



From Baba's Heart to Yours

Baba's Message

The joy of caring and sharing is the sublime human experience. Blessed are they who come to this world to expand themselves through service to the underprivileged. God loves them for their gesture of divine love. For service to the poor is indeed love divine. Who receives the service in the hearts of the poor other than the Lord Himself? Pledge to bring the essence of meditation into practical reality which is unconditional love for humanity. Always remember that the true purpose of meditation is to serve others. You will be blessed blessed blessed!

Q&A

Q. I am having lots of problems at work. When I am there a lot of times I seem to be so tired, so frustrated, and so consumed by anger. It is like I hardly recognize myself. In contrast, when I volunteer at the homeless shelter, I feel so fulfilled, peaceful and calm.

A. As you move into the silence and serenity of the spiritual Self within, you become more and more sensitive to anything that is against this silence and peace. You feel like running away from it every moment, for it steals your happiness. You face challenges that seem senseless, after having tested the nectar of selflessly serving others at the homeless shelter.

But you just can't run away from your karma, you have to go through it, with PATIENCE and perseverance. The best way is to cling on to something Higher and Greater than your ego, be it the Universe or the Divine Name of your choice.

You may not choose to continue to work at the same place with such odds all the time, but that is the true testing ground of your soul. That is the testing ground of your ego. If you leave the job, the job will not leave you; when the job leaves you, you are done with your karma.

So, please surrender and flow as the time and tide demands. You are here in this world to burn off your karma, NOT create new ones. You are here in this world to ultimately Realize who you are, your beautiful spiritual Self within who is doing loving acts of kindness to those who are less fortunate.

Current News

Baba has created a Blog on his www.feelinghearts.org website. The Blog is an open forum for expressing your feelings and thoughts about Baba's Mission's work. Baba invites anyone to post their thoughts, thus creating a ripple of

thoughts and emotions about his philosophy of helping others to help themselves and each other.

We regret that in the last issue, we mistakenly mentioned Md. Yunus as Md. Yunus Ali. We apologize to Dr. Yunus and all readers.

Your Feedback:

Many thanks for your wonderful email. Your thoughts and blessings sooth and quiet the mind. Greg

Baba's Blessing:

Once you have the Divine Name of your choice in your heart and the will to hold fast to it, what more is needed in life? You come to know the art of sailing through any turbulence; you find you are not afraid any more! You are blessed beyond word. Love and blessings from the core of Baba's heart.

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