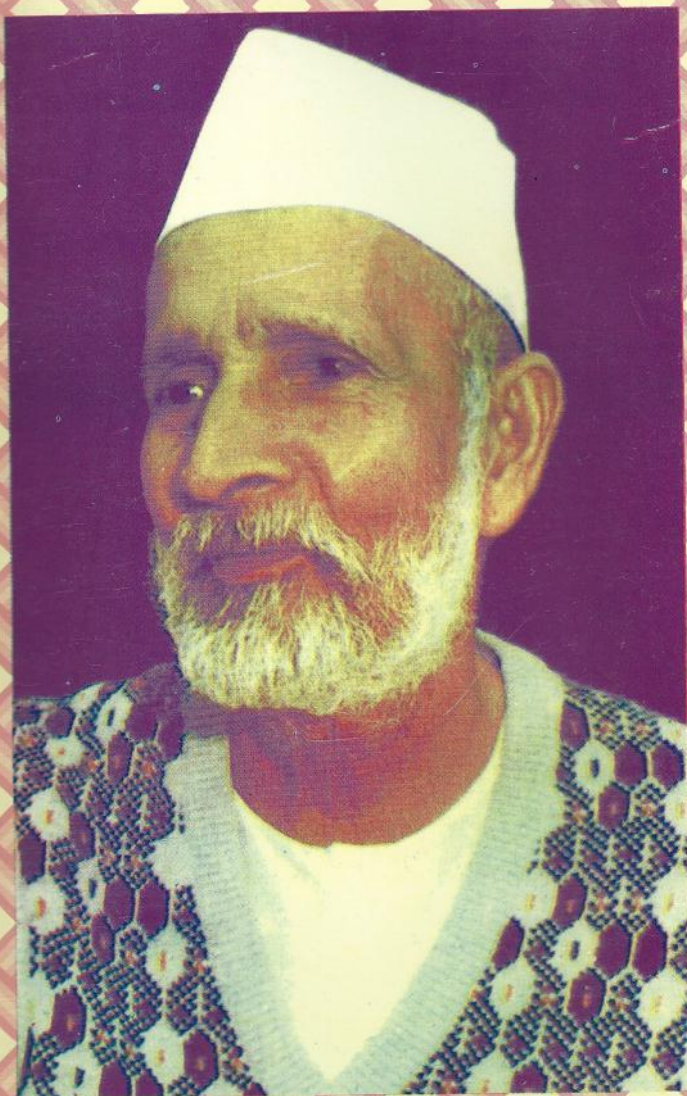


SIMPLICITY AT DAWN



Kasturi Bahin

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First Edition : September, 2004
500 Copies

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Price : **Rs. 50/-**

Publisher : **Sri G.D. Chaturvedi**
C-830 A, 'Parijat',
H-Road, Mahanagar,
Lucknow - 226 006 (U.P.)

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Printed by : Antex Printers
10-A, Butler Road,
Dalibagh, Lucknow.
Ph. : 2205070, 2207920
Fax : 0522 - 2205070

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MESSAGE

(Sri Babu Ji Maharaj)

My dear Sister, and Brothers,

Yoga is the oldest thing in India, but its development stopped for sometime because they (people) forgot to extract phosphorus from the bones. India is now India within and the same thing is also coming out. Therefore the true conscience of the people has taken its turn to make it run outside also. And they are compelled to do so as good times are ahead. The irony of fate is that we do not see the thing behind the things. Hence we measure the consciousness from our outward experience. The Indian saints of the past have done lot of work for the good of mankind but most of them have reserved the reality for a selected few. According to the orders of my Master I want to bring it out, and pass it on to the majority.

No doubt the world is in us and we are in the world, but we have to search out who is behind the scene. Meditation and everything is for that alone. We feel He is hiding from us, although it is not the case. We see stars sometime, but after some advancement, we begin to feel the lustre of the Sun : and after that there comes the time when we are able to see the Sun itself. As long as we think of the lustre of the Sun, the real Sun remains hidden from our view. I earnestly pray that all may reach the Goal – the cause of all our existence.

Had there been 'not to be', the world would not have existed. If we deal it spiritually, then "to be" has the sense of "Self". If we want to go into "Non-Self" then we will have to annihilate "to be" in thought, and will come to "not-to be" in its real sense. It means the "Life without life" - i. e., "We are and we are not" as also "we are not and we are." The thought of one

who is at "One in Himself" brings us to the state - 'when knowledge revealed itself, it was only knowledgelessness,' (जाना तो थे जाना कि न जाना कुछ भी) । And there the whole habitation of desires get turned into desolate ruin, and the cup of the besmeared individuality is broken so as to be incapable of holding anything in it. ("उजड़ी हुई बरती है, टूटा हुआ पैगाना।")

Spirituality ends in Divinity and Divinity ends in its Real Essence. Man after liberation gains nearness to God; and enters into a sphere where even silence is silent. Liberation in body is also a chapter in spirituality. Material science cannot explain further after matter is left out. Spirituality is a sort of feeling or consciousness of the Highest. It is the doorway to enter into Divinity pure and simple i.e. the Highest Evenness all along. In comparison to Reality, we are but a drop in the ocean of Almighty and somehow we should try to become a river from the drop.

I have developed a liking for service to others, and so, I always seek the better means for the services of those who are beaten by the whip of thoughts and actions which cause uneasiness and tension. If poison is there, nectar is also there. When we stand facing the Sun, we get light and when we stand our backs towards the Sun, we get darkness. That means, we produce both darkness and light by our own actions. When we feel ourselves to be doer, difficulty comes in the way. Of course thistles and thorns also bear beautiful flowers, which please the eye and fill the heart with joy. Even so, in case, God is the flower of His own tree, we enjoy God and not the tree to that extent. There are drains and gutters in the house. They are made use of and not demolished. You try to improve them and try to modernise them but do not dilapidate them altogether. On the other hand, good men are there, and they may not care for spirituality much. If they get the fragrance, which comes in the wake of spiritual regeneration, they will rise towards their transformation very soon.

But we should give our due consideration and try to improve the lot of the unvirtuous also, who may feel the thirst for the Real and develop yielding attitude to the Master.

In my opinion the civilizations of the East and West have very little difference. Here we try to use the inner for the inner vision, whereas they use themselves for the inner vision. Spirituality is not the monopoly of Indians only, but it is the birthright of everybody. I have a strong desire that our associates in different parts of the world may not have to look towards us for their spiritual benefit. So, I do not make disciples but masters. I believe every country of the world should have its share in spirituality. There is spiritual awakening throughout the world. The Communists will also adopt the same system in due course of time. Almost all of us have come to the peace which is the basis of spirituality. When the thing is started and will reach the whole world, it will take them to what is after peace. Thus, we know what is before peace, but hardly a few persons know what is after peace. I feel that everyday my work is becoming easier because it is now the Divine dictate. Almost everybody now wants peace and the last pitch of peace is entering into Reality. I am hoping that a day will come when spirituality will run after all of us if our preceptors are so willing to have the idea for the betterment of the people in all respect. I, myself, am very weak and wornout with age. Still I am doing my best to bring real peace to the humanity. I want capable men and women to help me in the task ahead. No doubt the world will be paradise, but for that we have to work very hard. What we have to do is only to have a strong grip always on Divinity. I never felt disappointed and worked single-handed and the result is before us all. I have full confidence in myself, with the Master's hand at my back : and it has always worked. The same thing I want from all of you.

Finally love makes every task easy and paves the way for

the shower of Master's grace to smoothen the way to the ultimate Goal. "Love is the hunger of human-soul for divine beauty," according to Socrates; and "Love is the inner awakening to Reality," according to me. Love Him who loves all and thus everybody is automatically loved through Him, Amen.

Date : 30.04.1980

President,
Sri Ram Chandra Mission,
Shahjahanpur (U.P.)

FOREWORD

Before writing a few words to-day for this book, I feel great pleasure in quoting this sentence from the Letter No. 843 (Anant Yatra Part IV) of Sri Babu Ji, "Received your letter. It is a great pleasure to me that Sri Lala Ji Saheb has selected (chosen) you for Spiritual-Research." It has been further written that "you express and write about each and every condition, so far as it is possible, very appropriately." And why it should not be when, in this writing, there is certain indication of the satisfaction to some extent, of the fulfilment of His Divine will along with His grace and love.

Oh! who has called me from the Dawn of Simplicity? Please listen. A few words are calling me and saying something to me. The word was one and only one i.e. 'Love' but it had two meanings. In other words it was by itself the interpretation of its own meaning. What that word was? which conveyed two meanings although it was one and only one word "Love" i.e. Pyar in Hindi. And if analysed it would break up into Pa + Yar i.e. Meet the divine, then and only then your love would bear fruit or would be meaningful. Now when your will form (coin) the word from the meaning, you will have only two words – Devotee and God, the Sadhak and the Sadhya. Each word indicates and points out that "If you are a true devotee, attain God; if you are a Sadhak, attain the Darshan of your Sadhya in its real form. Furthermore, if you are an Abhyasi, try to feel the presence of God in your heart. It is so because the aim of Love is to attain and meet the Divine as if the Divine is present behind the abstract veil of love. Then why there is delay in meeting Him? Sahaj Marg Sadhna tells us that God is within you, then why is this delay in feeling His presence there, yes; please listen that Dawn of simplicity has revealed and told us that as Sri Babu Ji, the most beloved son of the Spiritual Giant

Samarth Shri Lala Ji Saheb was within me, in the same way His (Lala Ji Saheb's) love has descended Him (Sri Babu Ji) on this earth for the welfare of all and sundry. But each line of my song had expressed this feeling that my Sri Babu Ji had got laya me in Himself because I was not able to meet the Anant (unlimited, and He could not come in limits. Furthermore. What and how I may write that I had realised and attained Him. But what happened afterwards! The elasticity (lachkan) of Love came in the way and stood like a thin crease (covering) between He and me. Then in this condition how His this daughter could speak to Him that "Oh Babu Ji why have you kept only such a distance between you and me. May you do it so that I may crave for you forever? But it cannot be possible because He knew that nobody else would have the power and stamina to bear such a craving. Hence the meaning of the very word (distance) had changed within a moment. It seemed as if the darshan which I was getting through this Simplicity, gave me perpetual inspiration to live and also created a feeling of life. And one day? This Simplicity made available that Divine-Darshan to the whole of the humanity for its spiritual upliftment. And the whole of the Earth got blessed with divine Bliss and the sky began to sing songs in His praise, saying that "Oh! Babu Ji, those who surrendered themselves to you, got the torch (Sahaj-Marg System) burning on the path of spirituality" O! Babu ji, the Simplicity also surrendered itself lovingly and devotedly for the Divine Personality and the love of the word 'Love' began to drench all the hearts with its nectar saying that "When 'I, was present, 'you' were not, but now 'you' are present and I am not". What will you say now? The Nature is thrilled with ecstasy and the atmosphere is dancing with joy after receiving and enjoying the Divine Smile from the 'Simplicity at Dawn'.

AN INTRODUCTION OF THE DIVINE PERSONALITY

After all whom I want to know to-day? For writing about Him, my pen has bowed down before Sri Babu Ji and is also seeing very eagerly towards His feet. My pen has lost itself in deep thoughts devotedly before the auspicious presence of the Divine personality Sri Babu ji Maharaj that who wants to present Itself before it (pen). This is the introduction of the great Divine Personality whose saying is quoted here: "The treasure of spirituality, that I have brought for welfare of all, will be untreasured all over here before I leave this world; the atmosphere will collect it and keep it secure like an old heritage and everything will remain manifesting and presenting itself automatically at appropriate times. As the atmosphere is finding itself incapable of digesting and assimilating that introduction of the Divine Personality in itself, I think that it is the reason why that Divine Introduction wants to see light and present itself through my writing only for the welfare of the whole of humanity. Do you know why? The simple reason is that, may it be Atmosphere or may it be time, both are, incapable of keeping the Divine Message safe and secure in itself for a long time because the Time is a truth and the Truth sees the light of the world some day. Now it is to be seen that how does the Atmosphere or Time bring to light that Divine Truth despite its inability

How difficult it is to give His introduction who descends on this earth and remains giving it (earth) and will always remain giving it. But He did not take anything from this earth. Instead the Earth, as a supplicant, has got the Prasad of touching the Divine feet of Him. Although He was living on this earth but it (this earth) has remained deprived of the touch of His feeling of living on this earth. The flow of His divine transmission has remained purifying

and consecrating the whole atmosphere from the Earth upto the Sky and His Divine, pure and natural loving smile has remained filling and flooding the whole atmosphere by the grace (Prasad) of His Divine Bliss. Although living and moving on this Earth, the blank eyes of this Divine Personality is keeping the atmosphere from the Earth to Sky, light and free from the Ego and will remain adorning it by the power and capability of carrying all the human-beings towards the direction of Nothingness or Zero. Most probably only a bit of knowledge of the Divine Personality has come in the domain of my pen (writing). But it is the saying "Greatness descends from the father to the son". Hence whatever will be written by my pen, will be only through the blessings of Divine Personality. Now the condition of Nothingness will have to speak; although it is ignorant even of its own Recognition. It is a fact that the Divine Personality Sri Babu Ji Maharaj has welcomed everybody in His Mission. He has devoted Himself totally for His Sankalp to awaken the wish of each and every human-being to attain God-Realisation. In fact, it is a very short introduction of His Divine-Sankalp.

The words are silent because the Divine-Sankalp of that Divine Personality, has at last spoken about the whereabouts of Bhooma which has always remained unknown to us all. In fact, the truth is that His Divine descentance has laid the foundation of and also propagated simple Sahaj-Marg for the purpose of attaining all the spiritual conditions as well as Realisation also for the upliftment of entire humanity. In Sahaj Marg, the flow of Transmission in the hearts of human-beings has adorned the human hearts with the beauty of Realisation for proving the Efficacy of Sahaj Marg Sadhna. His Divine-Will which is full of love and which has given entry into the doors of the ultimate-Truth i.e. Bhooma has decorated and glorified the 'Sahaj Marg System' since the very beginning keeping it illumined with the

Divine light for the Darshan of the Ultimate. In meditation or Sadhna, in the very first sitting, the continuous flow of Transmission purifies the heart of abhyasi. Moreover, the fomentation of His love and Divine light, melts all the bondages of Ego and consequently it begins to free the hearts of the abhyasi from the bondages of Ego. And one fine day! it (transmission) removes the covering of Ego or (we are non-existent) and thereafter adorns us with the higher spiritual conditions and ultimately gives us entry into the condition of Nothingness or Zero. This is only a very brief introduction of the Sahaj Marg Sadhna as prescribed by Sri Babu Ji Maharaj in His Sri Ram Chandra Mission.

It would be better and a blessing if the Divine Personality (Sri Babu Ji) may bestow such a power and capability to my pen so that this writing may not remain simply a writing, instead it may become a symbol of Divine-Sight (Divya-Drishti). In this writing, through His Research, He has descended into me very clearly the different subtle conditions of the spiritual journey during the Sadhna, from the beginning till the end, thus He has ultimately revealed all the secrets of the Ultimate i.e Bhooma for the welfare of the whole of the humanity and has thus blessed it (humanity). My life had become blessed the very day when I had got the Darshan of that Divine Personality in the courtyard of my home in form of a human-being. My heart is still craving in submissive mood with this prayer that it would be far better if my Babu Ji may repeat His this sentence for all "Dear daughter, I, too was searching you." What are these words of my prayer saying most humbly to Sri Babu Ji Maharaj? Please listen! In the spiritual field, He tells to the abhyasi about the first and preliminary sitting of Sahaj-Marg Sadhna i.e. 'the heart is illumined with the Divine-Light' and thereafter provides the supreme bliss of Realisation and after that He bestows the condition of complete absorbness in the glorious region of

Bhooma i.e. in Centre-Region. After getting the condition of unlimited the abhyasi gets laya in the sankalp of Sri Babu Ji and touches the doors of Bhooma. He forgets even the feeling of his own Identity and becomes free from it and thus gets laya in the heart of his Creator. O! Babu Ji, that day will certainly come because your Divine descendance on this earth is for the welfare of all the human-beings. To absorb you in itself the inner craving of the heart has become fortunate. By the effect of your auspicious descendance on this earth, the hearts of human-beings will remain remembering you constantly and continuously. It will now become possible for each and everybody to realise God by drowning himself in the sanctity of the Ten Commandments of Sahaj Marg. Your this Divine saying that "Human heart is a part of the Original Power (Adi-Shakti)" can be now easily proved. It is a Divine saying of Sri Babu Ji Maharaj that "the heart is the greatest friend of us". When this heart will attain the spiritual higher stage through Sahaj-Marg Sadhna, it will then become helpful in the spiritual upliftment of everybody and it will then succeed in bringing down the spiritual-living in human life. As a result of the prayer of Samarth Sri Lala Ji Saheb, Sri Babu Ji Maharaj had descended on this earth, just as a symbol of the Infinite-Power of Bhooma. This is the reason that His Divine-Sankalp or His Adi-Manas which was immersed in the sanctity of the original power (Adi Shakti) has achieved spiritual attachment rather Divine link with the human heart. Oh! What is it? My pen has left my company; how will I then be able to write further? Again what is it? My pen has detached itself from me and has taken shelter in the Divine-arms of Sri Babu Ji.

Now you may please tell me as to who would be able to write about that Personality who is an embodiment of Bhooma, if that Personality would not have presented Himself and tell

about Himself to all. We have always been getting knowledge of Incarnation through Saints and Sages. The real introduction of Sri Lala Ji Saheb is, in fact, the introduction of such a personality who by His Divine courage and power had brought down on this earth the Divine Personality who is full of Divine Power of Bhooma (Ultimate). Please listen; He was Samarth Sadguru Lala Ji Saheb (Fatehgarh, U.P.) whose sacred name was Sri Ram Chandra Ji Maharaj and who was born possibly to fulfil this Divine work only. This great Sad-Guru was not the glory and beauty of Sant-Mata only, in fact He was born as a saint. I came to know of this fact by reading His Biography. Besides being a man of firm determination, he was very humble and balanced in all respect. He (Sri Lala Ji Saheb) had promised to undertake and complete the Divine and spiritual work which was entrusted to His Guru by Nature. After seven months of rigorous and tireless Tapasya, His prayer touched the feet of Bhooma and as a result of that, Sri Babu Ji, who was a sign and symbol of Bhooma and was also flooded with the grace and glory of "Adi-Shakti", had illumined the whole Earth with His Divine Power and Light. Possibly, that is why the Divine had adorned Sri Lala Ji Saheb with the titles of Adi-Guru, Samarth and Sadguru as a Divine Boon. This is a brief description of that Divine Sankalp which has to adorn the world with the spiritual beauty, there is a constant and continuous Transmission of Divine Power.

SHRI RAM CHANDRA MISSION

The glory of Shri Ram Chandra Mission is totally reflected from its Divine Introduction. Shri Babu Ji has explained very clearly about all the spiritual and most subtle conditions (through His letters in reply to those of mine) achieved and attained through Sahaj Marg Sadhna as prescribed in our Mission. Thus He has presented before the world the whole spiritual-literature through the Five Volumes of Anant Yatra (A collection of correspondence between me and Shri Babu Ji Maharaj) which is, in fact, the most priceless and precious treasure for the good of all the human beings. After getting the touching of the feet of Sri Babu Ji Maharaj this treasure of spiritual experiences purifies the human- hearts and gives rise to the noble thoughts in human minds. It also fills up the emotions and feelings with the sweetness of oneness and selflessness. After crossing all the steps of Sahaj Marg Sadhna, may it be meditation, cleaning or the Prayer, I have found the Divine Introduction of that Infinite Power. By receiving the fomentation of the Divine Nearness (Sameepyata) within me, I have come to know that "I have been getting saturated by the warmth of Divine Nearness". As soon as we get entry into the doors of (way of) Meditation (First step) the Divine-light gives us a glimpse of God in our hearts and thus speaks about the reality of Meditation in Sahaj Marg. The second step is cleaning in the evening. In cleaning, we receive, in the pure mirror of our hearts, the sweetness of Divine Darshan. Moreover, the third step is Night-Prayer. It seems that the prayer, after giving the introduction of its Perfection, introduces us the higher condition of self-submission.

Do you know what happens afterwards? Please listen! Meditation (Dhyan) fills our hearts with the glimpse of Realisation (Darshan), cleaning apprises us of the good and auspicious news

of Realisation and the Prayer immerses our innerself into the intense craving of the news of meeting God and thereafter makes full preparation for Realisation (Sakshatkar) in our pure heart. After getting this divine condition, Sri Babu Ji Maharaj had written to me that "Now the speciality of Sahaj Marg becomes complete and now the abhyasi gets entry into the Sahaj stream (Sahaj Dhara) which is linked with the Satya-Pad, with the result that the spiritual journey of the Abhyasi automatically (according to the Sankalp of Sri Babu Ji Maharaj) proceeds itself towards the centre of the splendour of Bhooma i.e Centre-Region.

At present the whole beauty about the Truth "Who was He? is before me. In my this book, the description of the spiritual virtues of Sri Babu Ji Maharaj had got perfection through my external eyes. In other words it can also be said that this description was mostly related to the darshan of His physical personality. But my book "That Divine Beauty" has been able to present before all human beings, His Divine Omnipresence and Beauty through my inner-eyes. In order to write about the swimming in the central Region which is the region of splendour of the Ultimate (Bhooma), my pen had got the support of the Divine insight (because of His Sankalp) by bowing on His feet for the good of all the human beings. Now my helplessness became silent. When the empty sight of mine got entry into the Divine Seven Rings in order to achieve Divine Expansion of Bhooma, Shri Babu Ji blessed me with the Divine-eye with the result that my pen, after writing all about the Tam-Awastha, became silent as if it had lost its Inward Eyes. How the helpless pen could speak, because after getting the introduction of Sri Babu Ji (Who was a living embodiment of Bhooma), it has hidden itself behind the "Simplicity At Dawn".

SYSTEM OF SAHAJ-MARG SADHNA

Whatever experience I have got from the very first day and in the very first sitting of Sahaj-Marg Sadhna is the Natural Darshan or philosophy of Sahaj Marg : in other words the soul of Sadhna. During Sitting we are asked to keep in mind or to suppose "God is present in your heart and your whole heart is illumined by the Divine Light and you are totally drowned in it". The natural subtlety of this practice is the Divine for whose Realization we have begun this meditation of Sahaj Marg. Besides that, this practice, that the whole heart is drowned in Divine-light, is also very important. As the thought of Divine-light becomes deeper and deeper, the Godly-fomentation goes on melting the matter and throwing it out from our whole system. Subsequently our hearts and the whole system remains illumined from the Divine-light, due to which we begin to receive and feel continuously happiness and formentation of the nearness of God. This is the reason why within a short duration after starting the Sadhna (meditation), we begin to feel Divine Attraction within our inner. When the Divine light spreads within our heart (inner self), the divine happiness and purity makes our attention of thoughts introvert. When the tendencies begin to become introvert, it is an important sign of success in Sadhna.

Subsequently the Divine who is present in our heart, becomes the constant centre of thoughts with the result that the outer charm and attraction go on fading continuously. When the outer charms and attraction become less and less, the worldly desires begin to converge rather they begin to lose their charm day by day and the heart naturally involves itself in the practice of Sadhna itself. The happiness in meditation as well as the inner awakening of remembering God even in that happiness introduces us truly with His oneness and nearness that "He is mine rather

He is ours and is also close to us. In fact, He is present in our inner. When anybody becomes so close to us and the subsequent feeling of divine bliss may remain keeping us in His constant touch, the inner craving then begins to cling with this remembrance. Ultimately, the Remembrance which is saturated in the sacred feeling of Divine oneness, gives birth in our heart, the craving for meeting with God. Now the true meaning of the word Sadhna becomes very clear in our heart in the form of inner condition. If we may analyse the word 'Sadhna', it comes to Sadh + Na. Sadh means desire and 'na' means 'no'. In other words the inner condition begins to cry forcefully, "I have no other desire but to Realise you." The result is that the desire in our heart develops a sort of craving in the innerself which ultimately reaches its goal of God-Realisation. It is the law of Nature that if there is birth, there will be growth. It means that when we begin the meditation in Sahaj-Marg, we want to grow spiritually. Then our Sahaj-Marg Sadhna becomes very easy and natural for us. It means that now we have not to sit for meditation, instead the connection of our thought remains automatically present every moment. Please see its double benefit. When the attention (meditation) remains automatically, the divine attraction itself then remains contracting it (meditation) and henceforth the whole inner begins to glow with Divine-light and the thought (Dhyan) becomes stable at the doors of Divine. Then and only then the Divine-attraction begins to adorn our inner by the Divine-beauty. Since then we become free from doing meditation and cleaning-process etc. My Sri Babu Ji Maharaj had then written to me in His letter, "Now it is not possible for you to practice meditation, because when the condition becomes lighter than the practice, the practice is then unbearable. When the whole inner remains illumined with the Divine-light, there remains no need for cleaning." Now what Sahaj Marg System can say about it.

Further, when the Divine-attraction begins to adorn our Inner with the Divine Beauty, it is certain that it begins to prepare ourselves for God-Realisation. This preparation is called 'Devotion'. In other words, now the devotion takes birth. When the devotion develops in our hearts, the Meditation gives its place to devotion and subsequently gets laya in Devotion. When the Devotion begins to develop, our inner remains absorbed in the condition of Submission before God as if it is praying for Realisation. In this way the heart begins to forget the last-link of all the three steps of Sahaj Marg Sadhna i.e. Meditation, Cleaning and Night Prayer. It means that now we forget practising Meditation because after getting entry into the condition of self-submission, our inner becomes embodiment of Prayer and remains drowned in the condition of forgetfulness. I have found that the back-bone of Sahaj Marg System is the Divine-Sankalp of Sri Babu Ji Maharaj which transforms the human heart through His Divine-Power of Transmission capable of God-Realisation. The continuous flow of Transmission of Divine-Power, which emerges and flows of His Divine-Sankalp, enables the abhyasi for Realisation from the very first sitting. Not only this the living-symbol of the Divine-Power in Sri Ram Chandra Mission are the Preceptors who are prepared by Him for training or for service of the abhyasies. It is an example of spiritual-grace and glory that at first by purifying the heart of the abhyasi through transmission of Divine-Power and thereafter filling the heart of the preceptor with the Divine-Power, the preceptor is made capable of imparting spiritual training to the abhyasies. After flooding the heart with the light of devotion and also beautifying the craving for God-realisation as well as illuminating the whole system of the abhyasi with the Divine-light and then linking it with the Divine-Power—nothing but a unique miracle and the spiritual-

literature as well as the Bhakti-literature have both remained silent on the aforesaid subject. To-day the Divine-Power of Shri Babu Ji Maharaj has ended or broken this silence forever. Thus His Sahaj Marg System has raised the head very high of spiritual-literature and added Divine grace and glory to it. The present era or age, by accepting Him as a Divine Personality has made itself very fortunate. In the present uncertain and deplorable times, our Grand Guru Samarth Shri Lala Ji Saheb has descended on this earth from the Main-centre of Adi-Shakti (Bhooma) Shri Babu Ji Maharaj as a Divine Personality and thereafter He got laya Himself with Him (Shri Babu Ji Maharaj). Such an example of love as mentioned above is by itself unique and unparalleled and it will also remain as such.

The Incarnations descended on this Earth as a result of the sincere and selfless prayers of the great Saints and Sages. They left this world after completing the work for which they had descended on this Earth. We have been getting knowledge about them through the virtuous and spiritual acts done by them as mentioned in the holy Epics such as Shri Ram Charit Manas (Ramayan), Sursagar and other books. We still read them to refresh our knowledge and memory. Those persons who recognized them and worshipped them as Godly Incarnations, linked themselves with them (Incarnations) and subsequently realized God. But none of the spiritual personalities except Shri Babu Ji ever came on this Earth with the virtue of spiritual training as well as Power of Transmission for the sole purpose and Sankalp of spiritual upliftment of the whole mankind. Hence the spiritual literature remained silent till the arrival of Shri Babu Ji Maharaj. Nobody ever received the knowledge and Introduction of such a Divine Personality therefore how any writer, through his writings, could give His introduction by immersing himself in the Divine conditions. From the very

beginning till the end i.e. the Ultimate Truth (Bhooma), all my letters, that are full of reverence, devotion and love as well as Divine spiritual conditions and the letters written by Shri Babu Ji in reply to my letters in the form of five volumes of Anant Yatra are the unique contributions of Shri Babu Ji in the spiritual-field for the betterment of all and Sundry. My pen has become blessed by writing the five volumes of Anant Yatra which are full of all the experiences of all the conditions I reached during my Anant-yatra upto the Bhooma. It has become possible only when my pen has touched His lotus-hands and feel the loving-touch on its forehead. As a result of this, my these writings, after adopting the grace and glory of the spiritual-training as prescribed by Sahaj Marg System, is just like the watchman at the Divine-doors for the spiritual welfare of every human-being. It (pen) has taken a pledge to reveal and explain all the secrets that have been disclosed through His love. Really Sri Babu Ji is the writer Himself. This truth is apparently clear because, when the hands and mind get tired while expressing and writing the Divine conditions, even then according to His wishes, His this daughter became overjoyed by seeing those conditions spreading before her which she experienced during His (Shri Babu Ji's) Divine Research on her. She remained lost in this phenomena and remained sitting and will remain sitting with the pen in her hands.

It is impossible to speak anything about the glory of the system of Sahaj-Marg. Because, after accepting and following this system, the changing condition of our inner, the level and direction of our thoughts and the stability in meditation can only speak about its beauty. You know why? It is so because here the experience speaks about it. All the human tendencies which become upward due to spiritual progress always speak to themselves that :

“Oonchi Jata Papihara, Piyat Na Nicho Neer.
Kai Janchat Ghanshyam Sey, Kai Rahi Dhimat Sharir.”

(The meaning of this couplet is that the Papiha (a species of bird) does not drink water which falls on the ground. It is her nature that when it rains, she keeps her betel upward and drinks the fallen water from the clouds. She never demands it from anyone or anywhere but she demands it from the clouds only). In this system the experience has told us that now the inner-sight is serving as a watchman which does not let the external colours to settle down in the inner because our meditation (thoughts) that is dipped in Divine colours begins to impart Divine colour to our inner. Not only this, the worldly colours, that had tainted our worldly thoughts so far, go on fading soon but gradually by the practice of meditation of the system that “God is present in our hearts”. The inner remains drowned in the remembrance of God. Perhaps at such a time certainly Meera would have recited that “only Lord Krishna is mine and none else”. With the same feelings the saint and poet Surdas would have begun to sing that “there was only one heart which loved and surrendered itself to Lord Krishna (Shyam). Brothers, the bare truth is this that the craving in the heart for God Realisation expresses into our writings all our experiences pertaining to the craving of God Realisation in our heart. At that time the writing of certain saint would have apparently uttered or spoken on the basis of his spiritual experience that “Ram came to my home and also went back but I did not get up for touching His feet.” Why did it happen? It was so because my eyes were awefully sleepy, hence could not be awakened.” Please tell “When our experience becomes spell-bound by seeing our Beloved who is present in our heart. It is not possible for anybody to bring back it into senses. Moreover, who will not be in his senses, will not be able to see anything.

According to Shri Babu Ji Maharaj, Sahaj Marg has got

the under-noted glorious qualities in addition to others. He said "I have infused the feeling of sacred Brother-hood in the Sahaj Marg System." These words of Him have imparted especiality to this feeling and experiences of abhyasies for observing and judging their own progress. This noble feeling rather virtue develops automatically; in other words the feeling of brother-hood begins to develop automatically in the hearts of abhyasies. It is also a measure and balance for measuring our own progress. "If such a feeling would not have developed in our hearts even after joining this system, we should think and accept that we have not followed the Sahaj Marg System correctly and devotedly." In fact the Divine Sankalp of Shri Babu Ji for the upliftment of everybody is to present in the Sadhna just like a seed. What a feeling of brother-hood! During the Basant Panchmi celebration, Abhyasies used to live in Shahjahanpur for a number of days. They never remembered of their house-hold and family members as they remained totally engrossed and immersed in love and feeling of Brother-hood among each other. Why it should not happen when there is as Aim and Sankalp of God-Realisation in the heart of everybody and for the fulfilment of that Aim or Sankalp, the abhyasies remain receiving Divine Transmission from Shri Babu Ji, with the result that they felt a sort of Supreme-Bliss which transforms us, the abhyasies, and makes us Bairagi i.e. a person who renounces the worldly pleasures. Whatever my experience has apparently told us is that the grace and glory of our Sahaj-Marg System is in fact the flow of the Transmission of Shri Babu Ji.

Sahaj Marg Sadhna has already thrown much light, through my writings, on the importance of meditation. In this system, we have got the boon from the Omni-present God of remaining in constant and continuous meditation along with constant Remembrance, if we practise to live with Him with divine pleasure

of meditation. It would be more proper if I say that through the practice of constant remembrance, I found one day that Invisible but Omni-present God has entered into my heart and eye and my concentration never leaves Him. He always remained in my heart and mind and my thoughts remained always linked with Him. Subsequently, when by the grace and kindness of Shri Babu Ji, I began to receive and feel the fomentation of Divine closeness in my heart, the Existence of Kasturi melted fully. Afterwards, there remained nothing but God. What could the Divine then do? Ultimately His whole divine power threw out the melted materialism from my very existence. Now there remained only the pure heart of Kasturi. Thereafter He began to immerse my heart into Himself through meditation. What has remained now. In fact, this Divine condition has revealed the truth of His saying that "We have got entry into the condition-"Live In Master" or in Godly-condition. Now the condition of constant Remembrance has begun to keep me drowned permanently in the Supreme-Bliss, then Shri Babuji had written to me, "your condition of Laya Awastha in God, has begun. It is my prayer and as well as a blessing for you that you may progress more and more with the blessings of Shri Lala Ji Saheb." He had also written that "Ultimately, one day the Beginning (Adi) gets united with the Infinite." I found and realized that it was a Divine-sent inspiration and courage that had influenced the mind as if spell-bound by magic because after that I never retraced my steps and never looked back. I could never come to know and understand as to since when the Pran-Shakti began to unite with the Infinite-Power. It was, in fact, a Divine-secret and magic of Shri Babu Ji which was beyond my understanding. I have been able to follow only this much that the inspiration and courage given by Him remained reducing the distance between me and the Aim or Goal.

According to the saying of Shri Babu Ji "It is not only the

Prayer; but the whole of the Sahaj Marg System has descended on this earth from the above. It has not been adorned and beautified. But after getting entry into it, when my Sadhna got linked with the Main Source, I could, then, understand the real Introduction of our Sahaj-Marg. What is that? The continuous and intermittant flow which is immortal and which originates from the Divine-Power and has linked itself with Shri Babu Ji Maharaj in the Sahaj Marg System, is still going on for the betterment and adornment of the Abhyasies. I have also now come to know about this secret that Shri Babu Ji has linked me constantly with the Divine through this system and I have got true knowledge of Sahaj Marg in the form of Sahaj Dhara. My Brothers, I have been able to present before you all a brief Introduction of Shri Babu Ji's mastery over Divine-Power.

This point now becomes totally clear that whatever is Divine, is meant for the whole world and humanity because He is Omni-present and Omni-Potent and All Pervading (Sarva-Vyapi). He is present in the heart of every-body. Hence, in the Sahaj-Marg system, may it be Meditation, Cleaning or Prayer, the basis of everything is to unite with God. This is the reason why I felt, on taking three sittings with respected Master Sahib Ishwar Sahai according to the Sahaj Marg System, that some sort of consciousness which was in sleepy-state in me till now, has awakened fully. Since then my inner began to seek somebody. Then and then only, I began to feel some sort of craving in my heart. On writing this condition Sri Babu Ji Maharaj had written to me that due to the effect of our Transmission, the sleepy-Divine consciousness has awakened after taking bath in the Divine Power of Transmission. Since that time, the attachment with the God increases and the mind automatically ceases to think of useless things. So while sitting for meditation, unnecessary and useless thoughts

stop coming and the understanding of spiritual matters develops. In addition to this, as we begin to receive in our heart the continuous flow of Divine Transmission from our Preceptor, a devotional craving for Darshan (Realisation) develops in the inner core of our heart. It overcasts the whole mind, consequently as the rising waves of the sea throws out the dirt of the sea along with its foam, in the same way the Divine Transmission throws away the unwanted thoughts which are persisting to our heart and mind and make them pure and bright. Since then, the Divine-light, that is present in the heart begins to spread everywhere in the whole system. Now I have understood its secret that the darkness of materialism can not stay where there is Divine-light. This is the reason why the feeling of closeness with God becomes a source of pleasure to us. The Inner-power begins to throw out the irrelevant (unwanted) thoughts from within and our heart automatically remains immersed in constant remembrance. The tendencies of inner (Manas) goes upward. Due to the spiritual alignment or union of the heart and mind, other unnecessary thoughts and actions begin to leave us. Since then I have experienced that our Shri Babu Ji begins to liberate us from the feeling of Ego. After achieving such a pure condition of the inner, I began to recite the following lines of my song :

“Hamko Permanand main rakkha hai tumne kis kadar,
Hoash virana magar tha geet gaya kis kadar,
Desh Jab priya ka tha aya, dhoondtey khud ko rahe.”

“The main idea of these lines is that “you have kept me in such a supreme bliss that I forgot myself totally and I remained searching myself.” Shri Babu Ji Maharaj has asked the abhyasis to keep in mind the Aim that God is present in your heart”. Remembrance of Aim gets deep rooted in the heart of Abhyasi through constant Remembrance. Within no time this feeling tends

to adopt our own form. In other words it can be said that this very feeling itself becomes an Abhyasi. The heart which remains immersed in constant remembrance, and the feeling of His presence tends to become the Soul of the Abhyasi and becomes totally drowned in achieving the aim or goal of God-realisation. The pen is compelled to write that :

“Jab mein tha tub tu nahin,
Ab tu hai mein nahin.”

i.e. when there was 'I', you were not there, now you are present while I am not." I may call my this condition the Divine Miracle of Sahaj Marg or Divine-love that to-day these lines of certain poet have well described my condition :

“Bal na chhoote kale baloan se, aru nai sai fariyad,
pal bhar mani na chhoote kale sai, mujh sai teri yad.”

“The essence or central idea of these lines is that black hair may not free them from twist, the lips may not free themselves from request, the snake may not leave the Mani for a second, in the same way I may not give-up Thy remembrance.”

What the poor feeling may do now when the concentration becomes one with the goal i.e. God. Then the saying of Shri Babu Ji descends with us in the form of 'condition' that the remembrance may be such that it may never come. Then the craving that remains sleeping in the inner gets awake because the thought, after drowning in the depth of the heart remains with God. The condition of the Inner becomes such that "Baithey, Soote, Pare Utan, Jab dakhoin tub wahi thikan". The meaning of this poem is that I may be sitting, lying, sleeping or standing, whenever I see, I see the Destination. Now I had attained such a condition that my thoughts had reached their goal or destination. In other words, the thought of Him had got laya in Him. The remembrance had left and deserted me. Afterwards the condition takes a change.

When I remember Him, my pen wrote this condition, "Tarap ko dekha tarapta, Pyas khud ko pi gayee", i.e. seeing the craving, restless; thirst itself drank itself. In the end the Identity which remained was properly adorned with Divine beauty by Shri Babu Ji and thereafter He filled it in His divine eyes. Brothers, the truth is that I had somehow borne the pain of forgetting the remembrance of my beloved, but the subtlety of the condition told me that after getting the union with Divine, the pain remained lonely so where it may go then and what it may do, when the remembrance had also left it and thereafter had immerse itself into the divinity of God Realisation. Do you know, why? The reason is that it (pain) has separated from Divine. The searching heart had sought and found out God with the help of the transmission of Shri Babu Ji Maharaj. To-day I pray to my Shri Babu Ji that this gem of the divine-grace of the pangs of separation with the beloved, may find place in the heart of each and every Abhyasi for the purpose of God Realisation.

The second important part of this sadhna is Cleaning. There are various external methods or sources with us for external cleaning. But for the cleaning of the inner, there is only one source i.e. spirituality. Now let us see what is the method of Internal cleaning in the Sahaj Marg System. Please listen! From the very first day by meditating on the heart that "The God is present in our heart", and by its constant practise and internal attention, the heart begins to enjoy gradually a sort of link with God. Through meditation our heart goes on becoming pure by the passage of time. The system of evening cleaning is that by getting transmission through Shri Babu Ji, we the abhyasies think that, "all those things that are a hindrance in the way of God-Realisation are going out from the back and our heart is getting purer and purer each day." When our wish and will of inner cleanliness link with the power of Divine Sankalp of Shri Babu Ji,

we began to feel immediately about the purity of the heart. Although this feeling is very necessary for our spiritual progress that we should always remain alert that we may not have any evil thought. If we may make efforts, and if we may have sincere wish and if we would have received the help of the power of Divine Sankalp, we do certainly feel the purity of thoughts and the heart. Besides this, the Divine condition of Realisation makes the devotion soft, simple and natural. Through the power of Transmission, the pure heart gives us the feeling of God in it. Subsequently the heart remains saturated with the Divine-Bliss of the divine feeling. The sweetness of the saturated condition gives birth to devotion in our heart, hence the Sahaj Marg Sadhna becomes easy, simple and attractive. The remembrance of Meditation (God) after drowning itself into the supreme-bliss of constant remembrance never comes out or floats on the surface. Do you know why? The reason is that the heart, after getting divine condition of Awadhoot begins to enjoy the Divine-bliss. When this divine condition (Awadhoot-Awastha) begins to touch the mental activity; mostly it loses the worldly consciousness. In such a condition I have found that Shri Babu Ji is very close to me, wherever He may be present. His closeness and presence remain controlling our senses. In my own case, I sometimes remained careless rather unconscious of my own dress, but no one or my family members ever found anything lacking in any of my actions. Sometimes I found that Shri Babu Ji alerted me by holding my hand. But keeping me in this strange Supreme-bliss for three days only, He pulled me up from this higher-condition. Such is His patronage which remains controlling the abhyasi in every higher spiritual condition.

PRECEPTOR

I have observed that, in Sahaj Marg, Shri Bahu Ji Maharaj prepared the Abhyasi for becoming preceptor for the spiritual service of Abhyasi brothers and sisters. In fact it is a proof of unique Divine-work before the world. As a result of His Divine-wish, when the heart of any abhyasi used to become capable of receiving continuous flow of divine transmission itself, then by linking the heart of such an abhyasi with the centre of Divine-Power, which is present in the atmosphere and which remains purifying the atmosphere according to the Nature, Shri Babu used to allow the abhyasi to work as preceptor. Do you know why? It happens so that the heart of the abhyasi may receive the transmission of Divine Power but the weaknesses of the Preceptor as a human-being may stop then and there and the heart of the abhyasi may go on becoming purer and purer. This above fact can also be said His Divine Miracle. Moreover, He used to ask the preceptors that he (preceptor) should dive deep into meditation or remembrance of God in the heart and there-after concentrate on this point that the transmission of Divine-Power is entering into the heart of the abhyasi and also all those unwanted things which are a hindrance in the way of God-Realisation are going out from the back. He (the preceptor) should there-after think that the purified heart of the abhyasi is drowning deep into the love and devotion of God due to the effect of the Divine Transmission. I have found that such a training is very useful and fruitful for the abhyasi. By His grace I have observed that the talks among the abhyasies, that are drenched in love and devotion for God, provide us golden and natural opportunity for developing true and sincere feeling of brotherhood. Not only this, this spiritual-union does not let us come out of the condition of Forgetfulness irrespective of the fact that we remain with Shri Babu Ji for a number of days. It was His mastery

over Divine-Power that when we used to return home, we brought Him also with ourselves. In fact the Sahaj Marg System has become the sacred and Divine symbol of Shri Ram Chandra Mission and it will remain giving the Divine Message of God Realisation to all the human-beings. The Preceptors, who have been prepared through His Divine-Power, will remain increasing the craving in the hearts of human-beings for God Realisation. It is certain that when the condition of Laya starts, such a condition automatically come that Shri Babu Ji used to become very happy by thinking about giving permission to us for the spiritual service of the abhyasies. But He used to do it at that time when I wrote Him about my this condition that "Shri Babu Ji the depth of devotion is such that it seems that the devotion itself has lost its consciousness by immersing itself in God. It seems to me that wherever I may sit or wherever I may go, spiritual power remains spreading all over and all around me." In reply Shri Babu Ji had written to me that "you are now, in fact, having and enjoying the power and condition of a preceptor, because when the power remains transmitting and spreading out from you, you should be permitted for taking work from you for the spiritual upliftment of all others so that the power may be utilised." Not only this, He had also written that you possess this power because of your laya-awastha with the Divine and when this power will also get laya in you, you will then gain complete mastery over this power." It is my helplessness that I can not wait for permitting the abhyasi to impart training for transmission till he reaches this stage and attains this condition. Because my main aim is to complete the Divine Sankalp for the betterment of the human beings and for serving my Mission as well. Hence, in this way I will be possibly able in my whole life to give permission to one or two abhyasies only for working and serving as Preceptors. I am highly obliged to my Shri Lala Ji Saheb that He has made me lucky enough that I could see that higher condition in you." Now tell me 'Has any other

great personality ever descended on this earth, who, for the speedy spiritual progress of the human-beings, linked the heart of abhyasi with the limited circle of Divine Power and determined to serve the humanity. The Preceptor, who has been prepared by Him, will think that the Divine Transmission is going on into the heart of the abhyasi, sitting in front of him. Then the transmission of Divine Power will automatically start from the limited centre of Divine Power. It is the duty of the Preceptor to take work from the 'Power'. Certainly Shri Babu Ji's words come true that I have not prepared you as a Preceptor for all the twenty-four hours. When there is spiritual work, you are a Preceptor but in the remaining time, you are only an abhyasi to devote yourself totally like a true devotee. There is an intelligent thinking hidden in His above saying that the Preceptor may not develop any 'ego' in himself.

THE DIVINE TRAINING OF SHRI BABU JI

In Sahaj Marg, I may call it the Divine Training of Shri Babu Ji or His love for the abhyasies for the fulfilment of His Divine Sankalp. It is remarkable. After attaining the condition of Awadhoot-Gati, (Total forgetfulness of self), I found that His Divine Training had started through the Sahaj Marg System. In fact I came to know about the sum and substance of His Research about the conditions of the Divine-Kingdom at that time when my inner, which was drowned in His meditation because of Him, began to touch the depth of it (Divine Kingdom). Now it was the end of the Sadhna through Sahaj Marg System and now He Himself had become the centre of meditation and the training had become Divine. Sahaj Marg Sadhna had kissed His feet and thereafter had handed me over to Shri Babu Ji Maharaj for receiving Divine-Training as if it (Sadhna) had told clearly that He Himself was the symbol of the Naturalness of Sahaj Marg. Now my pen, after touching His feet, has surrendered itself to Him & Him only.

When the concentration, totally immersed in the depth of meditation and the heart totally lost in devotion, begins to get the Divine Fomentation continuously, Shri Babu Ji had then written to me in reply to my letter that, "I am highly pleased that, by the grace of Shri Lala Ji Saheb, your Laya-awastha has started." Now you would have surely come to know as to where from we begin to know about the condition of what Babu Ji calls laya-awastha. This is the reason why its importance is so deep. The starting of this priceless condition (laya-awastha according to Shri Babu Ji) tells that now I begin to live in Godly-Region. Not only this, we come to know the unique Philosophy of His saying and also the knowledge about His mastery over the Power of Bhooma at that time when at the sacred time of God-Realisation He freed all the sixteen circles of Ego which were imprisoned in His Divine Will and it seemed that He got me laya in Godly Region

and then I realised that those sixteen circles of Ego also got laya in the Main centre of the Godly-Power forever. Not only this, the extreme limit of His Divine Training which He had descended unto me for writing about His Research through my experiences and that Divine sight which He had bestowed to me to have the experience after God-Realisation is speaking something. Let us hear what it is speaking. You may further see the miracle of Shri Babuji's Divine Personality. After diving me deep into the centre of Divine Power, as if reaching me to the ultimate goal of human-being i.e. God Realisation and before giving me entry into the Region of Ultimate, He had given the condition of Satya-Pad, the entrance of Centre-Region. Thereafter the other secret also got revealed before me which is like this. Taking out from me the subtle and the most subtle Ego and giving me complete liberty after imprisoning it (ego) within the sixteen circles upto the Godly Region, He gave me a dip rather dived me into the Main Centre of Divine Power, with the result that the Ego remained drowned then and there. Then it was impossible for it (Ego) to meet me anywhere. He, after accepting my Identity and giving me entry into His own Divine Sankalp, started giving me swimming into the Centre Region. You may just imagine that my pen got totally stunned by seeing this Divine beauty and was forced to write to Shri Babuji Maharaj that, "Flowers are being showered on me but strangely I am not feeling the touch of those flowers but it seemed to me that the Divine-Power is entering into me through the flowers. "Shri Babu Ji wrote to me in reply that "you could not feel the touch of the divine-flower because they are the symbol of Divine-Power. I am extremely happy, "May my Lala ji Saheb bestow on you the divine condition of Reality of the real or the Ultimate-Truth." No painter would ever be able to draw the picture of such a divine condition. No pen would have ever been able of writing and bringing before the world His Divine-Love and Divine-Wish for the abhyasies and all other human beings if He would

not have presented Himself again for His dear daughter and held and controlled her pen.

Such a Divine Personality has never descended on this earth and will never descend again in future. In Sadhna He has made all His researches on me from the beginning till the end (Anant) for the betterment of humanity and left nothing for the posterity to research. Such a Divine miracle has never happened that somebody would have descended by becoming the Master of Divine Training by transmitting Divine-Power from our heart to another heart during sadhna. But only He will become the Master of Divine Training who will have the complete mastery over the Original Power of the source (Adi Shakti). I have given true and ample proof of this in my each and every book. Perhaps due to having mastery over the Original-Power (Adi-Shakti), the method of training in Sahaj Marg System is certainly the contribution of His grace and kindness. His research has proved that, "He has now cleared at first – all those bondages (e.g. the curtain of Maya and the bondage of Ego) which can produce hindrances in the way of God-Realisation by any abhyasi. Now all those obstacles have been removed for all the abhyasies forever. His mastery through His Divine Will-Power, has proved, after imprisoning the human-ego within sixteen circles (it has been impossible so far to become free from Ego) that whatever we abhyasies could not do so far, can be done by Shri Babu Ji. He has now taken a pledge that He would free the human-beings from the bondage of Ego through His Divine Will Power. Further, after God-Realisation I have found that; after establishing the abhyasi (Jeeva) on Satya-Pad, He gives entry to him (the abhyasi) into the central Region of the Ultimate. See His grace and generosity that He takes the abhyasi in the boat of His Divine Sankalp and thereafter lets him to swim.

Now let us see the condition beyond this and the climax of

His Divine Training and observe minutely the Divine Miracle before you. The first spiritual miracle is that He has transformed His daughter Kasturi in such a way that she is moving on this earth and discharges all her worldly duties, obligations and domestic affairs like an ordinary human-being and see this Divine miracles with that He, by giving entry to her Identity into His Divine Sankalp and also by allowing swimming into the central Region, is taking her (Kasturi) along with Himself to His Infinite-Region. Today I am capable of writing and expressing the conditions for the betterment of all the human-beings which I had achieved forty years back through His Divine-sight and grace. Today I am going to disclose this Divine Secret through my writing for the betterment of every body that Shri Babu Ji's personality was linked with the main centre although He was living in this world amongst us. At that time I had observed through the Divine eyes given to me by Him that He was carrying me to His home (centre of Bhooma) with Himself. His Divine insight wants to reveal to the whole humanity that how He takes us to the doors of Bhooma and then allows us entry into it after glorifying our spiritual journey. It is a peculiar Divine-Secret that He Himself is opening through my writings. Now the main central point of the central Region is before us where the pen is not writing any word but the truth is that, that very divine-scene has itself descended into my pen with the result that my pen is now capable of expressing and explaining it. What a divine miracle it is that here the words speak themselves and the sequence of the words is formed automatically. And what about me? "I remain sitting and seeing this wonder." Now see how Shri Babu Ji brought me into the main centre of the central Region which is in fact the splendid region of Bhooma. Suddenly I found that my own Identity got immersed into this point (Main-centre) i.e. when the remainder of the remaining got laya there, then what remained thereafter? How Shri Babu Ji prepared me for the condition of Zero or it can be said that Identity cannot

identify itself or in other words I can say that Identity totally unaware of itself gets laya in Him. Further, He carries us to the silent spiritual journey where even the power does not exist. Now please tell, how it is possible that my pen's heart may not come on the tongue when my Shri Babu Ji gives us entry into the Seven Rings about which He had written in His Book 'Efficacy or Rajyoga'. They are like the seven doors of Bhooma. When He allowed me entry into the First Ring, I felt as if the power of the creation has passed through these divine circles. Do you know why? It is so because the first circle, which is attached with the region of Adi-Shakti i.e. Bhooma and which is the smallest of all, is the living proof and indication of Infinity, that is linked with the Infinite power. It leads us to the conclusion that the power of creation, that descended on this earth, got changed into circles because the Power had more density. Further as the Power got directed towards downward, subsequently each circle began to get smaller and smaller as if the Divine Adi-Nature remained confining the Power to certain limits. The reason of density in the Power was that there may be creation at the centre of Power. As this Divine Wish came into being and began to vibrate, the power, that was needed for creation, came out from the main centre and got changed into circles and it was directed towards downward. Subsequently when the Power started working and came into motion (action) the creation began to come into lime-light. Thus through the Divine-Wish that "Such a great Personality may descend on this Earth who may awaken and develop the craving for God - Realisation in the human heart by filling them with the awareness about Divine-Power, because these hearts have forgotten about the Divine Power as they are involved and lost in the Self." In order to fulfil this divine will and wish Samarth-Sadguru-Shri Lala Ji Saheb had done seven months' untiring sadhna (meditation) and through the vibrations of His Prayer, descended Shri Babu Ji Maharaj i.e. Shri Ram Chandra Ji Maharaj

(Shahjahanpur, U.P.) on this earth as a symbol of Bhooma from the Main Centre of the Power. If Shri Babu Ji Maharaj would not have pulled me up to this higher stage through His Divine Research, this great secret would have remained a secret and would not have seen the light of the day. We come to know through the writings of Shri Babu Ji Maharaj that "Samarth Shri Lala Ji Saheb (Fatehgarh, U.P.) was a spiritual giant. He completed His sadhna within seven months only but what His sadhna was! There is no mention of it (Sadhna). Samarth has written only this much that He followed the 'Sant-Mat'. Ultimately Shri Babu Ji Maharaj has revealed this secret by presenting it before me and through my writings. He (Lala Ji Saheb) was really a spiritual giant who had knocked at the Main Centre of the Power of Bhooma and got his prayer heard. Samarth got the Gem of Adi (Ultimate) and the whole of humanity got Shri Babu Ji as a symbol of Bhooma's Power. Now we are very fortunate for receiving spiritual-guidance of Shri Babu Ji. This Era along with the whole earth will always remain indebted to Samarth Sadguru Shri Lala Ji Saheb. The coming generations would bow their heads out of reverence to Shri Babu Ji Maharaj and would enjoy spiritual Bliss.

SRI BABU JI'S GRACIOUS KINDNESS AND UNPARALLELED DIVINE-POWER

Now immersing me in Divine laya-awastha, Shri Babu Ji Maharaj presented before me one more fact after God Realisation as if it (Fact) is today bent upon writing something about itself. The point is this that it is somewhat understandable that the abhyasi just like an iron may become one with God (Paras, a special stone) because it is possible for the human-being to reach there. In other words everybody has heard that the iron turns to gold when it comes in contact with the stone 'Paras' because it is a miracle of Nature but this knowledge about the glory of the Divine-Power of Shri Babuji Maharaj is, in fact, superb that "After God, Realisation the devotee begins to illumine with Divine-Beauty. This Divine fact presents before us in the form of condition that "It is a raw Paras that turns iron to Gold but that Paras is a true Paras which turns iron to Paras itself". In other words now the transmission of Divine-Power remains automatically flowing through the abhyasies for the betterment of everybody. When I had written to Shri Babu Ji in my letter this condition, He had then written to me in reply that, "At this stage and in this condition the abhyasi becomes capable of serving other people with full power and capability. I am happy and the blessings of Shri Lala Ji Saheb are with you that you are now fully capable of serving as Preceptor and have got the efficiency and capability of carrying the abhyasi to a higher condition in the spiritual regions. I can not wait for this spiritual condition to come, so in order to talk to the people about the Mission, I link the heart of the abhyasi with the small-centre of Power and prepare them as Preceptors for imparting training. Brothers! What I may say and how I may write about the importance and glory of the Sahaj Marg System of Shri Babu Ji Maharaj. After getting laya in the Divine

conditions of God-Realisation, when the craving immersed in itself love, devotion as well as total Ego, then I realised this divine true saying that after God-Realisation my Shri Babu Ji, after giving me a dip in the Main Centre of divine Region as if giving me a bath with Divine-Power and also adorning me with Divine Beauty, established me on the Satya-Pad. Who will be able to write as what condition we achieved? Yes, that Divine condition is only capable of speaking about itself. I will be able to say only this much as if my Babu Ji had turned me to a Divine Paras and thereafter established me on the Satya-Pad. What will you say now? Please pay attention towards the affectionate invitation of my pen that "Now the time has come for proving the Truth of the statement of that Divine Saint who said that "O! the living beings of this earth, if you have to crave for anything, you should crave for Bhooma." Now under the Sahaj Marg Sadhna of Shri Babuji Maharaj, after receiving the transmission of the Divine Power in the inner and getting drenched in the grace and kindness of the Source of that Adi-Shakti (Bhooma) and becoming alert that saying has become True. The present Era has accepted that it has taken refuge in the feet of the Divine Personality— Shri Babu Ji Maharaj for adorning and beautifying the Sât-Yug or the Divine-Yug. The whole Earth has become highly blessed by kissing the feet of this Divine-Personality. At present all the human-beings are not only aware of the name of the Ultimate and have not only apprised all the human-beings of the knowledge about the higher conditions which are felt after God-Realisation. He has also made His this daughter now capable of writing and expressing in words about all the Divine conditions. Moreover, as the child goes on writing something by staring at the face of his mother sitting in front of her, in the same condition my pen has also started writing something, but its true contents and significance will be known in the end after reading and

going through it. Truly speaking none else except Shri Babu Ji can even dare to disclose the beauty and power of the Bhooma or the Ultimate. This true saying has become apparent and clear today that when we meet anybody who can introduce some unknown personality to us, we then gradually begin to acknowledge Him and His importance to illuminate everybody. Today our Babuji, as a symbol of the Power of Bhooma or the Ultimate, has brought on this earth that invisible Divine Power as a visible identity for the betterment of human-beings. He has given Divine purity to the human heart by transmitting the Divine spiritual power in the heart of human-being due to the mastery over the Infinite Adi-Shakti (Power) and besides the upliftment and purification of the human-being, He has awakened the spiritual power in him also. I am forced to write today this true fact that in order to know fully the Divine glory and significance of Shri Babu Ji Maharaj and to beautify ourselves with the knowledge of Bhooma, we the abhyasies at first attain the Laya-awastha in Divine-Virat and thereafter become eligible for getting entry into the centre Region of the glorious and splendid centre of Bhooma. I have realised this bare Truth after getting entry into the Sahaj Marg Sadhna and I'm also attaining this spiritual condition. I have become successful in presenting before the world all the Divine conditions of that Anant Yatra in the form of the book.

BHOOMA

What and whose Divine and unique presentation is this that, in order to describe and apprise about Him, the Divine Personality of that Supreme Power has to descend on this earth. I have got the unlimited love of Shri Babu Ji Maharaj and it has made me to understand by calling me repeatedly that, "Go on drinking oceans after oceans but always remain saying 'Bring more, bring more.' That Divine presentation spreads the spiritual beauty of Nature unto us from the beginning till end and thereafter gives us laya-awastha with the Supreme Divine beauty; which is much beyond this universe and this presents before us the world in the form of Divine-Smile only. At present I am seeing a unique wonder of wonders that the people now-a-days talk Brahmmand-Mandal, Parbrahmad Mandal, Hiranyagarbh and even centre Region in such a way as if they have knowledge of them. Do you know why? The reason is that this earth has fortunately touched the holy feet of Shri Babu Ji Maharaj, who has spread the beauty of Infiniteness of Infinity (Anant) and the divine knowledge of the Divine as He is the symbol of Infinite divine Power. Today I have realised that now I am totally capable of telling the whole universe through my writings about that unknown Bhooma, along with all divine conditions as well as the power of that place for the upliftment of human-beings. It has become possible for me with the help of the pen that He has given in my hands, to write about each Mandal and its spiritual atmosphere. But what and how will I be capable of telling you about my Shri Babu Ji Maharaj? Do you know why it is so? If there may be somebody else, he must have some introduction but it is not possible to say anything about the Divine Personality (Shri Babu Ji Maharaj) who is Omni-present. It is possible to realise the Omnipresent but He is beyond any

introduction. Saint Kabir's voice had also become silent after saying that :

Hud – Anhud ke Beech Mein Raha Kabira Soya

The meaning of this line is that Kabir remained sleeping in between the Limit and the Limitless. In other words he had realised God but beyond that he could not reach with his own effort though he was feeling that something is ahead to it (above condition). After diving deep into the super bliss of God-Realisation, it was not possible for anyone to write about that condition. The secret came to light before me at that time when Shri Babu Ji Maharaj who had complete mastery over the Power of Bhooma, adorned me with the condition of God-Realisation and allowed the remaining recognition of my Identity to enter into the centre Region – the splendour of Bhooma by His Divine Sankalp for the purpose of completing His Research. Not only this, He has left open the entry in the region of 'Unlimited' for the upliftment of all and sundry. Probably this has been the reason why it seems that Shri Babu Ji Maharaj has Himself got it written in my every book that now any other Kabir will not write that 'Kabir remained sleeping' because after Realisation Kabir did not get any help from anyone else to get entry into the Region of Unlimited. Now due to kindness of Shri Babu Ji Maharaj the entry to infinite region is open for all.

Please listen further. How much realistic name Shri Babu Ji Maharaj has given to the entry-gate of centre-Region. The name is 'Parshad'. The meaning of it - the watchman where the first human being who was even ignorant of his own Identity got established i.e. Satya-Pad which was the real staying place for the human being (Adi-Manav). What a wonder, how it could be possible that this pen may remain in senses for expressing such facts in writing but it seems that all of a sudden the Divine-

Smile revoked my senses just like a flash of lightning and the pen bowed down as if to touch His Divine feet. Yes, when the Divine alertness gave a clarion call to me, I was then fortunate enough to get the opportunity of going through my own writings I was overwhelmed with joy. It was a miraculous wonder that without getting Divine-sight, it was not possible that His Divine Truth had revealed that how He had made me capable of swimming into centre-Region after giving entry to my Identity into His Divine Sankalp. Now my good-luck is smiling in such a way to get enlightened into the Divine-beauty after apprising me of my Identity. What a Divine feeling He had developed in me and I felt that, besides giving a dip to the sixteen circles of Ego into the Main Centre of Divine Power and got them (circles of Ego) laya in it (centre) and He had also merged the remaining Identity (even the slightest feeling of Ego) into His Divine Sankalp. Will you like to know as to how has it become possible? Then listen. The Divine Personality, my Shri Babu Ji Maharaj has descended into me each and every higher condition through His Divine-Sankalp. Not only this, after providing me Laya-awastha in them (conditions) the Bhooma Itself has presented before us the Divine knowledge about His Divine Personality in the form of Divine-Message. I have felt that, in fact, the Divine Pearls of Sahaj Marg Sadhna under Shri Ram Chandra Mission can be found only by the abhyasi who is totally drenched with the nectar of Devotion. After the laya of devotion, in His Research of the Higher Conditions of Realisation, He found out fifty-two points that is A to Z and A¹ to Z¹. After that he had written to me in a letter that now it is impossible to count further. After that my pen that has always retained in its (pen) heart the touch of His Divine feet, has always remained feeling about various Divine conditions and also remained eager to impart those feelings to me and will always become ready to do so.

In fact, the Sahaj Marg Sadhna is the real Divine-Will of Shri Babu Ji Maharaj, which prepares the abhyasies, for getting higher stages and conditions through it and there after carries us upto the Ultimate – Truth. This is the reason why I have got the natural closeness continuously from my training period till today. Now I have understood the saying of Shri Babu Ji Maharaj that Sahaj Marg has descended from above and it has not been established and introduced by anybody. I want to offer and distribute this Divine Prasad of His Sahaj Marg which is full of His Love that “We have got the support and blessings of the holy feet of Shri Babu Ji Maharaj who is Divine Personality.” As a result of this, His Divine Love and His undescrable Divine Research in Sadhna, during the spiritual journey from the beginning till eternity, He has given to every divine condition the name of ‘Sahaj Marg’. Possibly, that is why I have found and realised this Truth that the real or true Sahaj Marg is that which has been shown at the centre of the Emblem of our Mission. When I started sadhna in the Sahaj Marg system, Shri Babu Ji Maharaj gave me entry into the Sahaj-Dhara (Natural-flow) as depicted at the centre of this Emblem and then I had felt that the Divine Power is flowing here intermittently. The true & real Sahaj Marg is this. Today I am fortunate enough that I have been able to reveal the deep secret of Sahaj Marg system and the main Divine Sahaj Marg. Now how will you put the question, “What is our Sahaj Marg ?”.

Today when Shri Babu Ji Maharaj wants to reveal the secret of the whole Divine - depth for the upliftment of the humanity, I, in reply to a question of a Danish-abhyasi, am putting that secret before him. His question was, “What is the meaning of that Swastik Symbol (卐), which is depicted in the beginning of our Emblem downward? In fact it is necessary to bring this secret to light, hence Shri Babu Ji Maharaj has brought this fact to my knowledge.

The face of the four lines of this Swastik symbol is towards all the four directions, which pronounces that this system will spread in all the four directions. Generally this system is prevalent from the ancient times that every auspicious worldly work is started by making this symbol. Perhaps the saints and sages had this spiritual power that could fill all the four directions with the fragrance of the auspicious function. The firmness within me seems to say very loudly that this is the call of the Supreme-Power of Shri Babu Ji Maharaj that "Our Sahaj Marg will rule over the whole world". It means that the time is very near when the whole world will take bath with this Divine Power. This Swastik symbol on the emblem of our Mission is the living proof of this. It is not depicting only the worldly auspicious functions; but it is also saying that the natural and divine wave (Dhara) of the Divine power, which is flowing continuously through Sahaj Marg system, is also making perfect the whole earth with the Divine Prasad of Bhooma. My song would itself starts saying out this deep and intense feeling :

Shri Lala Ji Samarth Guru Ki, Hum Sharan Charan Balihari Hain,
Jin Babu Ji ko Milaya Diya, ab Ram ka Nam liya na liya.

(The meaning of these lines is that we have surrendered ourselves totally on the feet of Samarth Shri Lala Ji Saheb, because He got Babu Ji descended on this earth to meet us. Now we may recite the name of Ram or may not recite it.)

I have given so far a little description of the significance of the emblem of our Mission as well as the glory of Sahaj Marg. But beyond that only Shri Babu Ji knows how much expanded form of this will be brought to my knowledge. This book as well as my other books are meant for the upliftment of all mankind and I have dedicated this and other books to the feet of Shri Babu Ji Maharaj. It (book) is not meant only for Supreme-Bliss

but thereafter for Divine-Bliss and Shoonyanand or Zero. After adorning with the experiences of the condition of Anant and drowning in the Divine-Glory, my this book is dedicated to Him with this prayer that "the human-beings after becoming glorious from the Divine-Effulgence, may attain the condition of Anant (unlimited) during this Anant-yatra and may be capable of truly recognising themselves that they are the inseparable part of the God.

SIMPLICITY AT DAWN

All of a sudden the Simplicity put me a question today, whose veil am I? I got stunned and startled and became alert and began to think, whether the Divine, through the medium of this question, wants to reveal and bring to light before everybody the Truth about it? My pen bowed its head, came into my hand as if it was already waiting for writing the answer, that perhaps the Divine-Nature (Adi Prakriti) wanted probably to disclose this secret that "The Simplicity" had become a veil for Shri Babu Ji. "It seems that this saying could not suit the Simplicity itself, hence it began to speak out itself that "Can anybody put the Truth or Reality under the garb of veil?" In other words can the Truth be hidden behind the clouds for long? As the covering that clouds the mind of human-beings, goes on becoming thinner and thinner through Sahaj Marg Sadhna, they begin to see the glimpse of Reality which was waiting so far for the human-beings. Shri Babuji Maharaj has made it very easy for the abhyasies to reach the Satya Pad and to make spiritual progress by doing true sadhna of Sahaj Marg. Hence Nature has given a very appropriate name to this sadhna i.e. Sahaj Marg Sadhna. This is the reason why I liked this question of Simplicity that "How has it become a veil? When the Inner Eyes become illuminated with the Divine Light, then and then only we can have the real Darshan of Shri Babu Ji Maharaj. As soon as I attained this condition, I had got the true and correct answer of this question about Simplicity that "Truth is always open to all". That was, is and will always remain enlightened." Today my pen is giving reply to the question of Simplicity in the Divine words of our Shri Babu Ji Maharaj that, "The true Identity of the human-being has got hidden under the covering after covering." Hence when I had written to Shri Babu Ji in my letter after crossing

and getting laya in the spiritual conditions through Sahaj Marg Sadhna, "I feel that I am totally naked despite the fact that I am putting on sufficient clothes." But this sentence was clearly indication of my real spiritual condition because Shri Babu Ji wrote to me in reply that, "Oh! what to say of your spiritual condition. By the grace and kindness of Shri Lala Ji Saheb, you have got the condition of Self Realisation. Your Identity which was hidden under the coverings, has now enlightened. Please just think, when the Reality of the human identity is not known to him then who can understand Reality when it is by itself its own Reality. As the coverings of the identity of the 'Self' is put off or removed, our spiritual progress begins to proceed towards the Reality of spirituality with a simple and natural pace. And one day, Shri Babu Ji makes us fortunate to have the Darshan of Reality. After attaining Laya-awastha in this condition, I saw the dawn of this Truth that I am getting laya in Shri Babu Ji and am becoming one with Him. After getting entry into this Divine condition, this line of my song had begun to sing spontaneously :

"Mapi ja sakti hai Sagar ki gahuta bhi kabhi,
pur na mapi ja sakey uss pyar ki chalkan kabhi."

"The meaning of these lines is that it is possible that somebody may succeed in measuring the depth of the sea at certain point of time but the quantum of this Infinite Love can never be measured." This is the reason that my pen has succeeded in giving the detailed description in my books of each and every higher spiritual conditions of the Region of Anant as well as of the Omnipotent and Omnipresent. These lines of my song are the indication of the undernoted facts –

Janak Lala Ji thai unke, aadi-shakti mata unki,
Srijanhara kaun tha, bas yehi jane marji unki,

Kutub (higher condition in the Region of God) par charh
kay pukara

Tab yeh samjhey kaun thai."

"Samarth Lala Ji Saheb was His father and Adi-Shakti was His mother but who was the Real Creator, may be known to Him only. After reaching the condition of Kutub, it was brought to my knowledge as to who He was."

Dear brothers! It is a world known fact that, that place where the three streams meet, is called the confluence (Sangam). In the same way I have observed and realised that there are three salient features in Sahaj Marg-Meditation, Cleaning and Prayer. We get the divine conditions through them. When the main essence of all the conditions combine together and become one; in other words when the conditions get absorbed in us, then we begin to get laya awastha in Divine ocean. I have then found this saying becoming true that "True and Real pearl is found when we dive very deep in the ocean." In other words, on diving deep into the Divine ocean, we get laya-awastha in Divine-Virat and then the condition of Divine-Realisation pervades before us. When the profundity (depth) of meditation touches its limits, it seems then that our presence has begun to knock at the Divine doors. The second thing is this that when the method of cleaning touches its limits, then and then only the curtain (distance) between us and God disappears. I came to know the truth of the completion of the Prayer at that time when the surrender of the Ego, bow its head at the doors of Divine Main centre and thereafter loses for ever its own Identity. Brother! Still there remains something. Do you know what it is? Somebody may convey our message to Him or may give my senses in the hands of 'Super Conscious Mind' that somebody has come at your doors. I realised that He was my Babu Ji Maharaj who had taken me up to the Divine doors.

Afterwards how my pen will remain in its true senses for writing further when the Divine-Vision was speaking something. Oh! What a vision it is, which is dictating me about it (vision) itself that after opening the doors of the Main Centre of the Divine Region, my Babu Ji Maharaj was saying that "Somebody is standing before Him like a thirsty person for His Realisation." I am sure that no painter will be capable to paint such a splendid Divine Vision and will present it before the human-beings to bring to their knowledge the profundity of Divine-Realisation (Divine-Darshan). Who has the courage to describe in words the unlimited Love of Shri Babu Ji Maharaj for His abhyasies.

Keeping close this humble abhyasi daughter (myself) to His heart through Sahaj Marg System under His Divine and unlimited love He (Shri Babu Ji) at first bestowed upon me the Divine condition of Self-Realisation, thereafter gave me entry into the Realm of God-Realisation and then established me at the Satya-Pad which is my real place. He then took me into the glorious Region i.e. Central Region of Bhooma (Ultimate) and gave me swimming in it. Not only this, see the infiniteness of His unlimited love that I found there (in central Region) as if somebody was not allowing me to have rest because my own Identity that was lost in Itself and had slept in His Divine Sankalp wanted to give the divine knowledge of all the conditions, attained and realised during swimming by awakening and reawakening it (Identity). This must have been probably the reason that the Divine Himself wanted to apprise everybody of the knowledge about the Divine Personality of Shri Babu Ji Maharaj. The Divine-Will is the base of my writings. At last the time has come to get the darshan of the Infinite expansion of the Bhooma i.e. the Ultimate. In order to get entry into the doors of Bhooma, we have to enter into its seven gates, and own the Power which pervades there and proceed onward. It has become possible only because of the divine love

and kindness of Sri Babu Ji Maharaj for all the abhyasies. I have felt like this. Shri Babu Ji Maharaj has written about the Seven Rings in His book 'Efficacy of Rajyoga'.

In order to give us entry into the first Ring, He adorns us in a Divinely way at the very gate with the condition of Mahaparshad. After entering into the first Ring, I saw that neither there was any reach of Power, nor there was any touch of Sankalp. The reality (Divine atmosphere) of it told me of the attraction of Bhooma or Adi-Shakti through the Seven doors or in other words Seven Rings.

Oh! what sort of Divine Attraction it is which remains far and beyond the Infinite but which presents before us and also throws light on the 'Tam-Awastha' as written and described by Shri Babu Ji Maharaj. This Divine attraction represents the whole beauty and glory of the Region of Bhooma. I found that this Divine but silent attraction presents and displays the Reality of the 'Ultimate Truth' for the progress of the abhyasies. This Divine but natural attraction of Bhooma is apprising us of the true knowledge about the real beauty of Shri Babu Ji Maharaj. Today the Divine source of Bhooma has probably begun to smile after knowing about Itself. It seemed to me that this natural Divine Attraction has got its recognition through the smile of that Divine Personality. As a Divine invitation, the rays of the Divine Smile of the Divine Personality have begun to touch the earth through the divine Sankalp of Shri Babu Ji Maharaj for the upliftment of all human-beings. Do you know why? When the Incarnations descend on this earth from whatever Region they belong to, the Power and divine attraction of that Divine region spreads on the earth through that Divine Beauty or Divine Personality and it links itself with the human soul and gets thrilled to awaken the Divine feelings in the inner. Today my pen has become blessed by telling about Bhooma which was unknown so far from the

beginning till today. Today it (pen) also prays, "Oh! Shri Babu Ji, your Sahaj Marg which is full of the Power and Attraction of your Divine Personality, has embraced everybody and is not only imparting the divine-knowledge but is also illuminating this earth with the spiritual Beauty by throwing divine light on it. I am seeing that my Shri Babu Ji Maharaj has said 'Amen' to my writings and so my pen has become blessed and thrilled and is singing "Sandhya yeh din sub ke liye aaye – Sandhya (myself) says – such a day may come in everybody's life. Dear Brothers! you will be anxious to know what is that Divine-Attraction? Please listen! The Hallow is the proof or symbol of the purity of human-being but it is also the sign and symbol of Divine Power and Beauty.

See, how the wheels of Time move. The Divine Philosophy which was mysteriously hidden behind the curtain of time has now seen the Dawn of Truth and has become clear. On hearing about the Bhooma or the Ultimate we were very inquisitive and anxious to know about It. Now after meeting Shri Babu Ji Maharaj, the Divine Personality, we have become very much familiar with It (Bhooma). Under the auspices of Shri Ram Chandra Mission, the Sahaj Marg System has revealed and presented before the humanity the Divine Secrets of even the most higher divine conditions for the betterment of the whole of humanity. Not only this by linking the human-hearts through His divine Sankalp along with the Divine Power, He has provided transparency to the Divine Philosophy of Sahaj Marg System. I have also observed that after completing the entire spiritual-journey through His Divine Research, He had proved His divine love for the whole mankind. His divine-smile is miraculous in which the Five Volumes of my book Anant Yatra are immersed. Not only this I will not forget to write that the Divine attraction from the source (Adi Shakti) is the Reality of the Realm of Bhooma which has also brought to light

through my writings for all otherwise complete darkness and silence would have prevailed here. My writings will not lag behind in disclosing this Truth that it has become possible only through the grace and efforts of Shri Babu Ji Maharaj to disclose the Divine Secret which was so far hidden behind 'Tam-Awastha'.

Dear Readers, now you would have understood that this book 'Simplicity at Dawn', in fact, is a treasure of Divine Pearls containing the inner feelings about the Divine in the spiritual field from the beginning till Infinity. See the miracle of the 'Simplicity At Dawn' that, through remaining out of sight and behind the screen, it has revealed all the spiritual and divine secrets of the region of Bhooma for the upliftment of the humanity. What do you want to hear more? Please listen attentively the message that the 'Simplicity' is giving to us. The Divine Personality, who has revealed and given due recognition to the Divine Secrets of the Ultimate is behind the veil but the fragrance of His divine smile is sufficient enough to fill and flood the whole universe with the Divine Light. What further now? This true saying of Samarth Sad-Guru Shri Lala Ji Saheb for Shri Babu Ji Maharaj that "you will be successful in descending Divinity in the hearts of the human beings of this world and thus let them become one with God but you will not be able to make your own Substitute." Do you know why? It is so because "God has not been able to have His darshan." My dear brothers I have been able to get only this much introduction of the Divine-Smile emitting out of the 'Simplicity At Dawn'. I have succeeded in getting a little glimpse of Him only with the help of Shri Babu Ji Maharaj. Bhooma has pointed towards the Simplicity At Dawn by calling it His 'Gopal' (son). The Ultimate has showered all His love on Him by calling Him "Its own Part" and the Source (Adi Shakti) has handed over all Its spiritual treasure to the 'Simplicity At Dawn' for the upliftment of the whole mankind.

The present Age or Era has called Him 'the son of Samarth Sadguru Shri Lala Ji Saheb and is itself (Age) flourishing under His divine Love.

See the glory (eminence) of the Time that it has left the whole Age for its spiritual progress in the feet of Him. In other words it has surrendered the Age to Him. It was not possible for the Divine-covering to cover Him completely. He, the Divine, presented Him (Shri Babu Ji) before us in the form of Shri Babu Ji at Shahjahanpur, U.P. The 'Simplicity At Dawn' raised the veil and the miracle happened that our life and soul Shri Babu Ji Maharaj, after getting illumined with the Divine Light, began to spread divine-light in the whole world with the help of the lamp called "Sahaj Marg". The conclusion is this the Divine-flow emerging out from the 'Simplicity At Dawn' which will always remain adorning the simple and natural path of the Ultimate Truth for the upliftment of the whole mankind.

Golden Words of Shri Babu Ji

1. God has no 'Form' and 'Figure'. Hence He is called Omni-Present. If He had any Form, He would have been present at any one place only.
2. The condition of Peace is very good but if there is no restlessness in this Peace, it is just like good food without salt.
3. There is nothing far from God. He can do everything. It is our folly that we do not feel His presence although He remains very close to us.
4. If Master begins to remember the Devotee, it implies that the fire of feeling has reached the Master and He has been apprised of the fact that some Devotee remembers Him.
5. The Mastery over Pind Desh means the mastery over Individuality and the Mastery of the Brahmand Desh means mastery over the 'Cosmic Power' i.e. perfect control over the universe.
6. All are beggars at Master's doors, having begging bowls in their hands which the Master readily fills. The primary thing for us therefore is to make ourselves empty so that the bowls may be filled up with the Master's grace.
7. Family life is not a bar in gaining the real aim of life. I think this is the best Ashram in which higher approach is easily possible. I am a Grihastha and my Master was also one. I assure you that a perfect saint may be found in this Ashram alone. We perform our duties and remember Him as Ultimate Reality.
8. If one can give away his heart i.e. make a gift of it to the Divine Master, hardly anything more remains to be done.

9. God is neither Sakar nor Nirakar but beyond both.
10. There are three obstacles in the Path of Realisation.
 - (i) We try but there is no attempt.
 - (ii) There are too many things we try at a time.
 - (iii) We do not have confidence in ourselves.
11. The knowledge I want to impart to you all, is stressing upon you to know Him who knows all.
12. Service and Sacrifice – these are the two instruments which help in building the temple of spirituality on the foundation stone of Love.
13. The state of Realisation is really a dumb state which is beyond expression.
14. For constant Remembrance we take up Divine quality and rest our thoughts on it. From quality we reach the substance and then to its Ultimate.
15. Prayer is begging, meditation is having.
16. Meditation can be successfully followed only when it is backed by Power of Transmission.
17. Philosophy is the way of thinking, Yoga is the way of 'doing' and Realisation is the way of 'undoing'.
18. Raj Yoga starts with meditation so that the individual mind may leave its habit of wandering about.
19. The Master by the application of His inner-powers awakens and accelerates the dormant forces in the abhyasi to action and diverts the flow of Divine-Grace towards his heart.
20. Virtuous conduct means that our life should be one with Nature which is always peaceful and maintains equilibrium.

21. Attainment of pleasure, tranquility and peace are the source of happiness to others but to us dissolution, and feeling the pangs of Love is the way to Liberation.
22. Seek in you and you will find in yourself the Master but when? Only when you are not there.
23. A man can be a Real Man only when his eye is diverted towards his inner-self. There lies the real quest for Reality.
24. Fearless, doubtless and unbegging love is the pre-requisite for surrendering to the Master.
25. Whatever defects are visible in thought, place them before God and pray for freedom from these thoughts.
26. Prayer is unsoiled thought. It is sign of Devotion. A Prayer is always to the Ultimate-being to take you to the Ultimate status.
27. Temple worship and Tirtha-Yatra give one just change of environment: Yagna gives four fruits – Dharma, Artha, Kama and Moksha : Satguru alone can give Realisation.
28. Abhyasi is the only means for making oneself deserving of Divine Grace which is directed towards the Abhyasi through the medium of Master.
29. Have the thought in mind - 'I am dependent on Master'. It will result in Surrender to his Master. Surrender is the result of Dependency and Devotion.
30. Realization is neither a game of contest with the nerves and muscles nor a physical pursuit involving austerity, penance or Mortification. It is only the transformation of the inner-being to its real nature.
31. A man is not fit to impart spiritual training unless and until he has developed the capacity of fomenting his disciples with superior force which is all and all.

32. The real cry of the pangful heart of a true Seeker brings the Master at his door.
33. There are so many amongst us who have the idea that simply knowing of God is enough. This is their wrong conception. Having God is the real subject of Spirituality.
34. The main feature of Sahaj-Marg system is that we get plenty of help from the Master. Simple meditation is prescribed, which helps all along in the spiritual pursuit. Do not believe anything unless you have tested it. Sahaj-Marg is an open chapter for the seekers to have their own experience to believe it.
35. A little inclination towards the attainment of the Reality, will start weaving the future. Mind can be known by mind and Divinity can be known by Divinity.
36. I do not belong to India alone, but to the whole world. So I want that all may taste the beauty hidden in love for the Ultimate.
37. The true meaning of Realization is "Death of Death" or "End of End". The burning desire for Realization brings the goal nearer.
38. The accused are in jail and the officials of the Government are also in jail. The former think that they are in prison, but the latter do not feel that they are imprisoned. If sufferings are there, Nectar is also there.
39. Proceed towards unknown, love Him who loves all. Destination is not far off. Remembrance is the instrument.
40. Once Divinity dawns, the negative attitude to life goes away. The demolition of the past is a chapter in Sahaj-Marg.
41. It is the grace of God that an Abhyasi begins to get laya-awastha in God. The more an abhyasi gets laya in Him, the more he reaches his goal.

42. Saints say "Know Thyself", but I (Babu Ji) say, "Forget Thyself".
43. To attain the goal there must be firm Determination in thought and permanent craving for it. This is the key to success.
44. Meditation is the root of Spirituality. In meditation alertness and awareness are necessary.
45. There is unconscious devotion in pure Love, but in Adulterated Love, there remains consciousness.
46. That Sadhna is not the real one which does not transform our Inner. God has concealed Himself inside your heart and He has made you stand in front. You hide yourself in Him and let the God remain in front of you. This is the real Sadhna.
47. God can not be achieved by the practice of Concentration because we are concentrated on one point in the process of concentration and do not wait for anything. But in Meditation we wait for something and that is God.
48. Truth is a support without base. When all the faculties might develop spiritually to such an extent that the balance may be maintained then is the condition of Completeness.
49. When all the powers are so developed that moderation reigns throughout, that is Perfection.
50. By making effort, everything is possible. I think it is very easy to meet God. What is required is the true and sincere attention of the heart towards Him and I tell this to everybody.
51. I wish you to rob me of all that I have and in return give me that which you possess as yours.

