautiful and gracious," and asked, "How then could you expect a Perfect Being to be devoid of a sense of humor?"

March 2nd

62. Illusion

Because in the very beginning imagination gave a twist to substance and thus importance to shadow, we, who are eternally free, find ourselves bound, having lost our original Self in the maze of illusion.

Therefore, in spite of possessing Infinite Bliss, we have to experience misery, worries, doubts, failures and helplessness.

62. Illusion (contd.)

When in a flash the Real Knowledge comes that we are not what we seem, but are that Infinite One, then all worries disappear, because in fact Sukh (pleasure) and Dukh (misery) do not exist. To get rid of this persistent ignorance and to know the true value of Reality, we have to experience God, who is the breath and Life of our lives, can only be experienced by honest Love.

March 3rd

63. We have to love Him silently and honestly even in our every day life. Whilst eating, drinking, talking and doing all our duties, we can still love God continuously, without letting anyone know. When God is found, you can have no idea what Infinite Bliss and Peace is gained. I give you all my love so that some day you can love God as He ought to be loved.

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

March 4th

64. The State of Liberation

From the good the soul passes on to God, selflessness is merged into Universal Selfhood, which is beyond good and bad, virtue and vice and all the other dual aspects of Maya. The height of selflessness is the beginning of the feeling of oneness with all. In the state of liberation there is neither selfishness nor selflessness in the ordinary sense; but both of these are taken up and merged into selfness for all.

March 5th

65. Selfness for all

Realization of the unity of all life is accompanied by peace and unfathomable bliss. It does not in any way lead either to spiritual stagnation or the obliteration of relative values. Selfness for all brings about undisturbed harmony without loss of discrimination and unshakeable peace without indifference to the surroundings.

And this selfness for all is not an outcome of merely subjective synthesis. It is a result of an actual attainment of union, with the ultimate Reality which includes all.

March 6th

66. Evolution

The whole of evolution is in fact a progression from unconscious divinity to conscious divinity

All creatures are partial manifestations of God, conditioned only by their lack of knowledge of their own true nature.

All life is an effort to attain freedom from self-created entanglement; it is a desperate struggle to undo what has been done under ignorance.

March 7th

67. Human love

Human love should not be despised even when it is fraught with limitations. It is bound to break through all these limitations and initiate the person to the Eternal Life of the Truth, so that the lover loses his separate and false self and gets united with God who is the one matchless indivisible ocean of love. When an individual realises the perfection of human love, he might be said to be ready to be initiated into the final state of Divine Love, where there is no duality.

March 8th

68. Marriage

Every human relationship is based on love in one form or another and endures or dissolves as that love is eternal or temporal in character. Marriage for example is happy or unhappy, exalting or degrading, lasting or fleeting according to the love which inspires and sustains it. Marriage based on sex-attraction alone cannot endure. Marriages on the other hand which are based on a mutual desire to serve and inspire grow continually in richness and in beauty and are a benediction to all who know of them.

March 9th

69. Self-knowledge

Divine Love and wine are both distant from the creeds of established religion; the former is beyond the creeds and the latter is disapproved of by them. Both are intoxicating and make man forgetful. But while wine leads to self oblivion, divine love leads to Self-knowledge.....

As the heart is, so is the house;
as the eye is, so is the Image within the house.

March 10th

70. Pure love

When pure love arises it is always a gift i.e. (Grace from the Master).....spiritual preparation is necessary by a person who has developed some divine attributes. When he avoids back-biting, thinks of the good of others, practices tolerance and desires the good of others even at the cost of his own self.....

The Master who is the ocean of divine love is always on the look out for the soul in whom His grace will fructify. Pure love is very rare.

March 11th

71. Love begets love, it cannot be awakened by any other means, When True love is awakened it leads to God-realization, and opens upon an unlimited field of lasting and unfading happiness..... The secret of true love is that it is unconquerable and irresistible. Even the one who resists its approach is lost, as he springs to plug the hole thro' which it is flowing past the walls of his heart. It races behind him and he turns only in time to find himself surrounded and borne aloft on its irresistible might.

True love gathers power and spreads itself until it transforms everyone it touches.

Love is pure as God. It gives and never asks; that needs grace.

March 12th

72. Bodily needs

It is natural to be tired on account of the body. Although body and mind are two different entities, they are interdependent. When the mind feels tired, the reaction is felt by the body; when the body feels tired, so does the mind. Only the soul is aloof from both. All this feeling is done by the ego. The "I" does not feel content. That means "I am unhappy". "I am in trouble." All this is the ego.

Now this limited "I" takes all that is unimportant as important and vice versa. There is a world of difference between importance and necessity. Bodily needs and comforts are unimportant but necessary.

Spirituality which is important but externally unnecessary is taken as unimportant.....

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 13th

73. The role of Mother.

Begin by wanting less. Try to love more. Try to have more tolerance.....,

For the role of Mother you ought to be more gentle..... listen to suggestions. If you can fall in with them, good; if not kiss and say "No" gently. This is tact. It hurts if you are too frank sometimes.....

There must be harmony, love and peace. Don't keep the door closed. (pointing to the heart). Keep it open so that when I want I can enter.

Every time I intend entering I find a closed door - all because of useless wants.

Petty things take up all your energy, thoughts and time. So no more of that. Love and forget.

March 14th

74. Infinite within

1

Sit silent and alone for five minutes and try to look within.

Close the eyes and mentally look within and imagine yourself as infinite within. Let the idea that you are infinite remain for five minutes. How do you imagine yourself infinite? You can imagine the infinite sky, ocean or vast emptiness. And let this one thought be in your mind - that you are infinite within.

March 15th

75. (From Divyavani, Oct. 1962)

When Avatar Meher Baba was asked, as to what should be the correct and safest attitude of people towards saints - he recalled the significant words of the Persian poet Hafiz.

"Either do not form a friendship with an elephant driver, or be prepared to receive his elephant as well."

March 16th

76. Detachment

I am in all, in both big and petty things - All are nothing, so why give importance to anything. I take as much enjoyment in looking after the mad, being with the mandali, ordering my agents, looking after the great universal work, as in bringing eggs to Hedi and mail for all. You cannot escape petty things. Because everything ex-

76. Detachment (contd.)

cept God is petty. What you can do is to be detached. Use the petty things, but know they are petty and so remain unattached to them..... the dirty body..... is made use of for the soul to realize itself. Can you escape from it? You cannot escape its perspiration. But if all day you go brooding, "Why do I perspire? I must not perspire," it is of no use - You cannot escape, but you can become detached..... Even to criticize shows attachment.

March 17th

77. Suffering

When suffering comes, it comes according to the divinely established Law of Karma. It must then be accepted with grace and fortitude. But it must be remembered that your actions are the cause of much of your suffering. Through wise action it can be minimised. What humanity needs is spiritual wisdom; and for this it must inevitably turn to the Perfect Masters and Avatars.

Suffering comes through ignorance or attachment to illusions. Most people play with illusions as children play with toys. If you get caught up in the ephemeral things of this world and cling to illusory values, suffering is inevitable. It is not easy for little children to give up their toys for they become the victims of habit, which they cannot undo. In the same way through millions of lives, you have got into the habit of playing with illusions; it is difficult for you to get disentangled from them.

March 18th

78. For ages and ages, the Soul (Atma) has been seeing its own shadow and getting engrossed in the illusory world of forms. He gets addicted to the spectacle of his own creation and desires to see it through cycles and cycles of creation. When the soul turns inwards and longs to have self-knowledge, it has become spiritually-minded. But even there, this habit of wanting to see some spectacle persists for several lives. The soul wants to experience some miracle, or in more advanced stages it wants to perform miracles and manipulate phenomena. Even spiritually advanced persons find it difficult to outgrow this habit of playing with illusions. Persistent attachment to miracles is only a further continuation of the habit of playing with illusions.

It is not miracles, but understanding which can bring you True freedom. If you have firm faith and unfaltering love for the God-man your way to the Abiding Truth is clear and safe. Then you have not time to waste in playing with things that do not matter. Be ye guided by Love and Truth. This is the simple way that leads to God. Not by endless maneuvering of alluring illusions, but by loyalty to the Unchangeable Truth, can ye hope to be established in Abiding Peace.

March 19th

79. Although it appears as the most fantastic imagination, yet it is a fact that the very life of man is the veil that shrouds the reality of the eternal existence of God. It is the irony of divine Fate that God gets lost in man to find Himself, and the instant that man gets lost in God, God realizes His Reality as Existence, eternal and infinite.
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March 20th

80. The limited Ego

Thus God in the man state, at first realizing Himself as man, asserted His limited aspects through the limited Self or the limited ego, the limited mind, the limited energy and the finite gross body.

Then eventually and ultimately realizing Himself as God, He manifests His unlimited, unbounded, infinite trio-nature of Infinite knowledge, infinite power and infinite bliss, through His divine unlimited "Self".

March 21st

81. The Process of Evolution

Right from the unconscious state until full and complete consciousness is gained in the man state, God remains One, indivisible, infinite formless and eternally all-pervading. But it is the all-pervading, infinite nature of God that expresses consciously and unconsciously His eternal divine existence, directly and indirectly, in one and all states and forms through their expressions of their very being.....

March 22nd

82. The whole process of evolution was an absolutely spontaneous outcome of the original, infinite whim surging in the unconscious God to become conscious of His eternal and infinite existence. And paradoxical as it may seem, in the process of evolution and the unconsciousness of God urged the gradual unfoldment of the latent consciousness of God, which consciousness grew greater and greater through gradual and systematic and progressive process of gathering and experiencing varied and innumerable impressions thro' identifying God with varied and innumerable gross forms.
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March 23rd

83. The Masters

They can use occult forces for securing co-operative and co-ordinated spiritual work; and they frequently hold meetings on the higher advancement of humanity.

83. The Masters (contd.)

The Eternal Being in all is one, and functions as a unity. Those who have become conscious of this unity become fit for unlimited responsibilities, because they have shed the limitations of the human mind and have become impersonal and universal in their interests, so that they are effective vehicles for the execution of the Divine Plan on earth.

March 24th

84. Occult Powers

Most persons consciously or unconsciously attach undue importance to occult phenomena and mistake them for spirituality. For them, miracles and spirit-phenomena are of absorbing interest and this is taken to be an indication of interest in the true life of the Spirit. But there is a very clear distinction between occultism and mysticism, spiritualism and spirituality and any failure to grasp this difference leads to confusion.

March 25th

85. Perfect Master

"When you meet the true Guru (teacher)
He will awaken your heart;
He will tell you the secret of love and detachment,
and then you will know indeed that He transcends this universe.....
He comes to the Path of the Infinite on whom the grace of the Lord descends.
He is freed from births and deaths who attains to Him." Kabir.

The attributes of the Avatar are:-

1. The stimulating power of His divinely human example.
 2. The nobility of a life supremely lived.
 3. Of a love unmixed with desire.
 4. Of a power unused except for others.
 5. Of a peace untroubled by ambition.
 6. Of a knowledge undimmed by illusion.
-

March 26th

86. The story of Mainu and Leila (Persian)

Have you all heard of the two lovers, Mainu (or Majnun) and Leila? They had human love at its highest. Mainu was at a great distance from Leila, always trying to love her and repeating her name wherever he went. But Leila was at some other place. One day a thorn went into Mainu's foot; blood came out. At the very same moment Leila felt a shock and blood trickled from her foot. Even such human love falls short of Divine Love. Human Love at its zenith is "Ishka Mejazi". Divine Love is Ishka Hakiki. (continued).

March 27th

87. Baba asked: "How did the story of Mainu and Leila end?"

Dr. Harry Kenmore answered - "Mainu would have been happy even if she loved and married another." Baba continued, "The end is given somewhere. His whole life was Leila; he saw Leila in everyone. Of course he was not careful of his clothes, health, food. He roamed about always thinking of her. Then he met a spiritual master sitting under a tree. The Master called him saying, "If you had tried to love God as intensely as you love Leila, you would have seen God everywhere, in everything." Mainu answered, "I am not after God. I am after Leila. I see her in all." The Master called him, embraced him and in an instant Mainu had the experience of God everywhere. Then he started to cry, "Anal Hak" which means "I am God," instead of Leila."

March 28th

88. Explanations

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.

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. (continued)

March 29th

89. Intellect must go before knowledge dawns. All this is a show, a fun, (Tamasha) a play.

Mind must go because the fun lies in the mind. And the fun is that mind must annihilate itself. Only annihilation of mind (or stopped mind) takes one to reality.

If I tell you to jump over another person, you can do it, but you cannot jump over yourself: at the most you would turn a somersault: there is a way to annihilate mind. The way is Love.

March 30th

90. Human Love

Just consider ordinary human love: when a man or woman is deeply in love with his or her partner, nothing comes between them. They get totally lost in love for one another. There is neither admiration nor fault finding. There is total absence even of exchange of thought:

90. Human Love (contd.)

love prevails without thoughts. Mind becomes defunct for the time being: for in such intense human love mind does not come into play. The mind apparently gets annihilated for the fraction of a second when love and loving are at their zenith. This brings about a state similar to trance. If ordinary human love can go so far what should be said of the height of divine love?

March 31st

91. The birthright

Godhood is the birthright of every man. It is possible through love for man to become God, and when God becomes man it is due to His love for His beings.....

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.

April 1st

92. Worry

Let me tell you this fact. There is nothing to worry about, nothing to be disheartened about. 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. Know that all else is illusion.

.....
You are one of my rocks on whom I can depend, I can promise you definitely that you will always be near Me until you become One with Me.

April 2nd

93. Love God

What else is life meant for but to love God and become one with Him. God is the only Reality. One has to go on and on until we arrive at a stage, when we must love God, because we know all life leads to Him.....

When one loves God one is eternally young, because God is eternally young, infinite and everlasting, and to love Him and know Him, as He is, is the goal of life. To love God, to feel God, to know God, to be one with God, is the only thing that matters in life.

April 3rd

94. The constant companion

I want you to make me your constant companion - think of me more than you think of your own self. The more you think of Me, the more you will realize my love for you. Your duty is to keep Me constantly with you throughout your thoughts, speech and actions.... Baba is what He is. I was Baba, I am Baba and shall evermore remain Baba.

April 4th

95. Judging:

Live not in ignorance. Do not waste your precious life span in differentiating between and judging your fellow men, but learn to long for God.

Even in the midst of your worldly activities, live only to find and realize your true identity with your Beloved God..... Seek no other reward than the gift of divine Love. Long for this gift sincerely and intensely and I promise in the name of my divine Honesty that I will give much more than you ask for.

April 5th

96. Obedience - A Message sent to the West, October 1958.

Obedience is greater than love, Love is a gift from the Beloved to the lover, whereas obedience is an offering from the lover to the Beloved and accepts any hardships and sacrifice. Obedience is the surrenderance of love to love in which the wish of the Beloved becomes the happiness of the lover.

When I say I am happy by your desire or willingness to obey Me, you have already received My blessing that you will be able to do so - the happiness of the Beloved is His blessing to the lover. I send my love to each and every one of you. Baba.

April 6th

97. Mind and Heart

Do not listen to the voice of the mind. Listen to the voice of the heart. The mind wavers, the heart does not. The mind fears, the heart is undaunted. The mind is the home of doubts, reasonings and theories. The heart when purified becomes the dwelling of the Beloved. Rid your heart of low desires, malice, selfishness and God will manifest in you as your true self.

April 7th

98. Reincarnation

You eternally were and will be. You have had innumerable forms as man and woman, beautiful and ugly, rich and poor and here you are again with another form.

Till you gain spiritual freedom, you will be invested with many such forms. So why seek temporary relief which has in its wake more binding? Ask God not for money, fame, power, health or children but for His Grace of love which will lead you to eternal bliss and freedom.

April 8th

99. Faith and love

If you have rock-like faith and flame-like love for God, nothing in this world will affect you. Misery will not trouble you. Flattery will not touch you. Happiness will not humour you. Such faith and love will help you to rise above the imaginary phenomenon and make you understand that God alone is real.

April 9th

100. Spiritual science

Just as God is Infinite, imagination is also infinite and all that has come out of imagination which is called the shadow of God, is likewise infinite. We can imagine anything and everything ad infinitum.

Science as it is understood today, deals with energy and matter. This material science is in the domain of the mind, but there is also spiritual science, which deals with the beyond-mind state. Material and spiritual science can both yield proofs - material science by bringing results through the intellect. Spiritual science through Love. When Love is fully experienced, the source of spiritual science which is God the Infinite, is realized and all else is then discovered to be just illusory phenomena.

Spiritual science being based on love alone is beyond systematical mental understanding. It is full of apparent contradictions and vagaries which love alone can face and overcome, Whereas material science enhances the ego-life, spiritual science annihilates it.

April 10th

101. It is better not to worship if your heart is not in it. Any prayer made mechanically in a spirit of show or ceremony is all a farce. It results in greater bindings through one's pretense to purity.....

101. It is better not to worship (contd.)

A real fast for the mind is to have no thoughts at all but ordinarily this is impossible

You can entrust your mind to me by remembering me or repeating 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.

April 11th

102. Mind begets energy and matter. Without mind there can be neither energy nor matter. Energy is derived from mind and is continually sustained by it; it cannot subsist without mind, latent or manifest, Matter depends upon energy and cannot remain matter without energy, latent or manifest.

Mind can subsist without energy, as energy can subsist without matter.

In contrast to an infinite number of individual minds as completely separate entities from one another, the Universal Mind is indivisible and omnipresent.

April 12th

103. Miracles

Why should we produce petty imitation illusions in the already created mighty illusion?

Unless absolutely necessary for the spiritual purpose of a general collective drawing of mankind towards self-realization, miracles performed unnaturally or supernaturally can interfere with God's ordained evolutionary process.

April 13th

104. Healing

Real healing is spiritual healing, whereby the Soul becoming free from desires, doubts, and hallucinations, enjoys the eternal bliss of God.

Untimely physical healing might retard the spiritual healing. 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.

April 14th

105. Living in the World

If faithfully carried out we can win the Grace of God living in the world and yet practicing complete internal renunciation. This means attending to all worldly duties without attachment, knowing all to be an illusion and only God to be real, carrying out one's worldly affairs with a pure heart and a clean mind, and living the life of a recluse in the midst of intense activity.

April 15th

106. Selfless Service

One who practices this, thinks not of himself but of the happiness of others, serves others with no thought of gain or reward, never allows the mind to be upset or disappointed and facing all odds and difficulties cheerfully, sacrifices his welfare for the good of others. This is the life of the Selfless worker.

April 16th

107. Yogic Power

Through Yogic power yogis can sustain health and length of life for as long as they wish. The God-intoxicated majzoobs (masts) are sustained by God himself; heat, cold, rain, nothing affects them. The Perfect ones who regain normal consciousness, in addition to their infinite state, go through the finite existence of pain, suffering, and disease, in the normal way of human existence..... Most persons suffer because of their "Karma". A few suffer for others. Masters suffer for the whole universe.

April 17th

108. Union

I am the one who is always lost and found among mankind. It is your love for yourself that loses me and it is your love for me that finds me. Love me above everything, for now while I am in your midst, I am most easily found as I really am.

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

April 18th

109. Surrender

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.

Now the lover continuously witnesses the glory of the Beloved's Will; and in the witnessing does not even think of union. He willingly surrenders his entire being to the Beloved, and has no thought of self left. This is the stage when love is illumined by Surrender.

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Out of millions, only one loves God, out of millions of lovers, only one succeeds in obeying, and, finally, in surrendering his whole being to God the Beloved.

April 19th

110. A Secret

When for many years man has longed for God-realization, one out of a hundred thousand such men of God achieves it.

No amount of rites, rituals, ceremonies, worship, meditation, penance and remembrance can produce love in themselves. None of these are necessarily a sign of love. On the contrary, those who sigh loudly and weep and wail have yet to experience love. Love sets on fire the one who finds it. At the same time it seals his lips so that no smoke comes out.

Love is meant to be experienced and not disclosed. What is displayed is not love. Love is a secret which is meant to remain a secret save for the one who receives it and keeps it.

April 20th

111. Intellect can never make us know God. Only love can take us to Him. So stop talking of God and start living His Life.....

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..... God is not to be learnt or studied or discussed or argued about. He is to be contemplated, felt, loved and lived.

April 21st

112. Christian mystics

Just as the renunciation, sacrifices, penance and contemplation of the Christian mystics practiced for love of God and his manifestation Jesus Christ have their corresponding practices in Vedanta and Sufism, so the "good words, good thoughts, good deeds" of Zoroaster's teachings are similarly found in the Karma Yoga of the Bhagvad Gita and the noble path of Buddha.

April 22nd

113. Absolute Honesty

Absolute honesty is essential in one's search for God (Truth). The subtleties of the Path are finer than a hair. The least hypocrisy becomes a wave that washes one off the Path.

It is your false self that keeps you away from your true self by every trick it knows. In the guise of honesty this self even deceives itself. For instance your self claims, I love Baba. The fact is if you really loved Baba you would not be your false self making the self-asserting statement! The self, instead of being effaced in love, believes and asserts I love Baba. Isn't that self-deception?

April 23rd

114. The false self

How will you get rid of this false self? How will you give up this shadowy I-am-ness and get established in the I-Alone-Am or God-Alone-Is state? Hafiz* has given the answer. "O Lover! Separation and Union are none of your business. Seek only to resign yourself to the Will of the Beloved."

Even the craving for union with the Beloved creates bindings, Therefore do not bother about separation or union; just love and love all the more.

*Hafiz - A Persian poet who was a Perfect Master.

April 24th

115. Then as you love more and more you are able to resign yourself and your Path to the Perfect Master who is the Way; and you undergo a gradual change and your ego asserts itself less and less. Then whatever the Perfect Master tells you to do, you are able to carry out. In the beginning the mind grumbles. Why should I obey someone? But Hafiz* consoles the mind by saying. "O Mind, this bondage to the Master alone can give eternal Freedom".

April 25th

116. Three types

- a) The mast* who loves and knows only God. He loses all consciousness of his body and surroundings, and is dead to himself and the world. For him only God exists.
- b) The one who lives in the world, carries out his worldly duties and responsibilities a hundred per cent, but is all the time conscious that everything is passing and only God exists. He loves God without others being aware of it.
- c) The one who completely surrenders to the God-Man (the Christ or Avatar). He no longer lives for himself but for the God-Man. This is the highest and rarest type of lover.

Note *Mast - One who is intoxicated with love for God.

April 26th

117. "Seek and you shall find" has become such a commonplace that people have begun to wonder what it means. To them I say, "Do not seek and you will find. Do not seek material pleasure and you will find the spiritual treasure. This means seek only God by not seeking material pleasures and you will find God."
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April 27th

118. The gift of God

Love is such that the lover needs no asking to do anything.....

By loving, your whole being will be changed and your life will end in Freedom.....

The gift of love is a rare gift of God, and rarely is one capable of receiving it.

Selfless service and true renunciation are open to all but possible only to the true heroes amongst men.

April 28th

119. Vital to 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 29th

120. Fasting the mind

What is fasting the mind? It is having no thoughts. But this is impossible. But when you entrust your mind to me by constantly remembering me, there are no thoughts left on which the mind can feed. This fasting is the true and essential fasting. Starving the stomach may benefit the health but it does not necessarily help spiritual advancement.

April 30th

121. Hypocrisy

Let your heart be pure. Do not act outwardly what you are not inwardly. Be absolutely honest. God is Infinite Honesty. Do not pose as being pious, because God is everywhere. God cannot be fooled - so why pose as something you are not? I do not want anything else from you but the gift of your obedience.

Give me that and you will free yourself from the bondage of ignorance.

May 1st

122. Beyond the reach of mind.

The moment you try to understand God rather than love Him you begin to misunderstand Him, and your ignorance feeds your ego. Mind cannot reach that which is beyond it. God is infinite and beyond the reach of mind.

The Divine Will that brought forth this infinite Illusion expresses itself in all its purity through Me to make you turn away from Illusion towards God-consciousness.

May 2nd

123. Truth is infinite

It is the nature of the mind to go on asking. But love asks no questions; it seeks nothing but the will of the Beloved.

Mind wants to know that which is beyond mind. To know that which is beyond mind, mind must go - vanish, leaving no vestige of itself behind. The humour of it is, the mind, which is finite wants to retain itself and yet know Truth, which is infinite.

This is the position of those who seek Truth through intellect. Few grasp this fact, and so most grope and grapple in vain.

May 3rd

124. Binding

Why should you not be happy? What need bind you to unhappiness? Binding is self-created. It can be overcome if you really want to become free. You are your own obstacle to freedom, and merely wishing for freedom is not enough. It is not what you think or say that matters, but what you sincerely feel within. If you want God you must want God alone. It is possible to get God if you want to experience Truth. And what is the cost? Your own separate existence. When you surrender all falseness you inherit the Truth that you really are.

May 4th

125. Truth and experience

Truth is beyond the reach of mind. It is a matter of experience. Mind is very illusive and creates innumerable excuses in order to entrap you. It causes you to say, I cannot live just for God. I have my duty towards my family, towards society, the nation and the world. And so you are pulled more into Illusion than towards 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 and feel is nothing but a series of nothings.

May 5th

126. When your life presents an honest and sincere picture of your mind and heart, just an embrace from a Perfect Master is enough to quicken the spirit. When I, the Ancient One embrace you I awaken something within you which gradually grows. It is the seed of love that I have sown.

May 6th

127. Grace

The only way to get beyond the bounds of limitation and get established in limitlessness, is to become as dust in one's love for the Perfect Master. So Tukaram, one of the Perfect Masters has said:

"Without the grace of the Perfect Master you cannot find the way to the Goal;
Before and above everything else hold firmly to His feet."

May 7th

128. To know Reality

The direct knowledge of God is that knowledge (Dnyan) had through the experience of becoming one with God and can only be had by the grace of the Perfect Master. But indirect knowledge such as that obtained through descriptions and pictures is information for the mind only.

To know Reality is to become it. It is nearest to you - for in fact, it is you. Owing to ignorance, God who is nearest appears to be farthest. But when the veil of ignorance is rent by the grace of the Perfect Master you become you - the real Self which is the innermost Reality that you are, ever were and ever will be.

May 8th

129. The Ancient One

Believe that I am the Ancient One. Do not doubt that for a moment. There is no possibility of my being anyone else. I am not this body that you see. It is only a coat I put on when I visit you. I am infinite consciousness. I sit with you, play and laugh with you; but simultaneously I am working on all planes of existence.....

May 9th

130. I am the Root of every-one and everything. An infinite number of branches spread out from me. I work through, and suffer in and for, each one of you.

My bliss and my infinite sense of humour sustain me in my suffering. The amusing incidents that arise at the expense of none lighten my burden.

Think of me; remain cheerful in all your trials and I am with you, helping you.

May 10th

131. The Ocean

God's Imagination begets Universal Mind, Universal Energy and Universal Body in which are contained the individual minds, individual energies and individual bodies of everything and being in creation.....

Distance between a drop here and a drop there in the ocean makes no difference to each drop's relation to the ocean,

Any drop within the ocean is within the entirety and homogeneity of the ocean.

May 11th

132. Duality

Duality implies separateness. Separateness causes fear. Fear makes worry.

The way of Oneness is the way to happiness; the way of manyness is the way to worry.

I am the one who has no second so I am eternally happy. You are separate from your Self, so you always worry.

To you, what you see is absolutely real; to me it is absolutely false. I alone am Real and my will governs the Cosmic illusion. It is the Truth when I say that the waves do not roll and the leaves do not move without my will.

May 12th

133. Goodbye to worry

The moment the intensity of your faith in my will reaches its height you say goodbye to worry forever.

Then all that you suffered and enjoyed in the past, together with all that you may experience in the future, will be to you the most loving and spontaneous expression of my will; and nothing will ever be able to cause you worry again.

May 13th

134. Live more and more in the present which is ever beautiful and stretches away beyond the limits of the past and the future.

If at all you must worry, let it be how to remember me constantly. This is worthwhile worry because it will bring about the end of worry. Think of me more and more and all your worries will disappear into the nothing they really are.

My will works out to awaken you thus.

May 14th

135. One with God

There are some who exist to hate others, be jealous of others and make others unhappy and there are some who exist to love others and make others happy. One who has become One with God, exists for all, both good and bad. And to become One with God, one has not to renounce anything but one's own self.

May 15th

136. The Eternal Redeemer

In God there is no such thing as confusion - God is infinite Bliss and Honesty. In Illusion there is confusion, misery and chaos. As the eternal Redeemer of humanity I am at the junction of Reality and Illusion, simultaneously experiencing the infinite bliss of Reality and the suffering of Illusion.

May 16th

137. The Qutub

The word "qutub" literally means pivot or axis. Thus the Qutub (Perfect Master) is the Axis around which everything in Creation revolves; and He being the CENTRE of everything, everything on every plane is equidistant from Him.

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

"He who knows everything, displaces nothing; to each one I appear to be what he thinks I am."

May 17th

138. The true Self

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 what he has firmly accepted. And realization means that instead of being fully conscious that he is man, he becomes fully conscious that he is God, was God, has always been God and will ever remain God.

Knowingly or unknowingly man is ever seeking the Goal, which is to realize his true Self.

May 18th

139. Unlearning

Before he can know Who he is, man has to unlearn the mass of illusory knowledge he has burdened himself with on the interminable journey from unconsciousness to consciousness.

139. Unlearning (contd.)

It is only through love that you can begin to unlearn and, eventually, put an end to all that you do not know. God-love penetrates all illusion, while no amount of illusion can dim God-love. Start learning to love God by beginning to love those whom you cannot. You will find then in serving others you are serving yourself; and when you completely forget yourself, you find Me as the Source of all Love.

May 19th

140. Parrotry

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

May 20th

141. Mechanical religions

God has come again and again in various Forms, has spoken again and again in different words and different languages the Same One Truth - but how many are there that live up to it. Instead of making Truth a vital breath of his, man compromises by making over and over again a mechanical religion of it - a handy staff to lean on in times of adversity, a soothing balm for his conscience or a tradition to be followed. Man's inability to live God's words makes a mockery of them.

May 21st

142. How many Christians follow Christ's teaching 'to turn the other cheek'; or 'to love thy neighbor as thyself'? How many Muslim's follow Mohammed's precept to 'hold God above everything else'? How many Hindus 'bear the torch of righteousness at all cost'? How many Buddhists live the 'life of pure compassion' expounded by Buddha? How many Zoroastrians 'think truly, speak truly, act truly'? God's truth cannot be ignored.
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May 22nd

143. Ignoring God's Truth

God's Truth cannot be ignored. Because men do ignore it, a tremendous adverse reaction is produced, and the world finds itself in a cauldron of suffering through hate, conflicting ideologies and war, and nature's rebellion in the form of floods, famines, earthquakes and

143. Ignoring God's Truth (contd.)

other disasters. Ultimately when the tide of suffering is at its flood, God manifests anew in human form to guide mankind to the destruction of its self-created evil and re-establish it on the Way of Truth.

May 23rd

144. God's Imagination

God is Infinite and Eternal. And His imagination is also Infinite and Eternal. God's imagination goes on endlessly expanding. How can man imagine this Imagination with his finite imagining? His highest flights of imagination (intellect) can never bring him the faintest idea of God's Imagination. And God's Reality is beyond this again. When you cannot imagine even the imagination of God, how infinitely more impossible it is to fathom His Reality.

May 24th

145. The great upheaval

The world is now drawing very close to the great upheaval which must precede the breaking of my silence. This upheaval will entail great suffering to humanity, but this suffering will work a profound change of heart and will sweep the world clean for the new and vital phase that must follow.

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.

May 25th

146. Man's imagination

God is that 'One' playing innumerable roles. For example, one of you is sitting with his eyes closed and in his imagination he creates innumerable things, and in the very act of imagining them he preserves them. Then he opens his eyes, and in so doing destroys all the things his imagination had created and held together. Thus the same person played different roles, that of creator, sustainer and dissolver.

May 26th

147. I was Rama

I was Rama, I was Krishna, I was this One, I was that one, and now I am Meher Baba. In this form of flesh and blood I am that same Ancient One who alone is eternally worshipped, ever remembered and forgotten.

I am that Ancient One whose past is worshipped and remembered, whose present is ignored and forgotten and whose future (Advent) is anticipated with great fervour and longing.

May 27th

148. Truth and Law

There are two things: Truth and Law.

Truth belongs to God, Law belongs to Illusion.

Illusion is infinitely vast yet it is governed by Law. The "law of cause and effect", which none can escape, belongs to this Law.

Law is bondage. Truth is Freedom.

Law upholds Ignorance. Truth upholds Reality.

Law governs imagination which binds you to Illusion.

Truth sets you free from Illusion.

May 28th

149. Although it is the nature of imagination to run riot, it is restricted to the definite and minutely precise pattern of bindings created and upheld by the law of bondage.

The moment imagining ceases, the shackles of the Law are broken and Freedom is experienced in the realization of the Truth.

It is impossible for one of oneself to overcome the operation of the Law and merge in the Truth. Only those who are one with God can take you beyond the bounds of the Law and give you the experience of the Freedom - which is the Truth.

May 29th

150. Knowledge, power, bliss

God has three Infinite aspects: Knowledge, Power, Bliss. It is from these that man derives his three finite aspects of mind, energy, matter.

The three aspects of God are interlinked: Bliss depends on Power and Power depends on Knowledge. Similarly the three aspects of man are interlinked: matter depends on energy and energy depends on mind.

As a human being you are one homogeneous entity of these three finite aspects (mind - energy - matter), which are but the shadows of the three Infinite aspects of God.

May 30th

151. The Soul's prison

The world is a prison in which the Soul experiences being behind the bars of its gross-subtle-mental body - the Soul, eternally free, lone sovereign and supreme Lord! Illusion's hold is so strong that the Soul experiences itself as serf rather than Soul.

Illusion stages the Lord's imprisonment so perfectly and establishes His serfdom so convincingly that even at the moment when the Perfect Master bestows His Grace on the Soul it experiences itself as breaking out through the bars of a prison which never existed.

May 31st

152. God-consciousness .

Meher Baba once said when explaining his state of God-consciousness, "Just as matter does not exist in your dreams, so it does not exist for me when I am awake. What you experience in your sound sleep with regard to matter, a God-Realised man experiences in the waking state.

My waking state is real, yours is false. When you realise God you will see this for yourself, provided you regain consciousness of the gross world."

June 1st

153. Ignorance

As long as a person remains under the sway of duality and looks on the manifestations of experience as being true or final, he has not traversed the domain of ignorance. In the state of final understanding, a person realises that the Infinite, which is one without a second, is the only reality.....

June 2nd

154. Liberation

The limited individuality which is the creation of ignorance, is transformed into the Divine individuality, which is unlimited.....

Liberation means the state in which there is objectless awareness, pure being and unclouded joy. Such a person has no longer any of the illusions which perplex and bewilder man.

June 3rd

155. (Continued)

In one sense he is dead. The personal ego, which is the source of the sense of separateness, has been for ever annihilated but in another sense he is alive for ever more, with unconquerable love and eternal bliss. He has infinite power and wisdom, and the whole universe is to him spiritual work of perfecting mankind.

June 4th

156. Any religion

Follow any religion you like but follow its innermost nucleus. Do not make a mock of it by adopting the conventional husk of religion and ignoring the underlying Truth. Religion should not be a convenience to be indulged in but words of Truth to be lived.

Baba himself says: "I belong to no religion. Every religion belongs to me. My personal religion I impart to all is Love for God, which is the Truth of all religions."

June 5th

157. (Continued)

This love can belong to all, high and low, sick and poor. Every one of every caste and creed can love God. The one and only God, who resides equally in us all, is approachable by each one of us through love. Religion like worship must be from the heart. If instead of erecting churches, fire temples, mandirs and mosques, people were to establish the House of God in their hearts for the Beloved God to dwell supreme then my work will have been done.

June 6th

158. Ceremonies

(Continued)

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

June 7th

159. Misery

Q. "Why should misery perpetually exist on earth, in spite of God's Infinite Love and Mercy?"

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

June 8th

160. Divine Love

Divine love is qualitatively different from human love. Human love is for the many in the One and Divine Love is for the One in the many. Human love leads to innumerable complications and tangles; but Divine love leads to integration and Freedom.

June 9th

161. Rules

There can be nothing like a rigid set of rules to outline the means by which you may be led to the one and only path to God-realization. This path lies through the subtle and mental spheres which are independent of and above the gross sphere with its innumerable stars, suns and moons and worlds, including the earth.

Whatever brings you nearer to the path and suits you best, is best for you, provided you are able to put it into practice whole-heartedly and in harmony with the natural bent of your mind. A good runner who remains indifferent to racing cannot make good progress, but a lame man who keeps on limping vigorously may soon arrive at the path.

If it is not used properly the best car is virtually useless to the traveller, however concerned he may be to arrive at his destination.

I have already told you that love for God and obedience to the Master are beyond the reach of man on his own, and complete surrender is almost impossible for him.

The next best thing then is for man to purify his heart. This is also very difficult, because every action, whether trivial or important, good or bad has left an impression on his mind.

June 10th

162. Selfishness

The disease of selfishness in mankind will need a cure, which is not only universal in its application but is drastic in its nature. It is so deep-rooted that it can be uprooted only if it is knocked down from all sides. Real peace and happiness will dawn spontaneously when there is a purging of selfishness. The peace and happiness which come from self-giving love are permanent. Even the worst sinners can become great saints if they have the courage and sincerity to invite a drastic and complete change of heart.

June 11th

163. It is time for humanity to face squarely the true causes of the catastrophe which has overtaken it; it is time to seek a new experience of Reality.....

Be attached neither to violence, nor non-violence. Fight if you must, but let your motive be only to help. Eat to serve the God-life in you, not for the pleasure of eating. Only so can you be free from all desire and be attached only to Love.

June 12th

164. Limitations

To know that life is real and eternal is to inherit unfading bliss. It is time that men had this realisation of being unified with their own selves.

To be united with the Higher Self man perceives the Infinite Self in all selves; and he becomes free by out-growing and discarding the limitations of the ego-life.

The individual soul has to realise its identity with the supreme Universal soul with full consciousness.

June 13th

165. The New Life

The new life which is based upon spiritual understanding is an affirmation of the Truth: it is not something which belongs to utopian concepts but is completely practical.....

Men will accept the guidance which comes from Divine Authority, for only the out-pouring of Divine Love can bring about spiritual awakening.

June 14th

166. Pivot of the Universe

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 humor. 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.

June 15th

167. Infinite compassion

The Sufis distinguish between Qaza or destined occurrences and Qadar or happenings which are impulsive or accidental. The Avatar or Qutub's actions are impulsive and arise from their infinite compassion; and the functioning of this whim relieves and gives beauty and charm to what would otherwise be a rigid determinism.

June 16th

168. Forgive and Forget

People ask God for forgiveness, but since God is everything and everyone, who is there for Him to forgive? Forgiveness of the created was already there in His act of creation. But still people ask God's forgiveness, and He forgives them. But they, instead of forgetting that for which they asked forgiveness, forget that God has forgiven them, and, instead remember the things they were forgiven - and so nourish the seed of wrong doing, and it bears fruit again. Again and again they plead forgiveness, and again and again the Master says, I forgive.

June 17th

169. But it is impossible for men to forget their wrong-doings and the wrongs done to them by others. And since they cannot forget, they find it hard to forgive. But forgiveness is the best charity. It is easy to give the poor money and goods when one has plenty, but to forgive is hard; but it is the best thing if one can do it.

June 18th

170. Going to the moon

Now men are planning to go to the moon and the first to get there will plant his nation's flag on it and that nation will say, "It is mine". But another nation will dispute the claim and they will fight here on earth for possession of that moon. And whoever goes there, what will he find? Nothing but himself. And if people go on to Venus they will find nothing but themselves.

June 19th

171. Whether men soar to outer space or dive to the bottom of the deepest ocean they will find themselves as they are, unchanged, because they will not have forgotten themselves or remembered to exercise the charity of forgiveness.

To ask for purely intellectual proof of the existence of God is like asking for the privilege of being able to see with your ears.

June 20th

172. Separation from God

Supremacy over others will never cause a man to find a change in himself; the greater his conquests the stronger is his confirmation of what his mind tells him - that there is no God other than his own power. And he remains separated from God, the Absolute Power.

But when the same mind tells him that there is something which may be called God, and, further, when it prompts him to search for God that he may see Him face to face; he begins to forget himself and to forgive others for whatever he has suffered from them.

And when he has forgiven everyone and has completely forgotten himself, he finds that God has forgiven him everything and he remembers who in reality he is.

June 21st

173. Division and ignorance

God is Indivisible One, and is indivisibly in each one and everything.

What is it then that causes apparent divisions? There are no divisions as such, but there is an appearance of separateness because of ignorance. This means that everything is of ignorance and that everyone is Ignorance personified.

June 22nd

174. A drop and a bubble

A drop in an ocean is not separate from the ocean. It is a bubble over the drop that gives it an appearance of separateness, but when the bubble bursts the drop is not, and the indivisible ocean is,

When the bubble of ignorance bursts the self realizes its oneness with the indivisible Self.

June 23rd

175. Losing oneself

One must love God with all sincerity to such an extent that one loses oneself completely in love.

And how does one love God?

One can love God as He ought to be loved by trying one's utmost to make others feel happy even at the cost of one's own happiness.

June 24th

176. Dream and Reality

Everything emanates from Me but is not real. If you were dreaming and I appeared in your dream and told you, you were dreaming, it is not real, you would say: "Baba, I am enjoying these things, I know they are real." It is hard to understand. In your awake dream, I tell you now, nothing is real; so don't worry. How to stop? Think of Me. Love Me. Christ said with divine authority, "Your sins are forgiven"; and I say with divine authority, "Love Me, and your worries will vanish."

June 25th

177. Reality

Reality is impossible to describe - it is difficult to attain. One in a million becomes a lover of God and of a million lovers one gets Realization. It sounds impossible. Baba says, "You have an opportunity because I am here with you and I say Love Me."

I am with you, near you - you have no worry about anything. I am with you, near you eternally.

June 26th

178. The music of God

You..... are one of my rocks on whom I can depend. I can promise you definitely that you will always be near Me, until you become One with me. What more do you want? What is there to want? I do not talk much to you, for it is self-understood. You know it, it is within.....

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 27th

179. Idle talk

All talk in itself is idle talk. Lectures, messages, statements, discourses of any kind, spiritual or otherwise, imparted through utterances or writings, are just idle talk when not acted upon or lived up to.

It is possible through love for man to become God. And when God becomes man, it is due to His love for His beings.

June 28th

180. Helplessness

We are all one. Every one of you has the Infinite within you and yet because of ignorance, everyone feels some kind of helplessness. It is a mighty divine joke that everyone being most powerful and blissful, feels most weak and miserable.....

You serve others only when you do it even at the cost of your own happiness and in your mind even the thought of having served does not exist.

June 29th

181. Poise

True poise comes when the ego mind, with all its accumulated inclinations, melts away through divine love, thus unveiling the supramental TRUTH in which there is the realization that one is - oneself - one with all life.

As long as man remains ignorant of his divine Self he may as well be a stone; a man lives and a stone exists, and both remain equally ignorant of the Truth.

As Kabir says, while man cannot achieve TRUTH he is no better than a stone.

June 30th

182. Living faith

True faith is grounded in the deeper experience of the spirit and purified intuition. Living faith in the Master becomes a supreme source of inspiration.

Living faith is an active attitude of confidence in the Master, expressing itself not only through trustful expectation of self-surrender and dedication.....

182. Living faith (contd.)

Complete self-confident and unquestioning love become possible when the disciple has faith in the Master.....

The Master as one with the Higher Self makes no mistake about right valuation.

Internal or mental renunciation consists in giving up all cravings, feelings of self-importance, opinions, habits and attitudes.

July 1st

183. Highest knowledge

If you realize only a small portion of what I call the Highest knowledge, you will experience great bliss. It will bring down heaven into your heart. Every object will give you joy, and will reveal the mystery of existence.

Divine love sets on fire the one who finds it and yet seals his lips so that no smoke comes out.

July 2nd

184. The Universal Message

I have come not to teach but to awaken. Understand therefore that I lay down no precepts.

Throughout eternity I have laid down principles and precepts, but mankind has ignored them. Man's inability to live God's words makes the Avatar's teaching a mockery. Instead of practising the compassion he taught, man has waged crusades in His name. Instead of living the humility, purity and truth of His words, man has given way to hatred, greed and violence.

July 3rd

185. Continued.

Because man has been deaf to the principles and precepts laid down by God in the past, in this present Avataric form I observe silence. You have asked for and been given enough words - it is now time to live them. To get nearer and nearer to God you have to get further and further away from "I", "my", "me", and "mine". You have not to renounce anything but your own self. It is as simple as that, though found to be almost impossible. It is possible for you to renounce your limited self by my grace. I have come to release that grace.

July 4th

186. I repeat, I lay down no precepts. When I release the tide of Truth, which I have come to give, men's daily lives will be the living precept. The words I have not spoken will come to life in them. I veil myself from man by his own curtain of ignorance, and manifest my glory to a few. My present Avataric form is the last incarnation of this cycle of time, hence my manifestation will be the greatest.
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July 5th

187. When I break my silence, the impact of my Love will be universal, and all life in creation will know, feel and receive of it. It will help every individual to break himself free from his own bondage in his own way. I am the Divine Beloved who loves you more than you can ever love yourself. The breaking of my silence will help you to help yourself in knowing your real Self.

All this world confusion and chaos was inevitable and no-one is to blame. What had to happen has happened and what has to happen will happen. There was and is no way out except through my coming in your midst. I had to come and I have come. I am the Ancient One.

July 6th

188. God, Love and the Perfect Master

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

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

July 7th

189. 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 find the Truth.

July 8th

190. Happiness or misery

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.

July 9th

191. The poor

I have been telling the same message throughout the ages, that all are One. We are all One and all of you love Me.

I am in everything and everything is in Me. In India I bow down to the poor, the lepers, the lame. Why do I bow down? Because I am One with everything. God is in everyone.

July 10th

192. Silence

Things that are real are given and received in silence..... When from the depths of his heart man desires something more lasting than wealth, something more real than material power, the wave of destruction will recede.

Thence peace will come, joy will come, light will come.

The breaking of my silence - the signal of my public Manifestation - is not far off. I bring the greatest treasure it is possible for man to receive - a treasure which includes all other treasures, which will endure for ever, which increases when shared with others. Be ready to receive it.

July 11th

193. Breaking the Silence

When I speak there will be many proofs of my spiritual power, and of my ability to bestow illumination. People will then realize the Truth, which is the source of all love and existence, which rules supreme in all departments of life.

193. Breaking the Silence (contd.)

I intend when I speak, 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, certainty will replace fear, generosity will replace greed. Exploitation will disappear.

The benefits that shall accrue to different nations and countries when I bring about the spiritual upheaval will be largely determined by the amount of energy each possesses. The greater the energy - however misapplied - the greater the response.

July 12th

194. When (the God-man) speaks Truth is more powerfully manifested than when He uses either sight or touch to convey it. For that reason Avatars usually observe a period of silence lasting for several years, breaking it, to speak only when they wish to manifest the Divine Will, and world wide transformation of consciousness then takes place.
-

July 13th

195. God has been everlastingly working in silence, unobserved, unheard, except by those who experience His Infinite silence.

If my silence cannot speak, of what avail would be speeches made by the tongue.

The very moment when He thinks my speaking would be heard universally God will make me break my silence.

July 14th

196. Incarnation

Through endless time God's greatest gift is continuously given in silence. But when mankind becomes completely deaf to the thunder of His Silence God incarnates as Man. The unlimited assumes limitation to shake Maya-drugged humanity to a consciousness of its true destiny. He uses a physical body for His universal work, to discard it in final sacrifice as soon as it has served its purpose.

July 15th

197. An atom is split

When an atom is split an infinite amount of energy is released. Similarly, when my Silence is broken and I utter the Word, infinite wisdom will be released.

When an atom bomb strikes the earth it causes vast devastation. Similarly when the Word I utter strikes the universe there will be a great material destruction; but there will also take place a tremendous spiritual upheaval.

July 16th

198. The divine plan

My Silence and the imminent breaking of my Silence is to save mankind from the monumental forces of ignorance, and to fulfil the divine Plan of universal unity. The breaking of my Silence will reveal to man the universal ONEness of God, which will bring about the universal brotherhood of man. My silence had to be. The breaking of my Silence has to be - soon.

July 17th

199. The Self in all

Q. Why should misery perpetually exist on earth in spite of God's infinite love and mercy?

A, The source of eternal bliss is the Self in all. The cause of perpetual misery is the selfishness of all. As long as satisfaction is derived through selfish pursuits, misery will always exist.

Only because of the infinite love and mercy of God can man learn to realize, through the lessons of misery on earth, that inherent in him is the source of infinite bliss, and all suffering is his labour of love to unveil his own infinite Self,

July 18th

200. The Flash from the Eternal

The act of a Perfect Master is not repetitive. It is not merely the re-doing of something previously experienced in the context of a new setting. It is the doing of something that can not be done within the restrictions of the experiences of duality. It is a creation of the utterly new, a descent of the Truth into the false. Hence its creativity is infinite. The redeeming act of a Perfect Master is a flash of the Eternal in the midst of what is otherwise nothing but rigidly determined causation. This is the mystery of divine grace bestowed by the Perfect Master.

July 19th

201. The physical body

The soul gets deeply stuck in the ignorance of being the same as the physical body due to sanskaric limitations of consciousness; and its knowledge of the Reality, therefore, necessarily gets restricted to that which is given in sense-perception or that which is inferred from it.

But such knowledge is, in fact, quite inadequate and even misleading in respect of the true nature of Reality. The manifold world of sense-perception (with its duality of subject and object) is false; though it seems to be quite real to those whose understanding is vitiated by identification with the body. From the point of view of the highest and only Truth, God alone is real and is one eternal, indivisible and unlimited Being which may, for the purposes of intellectual understanding, be described as an Infinite Ocean of Love, Bliss and Understanding.

July 20th

202. The Separate "I"

The realisation of God, as He is, necessarily requires the complete surrenderance of the false individuality of the separate "I". All separateness and duality is only illusion: and this illusion is sustained by the sanskaras (impressions) of the ego life which expresses itself through Lust, Hate and Greed. But through the pure life of selfless Love and Service and through the Grace of a God-realized Master, it is possible to brush away these limiting sanskaras and by transcending the illusory veil of separateness, to know oneself, to be identical with God which is the sole Reality. This God-realization, which comes on the seventh plane of consciousness is the goal of all life; it is the final reason why the entire universe came into existence.

July 21st

203. God-realization

God-realization is, sometimes mistakenly thought to be a selfish purpose of the limited individual. There is no room for any selfishness or limited individuality in God-realization. On the contrary, God-realization is the final aim of the limited and narrow life of the separate ego. It not only consists in the attainment by the individual of an inviolable unity with all Life, but it also dynamically expresses this final realization of the Truth through a spontaneous and undivided life of Love, Peace and Harmony. The life of the God-realized Master is a pure blessing to humanity.

July 22nd

204. True Love

True Love is very different from an evanescent outburst of indulgent emotionalism or the enervating stupor of a slumbering heart. It can never come to those whose heart is darkened by selfish cravings or weakened by constant reliance upon the lures and stimulations of the passing objects of sense.

But to those whose hearts are pure and simple, True Love comes as a gift through the activating grace of a Master.

July 23rd

205. Dynamic harmony

Such love is energising and life giving; it breaks asunder the narrowness and the prejudices which separate man from man; it inspires man for selfless and creative action which contributes to the well-being of all, without distinction of caste, colour, race, nationality, creed or sex; it lifts him from the slavishness of sanskaric attachments to the unhampered freedom of the divinely conscious soul; and it initiates him into the Dynamic Harmony of Life Eternal.

July 24th

206. Separative ego

Affirmation of the separative ego is the chief veil between man and his own divine Self; but the doors of the heart have to be thrown open by the surrenderance of ego - affirmation of God as the supreme Beloved is to make His entry in the heart. No-one can realize God except through the Grace and help of a God-realized master who is Truth incarnate. Only a God-realized Master can awaken this true love in the human heart, by consuming, through the fire of his grace, all the dross that prevents its release.

July 25th

207. Surrender

Those who have got the courage and the wisdom to surrender themselves to a Perfect Master are the recipients of his Grace. The grace of the Master does come to those who deserve it; and when it comes it kindles in the human heart a Love Divine, which not only enables a person to become one with God, but also to be of infinite help to others who are also struggling with their own limitations. There is no power greater than love.

July 26th

208. Unintelligent action

Inaction is, in many ways, preferable to unintelligent action, for it has at least the merit of not creating further sanskaras (impressions) and complications. Even good and righteous action creates sanskaras and means one more addition to the complications created by past actions and experiences.

All life is an effort to attain freedom from self-created entanglement; it is a desperate struggle to undo what has been done under ignorance, to throw away the accumulated burden of the past, to find rescue from the debris left by a series of temporary achievements and failures.

July 27th.

209. Sanskaras

Life seeks to unwind the limiting sanskaras of the past and to obtain release from the mazes of its own making, so that its further creations may spring directly from the heart of eternity, and bear the stamp of unhampered freedom and intrinsic richness of being, which knows no limitation.....

It is the irony of divine Fate that God gets lost in man to find Himself, and the instant that man gets lost in God, God realises His Reality as Existence, eternal and infinite.

July 28th

210. Intelligent action

The action which helps in attaining God, is truly intelligent and spiritually fruitful, because it brings release from bondage; and it is second only to that action which springs spontaneously from the state of God-realization itself. All other forms of action (however good or bad and however effective or ineffective from the worldly point of view) contribute towards bondage, and as such are inferior to inaction. Inaction is less helpful than intelligent action, for it amounts to the non-doing of that which would have created a binding.

July 29th

211. A pause

The movement from unintelligent action to intelligent action (i.e. from binding Karma to unbinding Karma) is often thro' inaction, which is characteristic of the stage where unintelligent action has stopped because of critical doubt, but intelligent action has not yet begun because there has not arisen any adequate momentum.

211. A pause (contd.)

But this special type of inaction, which plays its part in the progress on the Path should in no way be mixed up with ordinary inaction, which springs from inertia or fear of life.

July 30th

212. Asceticism

Mere asceticism alone does not lead to spirituality. Perfection cannot be perfection if it shrinks from the dual expressions of nature and tries to escape from entanglements. It must assert its dominion over all illusion, however attractive and however powerful. A Perfect Being functions with complete detachment in the midst of the most intense activity, being at the same time in contact with all forms of life.

July 31st

213. Avataric periods are like the spring-tide of creation. They bring a new release of power, a new awakening of consciousness, a new experience of life - not merely for a few, but for all.

Qualities of energy and awareness, which had been used and enjoyed by only a few advanced souls, are made available for all humanity. Life as a whole is stepped up to a higher level of consciousness, is geared to a new rate of energy. The transition from sensation to reason was one such step; the transition from reason to intuition will be another.

Love Divine is matchless in majesty. It has no parallel in power and there is no darkness it cannot dispel.

August 1st

214. Self control

Keep your mind quiet, steady and firm. Do not submit to desires, but try to control them. One who cannot restrain his tongue cannot restrain his mind; one who cannot restrain his mind cannot restrain his actions; one who cannot restrain his actions cannot restrain himself; and one who cannot restrain himself cannot attain his real Infinite Self.

August 2nd

215. The limited ego-mind

.....When hypocrisy comes into play it works much greater havoc within one's own psyche than in the outer sphere. The perceptible damage in the outer sphere is great, but the unperceived damage in the spiritual realm is stupendous.

The truth of one's own perception and realization is the only road by which wholeness may be restored to the inner psychic being. In no other way can man obtain release from the chains that tie the limited ego-mind to the colossal cosmic illusion which hides from him the perennial spring of the Divinity within.

August 3rd

216. Mind persists

The mind persists throughout life and also after death, on earth and in the states of heaven and hell, as well as in the endless succession of reincarnations. It is a never-failing companion of the individual soul and can never be annulled except in the state of liberation or realization.

From the spiritual point of view, the bindings created by the make-up of one's own mind are far more stupendous than the bindings created by external circumstances. Both types of bindings are the relics of the past and rigorously determine the experiences of the present and the possibilities of the future.

August 4th

217. The binding past

Man cannot act with true freedom in the present, because he drags with him his binding past. He goes on inevitably creating suffering for himself and others, and also accumulating the self-created impressional or sanskaric moments which constitute the fortresses of the limiting ego-mind. The past cannot be changed and has, as a chain of incidents, become petrified; but it continues to mould the present and shape the future of the limited "I".

August 5th

218. The law of Karma

The ego-mind "chooses", but it chooses in ignorance and restricted freedom. The universal mind chooses, but it chooses in the knowledge of Truth and in unlimited freedom.....

The law of karma prevents the ego-mind from escaping the results created by its own good or bad actions.....

218. The law of Karma (contd.)

So the ego mind goes from opposite to opposite in the illusory karmic pendulum, until through endless testing and suffering, it runs its course of opposite actions and reactions, or until it has the good fortune to contact a Perfect Master and receive his grace.

August 6th

219. Worldly abuse

For real spiritual service the disciple has to be prepared for all eventualities. In his work for God he must learn to adjust himself to all types of circumstances - favourable or otherwise. Others may pay no heed to him or may treat him with contempt or slander, but that should not mar his understanding or sincerity. He should remain unmoved by all this and resist the onslaught of worldly opposition with true humility.....

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

August 7th

220. Atheism and agnosticism

Whereas atheism is generally born of intellectual vanity, agnosticism may be more often than not the outcome of intellectual humility. Humble honest agnosticism is sure sooner or later to be converted into firm conviction of the Reality of God.

Realization of Truth is solely the concern of the individual.

August 8th

221. The ego blockade

The perennial spring of imperishable sweetness is within everyone. Yet if man does not release that spring by removing the ego-blockade, he inevitably suffers in innumerable ways. All that lives is striving for happiness; yet a thousand and one pains and fears attend upon every pleasure which man seeks through the ignorance of exclusiveness.

All over the world, man buries himself in egoism and multicoloured attachments to the false depriving himself of the intrinsic and self-sustained happiness that does not wane.

August 9th

222. Material possessions

Man has to be stripped of his material possessions in order that he may realize through actual experience, that his true base is spiritual, and not material. Then he will be ready to receive the Truth which I have come to bring.

This Truth consists in the knowledge that man, instead of being a limited, separate individual, completely bound by the illusion of time and space and substance, is eternal in his nature and infinite in his resources.

August 10th

223. World illusion

The world-illusion is a dream of his imagining - a play enacted in the theatre of his consciousness - a comedy of which he is at once author, producer, director, star. But his absorption in the role which he has chosen to enact has made him forgetful of his true self, and he stumbles now as creature through the part he has created.

He must be awakened to his true nature. He must see that all material expression depends upon and flows from spiritual being. Then he will be steadfast and serene under all circumstances.

August 11th

224. Tuition and intuition

Intuition has been buried under the debris from the piecemeal tuition of the assailing experiences of the false. Tuition is impressed from without, while intuition dawns from within. Tuition thwarts intuition. Therefore, the tutoring of the mind by external events has to be counteracted by inner awakening.

Then and only then can intuition, in its transcendent understanding, truly judge without yielding to the stupor of indiscriminate impressibility.

August 12th

225. Self discipline

All growth is gradual, and it is only through slow and gradual stages that man truly begins to "grow up" and discover his true Self, and to relinquish the childish playthings of hate, greed and anger through selfless service and love. In the spiritual school also there are many grades to be passed, for which few have the required courage and determination.....

225. Self discipline (contd.)

Discipline in small ways leads to the greater necessary discipline of Self. Do not try to conquer others - conquer yourself and you will have conquered the world.

August 13th

226. Happiness

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

August 14th

227. The image of God

"Good" is like a clean mirror that reflects the image of God. When true knowledge is gained you realize that the reflection is the image of your own Self, the God that is in all and in everything.

"Bad" is like the dusty particles that accumulate and hide the image of God, until the mirror presents only a distorted or blank surface. It cannot affect the object being reflected; it merely distorts your vision.

Love is the cleanser that wipes the mirror bright and enables you to behold with increasing clarity the indivisible Entity that permeates all life.

August 15th

228. Negative and positive experiences

The negative experience of the "bad", with its consequent suffering, ultimately disgusts man and leads him to the positive force of "good", thus awakening divine love. Hence, the saints of the present are the sinners of the past. In the clarity of the understanding and knowledge they have gained they show true humility. They do not take pride in their achievements nor condemn the "sinner" whom they know to belong equally to God, but help him to remove the self-created veil of ignorance and perceive his true identity.

August 16th

229. Pernicious divisions

In the one indivisible Ocean of life, you have through ignorance, created the pernicious divisions based upon sex, race, nationality, religion or community; and you allow these self-created divisions to poison your heart and pervert your relationships. You are already parts of one life and as such brotherhood is not something which is to be brought into existence through laborious efforts, but is the supreme Fact, which claims your recognition and whole-hearted allegiance, as soon as you have the candidness and the courage to face the truth. Slowly but surely must you imbibe this hard won Truth at the feet of the Masters of Wisdom; slowly but surely must you shed prejudices and get disentangled from the superficial distinctions, created by identification with forms and names; slowly but surely must you tread the path to the formless and nameless ONE.

August 17th

230. Diversity of expression

When you enthrone the Nameless One in your mind-heart, you do not necessarily put an end to the game of duality. You have to play your divine role in the drama of creation without being caught up in duality. Restoration of unity does not imply the stamping out of all differences. In the world of forms there always will be room for a rich diversity of expression; but when you understand the Truth, this diversity shall in no way be allowed to create a note of discord in the symphony of creation but will be taken up in that creative harmony which reflects the ageless and the infinite spirit. Out of this understanding there shall spontaneously emerge the spirit of tolerance which is different from apathy, of active appreciation, which is different from passive receptivity and of life, which is different from the entanglement of attachment.

The Unity of Life has to be experienced and expressed in the very midst of its diverse experiences.

August 18th

231. Celibacy and Marriage

For the celibate as well as for the married person the path of inner life is the same. When a person is drawn by the Truth he longs for nothing else; and as the Truth increasingly comes within his ken, he gradually disburdens himself of craving. Whether in celibacy or in marriage he is no longer swayed by the deceptive promises of indulgence or mechanical repression and he practices internal and spontaneous renunciation of craving until he is freed from the decep-

231. Celibacy and Marriage (contd.)

tive opposites. The path of perfection is open to the aspirant whether in celibacy or in marriage; and whether he begins from celibacy or from marriage will depend upon the sanskaras and the karmic ties of the aspirant.

He cheerfully accepts the conditions which his past life has determined for him and utilises them towards his spiritual advancement in the light of the ideal which he has come to perceive.

August 19th

232. Inner life of man

If the inner life of man is to be harmonious and enlightened, he has to develop and express many divine qualities, while he is engaged in his daily life. Each quality, by itself, may not seem to be extremely important; but it is not right to consider it apart from its necessary relation with other important qualities. In spiritual life, all these qualities implement and support each other; and their interconnection is so vital that not one of them can be completely ignored without detriment to many other essential qualities. So..... each of these divine qualities turns out to be absolutely indispensable for a complete life.

August 20th

233. Preparation

Everyman is the rightful heir to the Truth: but he who would inherit it must be spiritually prepared for it; and this spiritual preparation sometimes takes several lives of patient and persistent effort. Therefore one of the first requirements of the aspirant is that he should combine unflinching enthusiasm with unyielding patience. Once a man is determined to realise the Truth, he finds that his path is beset with many difficulties, and there are very few who persist with steady courage till the end. It is easy to give up effort when one is confronted with obstacles.

August 21st

234. Courage

Spiritual effort demands not only physical endurance and courage but also forbearance and unassailable moral courage.

The world is caught up in Maya and is addicted to false values: therefore, the ways of the world run counter to the standards which the aspirant has set for himself. If he runs away from the world that does not help him, he will again have to come back for developing that quality which would enable him to face and accept the world as it is.

234. Courage (contd.)

Very often his path lies through the world which he has to serve in spite of his not liking its way. If he is to love and serve the world which does not understand him or even is intolerant to him, he must develop infinite forbearance.

August 22nd

235. Central power

The love which a disciple has for a Master is really the response evoked by the greater love which the Master has for the disciple; and it is above all other loves. Love for the Master naturally becomes a central power in his life because he knows the master to be an embodiment of the Infinite God. All his thoughts and hopes therefore come to be woven around the personality of the Master. It is through the supremacy of claim that the Master becomes the focal point for the radiation of spiritual forces which dispel all darkness, pluck out the sins of the heart and initiate the disciple into a life of freedom and Truth-consciousness.

August 23rd

236. The Master is the Divine Beloved and when the disciple meets his Master, all that he has to do is to love Him; for if he loves the Master out of the fullness of his heart, his final union with Him is assured. He need not worry about the quality of his love. He should love in spite of his weaknesses and not stop till he can purify his own heart. The Master is the very source of purity and to set one's heart on the Master is the beginning of self-purification.

August 24th

237. Dedication

When the disciple has whole-hearted devotion for the Master, he is making himself ready to receive Divine Love which the Master pours on him: and all his weaknesses are consumed in this fire of Divine Love of which he thus becomes the receiver. But if he is to be free from all weaknesses and attain incorruptible purity, he has to dedicate his life to the Master without any reservations or provisions.... His self-surrender must be so complete as to allow no room in his mind for even a shadow of any secret desire for the self.

August 25th

238. Faith is not blind

The faith which the disciple places in the Master is his most reliable guiding light and is comparable to the steering wheel of the ship. It is not correct to describe faith as being blind for it is more like sight than unrelieved ignorance; but it has to be short of direct experience until a man realises God for himself.

It is not for nothing that all the religions are referred to as "faiths".

One of the essentials is that a man should have faith... Faith may be strong and vital or weak and lukewarm.

A lukewarm faith does not carry a man further than adherence to rituals and ceremonies, but a strong and vital faith is bound to take a person beyond the external forms of religion and help him to eschew the crust and get to the kernel of true spiritual life. Faith reaches its natural climax and goal when it comes to be rested in one's own Master. The faith of a disciple must always be securely grounded on his experience of the divinity of the Master. He must not be like a straw carried anywhere by the slightest breeze; he should be like a rock which remains unmoved in a storm.

August 26th

239. Loyalty

The sense of undivided loyalty to the Master is made possible by the right understanding of what the Master is and what he stands for.....

A disciple should from the very beginning realise that the Master only requires that the disciple should realise his own higher Self. In fact the Master symbolises this Higher Self and is none other than this very Higher Self which is the same one reality in all.....

The Master in his utter impersonality and unhampered divinity is so complete that he has nothing to desire for himself and in relation to the disciple all that he requires is that he should reconstitute himself in the light of the Highest Truth.

August 27th

240. Worldly wisdom

Not through worldly wisdom but by diving deep to the innermost, is it possible to be united with God, Who is at once the Lover and the Beloved. For this union, one must summon the necessary courage to rise beyond the illusory world of sense perception; consciousness loaded with attachments gets pinned to the sense-world of duality.....

240. Worldly wisdom (contd.)

But when consciousness is illumined by the Truth, it reveals God as everything and it experiences one uninterrupted and endless continuity of bliss, love, power and understanding.

August 28th

241. The goal of Life

When the goal of life is attained, one achieves the reparation of all wrongs. The healing of all wounds, the righting of all failures, the sweetening of all sufferings, the relaxation of all striving, the harmonising of all strife, the unraveling of all enigmas, and the real and full meaning of all life - past, present and the future.

August 29th

242. Purpose

The purpose of life is to realize God within ourselves. This can be done even whilst attending to our worldly duties. In the everyday walks of life and amidst intense activities, we should feel detached and dedicate our doings, to our Beloved God.

Baba's last words to us were that we were to rely only on God. To work only for God, seeking no reward and to be completely detached, leaving all results to God.

August 30th

243. A Shadow of God

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 up in the mazes of an illusory world. Just as ordinarily we do not pay any attention to the shadows, so the Masters do not pay any attention to the Universe, except to divert the attention of humanity from the shadow to the substance. The purpose of life is to realize our oneness with the Infinite; this can be achieved through love for God.

August 31st

244. Infinite honesty

Divine Love makes us 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 think truly, speak truly and act truly. It makes us feel one with the whole world. Divine love purifies our hearts and glorifies our being.

September 1st

245. 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.

September 2nd

246. No need for despair

The silence which I have been observing for the past 31 years is not intended to veil my Truth but to manifest it. When you realize the Truth as the very core of your being you are free from all fear and helplessness, and all rivalries and conflicts reveal themselves to be inviolably one with all that has life.

To the struggling, failing and faltering humanity I say: "Have faith". Turn to God in complete surrenderance and receive the divine love. You are equally a part of the one indivisible divine life. There is no need for anyone to despair. The greatest of sinners as well as the greatest of saints has the same unfailing divine assurance.

September 3rd

247. Imagination and Worry

Worry is the product of imagination working under the stimulation of desires, living through sufferings that are our own creation..... Worry is a serious dissipation of psychic energy.....

The cure for worry and depression is detachment, the practice of separating oneself from the illusion of existence.

September 4th

248. Service without fuss

What the Master expects is that a follower will do his best. He does not expect immediate transformation of consciousness..... Service springs out of the spontaneity of freedom, in the co-operative spirit in which there is no insistence upon the claims of "I"..... One of the most difficult things to learn is to render service without fuss and without pride. In the world of spirituality humility counts as much as utility.

September 5th

249. Repentance

Internal or mental renunciation consists in giving up all cravings, feelings of self-importance, opinions, habits and attitudes.....

Repentance consists in mentally reviving the wrongs with severe self-condemnation. It is not mere regret or sorrow for the wrong.....

Sincere penance does not consist in perpetuating grief for wrongs one has done, but in resolving to avoid them in future.....

September 6th

250. Self consciousness

Self-less service is accomplished when there is no thought of reward or result..... The person who leads a life of selfless service is, however, never self-conscious in serving. He does not make those he serves feel that they are under any obligation to him....

The ideas, beliefs, opinions, views or doctrines that a person may intellectually "hold" constitute a superficial layer of human personality.....

To be spiritually fruitful, thinking must be not only critical but creative.

September 7th

251. Guidance

One Master is not greater than another; the disciple must, however, place his own Master above other Masters, until he transcends the domain of duality and realises unity.....

When the soul receives realization of God, all sanskaras disappear....

The Master gives a push to the seeker, so that he passes on instead of getting caught up on the way.....

251. Guidance (contd.)

The Master is not perturbed by the failings of the disciple, which he tolerates with patience and infinite capacity to wait, knowing that when the disciple gets established on the Path, these failings would disappear.....

Once the Master is satisfied that the disciple is firmly established, He cleanses the mind of the disciple of blemishes and often achieves this at the risk of appearing ruthless.

September 8th

252. Meditation

Intelligently conducted collective meditation can prove to be of immense help to the beginners, although advanced disciples invariably meditate by themselves.....

Like many other things of spiritual importance, meditation yields its significance after the person has experienced it, not when he tries to understand it by examination.....

The divine truths are most easily grasped when directly passed on to the seeker by a living master.....

The Path begins when the self finds itself and turns its consciousness towards the Eternal Self.....

At the end of the Path the self frees itself from all sanskaras and desires connected with the material, subtle and mental worlds, and from the illusion of being finite.

September 9th

253. Controlling thoughts

Thoughts have to be attended to, before they are controlled.....

Only in complete internal silence is Truth found. When the surface of the lake is still, it reflects the stars, so when the mind is tranquil, it reflects the nature of the Self.....

Just as a prisoner, looking out of the window of his prison at the expanse of the sky may get lost in the vision of space, so the person who enters into a trance-meditation may temporarily forget limitations immersed in the light and bliss that it brings.

September 10th

254. The real and the false

Look at your own shadow. It seems so near to you. It is adjoining you, but you cannot grasp it nor overtake it in a race. You may chase your shadow till doomsday, but it will still evade you and remain a bit ahead of you.

254. The real and the false (contd.)

Seeking God through the ego-mind is like trying to overtake your own shadow. It cannot be done, not because God is in any way far off, but because you can never get the real through the false. The real is gained only when the false is given up.

God is nearer to you than your own shadow. In fact he is not only within you, but He is your very self. You cannot get at Him, for you seek Him through the ego-mind which converts Him into the will-o'-the-wisp. The ego-mind must meet actual death if God is to be seen and realized.

September 11th

255. Through enslavement to the temporary and the passing, man deprives himself of the eternal and the lasting. Each moment with which man is confronted can either tighten the grip of the false or deliver him to the truth.

God is the only Reality and He is the fountainhead of all love, beauty, peace and happiness.

Even in and through the "fleeting now" of the false, God is eternally inviting man to Himself, affirming himself as the Truth of man's being. Those who dare to see and love God in everyone and everything, experience Him as the everlasting immediate Presence.

September 12th

256. Only when his mind is utterly detached from the false is it possible for man to disentangle himself from the repetitive clutches of the fleeting moment. Then and only then can he become established in the "eternal now", which everlastingly includes the eternal past and the eternal future. The eternal "I am" is an unfailing assurance of the only Reality which ever was, is and will be.
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September 13th

257. The Eternal now

The way to peace and fulfilment in union with God, the divine Beloved, is a daring dive into the "eternal now". Not by fruitless surveys of the past, nor by elusive longings for the future, nor by enslavement to the fleeting moment, but by staking everything for God, is it possible for you to experience yourself as illimitable ocean of love. Here and nowhere else is the final solution of all your problems - Love born in the Truth liberates without binding and fulfils without over-powering; it is a pure blessing not only for yourself, but for each and all, for ever and ever, in the "eternal now".

September 14th

258. Material and spiritual aspects

In true karma yoga or the life of perfect action there is proper adjustment between the material and the spiritual aspects of life. In this type of life, consciousness is not fettered to the mundane and material things, but at the same time it is not allowed to fly away from everyday existence. The mind is not allowed to be immersed in the material life of gnawing wants, nor is it allowed to be merged in spiritual bliss. But it is used to face and tackle the problems of life from the point of view of spiritual understanding.

September 15th

259. Proper adjustment between material and spiritual aspects of life is not secured by giving equal importance to them.....

The spirit must and ever will have an inviolable primacy over matter, but this is expressed, not by rejecting matter but by using it as a tool for the expression of the spirit. So, in intelligent adjustment, matter has to play a role of a pliable instrument for the self-manifestation of the spirit and must not in any way become obtrusive in its own rights. Just as a musical instrument is valuable only if it gives vent to the song of the musician, and becomes a hindrance if it does not yield complete subservience, matter is valuable if it gives free and adequate expression to the creative flow of life, and becomes an obstacle if it interferes with it.

September 16th

260. Owing to the multifarious cravings of the mind, matter has a tendency to assume importance for itself..... so for a drunkard wine is important, for a greedy man money, etc. etc..... The way to restore the dignity of the spirit is not to reject material things but to use them for the claims of the spirit; and this is possible only when the spirit is free from all cravings and is fully conscious of its own true status.

When this is achieved, man may have material goods, but is not caught up in them. When necessary he may use them as means for the life of the spirit, but he is not allured by them, because he realizes that in themselves they do not constitute the real significance of life.

He dwells in the material and social environment without any hankering for them; and being unattached, he is able to convert them into a field for spiritual life.

September 17th

261. Great and little things

The worldly minded feel their separative existence through achievements. Therefore they have a natural tendency to judge their achievements in terms of tangible quantities; they grasp at great things and avoid the little things. But from the spiritual point of view, the so-called little things are often seen to be as important as the so-called great things. The aspirant has no motive to eschew the one and seek the other: therefore he attends to little things with as much zest as to great things.

September 18th

262. Spiritual understanding

....in a society which is alive to the supreme importance of the life of the spirit, service is interpreted in terms of imparting spiritual understanding..... Of different types of service, the service which is concerned with spiritual understanding is the highest, because spiritual understanding includes the right perspective to all human problems and promotes a solution of them all.

But, if there is no spiritual understanding, the desire for rendering service to others is harnessed by limited conceptions.....

If our ideas of things which are worthwhile are narrow, the scope of possible service also becomes correspondingly narrow.

September 19th

263. Acts of kindness

Service is not exhausted by great gestures like giving big donations to public institutions: they also serve who express their love in little things. A word that gives courage to a drooping heart or a smile that brings hope and cheer in gloom, have as much claim to be regarded as a service as onerous sacrifices and heroic self-denials. A glance which wipes out bitterness from the heart and starts a new love is also service, although there may be no thought of service in it. When taken by themselves all these things seem to be small: but life is made up of many such small things: and if these are ignored life would be not only unbeautiful but unspiritual.

September 20th

264. Hope

My existence is for Love and Truth; and to suffering humanity I say: Have hope. I have come to help you in surrendering yourselves to the cause of God and in accepting his grace of Love and Truth. I have come to help you in winning the one Victory of all victories - to win yourself.

264. Hope (contd.)

One who wants nothing, gets everything He said. Nothing means nothing, and one who wants nothing is never disappointed.

September 21st

265. The worldly minded

The worldly minded make the mistake of judging obstacles, handicaps and adversities by their size. Thus, for most persons, the adversity of another must be enormous if it is to deserve notice. It is characteristic of the worldly minded that they give more importance to things that take shape in external and tangible ways than to things which are silent elements of the inner life.....

But for the aspirant who is eager to serve without any desire for recognition and credit everything that thwarts or perverts the release of full life is worthy of attention.

September 22nd

266. We are all meant to be as honest as God, as loving as God, as happy as God; only the Christ suffers for humanity, although he is the source of all happiness. You see me in this physical form, but every moment I am crucified. Only those fortunate ones know this. I suffer as no one could suffer; I suffer because I love.

September 23rd

267. Example

If the aspirant has the good fortune to be in contact with the Master..... who teaches not through preaching but through example; and when the Master is seen in his capacity of rendering service to humanity, the aspirant is quick to catch that spirit because of his love for the Master. Contact with the Master is also helpful in imbibing the spirit of co-operation which the aspirants cultivate easily because of their common love for the Master.....

All are free from any individualistic claims, rights or privileges being keen only about the Master's work..... and equally ready to hand over that work to another co-aspirant if he can do better.

September 24th

268. If service makes a person proud, he or she might as well not have served. One of the most difficult things to learn is to render service without bossing, without making fuss about it and without any consciousness of high or low. In the world of spirituality, humility counts at least as much as utility.....

268. (Continued)

In his unwaning blissful feeling of oneness, the Master knows himself to be at once the Lord of all and the Servant of all; he, therefore, exemplifies an ideal of service, in which there is no enslavement either of him who receives service or of him who renders it.

September 25th

269. It is only because of the veil of the false ego lying between us that you find yourselves involved in so many difficulties, troubles and worries, all of which disappear automatically when touched by the reality of love. When the curtain of your limited "I" is lifted - you realize unity and find me as your real self, i.e. God. I say so because it is only I everywhere. There is really nothing like you.

September 26th

270. Become God

Love God and become God. I have come to receive your love and to give you mine, as I have already said. If you love me you will find me. Do not think that you can never love me or that you can find no time to love me. I often say that I want your love. I mean it because that is all that I want from you. Therefore I always tell you to love me more and more.....

This is not the first time I have said this. For ages past I have been telling all to leave everything and to follow me. That means to obey me so that you may have conscious experiences of me. Now is the time when those who obey me will realize me.....

September 27th

271. Kaikobad

Kaikobad has been with me for twelve years. He has his family. They are staying on Meherabad hill. He has dedicated everything to me and I have accepted him. He belongs to the Parsi (Zoroastrian) priest class, and hence he is often called Dastoor, which means a priest. And he is a real priest. He sees Baba as Baba is to be seen, and he takes Baba's blessing as blessings are to be taken. I love Kaikobad (one of the resident mandali) and often bow down to him. Whenever I go out on vast tours or for other congregations I ask Kaikobad to lay his hand on my head and bless me. Recently at Satara he wept and protested, but I told him to continue to obey me to the point of kicking me should I ask him to do so.

September 28th

272. He has also been silently repeating Baba's name 1100 times every twenty-four hours all these years. He had the first glimpse of Divinity at Meherabad in 1946. Again on August 31st, 1953, he experienced such bliss that he was on the point of dropping his body. Now he says he can see glimpses of my reality whenever he wishes. At such moments he sees even a dark room lit up with such brilliance that compared with it the brilliance of the sun is nothing. Then in that light he sees me; - that is no miracle performed by me. I cannot do that myself. I know only one thing, that I am everywhere and in everything.
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September 29th

273. Forbearance .

Do not get disheartened or alarmed when adversity, calamity or misfortunes pour upon you. Thank God, for He has thereby given you the opportunity of acquiring forbearance and fortitude. One who has acquired the power of adversity can easily enter the spiritual Path.

Do not get angry, but be pleased with him who back-bites you, for he thereby renders service to you by diminishing the load of your sanskaras - and also pity him, for thereby he makes his load of sanskaras more burdensome.

Don't criticize. The habit of criticizing our fellow-beings is a bad one. At the back of it often lies self-righteousness, conceit, a false sense of superiority - sometimes it indicates envy or a desire for retaliation.

September 30th

274. Dancing

If you dance for me, you do as much good as one who meditates on me. Some like work, some like play, but when you do it for me then it is the same. This is Vedanta and Christian philosophy in a nutshell. So very easy yet so difficult. Try to forget yourself and do all for Baba. Let it be Baba all the time!

I want you to be gay and have humor but I also want you to be serious about certain points, especially about meditation..... Constant prayer and selfless service are both vital in turning the mind away from worldly things and directing it towards spirituality.....

External Silence helps to inner Silence and only in internal Silence is Baba found - in profound inner Silence... I am never silent. I speak eternally. The voice that is heard deep within the Soul is my voice..... To those who are receptive to this voice, I speak.

October 1st

275. Spiritual forces

True sanctity, does not lie in the dead walls of brick and stone or even in the waters of the sacred rivers, but in the living beings who fill the environment with the fire of their devotion, love and worship, and in the great spiritual forces released by the Masters during their stay there.

October 2nd

276. Brahmins and untouchables

"As a lesson to others to render service to humanity I myself serve others. In the ashram at Meherabad, I wanted my Brahmin devotees to serve the untouchables. For that purpose I personally served the untouchable boys, bathing them and washing their clothes. When I asked my Brahmin devotees to assist me, they did - for they love me. In true service, there must be no lingering idea that one is free to yield service or refuse it. I would like some of you to nurse and wash lepers, some of you to be merged in meditation on me, and some be mendicants, some gay, some thin as skeletons, some big and fat, but all to work for me."

October 3rd

277. The Ego and Baba

The less you think of yourself, and the more you think of Baba, the sooner the ego goes and Baba remains. When your "ego" goes away entirely, I am one with you, so bit by bit you have to go

If you do wrong, then think, Baba is doing wrong. If you get a pain think it is Baba having a pain. If you do all this sincerely, you will know something. Try to forget yourself and do all for Baba,

October 4th

278. Wanting less

It is time we started dying... the death of low desires. It is all bliss, yet all are miserable because of ignorance which causes desires to be fulfilled. The goal of each and everyone is to attain the no-desire state..... This is the goal. You say "I want this, I want that!" Needs are not wants, and wanting inevitably leads to suffering. So try your best to want less and less. Try loving, loving more and more, and then you will want less of that which is beyond your needs, and want more love. All you have enjoyed all these years is nil - All you have suffered is nil; it was an illusion. It is our right to be happy, so why try to be unhappy by wanting things?

October 5th

279. Honesty and Goodness

Love for God can be expressed in so many ways because He has infinite aspects. The three aspects of Power, Knowledge and Bliss are well known, but infinite Honesty and infinite Goodness are also His main aspects, and goodness means where there is no thought of self. I want you to feel that I am one with you, that is why I am now sitting here on the ground with you all. I am on the level of each one of you. whether poor, rich, small, big, I am like each of you. But I am approachable only to those who love Me.

Only those who can lose themselves in My Love will find themselves in Me. This is no idle talk, but an authoritative statement that eternally I have been, and will be, always the slave of My lovers.

October 6th

280. Speaking to children

I will say what I want to say in very few words. I love children and never feel happier than to be amongst them. I would prefer to have time to play with them rather than have all this garlanding, Puja, Arti, etc., especially since I am expert in playing marbles. Ages ago when I woke up, I began to play marbles with the Universe.

October 7th

281. The fortunate ones

Contact with a Perfect Master is never equally available to all men at all times. It is only the really fortunate ones who come across a Perfect Master during their lifetime, and the few most fortunate ones who live their lives in obedience, to him. The Perfect Master Jalaludin Rumi says that one moment passed in the company of a saint is infinitely better than a hundred years of sincere prayers and penance. Remember he refers only to saints - the least you can say about a Perfect Master is that he is a maker of saints!

October 8th

282. Intellectuals

There are few among the purely intellectual who can establish a life of obedience to a Perfect Master, and fewer still who can maintain it. This is because although intellect and reasoning are a help to a man in arriving at the decision to follow the Master, man is invariably misled when he tries to prove or disprove the perfection of the Master solely through reasoning.

282. Intellectuals (contd.)

The utmost reaches of the human intellect cannot go beyond the gross sphere. Through intellect alone man can never penetrate the materialism of life, no matter how fine are the limits reached by man.....

The Perfect Masters who are one with God and the innermost core of everything in existence, are beyond the gross as much as they are beyond the subtle and mental spheres that go to make up the illusion of creation as a whole.

October 9th

283. Transcending the intellect

Explanations and discourses about Reality are but a play of Words. If one tries to grasp Truth through words only one is bound to miss it because it is beyond mind, and mind the inner man, is not just brain. Although the brain is the seat of the intellect, yet by itself the brain is but a piece of mechanism composed of matter belonging to the outer man.

Transcending the intellect is not the same as going mad. In madness the faculty of reasoning is impaired - it does not disappear. Even the mad and utter idiots think, though wrongly; and so they abuse, cry, laugh, etc., in an unbalanced manner. Man's intellect has evolved out of his consciousness. His consciousness has not emanated from his intellect.

October 10th

284. Limitation and intelligence

Becoming free from the limitations of the intellect does not necessarily mean becoming void of intelligence or losing the power of expressing things; but the more such matters that are beyond its grasp are put into words and explained in detail, the more inexplicable they become..... An intellectual giant not imbued with a spark of love and not having the guidance of a Master can never have knowledge of the Spiritual Path, But however ignorant he may be, one who has either of these two things has every possibility of advancing rapidly towards God, the goal of all life.

The consciousness of those who leave their hold on all except their life of obedience to me, shall transcend all limitations of the intellect.

October 11th

285. For all its power of achievement in the gross sphere, the faculty of human knowledge has its limitations within the intellect. None is at fault therefore, just as a child is not held responsible for the things which are beyond the power of its understanding. But all things have their uses. A lullaby is as useful as a lecture. A thing does not cease to be useful simply because it is not within the grasp of one's understanding.
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October 12th

286. God's declaration

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 (already inherent in the declarations) that throughout God was God and never anything other than God.....

Before reaching perfection in human form, consciousness has to evolve through a definite period of time, There is no vacillation in the time factor of the clarification therefore, only in its events.

October 13th

287. Kitty Davy from Twenty Years with Meher Baba (1947):

To the sweeper of the compound, to the servant with her big brass pot on her head, to the little boy arriving at the gate with the milk, to one and all, Baba had a welcoming smile, a touch on the shoulder, an unspoken gesture signifying, "Are you happy? Are you well?" and in a strange way, one's frown or mood would disappear.

All Baba asked from each was a happy face and work done cheerfully. To Baba, this cheerfulness was a goal most worth striving after, a goal of paramount importance. He emphasized once that no one must expect to get happiness from others, but be happy in himself.

October 14th

288. (Continued)

Animals

From time to time there were housed in the compound many kinds of animals - monkeys, dogs, rabbits, cats, various birds, ducks, chickens, a peacock, a turkey, a lamb, a cow, a donkey, calves, horses, a deer and some pigs - all Baba's pets - but given to certain individuals to care for and be responsible for (needless

288. (Continued)

Animals

to say we did not have all the foregoing pets at the same time). Here we saw Baba's love and sympathy extended to all creation - down to the earthworm which he bade me on occasions not to thoughtlessly tread upon. He, by His example, showed us that they too have a part in the Divine work of birth, suffering and death.

October 15th

289. Prayers and thoughts

"A life of prayer is ever essential, Atman (soul) can be obtained only through the Atman itself, which is the object of prayer, the desire and the fulfilment.....

Both likes and dislikes are desires of the ego, and hence both have to go.....

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

October 16th

290. Passing away

It is a fact that Baba, on the physical passing away of a close disciple, has always made it an occasion for feeding the poor, in his or her memory.

Baba always encouraged us to face the death of a loved one, not with undiluted sadness but with a mixture of sadness and happiness. Sadness for our loss but happiness for their gain.

"Now she is happy and she can see Me all the time" was the message sent to those who knew and loved a disciple, M.R. who passed on after much suffering.

October 17th

291. I am never sorry for anyone who dies..... He who dies with My name on his lips, with me in his heart, never dies. I never worry about them for theirs is no loss. If I am ever worried, it is for those that suffer unnecessarily. My "dead" live in Me. That should make you happy; why not rejoice in his happiness?

Any mourning you may do therefore must be for yourselves only - from selfish motives.

You don't know how fortunate they are who die with my name on their lips and in their heart.

Everything else may fail, Love never fails.

October 18th

292. Momentary and passing

The kind of detachment which really lasts is due to the understanding of suffering and its cause; it is securely based upon the unshakable knowledge that all things of this world are momentary and passing and that any clinging to them is bound to be eventually a source of pain ...

All those who experience the gross world as real are asleep. Only those who experience it as unreal can realize God and become awake in the broad sense of the word.

The book of the heart holds the key to the mystery of life.

October 19th

293. Only a Master can awaken love through the Divine Love which He imparts; there is no other way. Those who want to be consumed in love, should go to the Eternal Flame of love.

True happiness begins to come when a man learns the art of right adjustment to other persons; and right adjustment involves self-forgetfulness and love.

October 20th

294. Three planes

With the gross eye, gross (or physical) things are seen; with the subtle or internal eye, the spiritual world and planes are seen; and with the mental or spiritual eye, God is seen.

The realization of the supreme Being as our own Self is the realization of Truth. The universe is the outcome of imagination. Then why try to acquire knowledge of the imaginative universe and not of the Self (Truth).

Spirituality does not mean renunciation of worldly activities. It means the internal renunciation of mundane desires.

October 21st

295. Realization of God

The soul becomes free of the binding of impressions through various paths. And Love is the most important of these paths leading to the realization of God. Through this love, the Soul becomes entirely absorbed in God, ultimately forgetting itself completely. It is then that all of a sudden knowledge comes as swiftly as the lightning bolt which burns to ashes all that it falls upon.

295. Realization of God (contd.)

Let us not hope, because this Knowledge is beyond hoping or wanting. Let us not reason, because this Knowledge cannot be comprehended is the certainty of certainties. Let us not live the life of the senses, because the lustful, greedy, false, impure mind cannot reach this knowledge - Let us love God as the Soul of our Souls and in the height of this Love lies this Knowledge.

The divinely Perfect Ones can bestow this knowledge on anyone, they like and whenever they like.

October 22nd

296. Universal work

When you spread my eternal message of Love to others, show them first that you really love me. Do not just make them read my books and messages; do more. Live such a life of love, sacrifice, forgiveness and tolerance, that others will automatically love me. If instead of doing the real work of love, you start doing organised propaganda work for me, it is absurd. I need no propaganda or publicity.

I do not want propaganda or publicity, but I do want love and honesty. If you cannot live the life of love and honesty you should stop working for me. I am quite capable of doing my Universal work alone.

October 23rd

297. Appreciation

I will now explain to you how you should work. First of all, bear in mind that you should not seek appreciation from me or from others. Though this may seem easy, it is very difficult to put into practice.

Remember that work in itself is its own appreciation; the moment you seek appreciation the work is undone. Therefore seek not any appreciation for the work you do for me.

October 24th

298. Liberation

The greater the struggle to attain liberation the more the shackles of illusion are felt, as this very action brings greater awareness of the illusion (Maya), which then becomes more impressive and realistic.

Spiritual advancement is a story of one surrender after another, a progression from a minor conquest to a major one, until the final surrenderance of the separate ego-life is completely achieved.

October 25th

299. Diverse wants

An unwavering faith which is grounded in pure intuition can only come to a mind which is free from the pressure of diverse wants. True faith therefore is a matter of gradual growth. It grows in proportion to the success which the disciple attains in freeing his consciousness from diverse cravings.

A living faith is always born of some deep experience which the Master imparts.

You do not see Me as I really am. This body is not Me. My Real Self is far more beautiful. I am infinite Truth. I am infinite Love. I am Life Eternal,

October 26th

300. Three Types of Lovers

1. The first type is the Master, who loves and knows only God. He loses all consciousness of self, of body, of the world. Whether it rains or shines, whether it is winter or summer, it is all the same to him.

Only God exists for Him. He is dead to himself and to the world. He exists no longer as an individual, for, after thus annihilating himself, he becomes one with God, the source of infinite love.

2. The second type of lover is one who lives in the world, attends to all worldly duties one hundred per cent, yet all the time in his heart, he knows that this is temporary, that only God exists and he loves Him internally without anyone knowing.
 - 3, The third type, which is the highest, is very rare. Here the lover surrenders completely to Christ, to the Avatar, to the God-Man. He lives not for himself, but for the Master. This is the highest type of lover. Unless you have such love, just to criticize and judge takes you nowhere.
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October 27th

301. The Universal Heart

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

The One Universal Heart which is ever active and yet ever at rest.

301. The Universal Heart (contd.)

Though the Universal Heart lives and beats in all, it lives and beats in a special degree in the Rishis and the Buddhas, the Prophets and the Messiahs. (Avatars)

When the downward materialistic tendency holds sway over the lives and ideals of men, these great souls appear on the scene, and redress the balance and thereby restore peace and righteousness on earth.....

I am He who always was and always will be.....

To sum up, we have to feel in our heart of hearts that only God is real, that He alone exists, that He is in us all, that He alone is to be loved; God and God alone.

October 28th

302. St. Francis and Juniper

Do you know how St. Francis loved Jesus and became one with Him? He loved Him as Jesus ought to be loved; but in Francis' group there was one who was a glutton. Juniper loved Francis most, though he did not sit in meditation or think of anything. He gave more trouble to Francis than anyone, yet he loved Francis dearly. When we love from the bottom of our hearts we give all our good and bad, even our trouble; the lover gives everything and demands nothing. I give everything and demand nothing in return. Love me like that and Baba is your slave. Even if you can't do that, don't worry. As long as you are Mine you need not worry. If you can't picture Me, don't worry - if you don't love Me, don't worry: I love you.

October 29th

303. Pilgrims

In all parts of India, every year thousands of pilgrims go to pay their homage to the holy places and the tombs of the saints and Masters, undergoing all kinds of hardships on the way - sometimes journeying long distances on foot, and many die on the way from illness, exposure and contamination of disease, none of which deter them from their objective. How much more hardship and inconvenience you should be prepared to undergo therefore, when you come to the living Master! For, instead of the ordinary pilgrimage to tombs and holy relics of the past, you are gathered today at the shrine of the living Avatar, Meher Baba.

What is known as virtue and sin are nothing but strength and weakness.

October 30th

304. Baba's presence

Just as when we breathe we do not pay attention to our breathing, and in sound sleep it is automatic and our constant companion, still we do not pay attention to it - so Baba is there all the time and therefore you do not feel Him.

It is not easy for you to understand that, though I am here with you in this place, I am also everywhere at the same time.

October 31st

305. Universal religion

I have not come to establish anything new - I have come to put life into the old. I have not come to establish retreats or ashrams. I create them for the purpose of my universal work, only to repeatedly dissolve them once that purpose has been served. The universe is my ashram, and every heart is My house; but I manifest only in those hearts in which all, other than Me, ceases to live.

When My Universal Religion of Love is on the verge of fading into insignificance, I come to breathe life into it and to do away with the farce of dogmas that defile it in the name of religions and stifle it with ceremonies and rituals.

November 1st

306. Evolution of consciousness

When the evolution of consciousness began there was oneness, in spite of the diversity in illusion. With the growth of consciousness, manyness also, went on increasing, until now it is about to overlap the limit. Like the wave that reaches its crest, this height of manyness will dissolve itself and bring about the beginning of oneness in illusion.

Suffering at its height will cause the destruction of this climax of manyness in illusion.

The time has come for the pre-ordained destruction of multiple separateness which keeps man from experiencing the feeling of unity and brotherhood.

November 2nd

307. Unity in diversity

To affirm religious faiths, to establish societies or to hold conferences will never bring about the feeling of unity and oneness in the life of mankind, now completely absorbed in the manyness of illusion. Unity in the midst of diversity can be made to be felt only by touching the very core of the heart. That is the work for which I have come.

I have come to sow the seed of love in your hearts so that, in spite of all superficial diversity, which your life in illusion must experience and endure, the feeling of oneness, through love, is brought about amongst all the nations, creeds, sects and castes of the world.

November 3rd

308. The One Word

In order to bring this about I am preparing to break My Silence. When I break my Silence it will not be to fill your ears with spiritual lectures.

I shall speak only One WORD, and this Word will penetrate the hearts of all men and make even the sinner feel that he is meant to be a saint, while the saint will know that God is in the sinner as much as He is in himself.

November 4th

309. Universal brotherhood

When I speak that Word, I shall lay the foundation for that which is to take place during the next seven hundred years. When I come again after seven hundred years, the evolution of consciousness will have reached such an apex that materialistic tendencies will be automatically transmuted into spiritual longing, and the feeling of equality in universal brotherhood will prevail. This means that opulence and poverty, literacy and illiteracy, jealousy and hatred, which are in evidence today in their full measure will then be dissolved through the feeling of oneness of all men. Prosperity and happiness will then be at their zenith.

November 5th

310. Transcending the ego

A conversation with Baba. D.F. records: "I was reminded of several points in my conversation with Baba, to use my mind but to be its master; to enjoy Maya, but overcome a negative emotion with an opposite, stronger one and thus avoid sanskaras; let the bad thought go, without suppressing it, and act on the good one. The ego is

310. Transcending the ego (contd.)

necessary in our development but must be transcended. Baba had spoken of the natural, false and divine ego.....

All life is an effort to attain freedom from self-created entanglement; it is a desperate struggle to undo what has been done under ignorance.

November 6th

311. Illusion

Illusion is a temporary phenomenon; something that is not what it appears to be..... Illusion creates innumerable illusions, and each illusion leaves the marks of experience in the form of impressions, For example, you are asleep and on waking, your hand touches something near the bed and at once you think it is a scorpion. You have created a scorpion which is not there, but you shrink with fear, get out of bed to hit it with a stick, Then you see it was not a scorpion but something else.

The impressions of getting frightened, getting out of bed and hitting the scorpion are now stamped on your mind and somehow have to be spent. So illusion continues, gaining impressions and spending impressions, and all the time illusion is preserved,

November 7th

312. Story of Satyamang

Once in Meherabad, down the Hill, a few were kept here. A good hearted Irani who was a bit 'cracked' had to keep guard at night. He had to shout out at intervals "All's well" to keep himself awake as well as to show others that he was awake, At that time there was a very notorious thief called Satyamang who had robbed and killed a number of people. One night this man had robbed a man on the road from here to Ahmednagar, The following night something happened to this dear man (Irani), a donkey wandered near and he thought it was the thief. So he awakened everyone and all were nervous. One old Mandali fainted. All the time the Irani was shouting "Satyamang is here!" After a time a lantern was lit and it was seen there was nobody there; then the door was opened and the donkey was seen.

November 8th

(Continued)

313. When I heard this story, I thought this illusion beats even the Universal illusion I created ages ago! Then I sent for Satyamang, who was so proud of his strength that the police feared him and the villagers were afraid to report his threats.

313. When I heard this story (contd.)

"I don't know Baba, get out", he said to My messenger and he abused Me. But later on he came, saying he had seen Baba in a dream sitting on his chest. I was sitting as usual, and as soon as he saw Me, Satyamang prostrated himself and started weeping. I called him and made him sit quietly by My side.

"I want you, from today, to give up robbing and killing and to disperse your gang, and for your living come to Me and I will supply you," I said. He promised. From that day the man dropped his old ways. Once there was a lapse: after some months he thought of robbing someone. A money lender had left his house empty and Satyamang was tempted to rob it. He broke in and saw the form of Baba standing there in the door way. So he came at once to Baba and said, "You have saved me." When I went away to Persia and left only one family here, I told him to look after the place."

November 9th

314. Freedom

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 freedom. 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 helped to inherit the truth that mankind is One. 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.

November 10th

315. Falsity of the limited ego

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

Live not in ignorance. Do not waste your precious life-span in differentiating and judging your fellow men, but learn to long for the love of God. Even in the midst of your worldly activities, live only to find and realise your true identity with your Beloved God.

November 11th

316. Humility

Be pure and simple, and love all because all are one. Live a sincere life; be natural and be honest with yourself,

Honesty will guard you against false modesty and will give you the strength of true humility. Spare no pains to help others. Seek no other reward than the gift of divine love. Yearn for this gift sincerely and intensely, and I promise in the name of my divine Honesty that I will give you much more than you yearn for.

November 12th

317. Content

God does not listen to the language of the tongue. He does not listen to the language of the mind. He responds to the language of the heart. The language of the heart is the Song of Love for the Beloved God. Love God, keep Him ever-consciously present with you. Let Him form the basis of all your thoughts, speech and actions. Remember Him in every little thing you do; the responsibility will then rest with Him.

Be content with your lot whether rich or poor, happy or miserable. Understand that God has designed it for your own good and be resigned to His will.

November 13th

318. The practical way for the average man to express love is to speak lovingly, think lovingly and act lovingly towards all mankind, feeling God to be present in everyone. If instead of seeing fault in others we look within ourselves, we are loving God. If instead of robbing others to help ourselves, we rob ourselves to help others, we are loving God. If we suffer in the suffering of others and feel happy in the happiness of others, we are loving God. If instead of worrying over our own misfortunes, we think of ourselves as more fortunate than many, many others, we are loving God. If we endure our lot with patience and contentment, accepting it as His Will we are loving God. If we understand that the greatest of devotion towards God is not to harm any of His beings, we are loving God. To love God as He ought to be loved we must live for God and die for God, knowing that the goal of life is to love God and find Him as our own self.

November 14th

319. I veil myself from man by his own curtain of ignorance and manifest my glory to a few. When I break my silence, the impact of my Love will be universal and all life in creation will know, feel and receive of it. It will help every individual to break himself free from his own bondage, in his own way. I am the Divine Beloved, who loves you more than you can ever love yourself. The breaking of my silence will help you to help yourself in knowing your Real Self..... All this world confusion and chaos was inevitable and no-one is to blame. What had to happen has happened; and what has to happen will happen. There was and is no way out, except through my coming in your midst. I had to come and I have come. I am the Ancient One.
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November 15th

320. Humility of the Avatar

Through the ages, humanity has failed to fathom the true depth of the humility underlying the greatness of the Avatar, gauging His divinity by its acquired limited religious standards. Even real saints and sages who have some knowledge of the Truth, have failed to understand the Avatar's greatness when faced with His real humility.

November 16th

321. History repeats itself

The strength of His greatness lies, not in raising the dead, but in His great humiliation when He allows Himself to be ridiculed, persecuted and crucified at the hands of those who are weak in flesh and spirit.

Age after age history repeats itself when men and women, in their ignorance, limitations and pride, sit in judgement over the God-incarnated man who declares His Godhood and condemn Him for uttering the Truths they cannot understand. He is indifferent to abuse and persecution, for, in His true compassion He understands, in His continual experience of Reality He knows and in His infinite mercy He forgives.

Man unknowingly suffers for God but God as Avatar knowingly suffers for one and all beings and things.

November 17th

322. Travel

However far man may fling himself into outer space, even if he were to succeed in reaching the furthestmost object in the universe, man will not change - wherever he goes he will remain what he is. It is when man travels within himself, that he experiences a metamorphosis of his self. It is this journeying that matters, for the infinite treasure - God - is within man, and not to be found anywhere outside of himself.

November 18th

323. The infinite treasure

The infinite Treasure is within you. The only drawback to your realizing it is that you do not seek it within you. You look without. This has been your habit for endless lives since your apparent birth in the beginningless Beyond. The moment you get up from sleep, you start looking outside of you. When you are on the Path you begin to look within you and see some sparks of the Treasure - but these are just reflections from the real Treasure.

The Perfect Master has the key that opens the last gate which holds this Treasure from you.

November 19th

324. To aspire to this infinite Treasure is in a way sheer madness, and it has to be that degree of madness which remains unaffected by the most alluring of pleasures or the most painful of sorrows. The infinitely compassionate look - nazar - of the Perfect Master can awaken such madness in you. And for this to happen you have to live in complete obedience to the Master, in complete resignation to His will. It makes no difference if you are physically near or away from Him.
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November 20th

325. The first song

I feel very happy to hear music. It reminds me of the first song that was sung ages ago, and that song produced this phenomena called the universe. God will make me break my silence soon and that first original song will be sung again, and the world will realize that God alone is real and that everyone of us is eternally one with God.

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 fulfillment of the Divine Life. It will throw open new gates to eternity. It will bring new hope to despairing humanity.

November 21st

326. Men shall be united

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.

326. Men shall be united (contd.)

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

My outward silence is no spiritual exercise. It has been undertaken and maintained solely for the good of others.

November 22nd

327. The upheaval

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.....

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.

November 23rd

328. Baba's daaman

Remain completely resigned to my Will and do not let any circumstance 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.

I want you to make me your constant companion. Think of Me more than you think of your own self.

November 24th

329. Rates of progress

One road may be steep, another full of potholes, the third torn with raging rivers; similarly, one man may walk best, another may be a good runner, the third a fine swimmer, yet in each case, the things that should really count are the destination and the actual progress that each individual makes. Why should one who can run like a hare come in the way of another who is more likely to succeed with the speed of a snail?

There can be no greater folly than for the wayfarers to quarrel over the pros and cons of this way or that, instead of remaining concentrated upon and concerned with one's own onward march along the path that one happens to be on.

November 25th

330. Once you have surrendered yourself to the Master He has to do His duty to you. He cannot escape that. It is only your unbounded love and unswerving faith that is required thereafter, and that will encourage Him in His duties towards you. So, take your Master to be your God, and with as much love and faith, surrender and serve Him, and you will be saved.
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November 26th

331. The seed of love

I have come to sow the seed of love in your hearts so that, in spite of all superficial diversity which your life in illusion must experience and endure, the feeling of oneness, through love, is brought about amongst all the nations, creeds, sects and castes of the world.

There is no greater miracle than the miracle of the Awakened Heart.

November 27th

332. God, Man and the God-Man

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 God-man or Avatar, took on the suffering of all humanity.

November 28th

333. Nature

At Meher Mount, OJAI, Baba said, "Now go out and see the view and try to love Baba through nature. This is all due to my love.... this whole creation, this nature, all the beauty you see, all came out of Me....."

Bear in mind that those who really want to work for me should live the life of 'Baba-lovers' - i.e. show people how you love Baba and then you will have Baba-lovers all around you.

November 29th

334. The attainment of Reality

No hard and fast rule can be laid down for the attainment of Reality. Every human being is a law unto himself on the Path.

There is no such thing as failure on the journey towards Truth or God. It is merely a question of time.

When one remains fully and completely resigned to the Divine Will of God, all service, sacrifice, solitude, seeking and surrenderance merely symbolise one's love for God.

November 30th

335. God is in all

Only a Master can awaken love through the Divine Love which He imparts; there is no other way. Those who want to be consumed in love, should go to the Eternal Flame of Love.

Beloved God is in 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.

December 1st

336. 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 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 derives happiness purely out of giving and seeking happiness for her child.

December 2nd

337. Birth of a child

The evolution of forms and consciousness.... has been explained in "God Speaks" ...the child takes birth according to his past karma (sanskaras or impressions). He will act, think, feel according to his sanskaras, gathered in past lives; there is no way out of it for the child. This is what I call the law of "must". This law sticks to the child from birth to death. It has formulated the nature of the child, and has become the child's very nature. The child cannot get out of it. In addition to this inexorable law of must, the environmental circumstances of the child are such that he cannot but act and feel according to the impressions of the experiences of past lives. When the baby is born it must cry; mother must feed the baby; its very sex is determined by the law of must.

December 3rd

338. Continued...

If the baby is a male child, it is so because it must be born a male child; if it is a female child, it is so because it must be born a female. And when the child grows into a man or woman, it becomes what it does become because it must do so. Do not confuse this nature with Nature - the entire panorama of the earth and its seasons! Your nature is the nature created by you and nurtured by you. It is one's own nature that is responsible for the body one takes on - the shape, the complexion, the health, sickness, appetite, temperament etc. In short anything and everything connected with one's own self - physical, subtle and mental.

December 4th

339. Married life

From the spiritual point of view, married life will be a success only if it is thoroughly determined by the vision of Truth. It cannot offer much if it is based upon nothing more than the limited motives of mere sex, or if it is inspired by considerations which usually obtain in the partnership of 'business' - it has to be taken as a real spiritual enterprise which is intended to discover what life can be at its best.

December 5th

340. The spiritual value of married life is directly relative to the nature of the preponderating factors which determine its daily happenings. If it is based upon shallow considerations, it can deteriorate into a partnership in selfishness as against the rest of the world; but if it is inspired by lofty idealism, it

340. The spiritual value (contd.)

can be raised to a fellowship which not only requires and calls forth increasingly greater sacrifices for each other, but actually becomes a medium through which the two souls can offer their united love and service to the whole family of humanity.

December 6th

341. When married life is thus brought into direct line with the Divine Plan for the evolution of the individual, it becomes a pure blessing for the children which are the fruit of that marriage, for they get the advantage of imbibing spiritual atmosphere from the very beginning of their earthly career.

Though the children are thus the benefactors from the married life of the parents, the life of the parents is in its turn enriched by the presence of the children. Children give to the parents an opportunity of expressing and developing a real and spontaneous love in which sacrifice becomes easy and delightful and the part played by children in the life of the parents is of tremendous importance for the spiritual advancement of parents themselves.

December 7th

342. Emptiness of desires

Selfishness inevitably leads to dissatisfaction and disappointment, because desires are endless. The problem of happiness is, therefore, the problem of dropping out desires. Desires, however, cannot be effectively overcome through mechanical repression. They can be annihilated only through knowledge.

If you dive deep in the realm of thoughts and think seriously just for a few minutes, you will realise the emptiness of desires. Think of what you have enjoyed all these years and what you have suffered. All that you have enjoyed through life is today nil. All that you have suffered through life also is nothing in the present. All was illusory.

December 8th

343. It is your right to be happy and yet you create your own unhappiness by wanting things. Wanting is the source of perpetual restlessness. If you do not get the thing you wanted you are disappointed. And if you get it, you want more and more of it, and become unhappy; say, "I do not want anything," and be happy. The continuous realization of the futility of wants will eventually lead you to Knowledge. This self-knowledge will give you the freedom from wants and this is the road to abiding happiness.

December 9th

344. Transforming selfishness

Selfishness must be transmuted into selflessness before the domain of duality is completely transcended. Persistent and continuous performance of good deeds wears out selfishness. Selfishness extended and expressed in the form of good deeds becomes the instrument of its own destruction.

The good is the main link between selfishness, thriving and dying. Selfishness which in the beginning is the father of evil tendencies, becomes through good deeds, the hero of its own defeat. And when the evil tendencies are completely replaced by good tendencies, selfishness is transformed into selflessness, i.e. individual selfishness loses itself in universal interest. And though this selfless and good life is also bound by the opposites, goodness is a necessary step towards freedom from the opposites. Goodness is the means of the soul to annihilate its own ignorance.

December 10th

345. Solitude

Solitude is one of the essential conditions of attaining success in meditation. In the world of thought there is a constant intermingling of thought forms and thought colours. Some mighty ideas have a tendency to strengthen the mind... whereas some frivolous thoughts are dissipating. The mind is either attracted or repelled by these diverse thoughts in the mental environment. It is advisable to avoid altogether the influence of these variegated thoughts, in order to get established in one's own ideal of thought. And for this purpose solitude has an immense possibility. Solitude means economy of psychic energy and increased power of concentration. Having nothing extraneous to attract or repel the mind you are drawn inwards and learn the art of opening yourself to the higher atmospheric currents which have the potency of giving you strength, bliss and peaceful expansiveness.

December 11th

346. While meditation on the personal and impersonal aspects of God requires withdrawal of consciousness into the sanctuary of one's own heart, concentration on the universal aspect of God is best achieved through the selfless service of humanity. When the soul is completely absorbed in the service of humanity, it is oblivious of its own body or mind or their functions, as in meditation, and therefore new sanskaras are not formed.

December 12th

347. Welfare of others

When you are wholly occupied with the welfare of others you can hardly think of yourself. You are not concerned with your comfort and convenience, or your health and happiness. On the contrary you are willing to sacrifice everything for their well being. Their comfort is your convenience, their health is your delight and their happiness is your joy. You find your life in losing it in theirs. You live in their hearts, and your heart becomes their shelter. When there is true union of hearts you completely identify yourself with the other person. Your act of help or word of comfort supply to others whatever might be lacking in them, and through their thoughts of gratitude and goodwill you actually receive more than what you give.

There is nothing unnatural or artificial about love. It subsists from the very beginning of evolution.

December 13th

Some questions Baba answered in Zurich. A sculptor said to Baba, He had seen in Switzerland that only a few know and the masses remain ignorant. This problem is a puzzle to him.*

348. A Sculptor asks:

Baba: "The Infinite One is in everything and can be expressed in everything."

Q. But is not happiness the goal of life?

Baba: "That is the true aim of life, to attain to real happiness; and it does not matter through what medium it is attained; but it depends on one thing, that is forgetting self. For those who have no self-interest, even hell is heaven."

Q. He is desperate about the masses being misled into chaos, as is being done at present.

Baba: "It will all end soon. I feel it infinitely more than you do."

Q. He feels that some power must guide the world if it is to go aright.

Baba: "I know, the world is being guided."

* from "The Perfect Master" by Charles Purdom

December 14th

349. Q. A Man presents a written statement - confessions of the confused state of his life, which makes him believe that he is fallen and utterly broken.

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349. Q. A Man presents a written statement (contd.)

Baba: I know. No need to tell me, and I will explain. Don't worry. When one is meant for spiritual advancement, one has either love or lust to the extreme. This lust must be converted into love. What is lust, but a craving of the physical senses, and love is the craving of the soul. I know all about you and will spiritually help you. Never think that you have fallen so as not to rise again.

December 15th

350. A clergyman and a doctor friend ask:

Q. From the Christian standpoint, Christ is the only one; he is unique. Do you believe that?

Baba: Unique, indeed, from the standpoint of his state and consciousness. The Mahommedans claim that Mahommed is the only prophet, The Hindus claim Krishna, the Buddhists claim Buddha, the Parsees Zoroaster. Each says that this ideal of the prophet is the unique one. But why bother about that? What do names matter? What is important is the life that Jesus lived. To understand Christ, to know Him, one has to live his life. Mere ceremonies, talk, discussions, and criticisms do not help one towards knowing Christ. Christ taught one simple thing - Love - and in few of his followers has that Love developed

Love has in it selfless service and renunciation of desires. Pure love includes everything. If one loves all other qualities dissolve themselves; and by love I mean Pure Love - not sexual love as it is meant today in the world of matter.

December 16th

351. Q. This kind of love is impossible without the help of Masters.

Baba: God is within and without. Why not seek Him within? If one seeks the grace of God, and God is not able to give it, what kind of God do you call him? People talk but do not seek His grace. God is infinite, the soul of souls. And the individual souls are the drops of that Infinite Ocean. All this depends on outlook. You see this (pointing to a flower) as a flower, I see God in it.

A student of Philosophy asks:

Q. Can one realize virtue without experiencing vice?

Baba: One has to experience virtue and vice to be able to realize the Infinite who is in both.

Q. Is Christ only a question of realization?

351. A student of Philosophy asks: (contd.)

Baba: Yes. Christ is only to be realized.

Q. Is there any real difference between Christ and the Church religion?

Baba: A world of difference. Christ is to be lived and not found in ceremonies.

Q. Is this path-finding more difficult in the West than in the East?

Baba: No. It is a different outlook only; because in the East as in the West there are the same obstacles. Also in both there are good hearts. And in the teachings of great men both East and West, there is love - the same method differently expressed.

December 17th

352. A well-known dancer

Baba: Dancing is a good art if expressed rightly. It has divine qualities and if done rightly, it has wonderful effects. If done wrongly, it has the opposite effect..... I am happy to see you.

An artist

Q. Through ideas he tried to find the source of ideas. Is there any other way to find the divine?

Baba: Yes, he has a right to understand.. Art when inspired with love, leads to higher realms. Love art, and that art will open for you the inner life. When you paint you forget everything, except your object. When you are much engrossed in it, you are lost in it; and when you are lost in it, your ego diminishes. Love Infinite appears; and when Love is created, God is attained. So you see how art can lead one to find Infinite God.

Q. He realizes that his "ego" must in a selfless way express the Divine Infinite.

Baba: Then that ego is not finite and limited. It becomes the Selfless Unlimited Ego.

December 18th

353. A woman

Q. Would you help me to understand the process of evolution?

Baba: Yes, It is the process through which the soul has to pass to attain the human form to realize the Truth. And human beings have also to experience suffering to realize God, which is the goal of humanity and of Eternal Happiness.

December 19th

354. The son of one of Baba's disciples.

Q. How could I have happiness?

Baba: Everyone in the world consciously or unconsciously seeks happiness in one form or another. You seek it in your own way. Even a murderer seeks happiness.

But it is only for the time being that one derives happiness from one action or another; and when it is over, one is miserable again. Real happiness is different. It never changes or ceases. It is permanent, everlasting... and it lies there, there within you. It is sleeping (latent) and must be opened (unlocked). Once it is opened it is always happiness. I am the source of happiness, the Sun of all Bliss. But there is a curtain that veils you from the sun and you do not see it. Now because of your inability to see owing to the curtain you cannot say there is no sun. The sun is there, shining and spreading its lustre all over the world; but you do not allow its rays to approach you, obstructing them with the veil of ignorance. Remove that and you will see the sun. I will help you to tear open the curtain and enable you to find happiness. I love you all.

December 20th

355. To an artist of the Dance

Baba said: You are full of joy in sympathy with and admiration for others, that you deserve far more publicity and praise than you have got. Giving the very highest art to all alike, high or low which is your audience - not to a select few is the true generosity. Raising up, and this is an age of darkness. Many are groping in the dark and longing for light but cannot find it. They see only occasional flashes of God's light. The light is always there, shining for us steadily, only it is covered by veil upon veil of ignorance. If we looked in the right place in the right way we would find it. When the pupil is ready the Master appears.

The rare ones, who love Truth and beauty as much as you do are to me brothers through love - a simple link with no pretensions.

December 21st

356. Faith in the Master

Faith in the Master becomes all important because it nourishes and sustains faith in oneself and faith in life, in the very teeth of setbacks and failures, handicaps and difficulties, limitations and failings.

356. Faith in the Master (contd.)

Life, as man knows, in himself or in most of his fellow men, may be narrow, twisted and perverse, but life, as he sees it, in the Master, is unlimited, pure and untainted.

In the Master, man sees his own ideal as realized: the Master is what his own deeper self would rather be; he sees in the Master the reflection of the best in him, which is yet to be, but which he will surely one day attain.

Faith in the Master therefore, becomes the chief motive-power for realizing the divinity which is latent in man.

December 22nd

357. Praise and Blame

If a person is pleased by receiving praise, he is bound to be miserable when he receives blame; he cannot keep himself steady under the shower of blame, as long as he is inwardly delighted by the receiving of praise.

The only way of not being upset by blame is to be detached from the praise also; it is only through complete detachment that a person can keep unmoved by the opposites of praise or blame.

Faith in Oneself

If a man has no faith in himself, he cannot develop those qualities which invite and foster faith from others.

The confidence that you can, under all sorts of trying circumstances remain loyal to your own perception of the Best, is the very foundation of the super-structure of a reliable character.

December 23rd

358. Desirelessness

If man becomes desireless and contented, he will be free from his self-inflicted suffering; his imagination will not be constantly harassed by feverish reaching out towards things that really do not matter, and he will be established in unassailable peace. When man is contented, he does not require any solutions to problems, because the problems which confront worldly persons have themselves disappeared from life. He has no problems therefore he does not have to worry about their solution. For him, the complexities of life do not exist because his life becomes utterly simple in the state of desirelessness.

December 24th

359. Science and religion

With the dawn of understanding the problem of wars would disappear.

To understand the problem of humanity as merely the problem of bread is to reduce humanity to the level of animality.

It is a mistake to look upon science as anti-spiritual.

Science is a help or hindrance to spirituality according to the use to which it is put.

The progress of humanity is assured only with science and religion hand in hand.

December 25th

360. The New Humanity

The New Humanity will be freed from the life of limitations and have unhampered scope for the creative life of the spirit.

The New Humanity will come into existence in the release of Love through the spiritual awakening brought about by the Masters.

Humanity will attain to a new mode of being through the free interplay of love from heart to heart.

Through Divine Love, the New Humanity will learn the art of co-operative and harmonious life; it will free itself from the tyranny of forms and release the creative life of spiritual wisdom.

To arrive at self-knowledge is to arrive at God-realization.

December 26th

361. The God-man

The Perfect Master (Sadguru) knows Himself to be the centre of the universe and everyone, high or low, good or bad, is at the same distance from Him.

The God-man descends into the world of forms from the impersonal aspect of God. He knows, feels and works through the universal mind.

Before the opening of the inner eye, the mind conceives of the goal, as Infinite. When the soul receives realization of God, all sanskaras disappear.

The Master gives a push to the aspirant, so that he passes on instead of getting caught up on the way.

December 27th

362. Baba said: My continuous experience is that I am in everyone and am everything. This is not said as a result of my having understood this Truth by the mind, but it is the actual experience of my being that. This experience is the height of all experiences. This state of mine cannot be understood with the help of the mind.

When newcomers came to visit Baba, he said: "If you cannot accept me as God that should not worry you. Accept me as a True Friend. I am God undoubtedly. But it is difficult for the Western mind to accept the concept of God in human form. Jesus was Him as such. Even Peter denied Jesus three times, so how can you accept Me. I am the only Reality, while all else is false.

Just before His accident Baba said (1952): Most persons suffer because of their KARMA. A few suffer for others. Masters suffer for the whole universe.

December 28th

363. I have left the Paratpar state (Beyond the Beyond State) and come down to your level. In that Paratpar state there is no binding; there is absolute freedom, absolute existence. What a sublime state it is! One in a billion has such an experience of the Beyond state. From that state I have come down and I feel bound in you.
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This suffering is terrible. In me I am free. When I break my Silence, a great push will be given to humanity. Even stones shall start dancing. After that I shall be in Bliss for 700 years.

December 29th

364. Out of the ten per cent who are genuine saints there are only five Perfect Masters, and these five bring me down to earth. The present five Perfect Masters will come into public recognition after I drop my body. An atheist is better than a hypocritical saint. God is not to be found in the skies or in the Himalayas or in the hills of Abu. He is in the hearts of everyone. Once your heart is clean, I will shine out in it. But it is not easy to clean one's heart. It is as difficult as diving deep into a sea of fire. One out of thousands of true lovers of God has such courage, for he has become the dust of the feet of the Perfect Master. Only he has the right to ask to see God. To love God is very difficult. The easiest path is to hold on to my Daaman. Throw all your burden of sanskaras at my feet. I am the Ocean and can absorb all your burden. In fact there is no such thing as burden. It is all imagination.

December 30th

365. My own father, Sheriarji, was a real dervish. He wandered from place to place in Iran for many years in search of God. He came to India and continued his search. His feet were blistered and his soles had become hard like rubber tyres from the wanderings on foot. One day in the desert of Cutch, he was dying from thirst. Suddenly a man appeared before him with some drinking water and offered it to him. After drinking the water he continued his search. He even took to the 40 days penance. He succeeded in sitting there for only 30 days. He felt very dejected at his failure. It was at this time that he heard a voice telling him not to worry, for God would be born to him. Remembering this he believed me to be God and used to worship before my picture till his end.
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December 31st

366. The Christ state of consciousness

I am not limited by this form. I use it like a garment to make myself visible to you, and I communicate with you. 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 toward light and Truth.

When it is recognised that there are no claims greater than the claim of the universal Divine Life, which without exception, includes everyone and everything, love will not only establish peace, harmony and happiness in social, national and international spheres, but it will shine in its own purity and beauty.

Whatever I have said and have been saying I was made to say by God, When I say a thing God makes me say so. All I want to say is that whatever I have declared and decided will be so and all things shall accordingly happen.

I am the Lord of the universe, I am the one for whom mankind eagerly 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 will love me the closer you will come to Me.

I am the Lord of the Universe and I am the slave of my lovers.

I and God are One.

Meher Baba.

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, a title, Zoroastrian
Daaman	=	hem of garment
Dukh	=	misery
Dnyan	=	knowledge
Guru	=	teacher
Lahar	=	first spontaneous urge
Qadar	=	impulsive or accidental happenings
Qaza	=	destined happenings
Qutub	=	pivot or axis
Maya	=	illusion of this world
Mandali	=	disciple
Nazar	=	compassionate look
Sadguru	=	Perfect Master
Sanskara	=	impressions on the mind body
Sufi	=	mystics of Islam
Vedanta	=	part of Hindu Scriptures
Wali	=	saint
Paratpar	=	Beyond state of God
Sukh	=	pleasure

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Register of Editorial Alterations

Day No. 20, para 1, line 3, sanscaras changed to sanskaras*
Day No. 22, para 1, line 1, daamen changed to daaman
Day No. 42, para 3, line 3, graduations changed to gradations
Day No. 128, para 1, line 1, Dhyan changed to Dnyan*
Day No. 142, para 1, line 3, Hindu changed to Hindus
Day No. 157, para 1, line 4, "Instead" changed to "If instead"
Day No. 324, para 1, line 3, nazer changed to nazar*

* also corrected on Glossary page