

BABAJI

The quotes:

"I am nobody and nothing. This body has no meaning. I am only a mirror in which you can perceive yourself. I am like fire: don't stay too far away or you will not get the warmth. But don't get too near or you may burn yourself. Learn the right distance."

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"To devotees I give Abhaya Dhan, the blessings of my protection, by which you will always be protected. So you should be fearless. I am responsible for you and your liberation. My protection never abandons you, not even for a second !"

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"Whosoever comes to me with love, then I will show him/her love beyond anything imaginable."

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"I have come to give, only to give. Are you ready to receive? I give everything but few ask for what I have really come to give."

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"If you are at peace, I am in peace. If you are troubled, I am troubled. If you have problems, I have problems. There will always be hills and mountains to overcome on the way to God. Do not be disturbed by the mountain falling down. It is the duty of the mountain to fall down and it is the duty of the soldiers to move the mountain."

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"You should seek harmony in everything that you do. I am harmony. Thank you for your love."



Karma yoga:

"Do not fall back in your work, but go on. Karma yoga is your first duty."

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"Work, which I want to accomplish, is to remove the misuse of nonviolence. People have become lifeless and their blood has become like water. You should be brave and courageous - afraid of nothing. You should not be afraid of being burned by fire or drowned by water. If you are brave and Courageous, nothing will harm you, not even the atomic bomb. You must be fearless for yourself and for all humanity. Humanity is making a grave mistake by misusing nonviolence. Time and again I have said this to you. You have come into the world to work. You must always be eager to work. The one who is idle is like a dead man. You have come to this world - to live, not to die!"

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"I want a world of brave and courageous people. Indeed, those who work hard and are agnostics are more acceptable, for a time, than lazy spiritual hypocrites!"

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"Many times I have told you that by karma yoga alone will I give you liberation."

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"I want, and many times I have told you, that it is the best thing to live your life with courage and bravery. You must be always active and hardworking. I have told you this before also. I will give you liberation only through Karma, so you should not lag behind in your work. Be active and advance!"

You must always encourage Karma Yoga. You have to progress through Karma Yoga. Through Karma only, can all needs be fulfilled. We cannot make the world happy and peaceful without Karma Yoga (work). For the peace and happiness of the world, we have to practice Karma Yoga. Through Karma Yoga - working hard - you can bring peace, happiness, joy and contentment to the world. Idleness makes men slip backwards, lag behind. Karma is the highest and greatest thing."

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"Every human being must promise with a true heart that he will cooperate with Babaji; He shall help him to be humane. This is the only service Sri Mahaprabhuji demands of you."

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"Karma yoga is the highest form of yoga (mahayoga) and any advancement is done through karma alone. By karma yoga great things can be achieved. You can bring heaven down to earth. You can change the whole of creation."

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"Those who are lazy and inactive are a burden to the earth."

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Nama japa:

Question:

"When there is a nuclear war and a bomb lands, say in Bombay, all people, including devotees, will die. What do You mean by saving them through the mantra?"

Sri Babaji answers:

"The fear of death is born with man, though this is the only thing that he knows is certain to happen to him. Attachment to material things makes man cling to life. When you chant the Name of the Divine, when you are one with the divine, you accept death. While you are attached to life and afraid of death, you die with that fear and that weight clinging to you. If you have attained liberation you are free from death (you accept the inevitable). You die without fear and by remembering the Name of God, your soul leaves the body free of that fear and attachment. If you are reborn, your soul is still free from that fear. If you die in "unity", you are free from rebirth, unless you will it."

"Every moment, in each breath, while eating, sleeping, and working, you should remember the Lord's name."

*"This **Om Namah Shivaya** is like nectar; feed everyone with this nectar. Sri Mahaprabhuji wishes that all words would disappear from this world, except for three - **Om Namah Shivaya**. This is the original mantra. When Primordial Energy first appeared, the first mantra that She uttered from Her holy mouth was **Om Namah Shivaya**."*

"This world is transitory; the Name of God is the true reality. Everything in this world is destructible, transient, and ephemeral. So you must all repeat God's Name and sing kirtan and bhajans with devotion and concentration. Without this, how can you attain Enlightenment and make progress?"



Kriya yoga:

"In life, everything is action, Kriya, eating, drinking, coming and going. Everything is full of activity; every moment is full of action. It is the duty of every one to be active; to be lazy is like making yourself dirty."

"The fact is that your daily routine work from morning till night is the real Kriya Yoga. The union of morning and evening (that is, the work of your whole day) is the real Kriya Yoga."

The union of that work which is started in the morning and finished in the evening is real Kriya Yoga. I don't want to brainwash people; they have already been brain washed! Those who are doing the brain washing themselves, do not understand the meaning of Kriya and Yoga (union). There is nothing like Kriya Yoga. There is nothing in this world that is not Kriya Yoga. Perfection in work is the real Kriya Yoga.

Every action in this world, including eating and drinking is Kriya Yoga. The digestive process in your body is Kriya. The process of uniting any two or more things is Kriya Yoga.

Others are confusing the people of the world. Doing your own duty perfectly, ADVANCE! GO FORWARD! That is Kriya Yoga, that is Karma Yoga - by this means only can you make progress. Perfection in work is Kriya Yoga.

All the scientists now thriving in this world are Kriya Yogis. Concentrated and meditative people are all Kriya Yogis. There is no such separate thing as Kriya Yoga. People have been misled thousands and millions of people have been ensnared in this trap. Only that is Kriya, which brings peace and happiness and all kinds of benefits to people. To do good action is Kriya Yoga. Worship (puja) is also Kriya Yoga, worship of any deity is Kriya Yoga.

You must all do service to humanity, THAT is Kriya Yoga. The times now demand this of you in this world. In every way, in every manner possible, do good to others and make them happy - that is Kriya Yoga. To each individual and to every country, provide what they lack."

"Whatever He is teaching you here; you must do at home also. Babaji doesn't teach the Kriya Yoga which makes a disciple to leave all action. Whatever He is teaching, He is teaching practically. He doesn't want men to become like stones, without any activity, becoming idle. There are 300,000 nerves in our bodies; to give energy and consciousness to these nerves is the Kriya Yoga that Babaji teaches." - Vishnu Dutt Shastriji



Worship:

"Kirtan should come to you naturally and through your soul. When you sing, you and those who listen to the kirtan should enjoy it, it should be sung in harmony, with a slow rhythm. Put your soul into it and it will flow. Don't sing kirtan as though you are competing with one another or fighting with each other, beating very fast rhythms - the melody should flow in all its sweetness"

"The kirtan and bhajans, which we sing here, must be sung with such deep devotion and concentration that the Deity of whom you are singing must be invoked to appear before you."

THESE WORDS OF MAHAVATAR BABAJI CAN HELP YOU CHANGE YOUR LIFE!



'Om Namaha Shivaya' - written by Babaji.