

Day 165  
June 13th

The new life

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

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

Day 166  
June 14th

Pivot of the universe

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

Day 167  
June 15th

Infinite compassion

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

Day 168  
June 16th

Forgive and forget

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

Day 169  
June 17th

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

Day 170  
June 18th

### Going to the moon

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

Day 171  
June 19th

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

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

Day 172  
June 20th

### Separation from God

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

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

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

Day 173  
June 21st

### Division and ignorance

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

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

Day 174  
June 22nd

### A drop and a bubble

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

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

Day 175  
June 23rd

### Losing oneself

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

And how does one love God?

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

Day 176  
June 24th

### Dream and reality

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

Day 177  
June 25<sup>th</sup>

### Reality

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

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

Day 178  
June 26<sup>th</sup>

### The music of god

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

One who hears the music of God in his heart – such wonderful music, for it is the original music – loses his bodily consciousness and sees God everywhere.

Day 179  
June 27<sup>th</sup>

### Idle talk

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

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

DAY 180  
June 28<sup>th</sup>

### Helplessness

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

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

Day 181  
June 29th

Poise

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

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

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

Day 182  
June 30th

Living faith

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

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

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

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

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

Day 183  
July 1st

Highest knowledge

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

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

Day 184  
July 2nd

The universal message

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

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

Day 185  
July 3rd

Continued.

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

Day 186  
July 4th

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

Day 187  
July 5th

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

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

Day 188  
July 6th

### God, Love and the Perfect Master

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

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

Day 189  
July 7th

### Finding the Truth

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

Day 190  
July 8th

### Happiness or misery

Everyone can be happy, but some feel happy and some feel miserable. Those who constantly want something will never feel happy. Misery is bound to accompany wanting. Those who never want for themselves, but for others, they can feel happy. Why? Because they want others to feel happy. God, who is in everything, and everyone, is deaf to formal rituals, ceremonies, prayers in mosques, churches, temples. But he hears the voice of the heart. When you help others, God knows instantly and is pleased. No amount of prayer or meditation can do what helping others can do.

Day 191  
July 9th

### The poor

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

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

Day 192  
July 10th

### Silence

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

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

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

Day 193  
July 11th

### Breaking the silence

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

I intend when I speak, to reveal the one supreme Self which is in all. This accomplished,  
the idea of the self as a limited separate entity will disappear and with it will vanish self  
interest. Co-operation will replace competition, certainty will replace fear, generosity will  
replace greed. Exploitation will disappear.

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

Day 194  
July 12th

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

Day 195  
July 13<sup>th</sup>

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

If my silence cannot speak, of what avail would be speeches made by the tongue.  
The very moment when He thinks my speaking would be heard universally God will make  
me break my silence.

Day 196  
July 14<sup>th</sup>

### Incarnation

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

Day 197  
July 15<sup>th</sup>

### An atom is split

When an atom is split an infinite amount of energy is released. Similarly, when my Silence is broken and I utter the Word, infinite wisdom will be released. When an atom bomb strikes the earth it causes vast devastation. Similarly when the Word I utter strikes the universe there will be a great material destruction; but there will also take place a tremendous spiritual upheaval.

Day 198  
July 16<sup>th</sup>

### The divine plan

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

Day 199  
July 17<sup>th</sup>

### The Self in all

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

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

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

Day 200  
July 18<sup>th</sup>

### The Flash from the Eternal

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

Day 201  
July 19<sup>th</sup>

### The physical body

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

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

Day 202  
July 20<sup>th</sup>

### The Separate "I"

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

Day 203  
July 21st

### God-realization

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

Day 204  
July 22nd

### True Love

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

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

Day 205  
July 23rd

### Dynamic harmony

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

Day 206  
July 24th

### Separative ego

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

Day 207  
July 25th

### Surrender

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

Day 208  
July 26th

### Unintelligent action

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

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

Day 209  
July 27th

### Sanskaras

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

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

Day 210  
July 28th

### Intelligent action

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

Day 211  
July 29th

A pause

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

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

Day 212  
July 30th

Asceticism

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

Day 213  
July 31st

Avataric periods are like the spring-tide of creation. They bring a new release of power, a new awakening of consciousness, a new experience of life - not merely for a few, but for all. Qualities of energy and awareness, which had been used and enjoyed by only a few advanced souls, are made available for all humanity. Life as a whole is stepped up to a higher level of consciousness, is geared to a new rate of energy. The transition from sensation to reason was one such-step; the transition from reason to intuition will be another.

-----

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

Day 214  
August 1st

Self control

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

Day 215  
August 2nd

### The limited ego-mind

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

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

Day 216  
August 3rd

### Mind persists

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

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

Day 217  
August 4th

### The binding past

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

Day 218  
August 5th

### The law of Karma

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

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

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

Day 219  
August 6th

### Worldly abuse

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

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

Day 220  
August 7th

### Atheism and agnosticism

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

-----  
Realization of Truth is solely the concern of the individual.

Day 221  
August 8th

### The ego blockade

The perennial spring of imperishable sweetness is within everyone. Yet if man does not release that spring by removing the ego blockade, he inevitably suffers in innumerable ways. All that lives is striving for happiness; yet a thousand and one pains and fears attend upon every pleasure which man seeks through the ignorance of exclusiveness. All over the world, man buries himself in egoism and multicoloured attachments to the false depriving himself of the intrinsic and self-sustained happiness that does not wane.

Day 222  
August 9<sup>th</sup>

### Material possessions

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

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

Day 223  
August 10th

### World illusion

The world-illusion is a dream of his imagining - a play enacted in the theatre of his consciousness - a comedy of which he is at once author, producer, director, star. But his absorption in the role which he has chosen to enact has made him forgetful of his true self, and he stumbles now as creature through the part he has created. He must be awakened to his true nature. He must see that all material expression depends upon and flows from spiritual being. Then he will be steadfast and serene under all circumstances.

Day 224  
August 11th

### Tuition and intuition

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

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

Day 225  
August 12th

### Self discipline

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

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

Day 226  
August 13th

### Happiness

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

Day 227  
August 14th

### The image of God

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

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

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

Day 228  
August 15th

### Negative and positive experiences

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

Day 229  
August 16th

### Pernicious divisions

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

superficial distinctions, created by identification with forms and names; slowly but surely must you tread the path to the formless and nameless ONE.

Day 230  
August 17th

### Diversity of expression

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

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

Day 231  
August 18th

### Celibacy and marriage

For the celibate as well as for the married person the path of inner life is the same. When a person is drawn by the Truth he longs for nothing else; and as the Truth increasingly comes within his ken, he gradually disburdens himself of craving. Whether in celibacy or in marriage he is no longer swayed by the deceptive promises of indulgence or mechanical repression and he practices internal and spontaneous renunciation of craving until he is freed from the deceptive opposites. The path of perfection is open to the aspirant whether in celibacy or in marriage; and whether he begins from celibacy or from marriage will depend upon the sanskaras and the karmic ties of the aspirant.

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

Day 232  
August 19th

### Inner life of man

If the inner life of man is to be harmonious and enlightened, he has to develop and express many divine qualities, while he is engaged in his daily life. Each quality, by itself, may not seem to be extremely important; but it is not right to consider it apart from its necessary relation with other important qualities. In spiritual life, all these qualities implement and support each other; and their interconnection is so vital that not one of them can be

completely ignored without detriment to many other essential qualities. So.....each of these divine qualities turns out to be absolutely indispensable for a complete life

Day 233  
August 20th

### Preparation

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

Day 234  
August 21st

### Courage

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

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

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

Day 235  
August 22nd

### CENTRAL POWER

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

Day 236  
August 23rd

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

Day 237  
August 24th

### Dedication

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

Day 238  
August 25th

### Faith is not blind

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

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

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

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

Day 239  
August 26th

Loyalty

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

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

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

Day 240  
August 27th

Worldly wisdom

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

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

Day 241  
August 28th

The goal of life

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

Day 242  
August 29th

Purpose

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

-----

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

Day 243  
August 30th

### A Shadow of God

Ordinary persons are caught up in the universe and its allurements, though the entire Universe is nothing but a shadow of God or Truth, The Masters are always immersed in the joy of Union with God, and can never be caught up in the mazes of an illusory world. Just as ordinarily we do not pay any attention to the shadows, so the Masters do not pay any attention to the Universe, except to divert the attention of humanity away from the shadow to the substance. The purpose of life is to realize our oneness with the Infinite; this can be achieved through love for God.

Day 244  
August 31st

### Infinite honesty

Divine Love makes us to be true to ourselves and to others. It makes us live honestly comprehending that God Himself is Infinite Honesty. Divine Love is the solution to all our difficulties and problems. It frees us from every kind of binding. It makes us think truly, speak truly and act truly. It makes us feel one with the whole world. Divine love purifies our hearts and glorifies our being.

Day 245  
September 1st

### One with the Truth

Through ages of darkness and suffering mankind awaits me and my Truth. I and the Truth which I bring are inseparable, one from the other. I am one with the Truth. May you all, too, break through the numberless cages and realise that you are one with the limitless Truth of divine life.

The divine Beloved is always with you, in you and around you. Know that you are not separate from Him.

Day 246  
September 2nd

### No need for despair

The silence which I have been observing for the past 31 years is not intended to veil my Truth but to manifest it. When you realize the Truth as the very core of your being you are

free from all fear and helplessness, and all rivalries and conflicts reveal themselves to be inviolably one with all that has life.

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

Day 247  
September 3rd

### Imagination and worry

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

Worry is a serious dissipation of psychic energy.....

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

Day 248  
September 4<sup>th</sup>

### Service without fuss

What the Master expects is that a follower will do his best. He does not expect immediate transformation of consciousness..... Service springs out of the spontaneity of freedom, in the co-operative spirit in which there is no insistence upon the claims of "I". .....

One of the most difficult things to learn is to render service without fuss and without pride. In the world of spirituality humility counts as much as utility.

Day 249  
September 5th

### Repentance

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

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

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

Day 250  
September 6th

Self consciousness

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

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

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

Day 251  
September 7th

Guidance

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

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

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

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

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

Day 252  
September 8th

Meditation

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

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

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

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

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

Day 253  
September 9th

### Controlling thoughts

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

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

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

Day 254  
September 10th

### The real and the false

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

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

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

Day 255  
September 11th

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

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

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

Day 256  
September 12th

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

Day 257  
September 13th

### The Eternal now

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

Day 258  
September 14th

### Material and spiritual aspects

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

Day 259  
September 15th

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

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

Day 260  
September 16th

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

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

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

Day 261  
September 17<sup>th</sup>

### Great and little things

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

Day 262  
September 18th

### Spiritual understanding

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

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

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

Day 263  
September 19th

### Acts of kindness

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

Day 264  
September 20th

### Hope

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

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

Day 265  
September 21<sup>st</sup>

### The worldly minded

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

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

Day 266  
September 22<sup>nd</sup>

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

Day 267  
September 23<sup>rd</sup>

Example

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

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

Day 268  
September 24<sup>th</sup>

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

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

Day 269  
September 25<sup>th</sup>

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

Day 270  
September 26<sup>th</sup>

Become God

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

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

Day 271  
September 27<sup>th</sup>

### Kaikobad

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

Day 272  
September 28<sup>th</sup>

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

Day 273  
September 29<sup>th</sup>

### Forbearance

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

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

-----

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

Day 274  
September 30<sup>th</sup>

### Dancing

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

I want you to be gay and have humor but I also want you to be serious about certain points, especially about meditation.....

Constant prayer and selfless service are both vital in turning the mind away from worldly things and directing it towards spirituality.....

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

DAY 275  
October 1st

### Spiritual forces

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

Day 276  
October 2<sup>nd</sup>

### Brahmins and untouchables

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

Day 277  
October 3<sup>rd</sup>

### The Ego and Baba

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

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

Day 278  
October 4<sup>th</sup>

### Wanting Less

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

Day 279  
October 5<sup>th</sup>

### Honesty and Goodness

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

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

Day 280  
October 6<sup>th</sup>

### Speaking to Children

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

Day 281  
October 7<sup>th</sup>

### The fortunate ones

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

Day 282  
October 8<sup>th</sup>

### Intellectuals

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

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

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

Day 283  
October 9<sup>th</sup>

### Transcending the intellect

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

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

Day 284  
October 10<sup>th</sup>

Limitations and intelligence

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

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

Day 285  
October 11<sup>th</sup>

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

Day 286  
October 12<sup>th</sup>

God's declaration

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

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

Day 287  
October 13th

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

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

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

Day 288  
October 14th

(Continued)

### Animals

From time to time there were housed in the compound many kinds of animals - monkeys, dogs, rabbits, cats, various birds, ducks, chickens, a peacock, a turkey, a lamb, a cow, a donkey, calves, horses, a deer and some pigs - all Baba's pets - but given to certain individuals to care for and be responsible for (needless to say we did not have all the foregoing pets at the same time). Here we saw Baba's love and sympathy extended to all creation - down to the earthworm which he bade me on occasions not to thoughtlessly tread upon. He, by His example, showed us that they too have a part in the Divine work of birth, suffering and death.

Day 289  
October 15th

### Prayers and thoughts

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

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

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

Day 290  
October 16th

Passing away

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

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

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

Day 291  
October 17th

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

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

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

Everything else may fail, Love never fails.

Day 292  
October 18th

Momentary and passing

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

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

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

Day 293  
October 19th

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

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

Day 294  
October 20th

### Three planes

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

-----

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

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

Day 295  
October 21st

### Realization of God

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

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

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

Day 296  
October 22nd

### Universal work

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

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

Day 297  
October 23rd

### Appreciation

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

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

Day 298  
October 24

### Liberation

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

-----

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

Day 299  
Diverse wants

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

-----

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

-----

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

Day 300  
October 26th

Three types of lovers

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

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

2. The second type of lover is one who lives in the world, attends to all worldly duties one hundred per cent, yet all the time in his heart, he knows that this is temporary, that only God exists and he loves Him internally without anyone knowing.

3. The Third type, which is the highest, is very rare. Here the lover surrenders completely to Christ, to the Avatar, to the God-Man. He lives not for himself, but for the Master. This is the highest form of lover. Unless you have such love, just to criticize and judge takes you nowhere.

Day 301  
October 27

The Universal Heart

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

-----

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

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

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

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

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

Day 302  
October 28th

### St. Francis and Juniper

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

Day 303  
October 29th

### Pilgrims

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

-----

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

Day 304  
October 30th

Baba's presence

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

-----

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

Day 305  
October 31st

Universal religion

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

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

Day 306  
November 1st

Evolution of consciousness

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

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

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

Day 307  
November 2nd

### Unity in diversity

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

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

Day 308  
November 3rd

### The one Word

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

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

Day 309  
November 4th

### Universal brotherhood

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

Day 310  
November 5th

### Transcending the ego

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

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

Day 311  
November 6th

### Illusion

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

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

Day 312  
November 7th

### Story of Satyamang

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

Day 313  
November 8<sup>th</sup>

(Continued)

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

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

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

Day 314  
November 9<sup>th</sup>

### Freedom

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

No sacrifice is too great to set man free from his bondage to physical and material things. He must be inspired to realize that God alone is real; all else is a vain and empty pursuit of transitory values.

He must be helped to inherit the truth that mankind is One. He must be given the capacity to love all men as his brothers, regardless of colour, creed or country.

It is my divinely appointed task to bring this spiritual freedom to mankind; and I look to those who would be crusaders in the cause of Truth to help me in this God-ordained mission.

Day 314  
November 10th

### Falsity of the limited ego

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

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

Day 315  
November 11th

### Humility

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

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

Day 317  
November 12th

### Content

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

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

Day 318  
November 13th

The practical way for the average man to express love is to speak lovingly, think lovingly and act lovingly towards all mankind, feeling God to be present in everyone. If instead of seeing fault in others we look within ourselves, we are loving God. If instead of robbing others to help ourselves, we rob ourselves to help others we are loving God. If we suffer in the suffering of others and feel happy in the happiness of others, we are loving God. If

instead of worrying over our misfortunes, we think of ourselves as more fortunate than many, many others, we are loving God. If we endure our lot with patience and contentment, accepting it as His Will we are loving God. If we understand that the greatest of devotion towards God is not to harm any of His beings, we are loving God. To love God as He ought to be loved we must live for God and die for God, knowing that the goal of life is to love God and find him as our own self.

Day 319  
November 14th

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

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

Day 320  
November 15th

### Humility of the Avatar

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

Day 321  
November 16th

### History repeats itself

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

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

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

Day 322  
November 17th

### Travel

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

Day 323  
November 18th

### The infinite treasure

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

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

Day 324  
November 19th

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

Day 325  
November 20th

### The first song

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

My mission is to utter this Word of Truth which will pierce the mind of the world and go to its very heart. It will convey the simple Truth in its utter and indefinable simplicity. It will mark the moment of fulfillment of the Divine Life. It will throw open new gates to eternity. It will bring new hope to despairing humanity.

Day 326  
November 21st

Men shall be united

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

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

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

Day 327  
November 22nd

The upheaval

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

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

Day 328  
November 23rd

Baba's daaman

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

-----

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

DAY 329  
November 24th

Rates of progress

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

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

Day 330  
November 25th

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

Day 331  
November 26th

The seed of love

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

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

Day 332  
November 27th

God, Man and the God-Man

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

Day 333  
November 28th

Nature

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

-----

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

Day 334  
November 29th

The attainment of Reality

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

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

-----

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

Day 335  
November 30th

God is in all

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

Beloved God is in all.

What is then the duty of the lover?

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

Day 336  
December 1st

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

But, while giving happiness to others, if you have an iota of thought of self, it is then not love but affection. This tends to seek happiness for the self while making others happy. As for example (1) A husband's affection for his wife. The husband wants to give happiness to his wife; but while doing so he thinks of his own happiness too. (2) A mother's affection for her child. From this affection the mother derives happiness purely out of giving and seeking happiness for her child.

Day 337  
December 2nd

### Birth of a child

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

Day 338  
December 3rd

Continued.....

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

Day 339  
December 4th

### Married life

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

Day 340  
December 5th

The spiritual value of married life is directly relative to the nature of the preponderating factors which determine its daily happenings. If it is based upon shallow considerations, it can deteriorate into a partnership in selfishness as against the rest of the world; but if it is inspired by lofty idealism, it can be raised to a fellowship which not only requires and calls forth increasingly greater sacrifices for each other, but actually becomes a medium through which the two souls can offer their united love and service to the whole family of humanity.

Day 341  
December 6th

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

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

Day 342  
December 7th

### Emptiness of desires

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

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

Day 343  
December 8th

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

Day 344  
December 9th

### Transforming selfishness

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

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

Day 345  
December 10th

### Solitude

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

Day 346  
December 11th

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

Day 347  
December 12th

#### WELFARE OF OTHERS

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

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

Day 348  
December 13th

Some questions Baba answered in Zurich. A sculptor said to Baba He had seen in Switzerland that only a few know and the masses remain ignorant. This problem is a puzzle to him. (From "The Perfect Master" by Charles Purdom)

A sculptor asks:

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

Q. But is not happiness the goal of life?

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

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

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

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

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

Day 349  
December 14th

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

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

Day 350  
December 15th

A clergyman and a doctor friend ask:

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

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

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

Day 351  
December 16th

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

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

A Student of Philosophy asks:

Q. Can one realize virtue without experiencing vice?

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

Q. Is Christ only a question of realization?

Baba: Yes. Christ is only to be realized.

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

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

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

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

Say 352

December 17th

#### A well-known dancer

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

#### An artist

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

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

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

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

Day 353

December 18th

#### A woman

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

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

Day 354  
December 19th

The son of one of Baba's disciples.

Q. How could I have happiness?

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

-----

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

Day 355  
December 20th

To an artist of the Dance

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

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

Day 356  
December 21<sup>st</sup>

Faith in the Master

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

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

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

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

Day 357  
December 22nd

### Praise and Blame

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

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

### Faith in oneself

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

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

Day 358  
December 23rd

### Desirelessness

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

Day 359  
December 24th

### Science and religion

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

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

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

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

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

Day 360  
December 25th

### The new Humanity

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

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

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

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

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

Day 361  
December 26th

### THE GOD-MAN

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

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

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

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

Day 362  
December 27th

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

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

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

Day 363  
December 28th

I have left the Paratpar state (Beyond the Beyond State) and come down to your level. In that Paratpar state there is no binding; there is absolute freedom, absolute existence. What a sublime state it is! One in a billion has such an experience of the Beyond state. From that state I have come down and I feel bound in you.

-----

This suffering is terrible. In me I am free. When I break my Silence, a great push will be given to humanity. Even stones shall start dancing. After that I shall be in Bliss for 700 years.

Day 364  
December 29th

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

Day 365  
December 30th

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

Day 366  
December 31st

### The Christ state of consciousness

I am not limited by this form. I use it like a garment to make myself visible to you, and I communicate with you. Don't try to understand me. My depth is unfathomable. Just love me. I eternally enjoy the Christ-state of consciousness, and when I speak I shall manifest my true Self; besides giving a general push to the whole world, I shall lead all those who come to me toward light and Truth.

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

---

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

I am the lord of the universe, I am the one for whom mankind eagerly awaits. I am the one that has been expected to come. I am the ocean of Love. Fear me not but love me more and more. Love knows not fear, the more you will love me the closer you will come to Me.

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

I and God are one.

Meher Baba