

FRAGMENTS FROM A SPIRITUAL DIARY

by

PRINCESS NORINA MATCHABELLI

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FRAGMENTS FROM A SPIRITUAL DIARY

PRINCESS NORINA MATCHABELLI



"I have come not to teach . . . but to awaken!"

MEHER BABA

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FROM A
SPIRITUAL DIARY

by

PRINCESS NORINA MATCHABELLI

~

FOREWORD
by ADI K. IRANI
Ahmednagar, India

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To My Beloved Master

MEHER BABA

*

Norina Matchabelli

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FOREWARD

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FOREWORD

PRINCESS NORINA MATCHABELLI, who has offered to the Master these fragments of her spiritual diary, has always been divinely gifted with the capacity for deep prayer. It was because of her selfless dedication to the Divine Cause of the Master, that the Master selected her for the projection of the Spiritual Light through her. One who is child-like in simplicity and free from all prejudice, can be the true recipient of Divine Light, which is the same as Divine Love. Aglow with the fervour of sincere prayer, she has become a spiritual Messenger by being accepted by the Master for his divine work.

Through her earlier devotion to Jesus Christ as well as through many inner spiritual experiences at a later stage, she was prepared for meeting the Master in person and for being accepted by him for a special type of his spiritual work. She has alluded to some of her own intimate spiritual experiences, which she had before meeting the Master, in the following words:

"Since my very childhood, I knew of God. He came to me with His Grace. He acted into my heart with His

creative Love. I was compelled to follow the spiritual way of life. He rescued me at the early age of twelve, at the time of my emotional awakening. He came as Jesus Christ and spoke to me. He explained to me, in words of sublime wisdom, that this love which had begun to surge within me was an imperative longing for the fulfillment of the highest form of Love Spiritual.

"He spoke to me in the unforgettable words, which are working within me even today and are creating in me a deeper realization of the Divine Theme of Life. He said:

'I am your first and last Love.'

The significance of these words was fully realized by me, when I met Meher Baba in 1931, and recognized him as the Christ personified. And when the Master, *without any reference* on my part, told me that he was the one who came to me in the form of Christ, to give me the spiritual lead, he *established in me the unconditional faith in him.*

"Since I met the Master, I love him more than myself. And while I say this, I recall my experience in 1947, when, after a long illness, during which all hope and joy of life had faded and all my energy had been exhausted for good or for bad, I received from the Master a cable ordering me to return to him in India. In that moment of enthusiasm, created by this merciful news,

I realized that even while apparently descending into a state of poverty of health and mental despair, my life *had finished a turn-over* only to rise upwards towards *its real fulfillment*. My will imperatively directed me to come to India, not for myself, *but for the service of the Master that he may express himself through me*.

"He consciously projected his thought-order into me so that he may see himself think through me. I, as his disciple, am fully conscious of this. I came to India to fulfill the dream of my life, which is to exist through him and in him, and for him as a living instrument for him to express himself."

"Through the Divine Love that flows through Meher Baba perpetually, he transforms the consciousness of those, who come to him for liberation, that they may know through experience what the philosophers of all times have taught theoretically" This is exemplified by several significant and determinative experiences, which she had in 1927.

As described by her, among the spiritual experiences, which she had in 1927, was the mystical experience of witnessing one's own *death*, in which she not only experienced the stopping of bodily life, but also the termination of lower consciousness, and was temporarily swallowed up *in the Reality as light*. In her attempt to intuitively capture the experience of life, in all its forms ... high and low ... she succeeded in getting even into the stone-state and exper-

ienced that even in that most rudimentary form of consciousness, which is the earliest phase of Divine Manifestation, the great urge to evolve, expand and arrive at Self-knowledge was inarticulately but powerfully present. Before she actually met the Master in New York, her soul was astir with the divinely restive anticipation that she was at the threshold of a new beginning of life; and it knew that the greatest turning point in her life was to come when she would be meeting the Master. When the meeting actually took place, her heart wept with joy, for she was, after all her sufferings, at last face to face with Divinity.

Norina Matchabelli has explained that later in 1941, a definite call to speak about the Master and his Mission to those in America, came to her from within and that, though the Master was at that time in India, thousands of miles away from America, she received the thought-order to move from the eastern coast to the western coast of the U.S.A. As a result of that, she took the holy name of Meher Baba to the centers of spiritual activities, applying herself to the spiritual mission of the Master. She had gone there with the Blessings of the Master; and since she was entirely in tune with the Master, her lectures to groups of spiritual aspirants were a source of great help to them. Many members of the audience had spiritual experiences of the highest order and they felt convinced that the Master was doing his spiritual work through her addresses. I am herewith reproducing extracts from letters from two important persons, who had the privilege to attend her lectures.

Mr. S. C. writes: "When the Princess entered the room and started to speak, after a few moments, I was impressed with what Baba transmitted through her; but I was particularly impressed with what I actually *saw*. What I saw was a simple, very matter-of-fact material occurrence. *I saw coming through the Princess, lines of energy going in all directions, reaching into everyone present in the room, just in the same way as you would imagine electrical energy coming continually from a battery ... The lines were solid and well defined (no hazy mirage or something intangible) ...* It was later, when I was at home and thought over what actually had taken place that I realized the great work that a powerful Master was actually accomplishing from such a great distance ...

"I asked myself the question: 'What was the meaning of these lines of radiation?' A great Master like Baba does not do things just to show power. For the ten or more years that I have known Baba, one of the outstanding features that characterized him was WORK. Baba always works. And we, the human beings of the world are the objects of his work. *God is always in servitude* I suddenly realized the purpose of these lines of electrical power-radiation (of course, they are more powerful and more subtle than electricity) ... They were intended to cleanse the layers of our accumulated mind-impressions, which Baba calls 'Sanskaras'."

Mr. D. S. describes his experience in another lecture by the Princess. He wrote: "...It seemed as though *my heart, in which I was so strongly conscious at the time, went straight up to my head and seemed to fuse or unite with a center there ...* At the

time of the experience, I suddenly became aware that *I had slipped the Karmic bonds and ties of this incarnation* and more... that I had thus also escaped the whole lower cycle of painful benighted lives, and was experiencing the beginning of a new life wave, infinitely more beautiful and complete even within its scope than anything the old life cycle could possibly conjure up."

As described by the Princess, the Master, through her, made a direct and stirring appeal to all the members of the audience, where she went with his Message. His words rang with unchallengeable authority. Through her, he said:

"I am the New Christ.
 You have waited and waited for me for a long time.
 I am the real Guide.
 You will know my Reality through direct experience.
 You will know me. You will see me. You will feel me.
 This Divine Revelation shall be my Grace.
 You are born to love the living God."

As it happens in all pioneer work, particularly in the spiritual field, she had to face a good deal of prejudice and opposition. Some, in their self-complacency, said that they were quite content with the modern civilization, as expressed in secular education and philosophy, or the organized religion of established churches; and instead of catching the new rhythm of the fresh Teachings, they closed their minds with fixed ideas and wanted to judge in the light of their narrow ideology. To all such, Meher Baba gave a direct

reply through the disciple. The Princess has kindly given me important extracts about many categorical announcements and statements, which the Master made *through her in thought-order*. I am reproducing only a few from these extracts. He said:

"You need not weigh the pros and cons of what I say.
 What is necessary is that you should *understand* it.
 You have to understand it once and for ever.
 You shall be a witness of my work of transmutation of
 consciousness in mankind.
 It does not matter whether I do this now at once or
 whether I take more time, for the divine performance
 of bringing about the radical change of life in mankind.
 What matters is that I shall do it within the next few years.
 It will be so demonstratively visible that whosoever is a
 changed being, shall find me as the cause behind the
 effect.
 I am the Lord and the Servant of the world.
 You will need Me.
 Remember that you cannot miss Me because you need
 Me."

... ..

From the varied types of gatherings, to which she presented Meher Baba's spiritual thought-order, came different

kinds of questions. They represent and express the severely intellectual approach, which is characteristic of our times. Some of the significant questions along with the Master's answers through her, are being reproduced below:

Q: "What is the difference between the words spoken by ordinary persons and those spoken by you?"

A: "My word is Power.
My thought is action.
I am the Truth."

... ..

There was pin-drop silence during these addresses; and those who listened were convinced that it was the Master, who spoke through the disciple, so much so that they addressed their questions to the Master speaking through her.

Q: "How do we recognize you?"

A: "Meet me with open heart and I shall reveal myself to you. I reveal myself to all in experience."

Q: "What is the direct way to realize the Truth?"

A: "Resign yourself.
Be one with Me.
Give Me your life."

Q: "How shall we know that we have received something from you?"

A: "I shall change your self.

Your self shall experience the Love that passeth understanding.

I am God Personal.

Serve Me faithfully."

During these stirring addresses, the Master, working through her, elicited from the people both positive and negative reactions. Some were tormented in conscience and others experienced descending peace. They experienced a quick oscillation between the opposites of good and evil, precipitating in them the decision to choose and choose decisively. This brought about the sifting between the pure and the impure elements in human nature. Those, who understood through *feeling*, knew that it was the Love and Compassion of the Master, which was at work.

Those, who were ready for being awakened in the heart, cried for more love; and to them, through the disciple Norina, the Master said:

"Remember, whether you are good or bad, whether you have or have not the selfless devotion to your own ideal of God, whether you care for my help or react against me because of your prejudices, *I love* you."

... ..

"I love you as God impersonal loves.

It is the Light, creating 'facts', giving life to all.

And I love you as the *Truth-Personified*, whom you shall remember for ever.

I, the God Personal, am the real Manifestation of the Truth. This Truth I can make you realize at will.

This shall be My donation for you."

... ..

"God Impersonal exists as absolute reality in everyone and everything, in the finite world, in the transcendent spheres and unseen worlds. I am the same God Who has become man, in order to come close to you, so that you feel the warmth and the reality of Divine love."

... ..

"Through unfathomable ways, I lead you to liberation.
To be liberated is to be free from wants and desires.
I can do it with my Will.
My Will is love ... Love, which you will realize in this age, at the moment, which I shall decide."

... ..

To those who had lost their way and had become desperate, the Master, through the disciple, said:

"I will lead you through the dark night of the soul.
Give unto Me all your shortcomings.
I will lift you above them.

I am the ocean of love.
 You shall be redeemed.
 You shall find my Peace."

... ..

"Accept my rhythm.
 Come in tune with it without reservations.
 It will lift you above your self.
 Your inmost self is crying for help.
 My rhythm of Truth shall redeem you.
 It will open your heart.
 It will give you new love.
 It will initiate you in the scient order of spiritual
 thought."

"I am the Light, producing order in everyone.
 I am the Divine Will, in each and all.
 I have descended into the world to serve you.
 I can make man become what he cannot achieve by
 himself.

You need Me."

In 1947, the Master, through the spiritual thought-order, called to attention the small group of devotees ... that they should go our and find in the slums of the crowded city of NEW YORK, the most unfortunate and hopeless ones, that He may bestow to them His spiritual Blessing.

Baba's Blessing to the Poor:

"Let me help you. I can help you. Rest assured that I will help you.

You shall know this when I come in Person and have you share the TREASURE that I behold for each and every one of you . . . that you may SHARE it with Me and all others . . . It is LOVE.

Do NOT WORRY."

... ..

These unique statements, made by the disciple Norina to the people, were subsequently recorded by her. Invested with the power of Truth, they were a challenge to them to have faith. It became a definite test. Those, who were not hesitant, met her with the new ardour of their enlivened heart and were ready to follow the Master. The language, which the Master spoke through the Princess, in her varied appeal-making addresses, was thorough, unusually clear and simple. It was the language from man to man. The simple fact of the truth became so intelligible to everyone that it was for them no more a mysterious puzzle. The Master comes down to the level of everyone. He became for all the father, the mother and the only friend. The antitheses of life were synthesized through love.

For five years, Norina Matchabelli carried on this thought-order-given mission, until she got the Master's order to cease to work through the spiritual light-motion,

since it had fulfilled its purpose; and she was summoned back to India in 1947.

Free from all prejudice, and burning with the longing to serve the Cause of the Master, she has renounced all the allurements that a luxurious life in the West can offer; and she has in full resignation, accepted the life of sacrifice and service. Since the moment of being taken up by the Master for higher type of work, a new calmness has descended upon her.

Meher Baba's Messages received by her contained in the "FRAGMENTS FROM THE SPIRITUAL DIARY" have been faithfully recorded.

It is genuine spiritual wisdom to help the different types of seekers to know and understand what is the Truth in varied thought-form. It would be inspiration to all who would think freely.

It is pure selfless service in perfect realizing reaction within and without. *The pure thought to help in vibratory experience in the human being*, is not to be understood intellectually ... but it is *to be seen, knowingly felt*.

When a thought is transmitted TO a person, the efficacy and value of the reception of such transmission depends upon the spiritual status of the source of this transmission. But even at its best, it can only stimulate and guide the recipient. However, when as a result of the greater spiritual preparation of the

disciple, the Master's descending Grace directly uses the mind of the disciple for the transmission of the Truth, through thought-order, the disciple is not only himself lifted up to a *higher consciousness of closer unity with the Master*, but he becomes a *creative force*, which inspires and guides numberless persons, who are merely seeking the Truth through the intellect.

When the Master is thinking *through* the ego-mind of the disciple, his thought-transmissions through the disciple are vibrant with the power of *irresistible Truth-impulse*. In this type of thinking, *the disciple knows that it is not he, but the Master, who is thinking through him*; and he is conscious of *over-reaching* himself in vision as well as efficacious working. When the Master uses the mind of a disciple, his Messages and Teachings, imparted through this process, are *unimpaired in precision, clarity or power*.

Meher Baba has been observing silence since the 10th of July, 1925. He has, through his alphabetical board, directly dictated many profound spiritual Discourses and issued many inspiring Messages. These have appeared in the "MEHER BABA JOURNAL," and have also been independently published.

But the Master's Messages, which the disciple Norina has transmitted in the pages of this book are a direct *expression of the creative and vibratory thought-order within the Master*. Through this book, the Master has made the plane of Truth

available to all who seek it. *Let the hungry and the weary world ponder deeply and humbly over every word of the Message, so that by translating it into everyday life, man is re-shaped in the image of the Living Truth.* Blessed are those who become the apostles of his New Gospel of the *Religion of Life.*

ADI K. IRANI.

Kings Road, Ahmednagar, India, 1948.

INTRODUCTION

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INTRODUCTION

I HAVE the privilege of releasing to the world the thoughts of the Master, received by me through the stirring system of wave-projections. This is different from merely subjective intuition, which often misleads people. It is Meher Baba, the *Living Incarnation of the Truth*, who has spoken through me. *In myself, I am nothing*. But he has, in his Grace, chosen me as a *vehicle* to send out the thought-order of the Truth in various messages to the world. Having given them to the world, which needs them so badly, I have finished my duty. Let the world receive these *words of Power* with joy!

During my stay in India, the Master told me that it was time for me to strive for Self-knowledge and that he would directly help me in his own way. In order to develop my faculty of seeing-knowing-feeling, *the Master asked me to spend several hours in strict seclusion*. Without having to struggle frantically on my part, the operation of my limited intellect was shut off and I sensed the direct influx of his spiritual thought-order, which I used in America for my work for him. It is difficult to guess when a general transi-

tion from reason to higher intuition will take place in humanity on a larger scale; but there is no doubt that it is taking place in the more sensitive individuals everywhere. *The speeding up of the process in me is a striking example of the uniqueness of the Avataric working.*

After five years of stay with the Master in India, in 1941, the Master decided to send me back to the United States to do his work. Before leaving the shores of India, he told me:

"I have given you the order to find me as God Personal.
You have found me.
Go and tell this to the world.
You will hear my voice within.
You will hear no other voice."

It is necessary to explain how the Message on "LIFE IN THE TRUTH," released in this book was transmitted by Meher Baba in thought-order through me. The God-man can often use the mind of his disciples to impart his Teaching to the outer world. When the disciple is quietly receptive, he can become the vehicle for the Master's thought. *When the disciple is so much detached from his ego-mind that he can stop its sanskaric thinking, he lends it to the Master for divine working.* It is at this stage in the Spiritual Path that the Master considers the disciple as fit for his thought-transmission. *The Master now thinks through the mind of the disciple; and the disciple is drawn closer to the Master as Truth,* The disciple can distinguish between the thought of the Master and his own

thought, as clearly as ordinary man can distinguish between a cat and a dog.

This stage of the disciple becoming aware of the Master thinking through him is not to be confused with the lower stage of telepathic receptivity, in which the disciple is aware of receiving a thought sent by others. In the earlier stage, the disciple is the recipient of thoughts projected to him through the subtle world; while in the state of surrender, the mind of the disciple can become the vehicle for the Master to think through. The Master works through the Universal Mind. He has no limited ego-mind; but he has an access to the ego-minds of all. And though the Master has no attachment for the ego-mind of anyone, he can, for the spiritual upliftment of mankind, make use of his ego-mind, if and when the disciple is so spiritually prepared that he can become a pure and efficient vehicle for the higher consciousness of the Master.

The disciple becomes *consciously receptive and reactive to the projected thought-transmissions of the Master*. This is a rare privilege. When the head and the heart are blending into each other, and the disciple gets attuned to the Master in this deeper manner, *the plane of thought in the Master becomes accessible and available to him, if and when the Master wills it as an act of Grace*. When the Master is, as it were, *directly thinking into the disciple*, he is not merely a passive recipient of projected thoughts as in spirit-phenomena; but *he is bliss-*

fully and inspiringly conscious of being over-shadowed and prompted by the sustaining thought-order of the Master.

God, in his impersonal aspect, is difficult of access. *For the aspirant, God Personal is at once more real and more helpful. The Truth-realized person constitutes the personality of God. He comes half-way to help the groping soul. He can hear our prayers and respond in terms of a love, which we can understand and appreciate. He can take us up right into the God-head and also use us for higher spiritual work. I want to make it quite clear that there is nothing that is my own in these messages. My ego-self is completely obliterated when I receive the Master's thought-order and release it to the world. I become nothing. Meher Baba merely uses me as a vehicle for his thought-transmissions for rendering service to mankind. This is his Grace.*

Meher Baba has attained unity with God in all His aspects. His creativity consists in awakening Love in everyone. The darkened center of the 'I', or the ego-mind, functioning through speculative ideology, comes to be illumined with the Truth only if it is aglow with Love. As Truth, the Master is the *Supreme Self Immutable, which is the One-in-all*. He is one with that Reality, *which is the ultimate Cause* behind all effects. In man, this Reality expresses itself as conscience, or the *moral order within*, giving directive guidance to all. The way to Truth is primarily *action*, and not bare *speculation*. *God comes to all as the self-sustained Power and Light. In the world of duality, He affirms Himself as the vibratory order of pure thought. As God realized Truth-individual, the Master*

supervises the working of this directive order, which finds its manifestation through the multisided struggle for the Truth in ways unseen, or through cool, logical reasoning, or through the lucidity of higher intuitive experience.

To surrender oneself to the Truth-individual is to open out to all that is pure and holy. All the falsehoods created by man's imagination and all the impurities accumulated in him through ignorant action, have to be banished by surrenderance to the cleansing and beneficent Grace of the Master. Those who surrender themselves to the Truth-individual are not only the recipients of Light, but they themselves become the torch-bearers for the rest of toiling, groping and struggling humanity.

All creatures in this world are entirely dependent upon God. Meher Baba is God Personal, and as such, he is, in this period of world turmoil, at the head of the spiritually constructive world forces. He can raise man from the sensuousness of inflamed imagination to the purity and freedom of Truth-realization. He does not give mere teaching. He gives to man an experience of what the philosophers of all times have taught. He reveals the one permanent and unchanging Reality. He is the incorruptible and redemptive Love that makes the world new. The Master has flung open the gates of Immortal Life. Be ye inheritors of the Peace which he brings!

NORINA MATCHABELLI.

Ahmednagar, September 5, 1948.

The INTUITION of the
IMPERSONAL SELF



The INTUITION *of the*
IMPERSONAL SELF

GROUP TALKS DELIVERED IN NEW YORK, MARCH 5, 1943

by PRINCESS NORINA MATCHABELLI

THE EXTERNAL WORLD does not realize the real meaning of "yoga" as the science by which men can understand their own spiritual structure.

The new age is utterly ignoring the spiritual Order within man. This is due to man's high evolution of his rational mind. If men were less rationalistic, they would be easier in their own spiritual attainment to higher consciousness. There is no real objection in attaining higher understanding of the real values, which are to *understand within* the ordinary human being as the consciously understanding human being, what is the fact of the God-conscious Human Being.

The ordinary human being has no idea of this fact. He can not have a realized idea or experience of this fact, because he has no real desire to understand *above* that which

the ordinary human being calls the intelligent order of thinking.

No human being nowadays has the right approach to this *pure function within*, which is *the Intuition*. It is misinterpreted in general and it is misinterpreted in particular by the psychoanalysts. They all have the superstitious attitude to think that the Intuition is a false mental method to approach the inner or the spiritual side of man. I am here speaking a normal language because I can not talk a mystical language in this Western Hemisphere where the rationalistic approach has fixed a definite outlook against this Intuitional Awakening in this new cycle of evolution. This thought order transmission was received by Norina Matchabelli through the Grace of Meher Baba in the talks with the intimate group in the U.S.A.

This new cycle of evolution has a definite purpose to fulfil in man's mental constitution. The new mental constitution of man will be to realize through Intuition what the intellect or the rational method *can never make men understand, and through understanding transform them into a deeper consciousness of life*.

The new consciousness of this age will be therefore that all men shall have a far deeper insight, such as *Intuitive Understanding*.

Intuition is a mental condition whereby man can understand the *inner organic structure of his whole mind*. When we

say his whole mind, we must understand the Eastern viewpoint that the whole mind is all that *is, was and ever will be the universally apparent world*; we cannot figure it out in any different way, because this is exactly what men will have to *realize in this new evolutionary epoch* through their *insight*, which is the equivalent term for Intuition.

All these terms will also have to be rectified in the future through the actual immediate *experience of the individual* who will be capable of *feeling within* through the intuitive sense the right term. Terms and names are superfluous viewed through criticism and diversion of opinion, *when once the Experience is synonymous to any kind of a term*. Those who can read mystical language are those who *feel* the inner meaning, of no matter what term or word the writer is using.

The mystical language altogether will in the future, be much more appreciated, as the human being will have *the real feeling* for whatever is *the sense or meaning* within the term or word.

The new age is apparently developing rewards unification of *thought creativeness and a pure feeling*. These two diversive ways of understanding and knowledge will never be any more a matter of dispute, *when once the head and the heart will have united in experience of the deeper meaning or sense which is a mystical fact* that men of the intellectual type *can not deal with*.

The new age can no more be defined than by the *new Awakening* within the spiritual understanding! This *new awakening within* can no more *be consciously developed by man*

himself through study or the ordinary three-body-yoga science, and here is the point where enters ... *the new Avataric power of rhythm as the Awakener of the new spiritual side of man.*

Whatever we may call yoga science, has its end when the fourth body, named the Ethereal body, is stirred, *brought to awareness* into the realm of the mind in the self-conscious individual.

This is namely what I call ... *Yoga of Truth.*

The Yoga of Truth means the actual awareness of the spirit body as the Soul substance of man. This is the so-called fourth body, which is the Christ body. It is the only Form which the Avataric figure will use in this world, the Earth, in this new dispensation of realized Truth. It is not to be an uttered word in the ordinary sense that will be a Divine Personification of the Avataric Appearance; it will be the Rhythm as Power, that *will do the awakening appeal* to the general world as mankind. The rhythm as power will have to be so strongly experienced that it will subdue the intellectual reaction, and make men realize within, through the intuitive awareness of the creative universal mind that it is *endowed with Divine Light*. Man shall therefore, then really and truly, become conscious of what he talks and thinks... the Divine light. As I have said in my previous discourses, the Divine Light can not be realized by man until he has *realized within himself the inherent fact of the awareness of the Soul.*

The human being today is deluded through too much intellectual understanding and knowledge about his own inherent God-consciousness. Men have no idea of that which is the realization of the inherent God-conscious state. When men talk about it, they dispute about the best of themselves which is ... the possibility of being really acceptant and humble.

To be acceptant and humble means ... to abdicate to find through mental study, through intellectual research, through continuous borrowed knowledge ... *the true fact within*, which is inherent, latent, but ... *far beyond the intellect and all its imaginary possibility to find* through struggle of its own thinking process, *that which never can be found intellectually.*

The energy which is spent uselessly through mental research of that imaginary inherent God-consciousness is almost pitiful. But what is there to be done? The intellectual seeker who comes to India to find Truth is naturally honest in his intention, but very childish in his pretense to find it ready-made. *No man can find it ready-made.* It is the most tedious, hard and difficult task to come up against ... this finding of the Truth.

What is after all this Truth of which everyone is so curious nowadays? The relativity of Truth is not to be avoided, and to understand this, is better than to be utterly agnostic and to deny the fact of Truth which is *to be conscious within of one's own inherent God.*

Truth is nothing else but that. I come back to the term Yoga of Truth and I state here for the general public of the

Western world that it is ... *to have been awakened within by the Grace of the new Avatar.*

The new Avatar is a Man. This Man must be recognized when He manifests in His full Power as the God Who is needed in form of a Man. To be *needed by man means*, that man himself has not yet realized his own inherent God-state and has to be made wholly, holily happy to be able to become that God-Man.

For all human beings, it is a terrific task to attain to this higher state of consciousness, but when they once see with their own eyes, feel with their own heart, understand with their own intellectual discrimination, *what is to be the fulfilled form of man*, then they shall not hesitate to go on and find *the Path through which it only can be possible to attain this ultimate conscious state called God*. Man is super-human being, as he is. Nothing is different in the inner structure of man ... only the external structure differs and makes men appear separate human creatures with separate ways of interpretation, separate habits, separate desires and needs. The human being in itself is in its spiritual structure in tune with its Divine Being yet undetected God-conscious state. So, Yoga of Truth can not be any further pursued, studied or found or bought or hired or borrowed ... *it is Grace from the Avataric figure*. This fourth body is in all men the same substance and through this aware-conscious feeling of this substance ... shall man come to greater inner understanding, of each other's needs. Only through this awareness of the

Ethereal form will man come to deeper understanding of what is meant *by new world order*. All men have an idea of this term, but how childishly they figure it out!

Nothing will be new in this earth. No one will invent a new machine to detect the God within. *Nothing can be done to make men happy*. Nothing more will be done to create a more religious outlook. All has been done in the past ages, or let us say years, since the appearance of the last Avatar who was Jesus for the Christians and Mohamed for the Eastern world. These two great Avatars have brought about a deep change of consciousness throughout all parts of the world. Men do not yet appreciate it. They will appreciate it after this world war is fought honestly and profoundly in all parts of the world. The deep changing consciousness which has come to its fullest fruition in this war shall progress during the new dispensation.

The new dispensation has to be understood as the fact-making, order-doing consciously experienced ethereal form in man which is awakened by the Avataric Figure. This Christ-conscious figure whose name is today Meher Baba will not be misinterpreted when It shall create the fact within man which is above described.

The new dispensation is the same old dispensation of all times when the Avataric figure has been personified by the pure selfless human being. *It is nothing more or less than the fulfilled form of the God-conscious Divine human being that has power to create in man what man as himself can not create. All else is superfluous to be said on the fact of this new dispensation.*

The "MESSAGE"

"LIFE IN THE TRUTH"

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The MESSAGE

"Life in the Truth"

THE AVERAGE MAN thinks that man, with his mind and its imagination, is *self-sufficient*. It is true that for many practical purposes, his limited intellect gives him some type of working solutions in every-day life; and as a result of the superficial working of the intellect, the world is going in some direction or the other. But *it is no use letting things go on aimlessly*. If there is no vision, the march of world-events will only lead to chaos; and true vision requires that man should be able to transcend his mind and its imaginative working and know himself as only a form of the Truth.

Humanity is receiving help on the inner planes all the time, whether it is conscious of it or not. But in order that this help should fully fructify, it is necessary that *man should get rid of all forms of inferiority-complex and be conscious of his divinity*. He should *cast away all fear* and offer himself wholeheartedly for life in the Truth. *By himself, he is unable to over-reach his own*

**THE NEED
FOR VISION**

**CAST AWAY ALL
SENSE OF
INFERIORITY**

limited existence, and the Master is absolutely indispensable for him. Only with the help of the Master, a determined aspirant can unfold the Supreme Self within.

The aspirant makes headway on the Spiritual Path in three different ways. One is through *the operation of the imperative divine power, which is working in each and in all.* Another way is through the efforts of the individual in trying *to do the right thing* in all circumstances, by developing *clarity of thought, feeling and purpose.* The third way is to seek *the help of the God-man, which is to invite the Truth in direct action.* The God-man is living God Himself. Only through such help is it possible for anyone *to rise from the lower ego-life of self gratification to the free and divine life of love without attachment, and action without binding.* Only thus can he solve all his problems; and only thus can he cut short the otherwise unending process of imaginative experience, to awaken into the *clarity and/ peace of Truth-consciousness.*

In the process of realizing the undimmed clarity of the Truth, the soul may have to invite within itself many internal conflicts. The process of *introversion* and *extroversion* both play their own part in arriving at *final adjustment.* In everyone, God is the wisdom that grows through *many incarnations,* by means of the diverse modes and vicissitudes of life followed by the individual. No soul is new, nor does any soul belong

**FINAL
ADJUSTMENT**

merely to the past. *The Truth is in everyone ... ageless and deathless ... the same in everyone.* It is this timeless Truth, which is the Creator, the Creative Power and the creation ... all in one. In this world of light and shade, I have to bring this creative and unlimited Truth.

As long as the head is thinking in terms of *duality* and the *opposites*, confusion of sentiments can not be avoided. The intellect has to be schooled into realizing that *every one and everything is of tremendous importance.* This view is not to be held merely as an idea, but is to be deeply *felt.* Then and only then will order be permanently established in the striving consciousness.

**THE
IMPORTANCE OF
EVERYONE**

Man has not only to see the Truth but become it. In becoming the Truth, man becomes his own highest Self. To realize oneself as the One Divine Self is to know that he is self grounded and self-sustained, complete in oneself, independent of everything and unburdened and unfettered by anything. Truth has its entire explanation and justification in itself. God does not derive His being or significance from any other ulterior reality. Nor does His being or significance allow within itself any form of void or incompleteness. He does not need to be completed by any accessions from without; in fact, there is nothing outside His being, which can either complete it or limit it. *To know oneself as God or Truth is to know oneself as self-complete and unlimited.*

**THE SELF
IMMUTABLE**

You can not experience the infinite divinity, which is within you, by clinging to the limitations of the intellect, even as you cannot span the expanse and the depths of the unfathomable ocean by means of a small pot. *God in man is gradually striving to reclaim the spirit from the encroachments of the dry intellect* by setting up an advancing and redeeming *love*, so that the *separative intellect is transmuted into integrative vision*. The havoc, which is wrought by the falsification of the analytical, dissective and abstract intellect, has to be amended by the *unifying, constructive and indivisible intuition*. The ever recurring controversies between the mind and the heart have to be permanently settled by bringing about their *inter-fusion* in higher intuition. *This is possible only through the Truth-conveying Grace of God*, who becomes Personal in the form of the Master.

Every human being is trying to realize the Truth. *Clarity of thinking and purity of feeling* are the two requisites for being lifted into the realization of the Truth as well as for the release of free action. The candidate for the Truth is the *ascendant human being*; he has to offer himself to *descending conscious divinity*, with undivided loyalty. *Faith* in the Master is a bridge over which the Pilgrim makes headway towards God, in spite of the many cross-currents that flow underneath. If the bridge of faith gives in, he finds himself engulfed in endless whirlpools, unable to approach the sighted goal.

The Divine life permeates and pervades everything and everyone; and the Divine Will brings about and necessitates all the travail incidental to the *upward ascent*. Those who can take a long view, know that *in spite of appearances to the contrary, the general law of life in every form is progression towards the realization of the Truth*. All cases of coming to an *impasse* or blind-alley, or cases of setbacks or retrogression, are either only apparently so, or are merely temporary phases in the one great and irresistible advancing life-impulse, which can in no way accept any final defeat and which meets obstacles only in order to overcome them.

**THE UPWARD
ASCENT**

Even the apparent failures in life are just stepping stones for further progress, because they eventually invite new ways of life and new *experimentation with the Truth*. All this struggle is an inevitable part of the long-drawn process of realizing the Truth. It is the effort made by the soul (through its imagination) to understand and express its own full potentialities. The Divine Will even creates many *disharmonies* in thought, feeling or action in individual or collective life; but they all make their contribution towards the establishment of a deeper understanding and eventually for a *deeper and true harmony*. It is all a part of the *Divine Game in this earth-bound existence*.

**FAILURES AND
DISHARMONIES**

*Man, as separative consciousness, has neither independent reality nor independent power. In himself, he is nothing and is, in the last analysis, entirely helpless. God or Truth is his reality as well as source of power; and he never can attain to real fulfillment or freedom, until he renounces his illusion of separate existence and dwells in Truth-consciousness. I am the Truth; and all who come to Me shall receive from Me indivisible wisdom and primordial love. They shall be freed not only from all the *bindings of their own making*, but also from the *bindings of impinging environment*. Contact with those, who are attached to earthbound existence can never cloud the consciousness of one who is Truth-realized. On the contrary, those, who are attached to the earth-bound existence, find that because of their contact with the Truth-realized One, they get increasingly greater strength to free themselves from their limitations and get established in *the peace of life in the Truth*.*

The Truth-realized person is entirely *free from all worry*. He is not worried about himself, because he has nothing to gain and nothing to lose, and is unspeakably established in the self-refreshing completeness of infinite divinity. Nor is he worried over *those who have not yet realized the Truth*. He knows that they too are destined to reach the goal. *To those, who come to him for help, he gives effective help by cutting short their delusive impressions. But he in no way becomes restless in trying to get at anybody's mental impressions; nor does he seek*

**ILLUSION OF
SEPARATE
EXISTENCE**

**FREEDOM FROM
WORRY**

to contact those who would benefit by his help. *Those who seek the Truth are automatically drawn to him, like iron to a magnet*, by a divine law of the universe and towards such, he discharges his duty knowing full well that they also are only other forms of his own true being as Truth.

In very rare cases, he may elect to contact an aspirant; this is always because *he has a duty towards him because of past connections*. But even when actively destroying the illusions of anyone, he does not experience any lack within his own being. The final success of his spiritual working is already assured and the time-factor has absolutely no value in respect of spiritual attainments. In fact, all 'working' exists only in relation to Maya; and as such, it leaves him unbound and unruffled.

While his presence and working in the domain of Maya, *disperses the accumulated heaps of illusions in the ego-minds of others*, he himself does not get entangled in them or with them. He is like the sun, whose heat automatically disperses a mist hanging over the town. In helping others to know themselves, he has to dispel from their minds all that they imagine themselves to be.

**TIME-FACTOR
IN SPIRITUAL
WORKING**

**DISPERSION OF
ILLUSIONS**

Those who come to me shall know the Truth. That is why I have come. But they should not come to me for worldly purposes. Blessed are those, who come with **TAKE RISKS** the utter simplicity of faith; for they shall inherit the Truth, much sooner than those, who seek merely through the intellect. Those, who exclusively rely upon their own dry and limited intellect, will merely become *calculators*; but those who, in their faith, are prepared to live and die for Truth, shall take risks for the same and inherit it.

To realize the Truth is to attain self-mastery in every moment of experience. It is freedom from all fear. *It is the simplification of life through irresistible sincerity.* You may be quite near this goal without consciously knowing it. **THE CERTAINTY OF REALIZED TRUTH** The *signal* of the Master may come when you least expect it. It comes when the disciple is beyond fooling himself. It always comes as *the last confirmatory benediction* from the Eternal Witness. *It is not the development of clairvoyance or clair audience, but the mounting up to the unshakable certainty of realized Truth, which will enable man to stand steadfast by the Truth, even in the midst of the sceptical and deriding antagonism of the outer-world.*

To have the *daring to live in the Truth and for the Truth*, even when assailed by the onslaughts of those who are spiritually ignorant ... *this* is the unsurpassable gift from the Master. Let the disciple keep himself vigilantly free from the deceptive self-complacency of his flattering imagination, until he

THE FIRMNESS OF THE ROCK

receives this priceless gift. But when he is fortified with this gift, nothing can swerve the disciple from the Truth. Beyond all hopes and fears, he has become firm like a rock, which withstands many a storm and lightning.

The true disciple is never in any hurry to declare his spiritual attainments to the world. Even when he finds himself upheld by the inwardly sustaining authority of perceived Truth, he awaits, with infinite patience, the *sign* of the Master. There are on the Path many stops of self-delusion, and any premature descent in the outer world, with the *cloak* of final authority, must inevitably invoke reactions, which thwart and arrest further spiritual advancement.

The testifying and confirmative Grace of the vigilant Master does not wait even for a second, when the disciple is fully established in the Truth. Let the **CONFIRMATIVE GRACE** disciple remain fully self-possessed in the unruffled calmness of his attainment, without yielding to the world-ward promptings of his mind, until he gets the unfailing assurance from the Master's descending Grace. The disciple puts the order of the Master *first*, and the order of the Master *last*.

The path is easy and joyous if you do not put the *impediments of lust, greed, anger or envy*, in the manifestation of the love, which wells up from the Divinity within. To resist love is to resist Truth; it is to cling to those very shackles of the ego-life, which cause unending suffering and severely limiting narrowness of being. *There is no one else, who holds you down in shackles except yourself; and there is nothing else to do except throw away those shackles, to which you fondly cling through self-delusion.* The domain of Truth-conscious existence is not remote from the domain of separative ignorance; and you do not have to cross any stretch of miles to go from ignorance to Truth. When ignorance is shed, the Truth is already *then and there* a fact of unclouded experience. It does not have to be laboriously sought or achieved through frantic efforts.

**THE
IMPEDIMENTS**

The basic truth revealed in all religions is the same. That Truth should not remain a *theory*, but has to become a *fact in experience*. The self-revelation of the Truth through developing experience of the individual is going on every moment. But the Truth in its bareness eludes the mind of man because of its deluded imagination.

**THE SELF-
REVELATION OF
THE TRUTH**

The Path also lies through the realm of delusion; and the point of progress on the Path is determined by how far the state of consciousness is illumined by the Truth. A denser delusion can be dispelled by a thinner delusion. The Light of the Truth comes more freely through the thinner delusion. *One delusion is substituted by another delusion, and one false imagination is given up in favour of another false imagination, until the aspirant is brought round to the Reality-consciousness, in which he accepts and becomes the one indivisible Truth.* He has to surrender the idea of being a separate and limited self and realize himself as God.

All the intervening stages on the Path are characterized by the imagination that the aspirant is God; but *merely imagining that he is God is very different from realizing it.* For such realization, you have to liberate yourself from desire. You have not realized God, if you can not live the life of God. *To make you live in God and for God and to give you the abiding realization that you are God, in every phase and aspect of your life . . . this is my Mission.*

**REALITY-
CONSCIOUS**

**LIVE IN GOD,
FOR GOD AND
AS GOD**

THE AFTER-WORD

*

"The After-Word"

MEHER BABA *is the Truth in person.*

*He is Truth in action, which means that he expresses the
Divine Will.*

"The action of the Truth is creative energy.

It gives all levels of experience.

In the higher order of imagination, experience takes the form
of Divine Inspiration of the heart.

In the psychic sphere, experience takes the form of feeling as
intuition.

All these experiences, He, as Truth in action, co-ordinates and
controls.

To the disciple who is in spiritual communion with him,
MEHER BABA *declares as follows:*

"I see through time and space at all times.

I become the living substance in each and all at all times.

My Will expresses itself through the thought-order.

I do this in the indivisible sphere.

I transmute and guide in each and all the thought in which its
origin is vibratory action creating facts.

I, as God in person, affirm the Divine Will.

The word 'God,' in all languages, stands for the same
mysterious ideal.

God is Power.

This Power, as Light, is the conscious order of the Super-self
that one can never define.

It has to be experienced.

This is being declared unto you with the authority of the
seventh-plane-consciousness of the Master, who is for
the East as well as for the West."

"Man shall become conscious of his reaction to me as the Truth-individual.

Nothing is of greater importance than that men should be interested in the progression of the conscious experience, in the scheme of self-transmutation, which is ever advancing in the universe.

This scheme, I, as descended in form, speed up with increased velocity.

I achieve this by giving tasks, which require the co-operation of head and heart.

I intensify the will, as expressed through the ego-mind, to facilitate the process of sublimation of the individual self.

This implies reaching out from the individual self to the indivisible self.

I give that mental impulse which brings to synthetic fusion in consciousness the individual and the indivisible self.

The working of the Universal Mind can not be understood through mere scientific thinking.

I, as the Truth-individual, consciously co-operate with the explorers of the Truth in action."

"When I descend to the earth, I create the *impetus* of the Will in all the forms and also in the human self.

I consciously create the form and am consciously in action upon it.

I impart to the human self the one and only thing, which is of real importance ... I give *Faith*.

In the Self Immutable, I create that real and consciously experienced feeling of Life Indivisible, which is the same as *to love*.

Love is the *Divine Verb*.

It is the knowingly-felt function of the Divine 'I'.

I am Love.

I awaken in all the Love which is the primordial and self-acting order in all.

I experience *Myself* in all as this Love, which is the expression of the Divine Being.

Those who surrender themselves to me shall experience this *indivisible feeling*.

I consciously order them to be real, true and selfless. I make the human heart realize the most important fact, which *it has never before experienced*.

I give to man the imperative will to be *human*.

I do this by awakening in them the Self Immutable.

I am the awakening order Divine."

"My Will is the life-force realizing the Self in *each and all*.

My Will is the power of creation.

My Will is greater in power than the imagination of the self.

My Will is deeper than the reactions of the realizing process
operating in the individual self of duality

Man can only do what I in him enact.

In man or woman, the only thing that matters is to experience
the Divine 'I'.

This 'I' is God in many ways and forms.

It is the Truth as the manifold experience of life.

Offer unto me your self so that your will may become my
Will."

"To Love is to transmute the Will, so that you bring to life the God in experience.

When I give to man the real experience of love, it will reveal to him *who I am and what I am*.

What I can do and the purpose for which I do what I can do, will be shown in the *changed man*, who shall be free from all prejudice.

What I say and do revitalizes in you the aspiration to grow in spirituality.

This also shall be shown by me within you, through abundant experience.

To be able to believe me, open your heart.

Do not allow your heart to be obscured by giving to the head any imaginary motives to argue.

Rest in me.

Be selflessly detached when you are consciously experiencing unqualified confidence in my Divinity.

Be sure, I have come to this world to achieve the new wonder of *spiritual resurrection*.

I put into you the desire to use your intellect to serve me.

That service will initiate in you and in the world a *new Rhythm* of pure and selfless love.

How I achieve this wonder of spiritual resurrection is no more a secret.

I am here real and dynamically active in your higher self.

I am the Self Immutable in all creatures."

"Believe in what I here say.

By being in yourself open, free from prejudice, good, simple
and sincere, you will realize Me.

A child is open, sincere and simple.

The spiritually *new-born self* shall be like such a child.

It shall be made to feel my Divine Authority in the One
Immutable Self.

Offer unto me your ego-will with all its reactions of the mind
and the heart.

I shall change the course of this will so that it attains the state
of the Self Immutable.

It is the dynamic state with the pure and selfless love as
action."

When you with all your human frailties need Divine Help to solve your problems, *ask me to do it.*

Ask for me.

You need to be made new in every way.

When you are dying in longing to serve me as pure individual channel for love, I can realize my unfathomable existence as God in you.

I am the same One that was, is and ever will be.

Come to me.

When you accept my Divine Will, you are no more a slave of your self-imposing imagination.

You are no more uncertain or unreliable.

You are no more ignorant or untrue.

Unless you accept me, you wilt not inherit the Self Immutable, which I consciously am.

Those, who are not pure in heart, do not know that I am the real *order-giving Will* in man.

I am the *purest*; I am the *highest*.

In me, as man, the Supreme Being has become a person."

"When I shall speak to you the Divine Word, I shall come so close to the earth that I shall be manifest to you.

The Divine Word shall be far more powerful than all the ideologies of the world.

I will speak to you soon."

"Be ready. Love is God.

It is the key to the Mystery of Life.

When you are willing to shed your prejudices and are ready to
live for me, that shall be the signal for me to speak
with the sound of my voice."

Try to seek me as your friend.

Seek me as the Father.

Seek me as the Christ.

Seek me as the Beloved."

"My wrath of Love will destroy the illusion of Good and Evil.

All the travail concerning this illusion will seem superfluous
when I create the *experience* of the state of Pure Being.

I do not argue.

I act in spontaneity.

I have been giving you full freedom to play with my world.

You have so many races and sanctuaries of worship.

All this you consider as having value from your relative
viewpoint.

You have been craving for the fulfillment of the dream to have
power.

Your imagination has been allowed free scope to do and undo
things.

You have been gratifying your selfish desires.

Gain and greed have actuated your life-scheme.

I, as the Truth-individual, at last, openly offer you the
realization that I am the *maker* of your life, the
masterpiece of self-delusion.

Having known me, you will fear no more.

Having recognized me, you will doubt no more.

You will understand."

"I shall place before Your Higher Self the solution of life.

It will be synthesis of the antithesis of diverse experiences oscillating from low to high, from wrong to right and from bad to good.

It will be the unified state of unselfconscious goodness, love and beingness in peace.

Love makes fast progress through its unbroken action of Divine Light.

The *thrill* given to the Life Immutable will be instantaneous.

It will come at its appointed time.

You will be glad to accept this offer."

"Till then my love for you will sustain your faith.

*My love for you will draw out from your heart the feeling of
worship that holds you close to me.*

*My Love for you will give you patience while you thirst for
re-union with me."*

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