



From Baba's Heart to Yours

Baba's Message

As the world faces a global financial crisis you could either unconsciously droop into negative brooding and stressful physical manifestations or you could lift your mind with your own mind. Whenever you are encircled with gloom, you don't come out of it by contemplating how much deeper the darkness could get, devouring you into the black hole. Instead try to contemplate on the fact that this has suddenly happened, it has come into our lives, and hence it has to go too. It is not permanent. Any external situation can not be permanent. It comes and it goes away.

We need to be daily practice, individually and collectively, a focused Meditation on "This too shall pass". The more we collectively start to fear the situation that is darkening outside, the more the collective psyche will manifest even worse situations all over the world, affecting the peace of every man on earth.

Rephrase you thoughts, and wake up to conscious and mindful actions and thoughts which will create vibrations of faith and confidence in the infinite Power of the Universe. Do not blindly walk on the path of life being worshippers of money but be worshippers of Light and Love, compassion, sharing and caring, helping and healing.

United we can stand together to send forth individual and collective vibrations of greatest faith in God and His infinite gifts of health, happiness and wellbeing for all beings on earth. "This too shall pass".

Q&A

Q Baba, the world is in such turmoil, especially with the global financial crisis. How does one keep calm and centered in this time of crisis?

A. Begin with at least 20 minutes of regular, consistent practice each day. Relax, stretch, breathe, and then finally meditate to stabilize the positive power in the cells of your body and the wholeness of your mind.

If time permits, try to practice after your shower in the morning and before you retire to bed. First open your heart to the blessings of the coming day, before you take a plunge into this world of increasing stress.

Then at night prepare for sleep by filling yourself with gratitude to the universe and for all of those who helped you throughout the day. Open yourself to the blessings of sleep. If there were any negative situations, the end of the day is a wonderful time to transform them before you take them into the world of your dreams.

These practices, stretching, breathing and meditating, become an incomprehensible gift you can give to yourself. You begin to continually tap into and receive the healing powers of your own body and the infinite, intuitive intelligence of the indivisible Mind-Body-Spirit, functioning in natural harmony.

The universe has given you a priceless gift in your own body, mind, and breath. Respect, honor and nurture this gift. These simple practices on a daily basis create the right balance in the physical-mental-emotional and spiritual levels of your being so you can truly enjoy the beauty of life.

Current News:

Baba has created two new websites so that all can keep in daily touch with his teachings and blessings. Please visit www.mybabaji.net to read Baba's daily inspirations on how to live a happier, healthier and wiser life in the modern world. Also visit www.mybabaji.com to view short videos from seminars that Baba has conducted.

Baba has also started a Forum on <http://www.feelinghearts.org/> where he invites all to participate in discussing the Spiritual Path, and his mission's work.

Baba's popular book, *Making Your Mind Your Best Friend* will be published in the US in the near future.

Your Feedback: Today my thoughts were of Baba. At church we had a visiting pastor who spoke on funding for various countries. He spoke about his experiences in India and how women that were given a small sum of money started their own business. They in turn sold the product that was grown. He emphasized the importance of women in India. His talk reminded me of Baba and how his organization supports the growth of women and small businesses. His message was "blessed are those that do the least to my brothers do unto me. Love and caring." blessings, Ann

Baba's Blessing

*Gratitude, Gratitude, Gratitude!
That is the essence of spiritual practice and also spiritual attainment.*

Once the heart melts, it flows incessantly toward the sea of expansion, to give and give and give and hold NOTHING for one's own self.

The gratitude then brings all the gratitude of the universe to you.

The universe floods you with Wisdom and wealth.

But you are detached, for gratitude never allows you to cling and have a clenched fist. It allows you to open, to give, to be grateful to the universe every moment for its infinite gifts.

With Love and gratitude for all of you,

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