



### *From Baba's Heart to Yours*

#### **Baba's Message:**

NO WASTE, NO WANT

Man is essentially a seeker of happiness. In the pursuit of happiness he has drifted toward the outer materialistic things in life, leaving his center which is the essence of his being. All the damage that has been done to the Mother Earth is the result of the individual and collective illusion that by mastering nature outside we would be happy in life.

Humanity has to realize that the fountain of happiness and peace is the natural rhythm of the inner and the outer world. Collective prayer and collective meditation is only to purify the environment and fill the ether with vibration of peace and happiness.

Each and every one of us can save water, electricity, gas and anything that would help ease the excessive misuse of each of the Nature's abundant gifts. We need to wake up to the reality "No waste. No want". We all must rejoice whenever we are able to help our environment in small little ways in our daily life through our awareness of its boundless gifts. The more we all learn to respect nature, to reduce all kinds of misuse and abuse of her abundant gifts to all beings, the more we fill our hearts with overwhelming gratitude and love, the more she will be cleansed by the positive vibrations. It would also ward off the negative impact from the already polluted environment.

Let the love and the warmth of our hearts for the Mother Earth and all her beings expand our awareness of her infinite glory as the most unique planet. Let our small sacrifices reduce the global warming and bring back the natural balance and harmonic rhythm in our existence. No small efforts would go in vain both individually and collectively. We just have to put our heart into our thoughts.

#### **Q&A**

Q. Baba, you have said that one cannot be truly happy in life unless you share your happiness with others. Can you please say more?

A. You can't be truly happy until you recognize that you are universal and not a separated, limited, isolated person on earth. True happiness is a state of being, and state of being is to transcend the limits of all bondage of self

imposed limitations. The Universe is everything that you can conceive and can't conceive. All of life is included in it, in all its forms. The whole of this is interconnected, interdependent and interrelated.

The more you realize this interconnectedness and how the universe works in its own rhythm and balance, the more you will endeavor to offer yourself toward this universal rhythm. All your activities will not be to promote your individual ego and stamp your individuality on earth, but to offer your contribution to the Universal flow of life and flow with it. All your struggles for success and failures come to an end with this. You are no longer haunted by fear or stressfulness, but are calm and contented.

You will not claim any credit any more for the great things that will flow out of you and your efforts, but will surrender that to the Divine Intelligence that is the Universe. You become the divine instrument. You are born to be universal, transcending the barriers of your individualized ego. You become one with the One, the Only Reality.

**Current news: Baba and Maa recently completed a very beautiful and successful visit to the UK and USA. Baba touched many hearts with his simple message of peace and happiness.**

**Upon his return Baba was saddened to see the incredible devastation to some of his village projects in India due to a recent cyclone. To read more about the Baba's Missions work, please visit [www.feelinghearts.org](http://www.feelinghearts.org). Contributions towards the relief effort can be made on the above website and are tax deductible in the USA. For more information contact [susan@feelinghearts.org](mailto:susan@feelinghearts.org).**

**Your Feedback:** *Thanks so much for such a nice and meaningful mail. I got positive energy reading your mail. Thanks again, Warm Regards, Varun*

#### **Baba's Blessing**

*Sarve bhavantu sukkinah!*

(May all in this universe be happy)

*Sarve santu niramayah*

(May all beings enjoy sound physical and mental health)

*Sarve bhadrani pashyantu*

(May we see good and auspiciousness in each other and in everything)

*Ma kaschit dukha bhag bhavet*

(May no one be afflicted with misery and unhappiness)

*Om Shantih, Om Shantih, Om Shantih!!!*

(Peace Peace Peace)

**The essence of very old Vedic prayer is that no one will truly be happy in this world until all beings in this Universe are happy and healthy. Please join me in saying this prayer daily. You will be infinitely blessed and so will the world. With love and blessings, Baba**

Baba's book, *Making Your Mind Your Best Friend* is now available on [www.Amazon.com](http://www.Amazon.com) and other online bookstores.

You can also read more of Baba's Wisdom on [www.mybabaji.net](http://www.mybabaji.net).

**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](mailto:susan@feelinghearts.org)**