Sunday, November 21, 2004 - 10:00 AM

Sahaj Marg is not a therapy and on no account should it be appended to anything resembling therapies; this point is essential. Our way is simple, divested of any superfluous aspect.

"Work therein is carried out in the heart of silence, in oneself, far from glowing temples, sharp colours and songs. This sobriety must correspond to our brothers' needs; they made this choice. Therefore let them deepen their quest without muddling it up with an intellectual reflection inappropriate here, making them deviate from the targeted interiorization, when they are ready for that. Life in general offers to them enough motives for dispersion; we do not have to add any other ones in the framework of their spiritual process.

"Let us remain focused on the essentials: that is important. Practising in the spirit we propose to them must help them find some balance. The latter can somewhat be disturbed by the many harmful effects of modern life which makes them attach too much weight to the vagaries of life, in terms of the incidents it has in store for each human being.

"Practising sincerely and correctly must bring them a satisfactory inner state when the method is well understood and applied as is proper. Our brothers must revert to heart simplicity and get rid of useless aspects: that is the secret of the method. Too much responding to the promptings of one's senses is not in conformity with this objective, let alone adding to it what can only harm it in the long run, when the eyes of human beings will be opened to an unavoidable truth."

Babuji