Beloved Master
Revered Babuji Maharaj

Whispers from The Brighter World

Tuesday, March 20, 2001 – 10:00 a.m.

Our literature should be enough for abhyasis, without adding books whose aims are of a psychoanalytical nature. Books treating such topics are sold outside the Mission.

In Europe, Sahaj Marg tends to deviate and intellectualize itself. To change these behaviours, aspirants can simply observe themselves, every day. Our method doesn't fundamentally aim to modify the character, even if by way of consequence the fruit of one's practice transforms the inner being as well as that aspect of the personality.

There is no point in adding scholarly formulas to all that has been said. Having confidence in the Master, doing one's own spiritual work well and behaving like an honest person, in the various stages of life, are essential points in any well-led spiritual approach. Do not complicate what is simple.

Our way is simple and more efficient than you all can imagine. Do not add anything else to it; it is self-sufficient.

Sooner or later, you will take stock of your achievement and this assessment will bring joy to your hearts. Over the years, you will see your behaviours changing. You will no longer react in the same way; you will be amazed by your reactions, which will be more positive and imbued with an acquired wisdom, naturally. Leave introspection to

those who specialize in those questions. They do this work in their offices. Our objectives lie elsewhere, for the good of all of you and beyond anyone's comprehension.

Babuji