



*Sparks of  
Silence*



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Silence***

**Selected Pearls**

**Avatar Meher Baba's  
Silent Words**

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for the spiritual benefit of the public with LOVE.

A.M.B.C. Akola.

# *Worry*

You become free of all worries, if you snap your connection with the world. However, if you maintain any deep connection, worries will surmount you. Bindings are like hair the more you allow the hair to grow, the more you have to clean it, oil it and comb it. Similarly worldly involvements are always full of unnecessary problems and difficulties and are the cause of continuous anxieties.

The whole world is enmeshed in the grip of lust for women and wealth while the real aim of life is to achieve the Truth. Unless God is realized, the purpose of acquiring a human body is frustrated, and the real object of life remains unfulfilled.

The worries and troubles of the world are due to thoughts. Thoughts and thoughts ! Thinking should be stopped. I am going to take upon myself the thinking of the world which will severely affect My health.

## *God is the Goal*

Worldly success and failure, happiness and misery are no more lasting or significant than the emotions you experience during a game of cards. When you play cards you feel pleased or disappointed depending on losing or winning the game. Until God-realization, this life and world of existence is like a game of cards.

*Beloved God is the Goal.*

*Love is the means.*

*The lover can reach the Beloved through love.*  
God in the Beyond State of Paramatma, is Love, Light and Life Infinite. He is everything.

***God wants honesty and an open heart - not an outward show of meaningless chatter.***

## *Real Fast*

Devotion, giving of alms, prayer bhajan, kirtan and repetition of God's name create sanskaras (in the mind) that burn away ordinary sanskaras (of the body)

**A real fast means to starve the mind and not the body.**

The meaning of being God-realized is to experience the sound sleep state in the awake state.

God is within you and you have to search for Him within. But how can you search ? By trying to create love for Him in your heart. Instead of crying for love, you must shed your blood for the Beloved ! Is anyone among you like that ? don't worry, try to love.

Create love by remembering Me

## *Come and go Game*

Death is a necessary step forward toward Real Life- Eternal, Infinite Existence. The soul merely changes into a new abode, thus, dying is nothing more than changing your coat. It is like an actor who plays different parts in different dramas, or changes costumes in the same play behind the curtain and he reappears on stage in a different garb, or it can be compared with sleep. The difference between death and sleep is that after the former state, one awakens in a new body, while in the latter state, one becomes conscious of the same body.

Even Avatars and Perfect Masters leave this world when their duty is over, so what to say of ordinary souls ? This 'come and go' game, the spending of sanskaras, is difficult to understand. Animals have instinct, and humans have intellect but those drawn to me are drawn by inspiration. They smell the fragrance of my taffy shop - My love - and are attracted to it.

*Whose Name  
Should Be Remembered*

While remembering Rama or Krishna or any of the other prophets, you can bring his image before your mind's eye but what about God ? Mere remembrance of the name has no meaning. It should be done with one - pointed devotion, with a mental picture of God before you. If you have His image before you in any form, it becomes easy. How can you concentrate thinking only of God? You must have some suitable image of an Avatar or Sadguru before you.

## *True Love*

True love can never come to those whose heart is darkened by selfish cravings or weakened by the constant reliance upon the lures and stimulations of the passing objects of the senses. But to those whose hearts are pure and simple, true love comes as a gift through the active grace of a Master. God and Truth are far, far above shariat, doctrines and dogmas, ceremonies and rituals.

*Do not succumb to lust. Temptations are and will be great but your love for Me should be greater. There is no power greater than love.*

## *Gift of sorrow*

***Pain-It is My grace.*** This is my real mercy which descends on a very, very select few. These are My friends, These are My lovers to whom I give the gift of sorrow and distress. It is a gift much greater than gold of incalculable value and not given to all. This gift is only for My beloved children.... remember that I love most those whose hearts I pierce and who, though their hearts are wounded stay with Me.

***If I don't steal your hearts,  
how would you remember me?***

*God our Beloved is here now in you all, who knows what you will think tomorrow. He is all knowledge, and when we love Him honestly, He becomes one with us.*

*Love God and you will find I am one with God."*

### *Remain Happy*

Be in the world, but not of it. Continue performing your duties, but do not be engulfed in the clutches of Maya-illusion. Never worry and always try to be cheerful inspite of difficulties. Even in the face of calamities, try to remain happy.

## *Divine Love - II*

In some this latent seed of Divine Love lies deep and not near the surface and then it takes a longer time to be awakened. And when you have the wonderful opportunity as have many, in this Avataric period, to come in close contact with the Avatar, then this awakening is quicker. My work is to awaken in each this Divine Spark. It is My nature to Love and to want nothing but pure love from all. ***Be happy ! And Worry over nothing.***

***It is better to remain poor with an honest and loving heart, instead of collecting riches by dishonest means. Why be drowned in Maya when you can rise out of it and be drowned in the ocean of bliss and knowledge. Try to create divine love within your heart by longing for God and you will have everything.***

From the only real spiritual view point, wars, battles, fights, etcetera, are Divine games played by God with the help of Maya. Maya, being both the medium for entrapping the soul into the maze of illusion and freeing the soul from the clutches of spiritual ignorance, has to be handled and not discarded, but handled without attachment to it.

## *Pool of dirty water*

Within you is dirty water too (Like swimming pool) and I have also to take it out to make room for fresh water of My love. Thus, in different ways, I am taking out the dirty water from everyone. I am training you, *so that you may one day dive deep in to My Ocean and obtain the treasure.*

"If you had but a glimpse of Me as I am, you would lose consciousness. Love Me and you will be loving God. And God is to be loved honestly. The slightest hypocrisy or dishonesty keeps you far away from God.

## *Divine Love - in each*

Unseen but ever present is your Baba to catch you when you stumble, to show you the right path when you might otherwise lose your way and holding out the ever open helping hand to lighten the journey; beset with so many difficulties. But is it not all worthwhile ? Divine love and Divine happiness await the one who is victorious and holds out to the bitter end.

Pure Divine love of which I am the source is in each, but like the seed under ground, it has to grow, and make its way to the surface.

## *Attribute acts to God*

Worrying about the results is no good and of no use. One must sincerely try to do his duties, *but the results must always be left with God.*

*It is for humans to do, for God to ordain.*

To remain aloof from results is not difficult, but men do not try. It is human nature to think. Man must think, but he must not worry.

Try to attribute all your acts to God and let results be His. *Be happy in whatever situation you find yourself in because it is I who have placed you there. Ignorance and creation go hand in hand.*

None will repent for having loved Me !  
None will repent for having served Me !  
None will repent for having surrendered to Me !

## *Death*

A person dies when his gross sanskaras are exhausted, but the mind and the subtle body remain full of sanskaras. For the next forty to seventy hours after death, the attention of the sanskaras is centered mostly on the place where the body is kept. Within the next eight or ten days, the spirit of the dead experiences the subtle state of either heaven or hell according to his sanskaras.

No ritual is necessary after ten days. The best rites would be to feed either dogs or crows near the body, because they have subtle sight, though they are not subtle conscious, but they have subtle faculties of perception and draw toward themselves the sanskaras of dead people.

## *Win Yourself*

To keep your best mood in every situation, never to be upset or sad, to speak gently and lovingly, never using a harsh word, not to get excited when someone steals your things but to say from the bottom of your heart: "May Baba bless you!" that is really difficult.

To control the self is more difficult than walking on fire or glass. It is easy to win a war of nations, but most difficult to win your ownself. It is the only real thing on this path. To keep a calm head, tolerate and swallow everything. You have won the greatest war when you win yourself.

*When nothing upset you, you are at the beginning of the path*

*When you desire nothing you are half-way on the path;*

*When nothing becomes everything, you are perfected.*

## *Create Love*

Love God; for when the Sadguru comes he snaps the cord and frees the bird. A Sadhu should always try to be above desires of any sort. There is no easier way for attaining God-realization than **SATSANG** - the contact with or company of saints and masters.

*There is great difference between a yogi's meditation and sincere meditation on Infinite impersonal God or the Sadguru, infinite God in person. A yogi's meditation ends in samadhi, while meditation done out of love ends in Union.*

*A yogi's meditation ends where love's activity begins.*

*Why is God called the Beloved ?  
Because we reach Him through love.  
I am Love Personified. Create love by remembering Me.*

## *Mind means thinking*

The mind is a terrible thing, it may be called a curse. Its business is to think and think ... the more so when we do not wish to think of a particular person or thing.

During meditation worldly thoughts always creep in with their continuous onslaughts, for it is the business of the mind to think, think and think. But the real thinker and meditator is he who would not pay attention to these thoughts and would go on meditating on the image of his worship, even amidst the strongest attacks.

## *I am Eternal Love*

I am God in human form - that is perfect love. And so My nature is to be loved. I am the source of this pure fountain of love from which those must drink whose thirst is to be quenched. it is limitless - as the sky and the ocean - and pure as God Himself.

I am the web or net and the worthy will be caught into that net by My love. I am eternal love. Go on loving Me more and more and love will make you one with your Beloved. Everything else is illusion - only love is real and Eternal - the pearl of great price.

## *Prayers*

For ages the Brahmins, the Maulvis, the Dasturs and the Priests have been muttering hired prayers loudly and they are paid for this. But not the slightest advantage has been gained by anyone as a result. The reason is that none of them does it sincerely or wholeheartedly. There is no heart or feeling in it. Their mind's intellect, attention and thoughts wander here and there and this idle mumbo Jumbo goes on.

***If it is done with a clear mind and with all sincerety, one's prayers reach straight to God.***

## *Pray from heart*

Sadguru (Qutub) is humanity's central main station, and if one remembers Him sincerely and wholeheartedly from however long a distance, one's cry is heard and the connection is made like a direct dialing telephone. The Qutub is the center, the focal point, equidistant from one and all in creation. And he, as this center, serves the purpose not only for this world or universe, but for the three worlds and their various levels and planes.

*The Qutub is the ruler of infinite and unlimited powers.*

## *Meditate on me*

Thoughts are like mosquitoes, sure to come and annoy you, but you have to put up a curtain of thoughts about Me, by letting My Divine Image be present before your mind's eye. Meditate on me so that the other thoughts automatically stop pestering your mind. Let the mosquito net of meditation on Me save you from being bitten by your thoughts.

To bring My image before your mind's eye, think of Me in My various physical activities - going here and there, discoursing, giving darshan, kissing and embracing the devotees, working with the masts, reclining on My seat, etcetera.

Thus your meditation on My various activities will lead you to a concentration on My form. Meditation should not be a troublesome burden or boring; it should give Joy.

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## *To a lover of God*

You should not hate a man (who backbites you), but he deserves to be pitied. We should patiently tolerate. If a man curses your father and you curses his mother; what is the difference between you ? They teach you the lesson of being calm, patient and forbearing in every adverse circumstance in the midst of all provocation. They thereby render you the greatest service, so forbear, forgive and forget.

You may resent it and say that this is their weakness. But if you believe this and still adopt the same vituperative attitude toward them, does this not expose your own weakness ? There is then no difference between you and them.

**So remain calm, put up with hardships and be tolerant ; forgive them and forget all.**

## *Nirvikalp State*

I am bliss personified. My physical form, which you see is not real. If you could see My Real Form, you would not be yourself. The limited human mind has not the least conception of this Sat-Chit-Ananda State-Infinite Power - Knowledge - Bliss. This state is beyond the realm of the mind. It is called the Nirvikalp state - the "I am God" state. Everyone is destined to attain this state and it is everyone's duty to make efforts towards that end.

## *Spiritual Path*

This path is strewn only with hardships, and only heroes can tread it. Many pundits are there to give lectures and speak about philosophy, but only a hero can tread the path. It is like balancing oneself on the edge of a sword.

*So, to love God so much that you forget yourself means that you think of God so much that you can no longer think of yourself! By thinking continually you become what you think of deeply. The mind makes one become what one thinks of deeply.*

*Either long for God or  
for the world*

*You cannot have both!*

Try always to remember Me and speak of Me. This is the best beginning to love Me.

Remember Me after starting and finishing any work. *Think of Me before doing anything. If you have to write something, remember Me before starting and then mentally say, "Baba it is you, not I, who is writing."*

*As the tree grows and selflessly gives out its fruit to others, so also should you grow in moral and spiritual greatness, and then selflessly serve others who are in need.*

## *Stepping Stone*

*Renunciation is the stepping stone to the spiritual path.* As soon as renunciation is born the pilgrim enters the path. But such renunciation is most difficult. It is not an easy thing.

The reason is that the mind which is the root of all disturbances, must be stopped. When it is annihilated, only then does renunciation happen. But it is not easy for the mind to either stop or be annihilated. It is as difficult as carrying the Himalayas on your head.

## *If Angry- Forget*

Don't get upset over trivialities. Don't cry for paltry things. Even supposing you do have an excuse or a cause for provocation, and your mood is upset in the excitement of the moment, don't stick to that one petty cause and keep on brooding over it with swollen cheeks and cloudy expression. Immediately after the excitement dies down, try to cool off and forget what happened. Take the cause of irritation out of your mind for ever.

## *Desire*

Desires are harmful both ways, when fulfilled and when not fulfilled. It is the eventual result of expression of his desire which brings on disappointment and dejection. Once a desire is fulfilled; there is another desire that arises ready to be satisfied, another is there and so on. It is not easy to escape the clutches of one's desires. Only perfect Masters can destroy the desires.

*While sitting in remembrance, concentrate on Me. Keep My image before your eyes. if you do this, I will see to the rest.*

## *Only God is Real*

Always keep one thought in mind that only God is real. Who is God ? That which is One in existence. *All things that are that One. If you say That exists, then that One is God.* Everything else is automatically nothing. And if nothing exists, then that Nothing, too, is that One God.

It is the same God playing different parts at one and the same time. He plays the part of the Universal God who is beyond everything that is conscious.

## *Help Others*

Defending the weak is an important form of selfless service and it is a part of Karma Yoga; and use of force, when necessary for this purpose, stands completely justified as an indispensable instrument for securing the desired objective.

*Beloved God is the Goal.  
Love is the means.* The lover can reach the Beloved through love. God in the Beyond State of Paramatma is love, light and life infinite. He is everything.

The world is full of preachers and teachers. *Never forget that I have not come to teach, and I need no preachers.*

## *Steps*

Forgetfulness of the world and its attractions makes man a Yogi.

Forgetfulness of hell or heaven makes a man mahayogi.

Forgetfulness of your limited self makes man God realized.

Forgetfulness of forgetfulness makes man perfect.

*The spiritual path is like climbing up to the mountain top through hills and dales and thorny woods and along steep and dangerous precipices. If there is one thing which is most necessary for safe and sure arrival at the top : it is love.*

## *Prayers through Medium*

A person says "I have no time to pray" And he therefore takes the help of a hired priest or medium. It is an excuse and a useless pretext. This is total foolishness and completely absurd. It does not hold water. It is an insult to one's common sense. Can prayer, worship or entreaties to God ever be hired? It is beyond one's imagination. While still being lured by Maya, it is like throwing the burden of one's actions on the shoulders of others and paying them money to take him to God.

## *Heartfelt Remembrance*

From any corner of the world, heartfelt remembrance of God, even by the worst sinner or the most worthless and lowest person, immediately reaches God's ears.

I am deaf to the chanting of priests because it is only noise and carries no heart. Such dry flat prayers, however loud or lengthy or done over a long period of years, have no effect on God - Me. Instead, if any one prays to God, to Me, purely and honestly, from however far away and however slowly or softly, I, as God, immediately hear it and a connection is established.

## *Domination of Animal Sanskras*

The experiences and actions created and sustained at the subhuman stages of evolution by egocentric tendencies like lust, greed and anger have left their imprints on the developing mind, and the mind has stored these imprints in the same manner as film records the movement of actors. **It is therefore easy to be bad and difficult to be good.**

Animal life, from which human consciousness emerges, is mostly determined by animal lust, animal greed, and animal anger though some animals do at times develop the good qualities of self sacrifice, love and patience. If all the animal sanskaras had been bad and none good, the appearance of good tendencies in human consciousness would have been impossible.

## *Animal Sanskaras*

Though some animal sanskaras are good, most are bad; so at the start, human consciousness finds itself subject to a propelling force that is mostly bad. The cultivation of good sanskaras is achieved by fostering experiences and actions opposite to those that predominate in animal life.

*The opposite of lust is love.*

*The opposite of greed is generosity.*

*The opposite of anger is tolerance or patience.*

By trying to dwell in love, generosity and tolerance, man can erase the tendencies of lust greed and anger.

The general process of freeing oneself from the limitation of sanskaras has therefore to be accompanied by the process of renouncing the bad for the good. The way to divinity lies through the renunciation of evil in favour of good.

## *Mind*

Mind is a good servant but a bad master. This means if you control it, it will act as you want. The mind is a bad master if it has control over you to go its way once the mind's control is firm you are lost ! Mind is a storehouse of low desires and always misleads you. It has the stamp of animal desires on it from billions of years.

If you control the mind, desires become inactive. Because the mind also has good desires from human lives those desires are worked out. **Mind is a good servant, but a bad master.**

When you ride a horse, what would you do if it goes out of control.

If you get nervous or angry you cannot control the horse. If you have control over your mind, the animal will become quiet, If control is lost, both the rider and the horse are lost. The horse is just like the mind; it is good if controlled, but dangerous if it becomes the master.

## *Stick to One*

If you stop drilling halfway and start a new at a different spot, you will never find water and all your labours will be wasted. Similarly if you continue running from one Sadguru to another, you will never gain anything. Stick firmly to only One Master. Dig, dig and keep on digging, and *one day you will get the water of Realization.*

*Do not worry about illusory things. God knows everything and God does everything. God is reality and all else is illusion. Show outwardly only What you have won inwardly. I am the Avatar. The ancient one.*

## *Death in real sense*

The path to God is not a bed of roses ! Moreover it is exceptionally hard. The more you try to catch your shadow, the further away it goes.

God is not only attached to you but within you. But though He is near you, you cannot see Him much less catch Him.

Know, that to see or realize God is actually death-death in the real sense of the world !

Religion is a cage and the people who follow it are all birds locked up inside. Each person must make individual efforts to serve his own leash, for example ; by renunciation or being indifferent to food and drink. But above all, efforts should be made to cut the cord through love.

Liberation from all future births and deaths is not possible without surrenderance to a Perfect Master.

## *Sanskaras*

By keeping company with a God-realized being, a person's worldly sanskaras get burned up through the Master's spiritual heat. That is why those near a Sadguru derive great spiritual benefit, and the merit of those who serve the Master is indeed immense.

But their contact can only be formed if you have good sanskaras and deep devotion-- the preparedness of past lives. Whatever we are, it is because of our sanskaras. When we are completely free from the bindings of sanskaras, we realize God.

Suppose you are assailed by anger, lust, and greed or any bad emotion or feeling. This is maya's work. But suppose you feel hungry, thirsty or sleepy, which is due to sanskaras.

If you become overpowered with any bad attacks from maya, then you have to drive them away.

## *Living Furnace*

Good thoughts, words and deeds of human being create good sanskaras and bad ones create bad sanskaras. But sanskaras can never be stopped unless one is fortunate to have the grace of a Sadguru and become realized.

Over the ages, you have collected a mixture of good and bad sanskaras like the black and white hairs on one's head. Yogis can erase sanskaras superficially as done when shaving but Sadguru can root them out completely.

So to stop the creation of new sanskaras and to destroy the past ones have the company and sahavas of a Sadguru. A God-Conscious Guru is like a living furnace burning away everything good, bad, past, present and future all sanskaras. The varying impressions of sin and virtue are spent, but spiritual impressions are not and always remain to one's credit-ever increasing, but never decreasing.

## *My Real Splendour*

You have no idea what My faces contain. In the beginning of creation, I defecated, and all the suns, moons, stars and universes came out. They are all my excrement ! But just imagine ! When this dirty thing is so beautiful, how can you ever imagine My real splendor ? You will lose your senses if you ever see even a glimpse of it.

"Unless you lose yourself you cannot find yourself."

It means three things in one....

- *Love God so much that you forget yourself.*
- *Sacrifice your carnal desires for the soul.*
- *Complete resignation to God's Will.*

## *War - Divine game*

The war is a necessary evil. It is in Gods plan, which is to awaken humanity to higher values.

People are making unlimited sacrifices and enduring untold sufferings for the sake of their country or political ideology. They are, therefore, capable of the same sacrifices and endurance for the sake of God or the Truth. God is worth living for and He is also worth dying for.

All else is a vain and empty pursuit of illusory values.

## *Remember Honestly*

*The mind is entrapped in maya and does not want to be freed, and so to achieve merit, a person offers hired prayers.*

If you want to remember or offer worship to God do it honestly and loyally with all your heart and mind. Even if you can remember or pray to Him a few minutes each day do it sincerely. Compared to babbling for hours on end, a sincere prayer of two minutes has more effect. It immediately reaches God's ears. The reason is that God always listens to the voice of the heart.

# *Suffering*

Suffering comes and goes;

· Joy comes and goes ;

Pleasure comes and goes.

They will demand your utmost patience, courage, poise and above all ; your love and obedience to me, whoever stands for Me stands for the Truth-the eternal light that is forever illumining the hearts of you all.

*Through darkness to light  
Through suffering to happiness,  
Through chaos to harmony.....*

will be the end of the Journey. All suffering has an end. Spiritceal happiness has no end. It is perennial.

Giving over your goodness your strength and your weaknesses in entire submission to Me, you will share My Treasure of Happiness.

## *Maya - J*

You have to burn your ego. You have to become dust. All that you see about you is absolutely nothing. Everything is false an illusion, a play, a film, a mirage ! If you merge yourself in the filth of the world, it will adversely affect your spiritual health. Therefore, I repeatedly emphasize to one and all, do not be attracted by maya, always pray sincerely to God and remember Him. Hold fast to My feet and I will lead you on the path to realizaion.

Control your mind, live a pure and clean life, discard desires and follow a Master who is God realized. Then alone you will be safe following a master means renouncing the mind.

In orderto destroy ones sanskarás, a person should stay with a Sadguru in whom the Divine knowledge is always burning.

## *Maya - JJ*

In Sadguru's contact and company, sanskaras accumulate but also dry. Finally with the flame of his grace, he sets fire to and uproots all one's sanskaras.

Maya is sheer illusion - the force of imagination. Where there is lust, anger and greed, there is maya. He who renounces maya finds everything ! Do not be a slave to maya. Subjugate maya and you will see God in all his perfection. But maya is so powerful and tyrannical that even the best of persons succumb to its lures. The real heroes who eat her up are very rare. So hold tightly to My feet to ease your way.

You have a great lesson to learn from opposition. Learn that those who spread deceitful lies about your actions and propogandize against you are thereby giving importance to your work without your asking.

## *Mirror of love*

The God-you are in search of, is not up in the sky. He is here on this plane! I am that. *I am in you; so search for Me within yourself.* I am not in any mosque, temple or church. You may claim that this is impossible. Then tell Me, do your eyes see yourself? They see the whole world but they cannot see you. For that you have to use a mirror.

Similarly, through the mirror of love, you have to see yourself. Only a Perfect Master has the mirror of love.

Love is the sum and substance of all religions and the only essential of all creeds.

In the One undivided and indivisible Ocean of Life, you have, through ignorance, created the pernicious divisions based upon sex, race, nationality, religions and community. And you allow these self created divisions to poison your heart and obstruct your relationship.

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

## *Renunciation*

The affliction of the mind should go; then complete renunciation comes. To get rid of this mental curse, you should try to have the longing for Divinity to such an extent that you forget yourself.

To gain renunciation is to lose yourself and *you can only lose yourself when your every thought, word and deed keeps Beloved God present and your lower self absent.*

*Just as the body feeds on food, so the mind feeds on desires, and indulgence in these desires feeds the mind and the ego. So by starving the mind of these desires, ego becomes very thin and weak.*

## *Think and become*

When you love too much you forget yourself. Now how to do that practically ? Love for your other things, like men, women, cars, dogs, etcetera, comes spontaneously. It is no gift, but spontaneity, it is natural. Loving God comes by practice and by process to a certain point. But loving God mostly is a gift. To love Baba, you need to think of Baba. If you think of Baba, you do not think of yourself. The more you think of Baba, the less you think of yourself.

*If you think of Baba all the time you cannot think of yourself.*

*The Avatar or the Perfect Master can hear all prayers and calls of millions of persons at one and the same time. Everyone is equal in his eyes. But your call should be from the innermost depths of your heart. It will then reach His ears irrespective of distance.*

*All prayers and sounds are a mere show if they do not originate from the heart.*

*The thoughts do and will come as long as that terrible mind is there. The Sadhak has only to persist strenuously to drive away these thoughts as much as he can. He should not feel disturbed or disappointed by these attacks.*

## *Soul is Immortal*

Body of a man is like a food to the soul. You preserve and protect your body to feed your soul. You eat food to keep yourself healthy and fit and you pass out the residue as excrement. The body is the medium for the soul's progress. When your excrement is eliminated, you eat fresh food. Similarly, with the disposal of the old body, (after death) you take a new body. So why worry and weep over that which is the law of nature and cannot be altered.

*Thousands of human bodies may fall, but the soul is immortal, it never dies.*

## *Mind Meditation*

It is better if there is a balance between the head and the heart, but to combine them and keep them balanced is almost impossible. Even in small petty matters, the intellect rules the heart and spoils its mood. There is nothing better than if your duty is performed according to my wish and with a balance between the head and the heart.

Try and I will help you.

*One single person who  
really loves Me can  
move the Whole World.*

## *My Lover*

God is infinite honesty, and unless we love Him honestly we cannot know Him. Though beyond understanding, the heart full of love can understand the un-understandable. If you love God you become one with Him. Thus the solution is in your hands.

Love needs no propaganda. To spread My love among the people, you have to bring them to love Me as you love Me. The best way is to show other by your own example how much you love Me.

## *I Am Bliss*

### *Personified*

Everywhere in the entire Universe is bliss. It is all bliss, bliss and bliss! But poor ignorant mankind cannot enjoy it, as man does not know how to enjoy it. The Whole Universe is full of infinite bliss, but disregarding it man hankers after the transient happiness of affluence, influence, possessions, name and fame. This is all false and illusory, yet man runs only after this. It is due to his ignorance of what is real.

## *God and Religion*

Dogmas and beliefs, rituals and ceremonies, can never be the essence of true spiritual life. When religion has become merely a matter of external rituals and ceremonies, it has become a cage for the soul.

I have not come to give another cage (religion) for man but to impart to the world the illimitable Truth.

Man will be weaned away from the allurements of the ego-life. He shall come into full inheritance of his own divinity.

# Love

Love For God,  
Love for fellowbeings,  
Love of service, and love of sacrifices  
in short love in any shape and form is the  
finest "give and take" in existence.

Love is dynamic in action and contagious in effect. **Love begets love.** Love means suffering and pain for oneself and happiness for others. To the giver, it is suffering without malice or hatred, to the receiver, it is a blessing without obligation.

Love can be awakened by constantly  
thinking of the master.

*No sacrifice is too big for setting man free from spiritual bondage and in helping him to inherit the Truth. In your duty of helping others to find God, you have to welcome every type of suffering and sacrifice.*

## *Eternal Truth*

Slowly but surely you must imbibe this truth at the feet of the Master of Wisdom.

Slowly but surely you must shed prejudices and get disentangled from the superficial distinctions.

Slowly but surely you must tread the path to the Formless and Nameless One.

When you enthrone the Nameless One in your mind-heart, you do not necessarily put an end to the game of duality.

All life is One, and all divisions are imaginary. Be established in this Eternal Truth I bring.

## *Freedom From Wanting*

Spiritual freedom means freedom from all "Wanting". It is want that fetters life through attachment to conditions which would fulfill that want. If there is no want, there is no dependence or limitation. The soul is enslaved through wanting. When the soul breaks the shackles of wanting, it emancipates itself from its bondage to the body, mind and ego.

Spiritual freedom has to be won by oneself for oneself through watchful and unflinching war against the lower self and the lower desires. Now the time has come for you to offer all your services in My mission of helping humanity to tread the spiritual path for realizing God.

The eternal truth that "God alone is real" has to be clearly understood, and unreservedly accepted, and it has to be unequivocally expressed through words and deeds.

## *Spirituality*

The most practical thing to do in the world is to be spiritually minded. It needs no special time, place or circumstances. It is never too late or too early to be spiritual.

It is just a simple question of having a right attitude of mind toward lasting values, changing circumstances, avoidable eventualities and a sense of the inevitable.

Spirituality covers all life for all time, yet it can very easily be achieved with selfless service and pure love that know no bondage.

Cleanliness of mind and body, which is practical spirituality, has never been, and can never be, the monopoly of any one particular class or creed.

*It is indeed, great to be a man, but it is far greater to be man to man.*

*Have faith in God  
He has his eye  
on everyone  
He forgets no one.  
But you should also  
not forget Him.*

**- THIRST CREATE LOVE -**

The state that comes from yoga is like a state of intoxication. It is like a drunken man whose thoughts have no sum or substance. So create the longing and have the thirst, all the time thinking : "Oh God, When will I meet you; When will I meet you?" And to have such thirst, create love.

## *You are Veil*

"Try to see Me. Remember Me sincerely, always, and be lost in Me. When you are lost in Me you will see Me when you keep yourself in front, and Me behind ? Remove yourself and you will see Me."

*God plays the part of being falsely conscious of being this body. He plays the part of the creator. He plays the part of being Himself consciously in creation.*

*You will find Me more and more within yourself, within others and in every work you unselfishly do for others.*



7.1-