Wednesday, June 2, 2004 - 10:00 AM

Simplicity is fundamental to a true spiritual process. Messages given through this means are also geared towards spareness, appealing more to the heart than the intellect. Heart intelligence prevails over complicated formulas; we do not follow fashions, our teaching must focus on fundamental aspects, without being complicated unnecessarily. Our aspirants do not have to write dissertations on the subject, to employ fine formulas able to please examiners; our work serves a different purpose.

"The majority understood it, and their practice helped them to interiorize themselves, which is the goal, and to empty their mind, shall we say, of all that clutters it and slows down their development. We wrote books that can be qualified as scholarly; even those who claim to be intellectuals do not understand them in these days. Comprehension at the [intellectual] level is considerably reduced, only a sufficient openness of the heart makes it possible to grasp the main thrust. In this area, the social differences have no bearing and that is good. Knowledge is accessible to pure hearts, knowing how to discriminate between the truth and the useless things with which men generally load their own life down.

"A true spiritual process must allow man to acquire some discernment, helping to make the necessary choices under many circumstances. Sahaj Marg is a simple way where we get to the heart of the matter. May all our brothers remain vigilant on this point and maintain it in its current spirit. It is needless to innovate or add anything; beneath its facade of simplicity, it conceals treasures that many of our brothers have yet to discover."

Babuji