

## THE UNSTRUCK MUSIC of Meher Baba

### GOD'S VOICE

The lock of error shuts the gate,  
open it with the key of love:  
Thus by opening the door, thou shalt  
wake the Beloved.

Kabir says: "O brother! do not pass by such good fortune as this!"

Kabir

Compiled by MAUD KENNEDY

### FOREWORD

#### XXII

O BROTHER, my heart yearns for that  
True Guru, who fills the cup  
of true love, and drinks of it  
himself, and offers it then to me.

He removes the veil from the eyes, and  
Gives the true Vision of Brahma:

He reveals the words in Him, and  
Makes me to hear the Unstruck Music:

He shows joy and sorrow to be one:

He fills all utterance with love.

Kabir says: "Verily he has no fear,  
Who has such a Guru to  
lead him to the shelter of safety!"

I am not come to establish any cult, society or organization; nor even to establish a new religion. The religion that I shall give teaches the knowledge of the One behind the many. The book that I shall make people read is the book of the heart that holds the key to the mystery of life. I shall bring about a happy blending of the head and the heart. I shall revitalize all religions and cults, and bring them together like beads on one string.

Meher Baba.

What is our Life?

The incident of birth is common to all life on earth. Unlike other living creatures which are born insignificantly, live involuntary life and die an uncertain death, physical birth of human beings connotes an important and if they are extra circumspect about it, perhaps a final stage of their evolutionary progress. Here onwards, they no longer are automatons but masters of their destiny, which they can shape and mould according to will. And this means that human beings, having passed through all travails of lower evolutionary processes, should insist upon the reward thereof, which is "spiritual birth" in this very life, and not rest content with a promise in the hereafter.

No sooner does one recoil on oneself and seriously ask the questions, "Where am I going to?", "Where have I come from?", surely such a one may be said to have had a "spiritual birth".

This poise of mind, once gained, automatically and unknowingly brings about a readjustment of material surroundings and a man finds himself in harmony and at peace with the world. Conservatism, intolerance, pride and selfishness will shred off. Everything will put on a new meaning and assume a purpose. Sinner and Saint will appear to be waves differing in size and magnitude, on the surface of the same ocean, a natural outcome of forces in the universe governed by time, space and causation - the saint has neither the pride of place, nor the sinner the stigma of eternal degradation. Nobody is utterly lost and nobody need despair.

My panacea to the worried world is the effort on its part to get an answer to the question, "Whence and wither?" "The knowledge that all have the same beginning and the same end, with life on earth a happy interlude, will go a long way in making the brotherhood of man a reality on earth, and this in turn will strike at the root of narrow communalism and rigid nationalism, which mean wars and economic exploitation. I bless you all for the realization of this, the aim of life."

Meher Baba

Nasik 18th Feb. 1937

Day 1  
January 1ST

THE REALITY OF GOD\*

What is Baba's work?

To transform human consciousness from the illusion of the world and the self to the reality of the spirit and God; or, to put it another way, to enable men to know by experience the truth of the Infinite Self which is in all .....

Real help that can be rendered to humanity is to make man feel his inherent divinity, and to cause him to see that the only purpose of life is to love God in order to become one in full consciousness with him.

\* by Charles Purdom, from the "Awakener".

Day 2  
January 2nd

NEGATIVE FORCES

You must be able to face disappointment, criticism, negative forces with perfect calm and inner poise. And you must permit yourself at all times to the will of God.....

The world as world is an illusion but the world as God is Reality.....

Baba is like the Sun... anyone whose heart is pure can receive the rays. Make the heart pure by thinking of the Master and then loving Him.

Day 3  
January 3rd

WORK

Do what ever needs to be done but do it as a spiritual being....as one who knows he is divine by nature and united with the whole of life in essence.

Do it as if you were doing it for me or for God. Do it with equal consideration for the interests of all concerned, for God is equally in each. Do it with the utmost concentration yet with utter detachment from the result of action. Leave the fruits of action to Me or to God. Do it as if it were the most important thing in the universe, yet let it be destroyed, or ignored, or ridiculed, without concern, or let it be praised without elation. Leave the response to me or to God. Do it, in short, as if you were not doing it all, but as if I or God were doing it through you.

Day 4  
January 4th

### CHARITY

The mind is capable of turning the bitterest enemy into the sweetest friend by constantly thinking well of him. Never think you are obliging anybody by rendering any kind of help or giving anything in charity to him.

On the contrary, believe that the recipient of your generosity gives you a chance to serve yourself..... People take life seriously and God lightly whereas we must take God seriously and life lightly..... God alone is real and the goal of life is to be united with Him through love.

Day 5  
January 5th

### BECOMING CHILDLIKE

If, when we grow up we become like children, child-like, not childish, then we can love God; because to love God we have to be desireless, except with the one desire, the longing to be united with God. So when we grow up and become child-like, not childish, we can then honestly love God. We find God everywhere. Nothing can shake, alter or stop that perpetual happiness, but we must first be honest seekers of truth.

Day 6  
January 6th

### A VISION OF THE TRUTH

It is time that man had a fresh vision of the Truth, that all is One and that God is the only thing which is real and the only thing that matters.

God is worth living for, and he is also worth dying for; all else is empty pursuit of illusory values.....

Don't lose heart, but keep me in your heart and remember I am always near you.

Day 7  
January 7th

### THE OCEAN-LIKE MIND

Baba explained to some disciples in India, "My Mind is like the ocean - all the good and bad in the universe are drowned in it. If you think good thoughts I absorb them; if you think bad ones I absorb them too. If filth gets into a small pool, it pollutes it but if filth flows into the ocean it is absorbed by it, and is no longer filth. Your limited minds become stagnant with a few bad thoughts, but even universal bad thoughts cannot affect my ocean-like mind.

Day 8  
January 8th

### GOD-REALIZATION

If you who keep company with me are sometimes attracted to worldly life (Maya) do not get disappointed.

I, too, was once like you, but with the grace of Babajan\* descended upon me and she, the perfect saint, presented me with the pearl of God-realization.

The only place you can hold me is the heart - Keep me close with you - I am always there.

And the following lines have been quoted by Meher Baba, as they explain so well the beautiful relationship between the sincere devotee and the Master.

"Constantly repeating thy name, I became one with Thee, nothing was left of me (self). How can I sing Thy praise O Guru mine, wherever I cast my eyes, I perceive thee and nothing else".

\*A Perfect Master who died at Poona 1932. (September 21, 1931)

Day 9  
January 9th

We have to love Him silently and honestly even in our everyday life. Whilst eating, talking and doing all our duties. We can still love God continuously, without letting anyone know.

When God is found, you can have no idea what Infinite Bliss and Peace is gained. I give you my love so that some day you can love God as He ought to be loved.

Day 10  
January 10th

### INTELLECT ALONE

Intellect alone can never save mankind. Intellect alone cannot make us find God, and without God, man can never attain his true self or destiny.

When our own time runs slow (cold, cruel, feeble, or confused) God restores the balance by sending radiations of Love through the heart of one of His great Avatars.

Day 11  
January 11th

### SPIRITUAL REBIRTH

We have lived in an age of darkness - but every age is a cycle, and revolves into An Age of Enlightenment, of spiritual rebirth. And this rebirth of man is always guided by one of these great illumined Souls who functions as a living link between man and God. They bring down the power and grace of God into our hearts which are dry and empty.

Day 12  
January 12th

### THE AVATAR

When Christ descends from the Infinite i.e. seventh plane, He brings with Him to earth, the Infinite goodness, wisdom, power and love and also the powers, signs, experiences of the six lower planes. In the words of the great Sufi saint: "Behold the sky, and clouds and the world: First is GOD, then the planes, the last is earth; but all three are linked."

Day 13  
January 13th

### RECOGNITION

How can we recognize the True Messiah? Baba's answer: The feeling and inspiration for things sublime and the Divine Love are imparted by a real Messiah to anyone who comes in contact with Him. A false Messiah cannot do this.

Through His Divinity the True Messiah gradually attracts the world to Himself, and people come to know and feel that He is real. The knowledge and feeling of confidence in His words and works grow gradually into certainty, and masses follow Him, drawn by an irresistible force.

Day 14th  
January 14th

Reading about Perfect Masters such as Rama Krishna or St. Francis is not the same thing as discovering a Perfect Master living in our world at the same time.

When you discover this, at first it seems incredible, then it is a shock which develops into a thrill of hope and finally awakens real love in your heart.

Such a creative process does not go unrecognised by the Master Himself. This great Power house of Love, of Divine Love draws towards Himself all the empty hearts who stumble on to His path. Then they begin to feel His strength and joy pouring into them.

They begin not only to feel but to know about God - which immediately leads to acting in a new way, True to the inner Self.

Each day as one reads on, one can feel happier, one sees with a clearer vision. Each day some old question is answered, some old worry is knocked off. This of course is Faith - Faith in the Beloved who knows all. In the same way the disciples loved Jesus.

Day 15  
January 15th

The age of intellect has had its day. The greater age of the heart is at hand and the Master of Silence is its Avatar. He brings to mankind, at the moment of its deeper despair, the divine certainty of redemption.....

True love is unconquerable and irresistible, it goes on gathering power and spreading itself, until eventually it ennobles everyone and everything it touches.

Day 16  
January 16th

### THE LIMITED VISION

The ways of the impressionable many are as a rule emblematic of the attitude and behavior of the influential few..... worldly man in his limited vision, fancies something to be right; he then proceeds to make it right for other people of similar tendencies, and to declare it sacrosanct for those whose concept it is. Such a life of ...uncritical imitation is not the life of the spirit; blind surrender to convention does not result in wise action; much less does it lead to perfection.

Day 17th  
January 17th

### THE LIFE OF THE SPIRIT

The life of the spirit has its basis in a true understanding of values, and is governed by it. In the life of perfect action there must be harmonious adjustment between material and spiritual aspects of life. This cannot be affected by granting equal importance to them. Baba says: "Change the orbit of disharmony with self at its centre, to an orbit of harmony with God as centre."

Day 18  
January 18th

The spirit must and ever will have an inviolable priority over matter. This sovereignty is expressed not by avoiding or rejecting matter, but by making full use of it as an appropriate vehicle for the expression of the spirit.....

Baba told a woman disciple to repeat to herself every night: "I am part of the Infinite and the Infinite God is within me."

Day 19  
January 19th

Perfect Masters (Sadgurus) are always on the lookout for those who need and deserve their help, and the faintest gleams of spiritual longing are not overlooked by them.

"I am the universal thief," says Meher Baba, "I steal the hearts of all."

Day 20  
January 20th

SELF LOST IS FREEDOM GAINED

God manifests His Presence when and where lust, greed, anger, jealousy, hatred, back-biting and selfish desires are totally absent. But as they are the outcome of impressions (sanskaras) of past lives, and must necessarily be expressed, getting rid of them is ordinarily impossible; it would be like a rock trying to lift itself.....as these past impressions are being spent new ones are forged because of the presence and assertion of the lower self. If one is to be free of the endless chain of impressions, past and present, this assertive lower self must be abolished.

Day 21  
January 21st

Don't run away from the world; run away from your own lower self. Don't renounce the world; renounce your own lower self. Don't seek solitude anywhere but within yourself. Silently cry out....."Beloved One, reveal yourself to me as my own real infinite Self." It is you who are obstructing yourself from finding yourself. So try to lose your lower self in continued remembrance of God - who is your real self.

Don't become master of disciples till you have mastered your own self.

Day 22  
January 22nd

Do not worry. Love Me more and more. Hold on to my daamen, whatever the trials and difficulties you may be passing through. You are sharing in my universal working and are fortunate to do so.

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

Day 23  
January 23rd

I love you as God alone can love..... Hold on to my daamen, love me more and more and you will receive fully what I have to give.

Be brave be happy. I and you are One - and the Infinite that eternally belongs to Me will one day belong to every One of you.

Day 24  
January 24th

PART OF THE SONG OF THE NEW LIFE

Even if the heavens fall  
Do not let go the hand of Truth.  
Let despair and disappointment ravage and destroy the garden of your life.

You beautify it once again, by the seedlings of contentment and self sufficiency.

Even if your heart is cut to bits, let there be a smile on your lips.  
Here I divulge to you a point worth noting  
Your beggarly life will be the very envy of kings.

Day 25  
January 25th

God exists indeed and true are to the Prophets  
Every cycle has an Avatar and every moment has a Wali.  
For us however it is only hopelessness and helplessness.  
How else should I tell you what our New Life is?

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The world as world is illusion,  
The world as God is reality.

Day 26  
January 26th

PROBLEMS

Problems each individual has - petty problems of the world that have nothing but a passing influence or significance. But the greatest of all problems - the solution of this struggle of existence; this riddle of life - the problem of "self realization", which includes all petty problems of the world and humanity put together remains unresolved for ages, until a "Master" takes up that mission and helps the struggling, suffering humanity to become free.

Day 27  
January 27th

Make use of modern civilization when and where necessary, but do not let it dominate you.  
Neither despise it nor be driven by it.

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God reveals Himself only to that mind which is entirely devoid of egoism and egotism.

Day 28  
January 28th

LOVE ONLY

It is by Love that we fully enter into that harmony with others which alone constitutes our own reality and the reality of the universe.

We conceive the universe as a spiritual whole, made up of individuals, who have no existence except as manifestations of the whole; as the whole on the other hand, has no existence except as manifested in them.

Day 29  
January 29th

Be angry with none but your own weakness.  
Hate none but your lustful self.  
Be greedy to own more and more wealth of tolerance and justice.

Let your temptation be to tempt Me with your love in order to receive My grace.

Wage war against your desires and Godhood will be your victory.

Day 30th  
January 30th

ONE UNIVERSAL CONSCIOUSNESS

I belong to no religion.

My religion is Love  
Every heart is My Temple.....

There is one Universal Consciousness which is functioning at all levels in creation.

God alone is real and the goal of life is to be united with Him through Love.

Day 31  
January 31st

CAUSE AND EFFECT

Every effect must have its cause. As the griefs and sorrows of this world are imaginary and self created, there cannot be any substantial cause for them.

The cause being imaginary and there is no necessity to take griefs and sorrows to heart. It is also childish to be enamored of the pleasures of this world. Be passive spectators of all the events that occur in the world, whether they concern you or not.

Keep your minds free and happy.

Day 32  
February 1st

THE NEW LIFE

Although the New Life has emerged from Me, I am not at all bound by it.....But this New Life is endless and even after My physical death will be kept alive by those who live the life of complete renunciation of falsehood, lies, hatred, anger, greed and lust, and who to accomplish all this, do no lustful actions, do not harm to anyone, do no back biting, do not seek material possessions or power, who accept no homage, neither covet honor nor shun disgrace, and fear no one and nothing; by those who rely wholly and solely on God, and who love God purely for the sake of loving; who believe in the lovers of God and in the reality of Manifestation and yet do not expect any spiritual or material reward, who do not let go the hand of Truth, and who without being upset by calamities, bravely and wholeheartedly face all hardships with 100% cheerfulness and give no importance to caste, creed and religious ceremonies.

Day 33  
February 2nd

ONE GOD

To love God as He ought to be loved we must live for God and die for God, knowing the goal of all life is to love God and find Him as our own Self.....

All religions are revelations of one God.....

God is both personal and impersonal. He is in art, in literature, in everything.

Day 34  
February 3rd

THE SELF

To achieve the heights of Realization, we must overcome fear and greed, anger and passion. These are the result of looking upon the self as a limited, separate, physical entity, having a definite physical beginning and definite physical end, with interests apart from the rest of life and needing preservation and protection. The self in fact is a limitless, indivisible spiritual essence, eternal in its nature and infinite in its resources.

Day 35  
February 4th

### ETERNAL REALITY

The greatest romance in life is to discover this Eternal Reality in the midst of infinite change. Once one has experienced this one sees oneself in everything that lives, one recognises all life as his life, everybody's interests as his own. The fear of death, the desire for self preservation, the urge to accumulate substance, the conflict of interests, the anger of thwarted desires are gone. One is no longer bound by the habits of the past, no longer swayed by the hopes of the future. One lives in and enjoys each present moment to the full. There is no greater romance in life than this adventure in Realization

Day 36  
February 5th

### NON-ATTACHMENT

Non-attachment to an action means that even during the course of the action there should not be the slightest thought that the particular Karma is being performed; nor any desire to be concerned about the result. A perfect Master is universally non-attached.

Although a Sadguru is non-attached to the universe, the universe is certainly attached to Him, the centre of all existence.

Serve Him who serves the whole universe; obey Him who commands the whole creation, love Him who is Love itself; Follow Him in every walk of life. The more the attachment to a Sadguru the greater the chances of attaining that perfect state of non-attachment which is nothing but God-realization.

Day 37  
February 6th

### THE INFINTY OF TRUTH

If truth were to be found only in the future and not in the past or present, it would not be infinite; it would automatically be limited as an event which has its origin in time. All that is inherent in life is deprived of its intrinsic significance if the present is regarded as merely a stepping stone to some far off attainment. This is definitely a false point of view....It is not right to deprive the present of all importance by subordinating it to an end in the future. It is only through a clear and tranquil mind that the true nature of spiritual infinity is understood to be something not to be attained in the future, but as that which already has been, is and ever will be an eternal self-fulfillment. When every moment is rich with eternal significance, there is neither the tenacious clinging to the dead past, nor an expectant yearning for the future, but an integrated living in the Eternal NOW.

Day 38  
February 7th

### DOMINION OVER ILLUSION

Divinity is not devoid of humanity - it lifts the manhood and womanhood into God; nor does spirituality necessarily imply renunciation of worldly activities. True spirituality signifies the internal renunciation of mundane desires. Mere external renunciation - asceticism - does not lead to spirituality. Perfection is a misnomer if it tries to escape from the dual expressions of nature. The perfect man must assert his dominion over all illusion however attractive and however powerful. A perfect Being functions with complete detachment in the midst of the most intense activity and in contact with all forms of life.

Day 39  
February 8th

### PURIFICATION

For the purification of your heart, leave your thoughts alone, but maintain a constant vigil over your actions. Let the thoughts of anger, lust and greed come and go freely and unasked without putting them into words and deeds. Then the related impressions in your mind begin to wear out and become less and less harmful. But when you put such thoughts into action - whether overtly or secretly - you develop new impression worse than those which are spent in the act. These new impressions root even more firmly in your mind. The fire of divine love alone can destroy all impressions once and for all. However remembering Me can keep down the impurities in the impressions in your mind, as alum catches hold of dirt in a vessel of turbid water.

Therefore when you feel angry or have lustful thoughts, remember Baba at once. Let my name serve as a net around you so that your thoughts like mosquitoes, may keep buzzing around you yet not sting you. In that manner you can prevent unwanted thoughts turning into unwanted actions, and thus eventually bring your heart to the purification required for Me to manifest therein.

Day 40  
February 9th

### MOMENT OF DEATH

I tell you all with my divine Authority that whosoever - anyone and everyone - takes my name on his lips at the time he or she breathes his last "Comes to Me." Therefore do not forget to remember Me at that time when you would be breathing your last. Unless you take my name on your lips (remember Me from now on constantly) and keep it up continuously you cannot remember and keep My name on your lips at the time you drop your body. Even if you take My Name once a day with all your heart and soul it is sufficient. You will thus ultimately "come to Me" (come back to Me).

Day 41  
February 10th

THE GOD-MAN

God as God alone is not conscious of being man nor is man alone conscious of being God. Only the God-man (Perfect Master) is conscious of being both God and man; so the God-man is both Lord and servant of the Universe.

He is Lord or Master in His capacity of helping all souls forward on the pathway to Reality. He is servant in that he continuously bears the burden of humanity.

To serve him who serves all is to serve the universe.

"Selfless service and love are twin qualities of divinity. Only one who loves can truly serve. When you serve your beloved God-man you serve your own SELF in all other SELVES"

Day 42  
February 11

TRUTH-CONSCIOUSNESS

Meher Baba tells us that Man should have a blending or a balance of head and heart. That means Divine wisdom and Love....

"Spiritual life is not a matter of quantities, but of inherent quality of Living. Spiritual Infinity includes in its scope all the phases of life - it comprehends acts which are great as well as those that are small....."

Thus a smile or a look stands on the same level as offering one's own life for a cause, when the smile or the look springs from Truth-consciousness. There are no graduations in spiritual importance when all life is lived in the shadow of eternity. If life were to consist only in big things, and if all the little things were to be omitted from its scope, it would not only be not infinite, but would be extremely impoverished.

The infinite Truth which is latent in everything can reveal itself only when life is accepted in its totality."

Day 43  
February 12th

GOD IS ALL

God has never failed humanity in its dark and critical days - the greatest danger to man is not from any natural catastrophe, but from himself.....

God is everywhere and does everything  
God is within us and knows everything  
God is without us and sees everything  
God is beyond us and is everything  
God is all - - Only God is.

Day 44  
February 13th

### SANDALWOOD

God may be compared to the sandalwood. It continuously emits a sweet scent in all directions, though only those who take the trouble to go near it have the benefit of its charming fragrance.

But we cannot say that the sandalwood has done anything in particular towards those who approach it because emanation of its sweet scent is going on all the time and is not specifically directed towards any person. It is available to each and all who care to come within its range.

Day 45  
February 14th

Philosophers, atheists and others may affirm or refute the existence of God, but as long as they do not deny their very existence they continue to testify their belief in God, for I tell you with divine authority that God is existence, Eternal and Infinite. He is everything. For man, there is only one aim in life and that is to realize his unity with God.

I have only one message to give and I repeat it age after age. My message to one and all is:  
LOVE GOD

Day 46  
February 15th

### OUR REAL SELF

From "The Awakener" February 25th 1954:

The real Baba can never grow old; the real Baba is eternal. Who is this real Baba, whom He says we have never seen?

The "real Baba" is our Real Self that is in each and every one of us, but whom we have not yet realized....whom we have not yet joined, in the eternal marriage of Love, Knowledge and Bliss Infinite.

Day 47  
February 16th

### REINCARNATION

You eternally were and will be. You have had innumerable forms as man and woman, beautiful and ugly, sick and poor and here you are again with another form. Till you gain spiritual freedom, you will be invested with many such forms. So why seek temporary relief which has in its wake more binding? Ask God not for money, fame, power, health or children but for his Grace of love which will lead you to eternal bliss and freedom.

Day 48  
February 17th

### HOW TO LOVE GOD

To one who inquired, "How to Love God"? Baba answered:

"How to Love God? How do you love anything? If a man falls in love with a beautiful girl, what happened then? No system or principle exists for him. He won't mind ridicule; if people call him mad, he does not mind.

One should become lost in the idea of possessing the Beloved by hook or by crook. When you are prepared in your heart of hearts to gain union with God at the cost of life itself and the ridicule of the whole world, then perhaps you may be said to have entered the lane of Divine Love.....

Before I met my beloved in union I lost everything....ego, mind and lower consciousness; but thank God I did not lose my sense of humour. That is why I appear amongst you on your level.

Day 49  
February 18th

The three most important things on the path to God realization are love, obedience and surrender. There is no possibility of compromise about these three. Love is a gift from God to man, obedience is a gift from master to man and surrender is a gift from man to master. The one who loves desires to do the will of the beloved, and seeks union with the beloved. Obedience performs the will of the beloved and seeks the pleasure of the beloved. Surrender resigns to the will of the beloved and seeks nothing.

Love is meant to be experienced and not disclosed. What is displayed is not love. Love is a secret which is meant to remain a secret save for the one who receives it and keeps it.

Day 50  
February 19th

### THE NEW HUMANITY

The spiritual experience which shall enliven and energise the New Humanity, cannot be just a reaction to the stern and uncompromising by the realities of life.....  
Man will again and again be dislodged from his illusory shelters by fresh and irresistible waves of life and he will invite upon himself fresh forms of suffering. The New Humanity will come into existence through release of love in measureless abundance, and this release of love itself can come only through the spiritual awakening brought about by the Masters.

Day 51  
February 20th

### TRUE LOVE

Love cannot be born of mere determination; through the exercise of will one can at best be dutiful.....it has to spring spontaneously from within and is in no way amenable to any form of inner or outer force, and it can be awakened through love itself..... Those who do not have it catch it from those who have it, a response which in itself is of the nature of love.

True love is unconquerable and irresistible and it goes on gathering power and spreading itself until it transforms everyone whom it touches.

Day 52  
February 21st

### SUFFERING

Man or woman, rich or poor, great or small, each is under the spell of some sort of suffering. The relief from every kind of suffering is within ourselves if we try, under all circumstances and in every walk of life, to think honestly, to act honestly and to live honestly. When we put our whole hearted faith in God, that relief will be found. We are already in possession of infinite power and happiness; but it is our way of life which prevents us from enjoying these eternal treasures of God.

Day 53  
February 22nd

To be full of emptiness is the real state. It means turning one's heart and mind inside out, becoming empty and naked. To be empty means to be rid of all desires and concerns the heart. To be naked concerns the mind and means not to care for the opinions, criticisms or censure of others in one's pursuit (of the true goal). This is what Junaid's Master meant when he told Junaid to become both empty and naked.

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Only when the heart is cleaned out and the mind completely emptied, can they become instruments, hollow as the flute or drum, to give forth divine music.

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Love and understanding never condemn, but seek to help and encourage.

Day 54  
February 23rd

### MIRACLES

All miracles belong to the phenomenal world, which is the world of shadows. As phenomena, they are subject to change, and nothing that changes can have lasting value.

Realization of the eternal Truth is an initiation into the unchangeable Being, which is the supreme reality; and no acquaintance of the occult world or capacity to manipulate its forces can really amount to the realization of the Truth.

Day 55  
February 24th

### Occult phenomena

The occult phenomena are as much within the domain of false imagination as ordinary phenomena of the gross world; and from the spiritual point of view the only important thing is to realize the Divine Life and help others to realize it, by manifesting it in the everyday happenings. To penetrate into the essence of all being and significance and to release the fragrance of that inner attainment for the guidance and benefit of others by expressing, in the world of forms, truth, love, purity and beauty - this is the sole game which has any intrinsic and absolute worth. All other happenings, incidents and attainments can, in themselves have no lasting importance.

Day 56  
February 25th

### A BIRTHDAY MESSAGE

On this anniversary of my Birthday I give you my blessings for the death-day of your false selves and for the birthday in Me of your one True Self.

It is open to every man to choose God or self, to flower or to wither and the choosing is continuous.

Day 57  
February 26th

### GOOD AND BAD STANDARDS

Standards of good and bad are established according to contemporary standards that may vary with time and circumstance. In spirituality, very often, what is understood to be good by the masses is, from the spiritual point of view, bad; and what is understood as bad by the masses, is often good from the spiritual point of view.....

It is very easy to keep the body clean; but cleanness of the mind is very difficult indeed.

Day 58  
February 27th

### PERFECTION

When there is a happy and continuous blending of the Finite and the Infinite, we have perfection. Then we have the Infinite revealing itself through the Finite without getting limited thereby; and we have the Finite transcending its sense of limitation in the full knowledge of its really being the revelation of the Infinite.

Day 59  
February 28th

### RESOURCES OF THE INNER LIFE

The relative difference between man and man in material resources or physical endowment becomes lost like a mote of dust in the infinitely greater resources of the inner self - the treasure of all.

Our very life should be such as to be God's message of Truth in the world. In our every-day life of worldly duties, if Love-Service-Honesty is manifested, renunciation is achieved without renouncing the world.

Day 60  
February 29th

There is within man the inextinguishable Light of Truth, because he is essentially divine in origin and being. Those who cleanse their hearts of the embittering poison of selfishness, hate and greed, shall find God as their own True Self.....

The Truth of the divine life is not a mere hope but a reality. It is the only Reality, and all else is illusion. Have faith and you will be redeemed. Have love and you will conquer the lower and limited self of cravings that veil your own true being as God. Not through desperate self-seeking but through constant self-giving is it possible to find the Self of all selves.

Day 61  
March 1st.

If you don't want to be old before your time, be cheerful in deed and word and in appearance - most of all in appearance. It is a divine art to look cheerful. It helps others.

### HUMOR

Later, when Garret expressed surprise at Baba's keen sense of humor, the Master reminded him that: "Divinity includes all that is beautiful and gracious," and asked, "How then could you expect a Perfect Being to be void of a sense of humor?"

Day 62  
March 2nd

### ILLUSION

Because in the very beginning imagination gave a twist to substance and thus importance to shadow, we, who are eternally free, find ourselves bound, having lost our original Self in the maze of illusion.

Therefore, in spite of possessing Infinite Bliss, we have to experience misery, worries, doubts, failures and helplessness.

When in a flash the Real Knowledge comes that we are not what we seem, but are that Infinite One, then all worries disappear, because in fact Sukh (pleasure) and Dukh (misery) do not exist. To get rid of this persistent ignorance and to know the true value of Reality, we have to experience God, who is the breath and Life of our lives, can only be experienced by honest Love.

Day 63  
March 3rd.

We have to love Him silently and honestly even in our every day life. Whilst eating, drinking, talking and doing all our duties, we can still love God continuously, without letting anyone know. When God is found, you can have no idea what Infinite Bliss and Peace is gained. I give you all my love so that some day you can love God as he ought to be loved.

Inscribe these words on your heart, "Nothing is real but God. Nothing matters but love for God."

Day 64  
March 4th.

### THE STATE OF LIBERATION

From the good the soul passes on to God, selflessness is merged into Universal Selfhood, which is beyond good and bad, virtue and vice and all the other dual aspects of Maya. The height of selflessness is the beginning of the feeling of oneness with all. In the state of liberation there is neither selfishness nor selflessness in the ordinary sense; but both of these are taken up and merged into selfness for all.

Day 65  
March 5th

### SELFNESS FOR ALL

Realization of the unity of all life is accompanied by peace and unfathomable bliss. It does not in any way lead either to spiritual stagnation or the obliteration of relative values. Selfness for all brings about undisturbed harmony without loss of discrimination and unshakeable peace without indifference to the surroundings.

And this selfness for all is not an outcome of merely subjective synthesis. It is a result of an actual attainment of union, with the ultimate Reality which includes all.

Day 66  
March 6th

### EVOLUTION

The whole of evolution is in fact a progression from unconscious divinity to conscious divinity.....

All creatures are partial manifestations of God, conditioned only by their lack of knowledge of their own true nature.

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

Day 67  
March 7th

### HUMAN LOVE

Human love should not be despised even when it is fraught with limitations. It is bound to break through all these limitations and initiate the person to the Eternal life of the Truth, so that the lover loses his separate and false self and gets united with God who is the one matchless indivisible ocean of love. When an individual realises the perfection of human love, he might be said to be ready to be initiated into the final state of Divine Love, where there is no duality.

Day 68  
March 8th

### MARRIAGE

Every human relationship is based on love in one form or another and endures or dissolves as that love is eternal or temporal in character. Marriage for example is happy or unhappy, exalting or degrading, lasting or fleeting according to love which inspires and sustains it. Marriage based on sex attraction alone cannot endure. Marriages on the other hand which are based on a mutual desire to serve and inspire grow continually in richness and in beauty and are a benediction to all who know of them.

Day 69  
March 9th

SELF-KNOWLEDGE

Divine Love and wine are both distant from the creeds of established religion; the former is beyond the creeds and the latter is disapproved of by them. Both are intoxicating and make man forgetful. But while wine leads to self oblivion, divine love leads to Self-knowledge.....

As the heart is, so is the house;  
As the eye is, so is the Image within the house.

Day 70  
March 10th

PURE LOVE

When pure love arises it is always a gift i.e. (Grace from the Master)... spiritual preparation is necessary by a person who has developed some divine attributes. When he avoids back-biting, thinks of the good of others, practices tolerance and desires the good of others even at the cost of his own self.....

The Master who is the ocean of divine love is always on the look out for the soul in whom His grace will fructify. Pure love is very rare.

Day 71  
March 11th

Love begets love, it cannot be awakened by any other means. When True love is awakened it leads to God-realization, and opens upon an unlimited field of lasting and unfading happiness.....

The secret of true love is that it is unconquerable and irresistible. Even the one who resists its approach is lost, as he springs to plug the whole thro' which it is flowing past the walls of his heart. It races behind him and he turns only in time to find himself surrounded and borne aloft on itself on its irresistible might.

True love gathers power and spreads itself until it transforms everyone it touches.

Love is pure as God. It gives and never asks; that needs grace.

Day 72  
March 12th

### BODILY NEEDS

It is natural to be tired on account of the body. Although body and mind are two different entities, they are on account they are interdependent. When the mind feels tired, the reaction is felt by the body ; when the mind feels tired the reaction is felt by the body; when the body feel tired, so does the mind. Only the soul is aloof from both. All this feeling is done by the ego. The "I" does not feel content. That means "I am unhappy". "I am in trouble." All this is the ego.

Now this limited "I" takes all that is unimportant as important and vice versa. There is a world of difference between importance and necessity. Bodily needs and comforts are unimportant but necessary.

Spirituality which is important but externally unnecessary is taken as unimportant .....

All illusion comes and goes but the soul remains unchanged. What is meant by God-realization is to actually experience this important thing - that the soul is eternal.

Day 73  
March 13th

### THE ROLE OF MOTHER

Begin by wanting less. Try to Love more. Try to have more tolerance.....

For the role of Mother you ought to be more gentle....listen to suggestions. If you can fall in with them, good; if not kiss and say "No" gently. This is tact. It hurts if you are too frank sometimes.....

There must be harmony, love and peace. Don't keep the door closed. (pointing at the heart). Keep it open so that when I want I can enter.

Every time I intend entering I find a closed door - all because of useless wants.

Petty things take up all your energy, thoughts and time. So no more of that. Love and forget.

Day 74  
March 14th

### INFINITE WITHIN

Sit silent and alone for five minutes and try to look within.  
Close the eyes and mentally look within and imagine yourself as infinite within. Let the idea that you are infinite remain for five minutes. How do you imagine yourself infinite? You can imagine the infinite sky, ocean or vast emptiness. And let this one thought be in your mind - that you are infinite within.

Day 75  
March 15th  
(From Divyavani, Oct. 1962)

When Avatar Meher Baba was asked, as to what should be the correct and safest attitude towards saints - he recalled the significant words of the Persian poet Hafiz.  
"Either do not form a friendship with an elephant driver, or be prepared to receive his elephant as well."

Day 76  
March 16th

### DETACHMENT

I am in all, in both big and petty things - All are nothing, so why give importance to anything. I take as much enjoyment in looking after the mad, being with the mandali, ordering my agents, looking after the great universal work, as in bringing eggs to Hedi and mail for all. You cannot escape petty things. Because everything except God is petty. What you can do is to be detached. Use the petty things, but know they are petty and remain unattached to them..... The dirty body.....is made use of for the soul to realize itself. Can you escape from it? You cannot escape its perspiration. But if all day you go brooding, "Why do I perspire? I must not perspire," it is of no use - you cannot escape, but you can become detached..... Even to criticize shows attachment.

Day 77  
March 17th

### SUFFERING

When suffering comes, it comes according to the divinely established Law of Karma. It must then be accepted with grace and fortitude. But it must be remembered that your actions are the cause of much of your suffering. Through wise action it can be minimized. What humanity needs is spiritual wisdom; and for this it must inevitably turn to the perfect masters and Avatars.

Suffering comes through ignorance or attachment to illusions. Most people play with illusions as children play with toys. If you get caught up in the ephemeral things of this world and cling to illusory values, suffering is inevitable. It is not easy for little children to give up their toys for they become the victims of habit, which they cannot undo. In the same way through millions of lives, you have got into the habit of playing with illusions; it is difficult for you to get disentangled from them.

Day 78  
March 18th

For ages and ages, the Soul (Atma) has been seeing its own shadow and getting engrossed in the illusory world of forms. He gets addicted to the spectacle of his own creation and desire to see it through cycles and cycles of creation. When the soul turns inwards and longs to have self-knowledge, it has become spiritually-minded. But even there, this habit of wanting to see some spectacle persists for several lives. The soul wants to experience some miracle, or in more advanced stages it wants to perform miracles and manipulate phenomena. Even spiritually advanced persons find it difficult to outgrow this habit of playing with illusions. Persistent attachment to miracles is only a further continuation of the habit of playing with illusions.

It is not miracles, but understanding which can bring you True freedom. If you have firm faith and unfaltering love for the God-man your way to Abiding Truth is clear and safe. Then you have not time to waste in playing with things that do not matter. Be ye guided by Love and Truth. This is the simple way that leads to God. Not by endless maneuvering of alluring illusions, but by loyalty to the Unchangeable Truth, can ye hope to be established in Abiding Peace.

Day 79  
March 19th

Although it appears as the most fantastic imagination, yet it is a fact the very life of man is the veil that shrouds the reality of the eternal existence of God. It is the irony of divine Fate the God gets lost in man to find Himself, and the instant that man gets lost in God, God realizes His reality as Existence, eternal and infinite.

Day 80  
March 20th

### THE LIMITED EGO

Thus God in the man state, at first realizing Himself as man, asserted His limited aspects through the limited Self or the limited ego, the limited mind, the limited energy and the finite gross body.

Then eventually and ultimately realizing Himself as God, He manifests his unlimited, unbounded, infinite trio-nature of Infinite knowledge, infinite power and infinite bliss, through His divine unlimited "Self".

Day 81  
March 21st

### THE PROCESS OF EVOLUTION

Right from the unconscious state until full and complete consciousness is gained in the man state, God remains One, indivisible, infinite formless and eternally all-pervading. But it is the all-pervading, infinite nature of God that expresses consciously and unconsciously His eternal divine existence, directly and indirectly, in and all states and forms through their expressions of their very being.....

Day 82  
March 22nd

The whole process of evolution was an absolutely spontaneous outcome of the original, infinite whim surging in the unconscious God to become conscious of His eternal and infinite existence. And paradoxical as it may seem, in the process of evolution and the unconsciousness of God urged the gradual unfoldment of the latent consciousness of systematic and progressive process of gathering and experiencing varied and innumerable impressions thro' identifying God with varied and innumerable gross forms.

Day 83  
March 23rd

### THE MASTERS

They can use occult forces for securing co-operative and co-ordinated spiritual work; and they frequently hold meetings on the higher advancement of humanity.

The Eternal Being in all is one, and functions as a unity. Those who have become conscious of this unity become fit for unlimited responsibilities, because they have shed the limitations of the human mind and have become impersonal and universal in their interests, so that they are effective vehicles for the execution of the Divine Plan on earth.

Day 84  
March 24th

### OCCULT POWERS

Most persons consciously or unconsciously attach undue importance to occult phenomena and mistake them for spirituality. For them, miracles and spirit-phenomena are of absorbing interest and this is taken to be an indication of interest in the true life of the Spirit. But there is a very clear distinction between occultism and mysticism, spiritualism and spirituality and any failure to grasp this difference leads to confusion.

Day 85  
March 25th

### PERFECT MASTER

"When you meet the true Guru (teacher)  
He will awaken your heart;  
He will tell you the secret of love and detachment,  
and then you will know indeed that He transcends this universe....."

He comes to the Path of the Infinite on whom the grace of the Lord descends. He is freed from births and deaths who attains to Him."

Kabir.

The attributes of the Avatar are: -

1. The stimulating power of His divinely human example.
2. The nobility of a life supremely lived.
3. Of a love unmixed with desire.

4. Of a power unused except for others.
5. Of a peace untroubled by ambition.
6. Of a knowledge undimmed by illusion.

Day 86  
March 26th

The story of Mainu and Leila (Persian)

Have you all heard of the two lovers, Mainu (or Majnun) and Leila? They had human love at its highest. Mainu was at a great distance from Leila, always trying to love her and repeating her name wherever he went. But Leila was at some other place. One day a thorn went into Mainu's foot; blood came out. At the very same moment Leila felt a shock and blood trickled from her foot. Even such human love falls short of Divine Love. Human Love at its zenith is "Ishka Majazi". Divine Love is Ishka Hakiki>.

Day 87  
March 27<sup>th</sup>

Baba asked: "How did the story of Mainu and Leila end?"

Dr. Harry Kenmore answered - "Mainu would have been happy even if she loved and married another." Baba continued, "The end is given somewhere. His whole life was Leila; he saw Leila in everyone. Of course he was not careful of his clothes, health, food. He roamed about always thinking of her. Then he met a spiritual master sitting under a tree. The Master called him saying, "If you had tried to love God as intensely as you love Leila, you would have seen God everywhere, in everything." Mainu answered, "I am not after God. I am after Leila. I see her in all" The Master called him, embraced him and in an instant Mainu had the experience of God everywhere. Then he started to cry, "Anal Hak" which means "I am God," instead of Leila."

Day 88  
March 28th

### EXPLANATIONS

Do not give undue importance to explanations and discourses. Words fail to give any meaning to Reality; because when one supposes that one has understood one has not understood; one is far from understanding anything so far as Reality is concerned. Reality is beyond human understanding, for it is beyond intellect.

Understanding cannot help because God is beyond understanding. The moment you try to understand God you misunderstand Him; you miss Him when you try to understand Him.

Day 89  
March 29th  
(Continued from day 28<sup>th</sup>)

Intellect must go before knowledge dawns. All this is a show, a fun, (Tamasha) a play.

Mind must go because the fun lies in the mind. And the fun is that mind must annihilate itself. Only annihilation of mind (or stopped mind) takes one to reality.

If I tell you to jump over another person, you can do it, but you cannot jump over yourself: at the most you would turn a somersault: there is a way to annihilate mind. The way is love.

Day 90  
March 30th

HUMAN LOVE

Just consider ordinary human love: when a man or woman is deeply in love with his or her partner, nothing comes between them. They get totally lost in love for one another. There is neither admiration nor fault finding. There is total absence even of exchange of thought: love prevails without thoughts. Mind becomes defunct for the time being: for in such intense human love mind does not come into play. The mind apparently gets annihilated for the fraction of a second when love and loving are at their zenith. This brings about a state similar to trance. If ordinary human love can go so far what should be said of the height of divine love?

Day 91  
March 31st

THE BIRTHRIGHT

God hood is the birthright of every man. It is possible through love for man to become God, and when God becomes man it is due to His love for His beings.....

There is no Sadhana greater than love, there is no law higher than love. God and love are identical and one who has Divine Love has reached God.

Day 92  
April 1st.

WORRY

Let me tell you this fact. There is nothing to worry about, nothing to be disheartened about. We are all, each of us meant to be happy. Our life is by God's grace, and happiness is that which makes us feel that we are one with God. Know that all else is illusion.

.....

You are one of my rocks on whom I can depend. I can promise you definitely that you will always be near Me until you become One with Me.

Day 93  
April 2nd

LOVE GOD

What else is life meant for but to love God and become one with Him. God is the only reality. One has to go on and on until we arrive at a stage, when we must love God, because we know all life leads to Him.....

When one loves God one is eternally young, because God is eternally young, infinite and everlasting, and to love Him and know Him, as He is, is the goal of life. To love God, to feel God, to know God, to be one with God, is the only thing that matters in life.

Day 94  
April 3rd

### THE CONSTANT COMPANION

I want you to make me your constant companion - think of me more than you think of your own self. The more you think of Me, the more you will realize my love for you. Your duty is to keep Me constantly with you throughout your thoughts, speech and actions.....Baba is what He is. I was Baba, I am Baba and shall evermore remain Baba.

Day 95  
April 4th

### JUDGING

Live not in ignorance. Do not waste your precious life span in differentiating between and judging your fellow men, but learn to long for God.

Even in the midst of your worldly activities, live only to find and realize your true identity with your Beloved God.....Seek no other reward than the gift of divine Love. Long for this gift sincerely and intensely and I promise in the name of my divined Honesty that I will give much more than you ask for.

Day 96  
April 5th

### OBEDIENCE - A message sent to the West, October 1958

Obedience is greater than love. Love is a gift from the Beloved to the lover, whereas obedience is an offering from the lover to the Beloved and accepts any hardships and sacrifices. Obedience is the surrenderance of love to love in which the wish of the Beloved becomes the happiness of the lover.

When I say I am happy by your desire or willingness to obey Me, you have already received my blessing that you will be able to do so - the happiness of the Beloved is his blessing to the lover. I send my love to each and every one of you. Baba

Day 97  
April 6th

### MIND AND HEART

Do not listen to the voice of the mind. Listen to the voice of the heart. The mind wavers, the heart does not. The mind fears, the heart is undaunted. The mind is the home of doubts, reasonings and theories. The heart when purified becomes the dwelling of the

Beloved. Rid your heart of low desires, malice, selfishness and God will manifest in you as your true self.

Day 98  
April 7th

### REINCARNATION

You eternally were and will be. You have had innumerable forms as man and women, beautiful and ugly, rich and poor and here you are again with another form.

Till you gain spiritual freedom, you will be invested with many such forms. So why seek temporary relief which has in its wake more binding? Ask God not for money, fame, power, health or children but for His Grace of love which will lead you to eternal bliss and freedom.

Day 99  
April 8th

### FAITH AND LOVE

If you have rock-like faith and flame-like love for God, nothing in this world will affect you. Misery will not trouble you. Flattery will not touch you. Happiness will not humor you. Such faith and love will help you to rise above the imaginary phenomenon and make you understand that God alone is real.

Day 100  
April 9th

### SPIRITUAL SCIENCE

Just as God is Infinite, imagination is also infinite and all that has come out of imagination which is called the shadow of God, is likewise infinite. We can imagine anything and everything ad infinitum.

Science as it is understood today, deals with energy and matter. This material science is in the domain of the mind, but there is also spiritual science, which deals with the beyond-mind state. Material and spiritual science can both yield proofs - material science by bringing results through the intellect. Spiritual science through Love. When Love is fully experienced, the source of spiritual science which is God the Infinite, is realized and all else is then discovered to be just illusory phenomena.

Spiritual science being based on love alone is beyond systematical mental understanding. It is full of apparent contradictions and vagaries which love alone can face and overcome. Whereas material science enhances the ego-life, spiritual science annihilates it.

Day 101  
April 10th

It is better not to worship if your heart is not in it. Any prayer made mechanically in a spirit of show or ceremony is all a farce. It results in greater bindings through one's pretence to purify.....

A real fast for the mind is to have no thoughts at all but ordinarily this is impossible.....

You can entrust your mind to me by remembering me or repeating my name in your heart as often as you can.

Remember me so often that your mind is at a loss to find other thoughts to feed on.

Day 102  
April 11th

Mind begets energy and matter. Without mind there can be neither energy nor matter. Energy is derived from mind and is continually sustained by it; it cannot subsist without mind, latent or manifest. Matter depends upon energy and cannot remain matter without energy, latent or manifest.

Mind can subsist without energy, as energy can subsist without matter.

In contrast to an infinite number of individual minds as completely separate entities from one another, the Universal Mind is indivisible and omnipresent.

Day 103  
April 12th

### MIRACLES

Why should we produce petty imitation illusions in the already created mighty illusion?

Unless absolutely necessary for the spiritual purpose of a general collective drawing of mankind towards self-realization, miracles performed unnaturally or supernaturally can interfere with God's ordained evolutionary process.

Day 104  
April 13th

### HEALING

Real healing is spiritual healing, whereby the Soul becoming free from desires, doubts, and hallucinations, enjoys the eternal bliss of God.

Untimely physical healing might retard the spiritual healing. If borne willingly, physical and mental suffering can make one worthy of receiving spiritual healing. Consider mental and physical suffering as gifts from God which if accepted gracefully lead to everlasting happiness.

Day 105  
April 14th

### LIVING IN THE WORLD

If faithfully carried out we can win the Grace of God living in the world and yet practicing complete internal renunciation. This means attending to all worldly duties without

attachment, knowing all to be an illusion and only God to be real, carrying out one's worldly affairs with a pure heart and a clean mind, and living the life of a recluse in the midst of intense activity.

Day 106  
April 15th

### SELFLESS SERVICE

One who practices this, thinks not of himself but of the happiness of others, serves others with no thought of gain or reward, never allows the mind to be upset or disappointed and facing all odds and difficulties cheerfully, sacrifices his welfare for the good of others. This is the life of the Selfless worker.

Day 107  
April 16th

### YOGIC POWER

Through yogic power yogis can sustain health and length of life for as long as they wish. The God-intoxicated majzoobs (masts) are sustained by God himself; heat, cold, rain, nothing affects them. The Perfect ones who regain normal consciousness, in addition to their infinite state, go through the finite existence of pain, suffering, and disease, in the normal way of human existence.....

Most persons suffer because of their "Karma". A few suffer for others. Masters suffer for the whole universe.

Day 108  
April 17th

### UNION

I am the one who is always lost and found among mankind. It is your love for yourself that loses me and it is your love for me that finds me. Love me above everything, for now while I am in your midst, I am most easily found as I really am.

I will teach you how to move in the world, yet be at all times in inward communion with me as the Infinite Being.

Day 109  
April 18th

### SURRENDER

The Way of Love is continual sacrifice and what gets sacrificed are the lovers thoughts of "I", until at last comes the time when the lover says "Oh Beloved! Will I ever become one with you and so lose myself forever? But let this be only if it is our Will." This is the stage of love enlightened by obedience.

Now the lover continuously witnesses the glory of the Beloved's Will; and in the witnessing does not even think of union. He willingly surrenders his entire being to the Beloved, and has no thought of self left. This is the stage when love is illumined by surrender.

-----  
Out of millions, only one loves God, out of millions of lovers, only one succeeds in obeying, and, finally, in surrendering his whole being to God the Beloved.

Day 110  
April 19th

### A SECRET

When for many years man has longed for God-realization, one out of a hundred thousand such men of God achieves it.

No amount of rites, rituals, ceremonies, worship, meditation, penance and remembrance can produce love in themselves. None of these are necessarily a sign of love. On the contrary, those who sigh loudly and weep and wail have yet to experience love. Love sets on fire the one who finds it. At the same time it seals his lips so that no smoke comes out.

Love is meant to be experienced and not disclosed. What is displayed is not love. Love is a secret which is meant to remain a secret save for the one who receives it and keeps it.

Day 111  
April 20th

Intellect can never make us know God. Only Love can take us to Him. So stop talking of God and start living His life.....

The purpose of every kind of Yoga... is to lose the limited self by forgetting that self through service to others, through meditation, and through love for God and gain the unlimited Infinite Self... God is not to be learnt or studied or discussed or argued about. He is to be contemplated, felt, loved and lived.

Day 112  
April 21st

### CHRISTIAN MYSTICS

Just as the renunciation, sacrifices, penance and contemplation of Christian mystics practiced for love of God and his manifestation Jesus Christ have their corresponding practices in Vedanta and Sufism, so the "good words, good thoughts, good deeds" of Zoroaster's teachings are similarly found in the Karma Yoga of the Bhagvad Gita and the noble path of Buddha.

Day 113  
April 22nd

### ABSOLUTE HONESTY

Absolute honesty is essential to one's search for God (Truth). The subtleties of the Path are finer than a hair. The least hypocrisy becomes a wave that washes one off the Path.

It is your false self that keeps you away from your true self by every trick it knows. In the guise of honesty this self even deceives itself. For instance your self claims, I love Baba. The fact is if you really loved Baba you would not be your false self making the self-asserting statement! The self, instead of being effaced in love, believes and asserts I love Baba. Isn't that self-deception?

Day 114  
April 23rd

### THE FALSE SELF

How will you get rid of this false self? How will you give up this shadowy I-am-ness and get established in the I-Along-Am or God-Along-Is state? Hafiz\* has given the answer. "O Lover! Separation and Union are none of your business. Seek only to resign yourself to the Will of the Beloved.

Even the craving for union with the Beloved creates bindings. Therefore do not bother about separation or union; just love and love all the more.

\*Hafiz - A Persian poet who was a Perfect Master.

Day 115  
April 24th

Then as you love more and more you are able to resign yourself and your Path to the Perfect Master who is the Way; and you undergo a gradual change and your ego asserts itself less and less. Then whatever the Perfect Master tells you to do, you are able to carry out. In the beginning the mind grumbles. Why should I obey someone? But Hafiz\* consoles the mind by saying, "O Mind, this bondage to the Master can give eternal Freedom".

Day 116  
April 25th

### THREE TYPES

- a) The mast\* who loves God and knows only God. He loses all consciousness of his body and surroundings, and is dead to himself and the world. For him only God exists.
- b) The one who lives in the world, carries out his worldly duties and responsibilities a hundred percent, but is all the time conscious that everything is passing and only God exists. He loves God without others being aware of it.
- c) The one who completely surrenders to the God-Man (the Christ or Avatar). He no longer lives for himself but for the God-Man. This is the highest and rarest type of lover.

Note \*Mast - One who is intoxicated with love for God.

Day 117  
April 26th

"Seek and you shall find" has become such a commonplace that people have begun to wonder what it means. To them I say, "Do not seek and you will find. Do not seek material pleasures and you will find the spiritual treasure. This means seek only God by not seeking material pleasures and you will find God."

Day 118  
April 27th

### THE GIFT OF GOD

Love is such that the lover needs no asking to do anything.....

By loving, your whole being will be changed and your life will end in Freedom.....

The gift of love is a rare gift of God, and rarely is one capable of receiving it.

Selfless service and true renunciation are open to all but possible to the true heroes amongst men.

Day 119  
April 28th

### VITAL TO YOUR EXISTENCE

God is infinitely more vital to your existence than your breath which is your very life. Ordinarily, life is associated with breath; but you only become aware of this when breath is restricted through exertion, and you only completely realize this when breath is cut off altogether as when drowning. Similarly, you only become aware that God is your existence when you pant for Him, and you only finally realize Him when you drown in His Ocean of divine Love.

Day 120  
April 29th

### FASTING THE MIND

What is fasting the mind? It is having no thoughts. But this is impossible. But when you entrust your mind to me by constantly remembering me, there are no thoughts left on which the mind can feed. This fasting is the true and essential fasting. Starving the stomach may benefit the health but it does not necessarily help spiritual advancement.

Day 121  
April 30th

### HYPOCRISY

Let your heart be pure. Do not act outwardly what you are not inwardly. Be absolutely honest. God is Infinite Honesty. Do not pose as being pious, because God is everywhere. God cannot be fooled - so why pose as something you are not? I do not want anything else from you but the gift of your obedience.

Give me that and you will free yourself from the bondage of ignorance.

Day 122  
May 1st.

### BEYOND THE REACH OF MIND

The moment you try to understand God rather than love Him you begin to misunderstand Him, and your ignorance feeds your ego. Mind cannot reach that which is beyond it. God is infinite and beyond the reach of mind.

The Divine Will that brought forth this infinite Illusion expresses itself in all its purity through Me to make you turn away from Illusion towards God-consciousness.

Day 123  
May 2nd

### TRUTH IS INFINITE

It is the nature of the mind to go on asking. But love asks no questions; it seeks nothing but the will of the Beloved.

Mind wants to know that which is beyond mind. To know that which is beyond mind, mind must go - vanish, leaving no vestige of itself behind. The humor of it is, the mind, which is finite wants to retain itself and yet know the Truth, which is infinite.

This is the position of those who seek Truth through intellect. Few grasp this fact, and so most grope and grapple in vain.

Day 124  
May 3rd

### BINDING

Why should you not be happy? What need bind you to unhappiness? Binding is self-created. It can be overcome if you really want to become free. You are your own obstacle to freedom, and merely wishing for freedom is not enough. It is not what you think or say that matters, but what you sincerely feel within. If you want God you must want God alone. It is possible to get God if you want to experience Truth. And what is the cost? Your own separate existence. When you surrender all falseness you inherit the Truth that you really are.

Day 125  
May 4th

### TRUTH AND EXPERIENCE

Truth is beyond the reach of mind. It is a matter of experience. Mind is very illusive and creates innumerable excuses in order to entrap you. It causes you to say, I cannot live just for God. I have my duty towards my family, towards society, the nation and the world. And so you are pulled more into Illusion than towards Truth.

Truth is simple, but Illusion makes it infinitely intricate. The person is rare who possesses an insatiable longing for Truth; the rest allow Illusion to bind them ever more and more. God alone is real and all else that you see and feel is nothing but a series of nothings.

Day 126  
May 5th

When your life presents an honest and sincere picture of your mind and heart, just an embrace from a Perfect Master is enough to quicken the spirit. When I, the Ancient One embrace you I awaken something within you which gradually grows. It is the seed of love that I have sown.

Day 127  
May 6th

### GRACE

The only way to get beyond the bounds of limitation and get established in limitlessness, is to become as dust in one's love for the Perfect Master. So Tukaram, one of the Perfect Masters has said:

"Without the grace of the Perfect master you cannot find the way to the goal;  
Before and above everything else hold firmly to His feet."

Day 128  
May 7th

### TO KNOW REALITY

The direct knowledge of God is that knowledge (Dhyan) had through the experience of becoming one with God and can only be had by the grace of the Perfect Master. But indirect knowledge such as that obtained through descriptions and pictures is information for the mind only.

To know reality is to become it. It is nearest to you - for in fact, it is you. Owing to ignorance, God who is nearest appears to be farthest. But when the veil of ignorance is rent by the grace of the Perfect Master you become you - the real Self which is the innermost Reality that you are, ever were and ever will be.

Day 129  
May 8th

### THE ANCIENT ONE

Believe that I am the Ancient One. Do not doubt that for a moment. There is no possibility of my being anyone else. I am not this body that you see. It is only a coat I put on when I visit you. I am infinite consciousness. I sit with you, play and laugh with you; but simultaneously I am working on all planes of existence.....

Day 130  
May 9th

I am the Root of every-one and everything. An infinite number of branches spread out from me. I work through, and suffer in and for, each one of you.

My bliss and my infinite sense of humour sustain me in my suffering. The amusing incidents that arise at the expense of none lighten my burden.

Think of me; remain cheerful in all your trials and I am with you, helping you.

Day 131  
May 10th

### THE OCEAN

God's Imagination begets Universal Mind, Universal Energy and Universal Body in which are contained the individual minds, individual energies and individual bodies of everything and being in creation.....

Distance between a drop here and a drop there in the ocean makes no difference to each drop's relation to the ocean.

Any drop within the ocean is within the entirety and homogeneity of the ocean.

Day 132  
May 11th

### DUALITY

Duality implies separateness. Separateness causes fear. Fear makes worry.

The way of Oneness is the way to happiness; the way of manyness is the way to worry.

I am the one who has no second so I am eternally happy. You are separate from your Self, so you always worry.

To you, what you see is absolutely real; to me it is absolutely false. I alone am Real and my will governs the Cosmic illusion. It is the Truth when I say that the waves do not roll and the leaves do not move without my will.

Day 133  
May 12th

### GOODBYE TO WORRY

The moment the intensity of your faith in my will reaches its height you say goodbye to worry forever.

Then all that you suffered and enjoyed in the past, together with all that you may experience in the future, will be to you the most loving and spontaneous expression of my will; and nothing will ever be able to cause you worry again.

Day 134  
May 13th

Live more and more in the present which is ever beautiful and stretches away beyond the limits of the past and the future.

If at all you must worry, let it be how to remember me constantly. This is worthwhile worry because it will bring about the end of worry. Think of me more and more and all your worries will disappear into the nothing they really are.

My will works out to awaken you thus.

Day 135  
May 14th

### ONE WITH GOD

There are some who exist to hate others, be jealous of others and make others unhappy and there are some who exist to love others and make others happy. One who has become One with God, exists for all, both good and bad. And to become One with God, one has not to renounce anything but one's own self.

Day 136  
May 15th

### THE ETERNAL REDEEMER

In God there is no such thing as confusion - God is infinite Bliss and Honesty. In illusion there is confusion, misery and chaos. As the eternal Redeemer of humanity I am at the junction of Reality and Illusion, simultaneously experiencing the infinite bliss of reality and the suffering of Illusion.

Day 137  
May 16th

### THE QUTUB

The word "qutub" literally means pivot or axis. Thus the Qutub (Perfect Master) is the Axis around which everything in Creation revolves; and He being the CENTRE of everything, everything on every plane is equidistant from Him.

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The infinite alone exists and is Real; the finite is passing and false.

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"He who knows everything displaces nothing; to each one I appear to be what he thinks I am."

Day 138  
May 17th

### THE TRUE SELF

It is not easy for man to accept and keep on accepting under all circumstances that God is. Even after his firm acceptance that God is, it is supremely difficult, though not impossible, for him to realize what he has firmly accepted. And realization means that instead of being fully conscious that he is man, he becomes fully conscious that he is God, was God, and has always been God and will ever remain God,

Knowingly or unknowingly man is ever seeking the Goal which is to realize his true Self

Day 139  
May 18th

### UNLEARNING

Before he can know Who he is, man has to unlearn the mass of illusory knowledge he has burdened himself with on the interminable journey from unconsciousness to consciousness.

It is only through love that you can begin to unlearn and eventually, put an end to all that you do not know. God-love penetrates all illusion, while no amount of illusion can dim God-love. Start learning to love God by beginning to love those whom you cannot. You will find then in serving others you are serving yourself; and when you completely forget yourself, you find Me as the Source of all Love.

Day 140  
May 19th

### PARROTRY

Give up all forms of parrotry. Start practicing whatever you truly feel to be true and justly to be just. Do not make a show of your faith and beliefs. You have not to give up your religion, but to give up clinging to the husk of mere ritual and ceremony. To get to the fundamental core of Truth underlying all religions, reach beyond religion.

Day 141  
May 20th

### MECHANICAL RELIGIONS

God has come again and again in various Forms, has spoken again and again in different words and different languages the Same One Truth - but how many are there that live up to it. Instead of making Truth a vital breath of his, man compromises by making over and over again a mechanical religion of it - a handy staff to lean on in times of adversity, a soothing balm for his conscience or a tradition to be followed. Man's inability to live God's words makes a mockery of them.

Day 142  
May 21th

How many Christians follow Christ's teaching to 'to turn the other cheek'; or 'to love the neighbor as thyself'? How many Muslims follow Mohammed's precept to 'hold God above everything else'? How many Hindu 'bear the torch of righteousness at all cost'? How many Buddhists live the 'life of pure compassion' expounded by Buddha? How many Zoroastrians 'think truly, speak truly, act truly'? God's Truth cannot be ignored.

Day 143  
May 22nd

### IGNORING GOD'S TRUTH

God's Truth cannot be ignored. Because men do ignore it, a tremendous adverse reaction is produced, and the world finds itself in a caldron of suffering through hate, conflicting ideologies and war, and nature's rebellion on the form of floods, famines, earthquakes and other disasters. Ultimately when the tide of suffering is at its flood, God manifests anew in human form to guide mankind to the destruction of its self-created evil and re-establish it on the Way of Truth.

Day 144  
May 23rd

### GOD'S IMAGINATION

God is Infinite and Eternal. And His imagination is also Infinite and Eternal. God's imagination goes on endlessly expanding. How can man imagine this Imagination with his

finite imagining? His highest flights of imagination (intellect) can never bring him the faintest idea of God's Imagination. And God's Reality is beyond this again. When you cannot imagine even the imagination of God, how infinitely more impossible it is to fathom His Reality

Day 145  
May 24th

### THE GREAT UPHEAVAL

The world is now drawing very close to the great upheaval which must precede the breaking of my silence. This upheaval will entail great suffering to humanity, but this suffering will work a profound change of heart and will sweep the world clean for the new and vital phase that must follow.

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In Reality there is only One. In illusion there are many. The reason why there is so much confusion as to whether there is one God or many is because God is so Infinitely One.

Day 146  
May 25th

### MAN'S IMAGINATION

God is that 'One' playing innumerable roles. For example, one of you is sitting with his eyes closed and in his imagination he creates innumerable things, and in the very act of imaging them he preserves them. Then he opens his eyes, and in so doing destroys all the things his imagination had created and held together. Thus the same person played different roles, that of creator, sustainer and dissolver.

Day 147  
May 26th

### I WAS RAMA

I was Rama, I was Krishna, I was this One, I was that One, and now I am Meher Baba. In this form of flesh and blood I am that same Ancient One who alone is eternally worshipped, ever remembered and forgotten.

I am that Ancient One whose past is worshipped and remembered, whose present is ignored and forgotten and whose future (Advent) is anticipated with great fervour and longing.

Day 148  
May 27th

### TRUTH AND LAW

There are two things: Truth and Law,  
Truth belongs to God, Law belongs to illusion.  
Illusion is infinitely vast yet it is governed by law. The "law of cause and effect", which none can escape belong to this Law.

Law is bondage. Truth is Freedom.  
Law upholds ignorance. Truth upholds Reality.  
Law governs Imagination which binds you to Illusion.  
Truth sets you free from Illusion

Day 149  
May 28th

Although it is the nature of imagination to run riot, it is restricted to the definite and minutely precise pattern of bindings created and upheld by the law of bondage.

The moment imagining ceases, the shackles of the Law are broken and Freedom is experienced in the realization of the Truth.

It is impossible for one of oneself to overcome the operation of the Law and merge in the Truth. Only those who are one with God can take you beyond the bounds of the Law and give you the experience of the Freedom - which is the Truth.

DAY 150  
May 29th

### KNOWLEDGE, POWER, BLISS

God has three Infinite aspects: Knowledge, Power, Bliss. It is from these that man derives his three finite aspects of mind, energy, matter.

The three aspects of God are interlinked; Bliss depends on Power and Power depends on Knowledge. Similarly the three aspects of man are interlinked; matter depends on energy and energy depends on mind.

As a human being you are one homogeneous entity of these three finite aspects (mind - energy - matter), which are but the shadows of the three Infinite aspects of God.

Day 151  
May 30th

### THE SOUL'S PRISON

The world is a prison in which the Soul experiences being behind the bars of its gross-subtle-mental body - the Soul, eternally free, lone sovereign and supreme Lord! Illusion's hold is so strong that the Soul experiences itself as serf rather than Soul.

Illusion stages the Lord's imprisonment so perfectly and establishes His serfdom so convincingly that even at the moment when the Perfect Master bestows His grace on the Soul it experiences itself as breaking out through the bars of a prison which never existed.

Day 152  
May 31st

God-consciousness

Meher Baba once said when explaining his state of God-consciousness, "Just as matter does not exist in your dreams, so it does not exist for me when I am awake. What you experience in your sound sleep with regard to matter, a God-realized man experiences in the waking state.

My waking state is real, yours is false. When you realise God you will see this for yourself, provided you regain consciousness of the gross world."

DAY 153  
June 1st

IGNORANCE

As long as a person remains under the sway of duality and looks on the manifestations of experience as being true or final, he has not traversed the domain of ignorance. In the state of final understanding, a person realises that the Infinite, which is one without a second, is the only reality.....

Day 154  
June 2nd

LIBERATION

The limited individuality which is the creation of ignorance, is transformed into the Divine individuality, which is unlimited.....

Liberation means the state in which there is objectless awareness, pure being and unclouded joy. Such a person has no longer any of the illusions which perplex and bewilder man.

Day 155  
June 3rd  
(Continued)

In one sense he is dead. The personal ego, which is the source of the sense of separateness, has been for ever annihilated but in another sense he is alive for ever more, with unconquerable love and eternal bliss. He has infinite power and wisdom, and the whole universe is to him spiritual work of perfecting mankind.

Day 156  
June 4th

### ANY RELIGION

Follow any religion you like but follow its innermost nucleus. Do not make a mock of it by adopting the conventional husk of religion and ignoring the underlying Truth. Religion should not be a convenience to be indulged in but words of Truth to be lived.

Baba himself says: "I belong to no religion. Every religion belongs to me. My personal religion I impart to all is Love for God, which is the Truth of all religions

Day 157  
June 5th

(Continued)

This love can belong to all, high and low, sick and poor. Every one of every caste and creed can love God. The one and only God, who resides equally in us all, is approachable by each one of us through love. Religion like worship must be from the heart. Instead of erecting churches, fire temples, mandirs and mosques, people were to establish the House of God in their hearts for the Beloved God to dwell supreme then my work will have been done.

Day 158  
June 6th

### CEREMONIES

(continued)

If instead of mechanically performing ceremonies and rituals as age old customs, people were to serve their fellow-beings with the selflessness of love, taking God to be equally residing in one and all and knowing that by serving others they are serving Him, my work will have been fulfilled.

Day 159  
June 7th

### MISERY

Q. "Why should misery perpetually exist on earth, in spite of God's Infinite Love and Mercy?"

A. The Source of eternal Bliss is the Self in all and the cause of perpetual misery is the selfishness of all. As long as satisfaction is derived through selfish pursuits, misery will always exist. Only because of the Infinite Love and Mercy of God, can man learn to realise through the lesson of misery on earth that inherent in him is the source of Infinite Bliss and that all suffering is his labour of Love to unveil his Infinite Self."

Day 160  
June 8th

### DIVINE LOVE

Divine love is qualitatively different from human love. Human love is for the many in the One and Divine Love is for the One in the many. Human love leads to innumerable complications and tangles; but Divine love leads to integration and Freedom.

Day 161  
June 9th

### RULES

There can be nothing like a rigid set of rules to outline the means by which you may be led to the one and only path to God-realization. This path lies through the subtle and mental spheres which are independent of and above the gross sphere with its innumerable stars, suns and moons and worlds, including the earth.

Whatever brings you nearer to the path and suits you best, is best for you, provided you are able to put it into practice whole-heartedly and in harmony with the natural bent of your mind. A good runner who remains in-different to racing cannot make good progress, but a lame man who keeps on limping vigorously may soon arrive at the path.

If it is not used properly the best car is virtually useless to the traveler, however concerned he may be to arrive at his destination.

I have already told you that love for God and obedience to the Master are beyond the reach of man on his own, and complete surrender is almost impossible for him.

The next best thing then is for man to purify his heart. This is also very difficult, because every action, whether trivial or important, good or bad has left an impression on his mind.

Day 162  
June 10th

### SELFISHNESS

The disease of selfishness in mankind will need a cure, which is not only universal in its application but is drastic in its nature. It is so deep-rooted that it can be uprooted only if it is knocked down from all sides. Real peace and happiness will dawn spontaneously when there is a purging of selfishness. The peace and happiness which come from self-giving love are permanent. Even the worst sinners can become great saints if they have the courage and sincerity to invite a drastic and complete change of heart.

Day 163  
June 11th

It is time for humanity to face squarely the true cause of the catastrophe which has overtaken it; it is time to seek a new experience of Reality.....

Be attached neither to violence, nor non-violence. Fight if you must, but let your motive be only to help. Eat to serve the God-life in you, not for the pleasure of eating. Only so can you be free from all desire and be attached only to Love.

Day 164  
June 12th

### LIMITATIONS

To know that life is real and eternal is to inherit unfading bliss. It is time that men had this realisation of being unified with their own selves.

To be united with the Higher Self man perceives the Infinite Self in all selves; and he becomes free by out-growing and discarding the limitations of the ego life.

The individual soul has to realise its identity with the supreme Universal soul with full consciousness.