

MURLI NOTICEBOARD 20/03/04

SPIRITUAL PROJECT FOR SELF-PROGRESS 2004

Dear Brothers and Sisters,

At our recent NCO Meetings in Shantivan a beautiful spiritual project for self-progress was created. We wanted something that would empower all of us across the world to be united in the effort of making our foundation powerful and stable.

We have chosen the very simple but beautiful theme of the 'Maryadas'.

The Maryadas help us to live with purity and truth. When we follow the Maryadas the mind becomes peaceful and the intellect divine. Understanding and love are restored to the soul and God becomes the focus of our life.

Around the world we will create a focus each month on one aspect of the Maryadas

The themes and those preparing the materials are as follows:

APR	Satwick Food	London, UK
MAY	Amrit Vela	South Africa
JUN	Purity	Asia
JUL	Regular Study	Nairobi, Kenya
AUG	Influence of Company	North America
SEP	Relationships with Brahmin Family	South America
OCT	Chart, Time-Table, Accounts	Russia

The April theme will be sent to you in the murli batch next week.

In Baba's Loving Remembrance

BK Janki

SPECIAL MESSAGE for the SELF-PROGRESS PROJECT on the MARYADAS

My discipline of following the Maryadas from the beginning is the reason why I am able to be here with you now.

According to the present time the only way to be safe is to stay within the line of the Maryadas. Don't let go of the disciplines, no matter what happens. If I step out from that line, even slightly, then my stage, my relationship with Baba and my success in service will all be affected.

It is according to how accurately I follow all the Maryadas that I am able to have the kind of yoga in which I experience a loving, powerful connection with God. If there is something wrong in my yoga, it is an indication that I have stepped out of the Maryadas and I need to put it right quickly.

Everything I do should be within the Maryadas. The Maryadas should guide the way I see, speak and move. My every thought, word and action should be within the line of the Maryadas.

When I have love for the Maryadas that Baba has given me I will be accurate in my spiritual timetable and murli attendance. I will follow Baba's timetable from morning until night. Part of the code of conduct of the Maryadas is that I eat pure satvic food, that I don't gossip or criticise anyone or justify my wrong actions. I accept the ideas of others rather than reject them. I don't speak or laugh loudly. In fact, I won't do anything that is wrong.

I have to be very alert and active to stay within the Maryadas. Carelessness and laziness don't allow me to follow them.

It is by following the Maryadas that I become an elevated, worthy of worship soul in the golden age and an elevated worshipper soul in the copper age.

BK Janki