



From Baba's Heart to Yours

Baba's Message

There is often a misperception about what it means to sacrifice something. Sacrifice is not something great, it is only creating space. If you want to have something, if you want to keep something, if you want to make something come to you, you have to first make space for it. A cluttered space is not a space that will be seen by positive energy. A cluttered space can only occupy and at the same time attract that which is similar to the vibration of clutter. Like attracting like.

Sacrifice cannot occur without surrender. Now the question is whether our surrender is humble, simple and sincere and complete or not. It depends on how much we yearn and long for that truth, how much we will be willing to sacrifice the play of all those daily mundane things in life, to what extent we are willing to sacrifice those ruts of our own mind which keep us rooted in our ego.

How much we are ready to sacrifice is very important. When we sacrifice we show the Universe that we are ready to receive something much higher than what we are going to sacrifice. What we sacrifice is nothing compared to what we are going to be filled with provided we create the space through our sacrifice.

So ultimately it all comes to this, we must be ready to sacrifice some cluttered space for a higher purpose in life. And if we are ready for it, we are ready for the Spiritual Journey.

Q&A

Q. [What is a quick stress releasing technique for dealing with anxiety?](#)

A. There is no quick fix to any problem in your life. No problem happens all of a sudden. The nature of things in this physical world is time bound. You spend your life trying to fix things, but usually it is patchwork. A true solution is a resolution that reaches into the source of the difficult pattern. That is more essential than a superficial fix.

Of course, you can always shift your consciousness from the anxiety response, from the stress response, to relaxation response by focusing on your breath, taking three deep inhalations and exhalations and counting the breaths. Once you shift your mind's focus away from the negative energy of anxiety to the positive power of your vital force (in the east called Chi or Prana), transformation begins. It will definitely release your stress. This needs to become a life practice, however.

Fill your mind with thoughts of the wonderful gifts that you have received in life and open yourself to the grace available in the present moment.

Current News:

On 17th August Baba met Nobel Peace Prize winner Prof. Dr. Md. Yunus Ali, pioneer in the field of Micro Credit and discussed with him different perspectives of the work that he is doing and also the work that Baba is doing in India with similar philosophy but a different model. Prof. Yunus was very impressed with the kind of work Baba has been doing in India and promised any kind of help and cooperation from his end and his organization Grameen Bank for the furtherance of Baba's Mission in India.

Baba is presently in the newly built Ashram in Calcutta seeing the devotees, guiding them in the path beyond the mundane stressful life of the modern world. When he is not with the devotees giving discourses, then people find him in the office working with the team of Volunteers who work to uplift the village and developmental programs that empower thousands of women, children, and youth.

Your Feedback: Thank you Baba for your enlightening email. We will come to Kolkatta the next time and enjoy the beautiful work that you are doing in that part of the world. Thanks again for your email. Tharama.

Baba's Blessing

*What ever you do with a motivation of compassion and love
and not any gain to your shadow self is a step toward your Inner Sanctum of Peace.*

*You do one thing all the time, either you intensify your belief
in that pseudo self, or you intensify your belief in your Divine Self.*

The choice is open and ours;

*Let us choose to be open to the Divine light that can work through the
instrument of our body mind for our own release from the fetters
of self imposed bondage.*

In the process the world would be benefited in millions of ways known and unknown to us, conceivable or unconceivable to us.

*With Love and Blessings,
Baba*

If you are interested in scheduling Baba to do a REGENERATION seminar in the future, please contact him at susan@feelinghearts.org Also, Baba would love to have you submit questions about your Spiritual Journey and he will answer them in this e-bulletin. Please submit questions to susan@feelinghearts.org

If you wish to be removed from the list for this e-bulletin, please notify susan@feelinghearts.org

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