

# **The Teachings of Babaji**

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This book presents the readers with the Teachings about the Path to the Spiritual Perfection of Avatar Babaji from Haidakhan (India).

Babaji is the One Who of His Own Will incarnates on the Earth from age to age to help seekers of the Truth and to edify the spiritual leaders of our planet.

One of the earthly lives of Babaji is known to us from the book of Yogananda<sup>1</sup>. Yogananda describes, in particular, how Babaji easily dematerialized and materialized again His body when He wanted to move to somewhere on the surface of the Earth; He also performed materialization of objects.

The next coming of Babaji to the Earth in a body was from 1970 to 1984, again in India (He materialized a body which was already adult). He taught people the art of the highest steps of the meditative practice and also advised His followers on how to organize better their lives in front of God.

This is a reduced version of the title *Teachings of Babaji* (published by "Haidakhandi Samaj", India, 1990). The original consists of the introduction and a selection of all recorded sayings of Babaji presented in chronological order, including sayings addressed to concrete interlocutors only. For this edition, only those

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<sup>1</sup> Yogananda — Autobiography of a Yogi. N.Y., "The Philosophical Library", 1946.

statements of the Great Guru were selected which are of significance for all people and in all times.

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You should seek harmony in everything that you do.

We must shed all jealousy and envy, because they are harmful.

There will always be hills and mountains to overcome on the way to God. ... It is the duty of the warriors to move the mountains.

(In the ashram) all people are prohibited from distributing food, clothes or money to the villagers. This creates an atmosphere of expectation and when it is not met, then the people return to steal things from the ashram.

All who come to the ashram must take responsibility for its care.

You must consider work as the real devotion.

Do your duty! Do not be idle! This is an age of action! Perform your karma yoga! Show the world ideal actions! Service to humanity is service to and worship of God!

Everyone should forget nationality: we are one here! This is a universal family! Have no idea of separation of identity: discard feelings of separateness! Serve the people with mind, body, wealth, and knowledge!

We are all equal, independent of the country we come from, and national differences should be ignored! We are all a unity!

**Work as a unit; there is no caste or creed here; there are no differences!**

**Babaji blesses all who do their duty sincerely and with devotion! Do your duty lovingly!**

**Whenever the world faces grave problems, the Lord takes human incarnation and comes to fulfill the needs and desires of mankind. However, when the Lord comes in human form, few recognize Him. Only those to whom the Lord wishes to reveal Himself realize that He is in fact more than just a normal human.**

**You may think that Babaji just sits here doing nothing. But He has been everywhere and is everywhere! He is doing much! Babaji sitting here is still present in the hearts of everyone in the world!**

**Those physically distant from here should not think they are far away — they are equally close to Me!**

**I do not recognize castes and races! I behold only one humanity! I am working for mankind while here!**

**Kindle the light in yourself, then kindle it in others! Like spreading light by lightning one candle from another all around a room, — so we should spread love from heart to heart.**

**If you are worthy, I shall show you freedom greater than you have ever dreamed about!**

**To become strong does not mean to become harsh and heartless. To become strong means to grow beyond pleasure and pain, beyond heat and cold!**

**There are many doctrines. Adhere to one principle — that of Truth, Simplicity, and Love. Live in truth, simplicity, and love and practice karma yoga!**

I have come to guide humanity to a higher Path. I do not belong to any particular religion, but respect all religions. I seek the elevation of all mankind.

The result of hard work is happiness and the result of laziness is pain.

I want you to become brave warriors and attend carefully to your own duties! This is good for you!

Now change on a vast scale, such as at the time of the Mahabharata, will take place.

Do not fall back in your work but go on! Karma yoga is your first duty!

Every moment, in each breath, while eating, sleeping and working, remember the Lord!

Even the Sun and the Moon can move from their course, but the faith of a devotee should not be shaken! Never be moved by false doctrines!

While your minds and hearts are impure, how can God live in your hearts? The water to clean the heart is the name of God. So, teach everyone to repeat the name of God — everywhere.

I do not want idle people! Japa<sup>2</sup> does not take the place of karma<sup>3</sup>! Japa and work go together!

I do not want japa to be a pretext for idleness! Do japa with your work and be liberated!

Work and be the Light; repeat God's name!

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<sup>2</sup> Repetition of a name of God.

<sup>3</sup> Here: action, work.

**Attachment to material things makes man cling to life<sup>4</sup>. While you are attached to life and afraid of death, you die with that fear and that weight clinging to you. If you die without fear and remembering the name of God, then the soul leaves the body free of that fear and attachment. If you are reborn, your soul is still free from that fear. If you die in Unity<sup>5</sup>, you are free from rebirth, unless you will it.**

**We must always have good thoughts for each other.**

**All of you must be happy and healthy and appreciate the joy of life.**

**The seeds of righteousness have been sown in your hearts for you to kindle the hearts of others! I seek the general good of all people in the world!**

**You must do all work to perfect humanity! All people will be saved if kindness and mercy will prevail. You must work to elevate humanity and eradicate pride, jealousy, and hatred. Unite in love to elevate yourselves! Each one of you must vow today to sacrifice everything to obtain (such) oneness!**

**Be rid of attachment! And be prepared to burn your very bones, if necessary, to secure the public good and righteousness.**

**Why do you attach your minds to the transitory things in this world? Attach yourself to God!**

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<sup>4</sup> To life in the body, to the body.

<sup>5</sup> In Unity with the Divine Consciousness

**Remove hatred and jealousy from the heart! The same thing has been spoken through Christ. Where there is jealousy and hatred, there is no religion!**

**I dislike idleness and gossiping! You have taken this birth on the Earth to work. Work hard! After death, what will you show to God? Not only here, but wherever you are, work hard!**

**Don't use intoxicating drugs but learn devotion and purity. It is strictly forbidden to use drugs! If you do so, there is no progress; you remain the same!**

**All of you must learn to be disciplined. Be alert 24 hours a day! All must vow to work and serve always, think good and do good! According to My plan, Liberation will come only to those who practice karma yoga.**

**Whatever money comes to you, spend it for good purposes!**

**I say all this in the service of humanity. To work, think good, and dedicate your life to humanity is the best! Each corner of the world must awaken to these words!**

**Only hard work can make person powerful and energetic!**

**Think good! — Be good! — Do good! One can follow any religion, one can follow any practice or path, but one must be humane!**

**You should sing devotional music in a way that stirs the soul — it should evoke deep feelings. You should sing with love! Do not sing like you are taking part in a theatrical performance! When you make mu-**

sic, it should touch the heart so that it leaves a memory on the mind! When you sing, you and those who listen to the kirtan<sup>6</sup> should enjoy it! It (kirtan) should be sung in harmony, with a slow rhythm. Put the soul into it, and it will flow! The melody should flow in all its sweetness!

Think of the Earth as of a Mother! This is one Earth! Don't be divided by thinking of yourselves as belonging to different countries! We belong to one Earth! Look to the future with a vision of good deeds for the whole world, not just one country!

When human beings come in this world, they forget their duty and fall into the attachment of maya<sup>7</sup> and into the concepts of "me" and "mine", and so they forget God.

Jealousy and hatred are the two causes by which humanity is ruined. In your lives these two vices should have no place!

I am against non-violence that makes a human being a coward. Fight for Truth! To face life, you must have great courage every day!

Everyone must be courageous, facing the difficulties of life with bravery! Cowardly people are like dead people!

I want to create a world of brave people who face life as it comes!

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<sup>6</sup> Divine service with chanting of a name of God.

<sup>7</sup> Illusion.

Keeping this basic principle in mind, our main duty should be to spread the Message of karma yoga in the world. We ourselves give an example to all, by practicing it!

Service to humanity is the best service to God! Our motto is “work is worship”!

The only way to obtain siddhis, to become really strong, is karma — action.

If you learn right action, you can do anything! Action is Mahayoga — the Highest yoga! You should progress through action! Man is meant for action!

The main order of Mahaprabhuji<sup>8</sup> is that you must be punctual in all your duties, always!

There are many kinds of yoga, but karma yoga is of supreme importance! Karma yoga must come first, then others types of yoga can be added.

The great people who lived in the past thrived by doing karma yoga!

Karma yoga teaches you to lead a true life! Only karma yoga is able to transform the world. Inaction is the cause of pain and all troubles!

Train your children in karma yoga, so that they may become people of good and strong character!

Take care of the body! As long as the body is in good health, you can serve! When you are sick, how can you serve? It is very important to have good health! In order to do karma, it is vital to keep your body heal-

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<sup>8</sup> By this name Babaji sometimes called Himself.

thy! So, follow these teachings about cleanliness and health and teach others, also!

So, all of you have to go beyond the fear of death and the hope of life and go on doing karma yoga! We must perform those actions which will benefit others — and not only other people but the whole of Creation!

Shri Mahaprabhuji wants a world of very brave and courageous people! If, with full faith and devotion to God and with a firm determination, people follow the Path of Truth, Simplicity, and Love with karma yoga, they will reach their goal! When the whole world is burning with the fire of sins and sorrows and the flames are about to swallow the world, this is the only way by which humanity can be saved!

There must be no place for fear! People must work fearlessly in the world! When man is fearless, no one can stand against him in battle — either a battle in material life or in spiritual life! He is victorious in all the battles of life!

Mahaprabhuji has control over the “god of death”.

Mahaprabhuji can create many worlds and can destroy many creations at His Will. If you are His devotee or disciple, why should there be any fear in you? You should not worry at all! Be fearless!

Now Babaji is suggesting another point — that we must annihilate the feelings of “I-ness” and “my-ness” from our minds. When you all belong to this whole universe, where is the place for “I” and “mine?” By this means only will the world be benefited. This is

**not the concern of one individual but that of the whole universe.**

**Everyone must remove the differences between themselves and others and work in the world in unity!**

**There is only one way for mankind to be saved and that is by changing the hearts of all people. Shri Mahaprabhuji will give His full Spiritual Power to this, but every man and woman will also have to make their best efforts toward this end!**

**In every way, in every manner possible, do good to others and make them happy! To each individual and to every country, provide what they lack!**

**If you are engaged in doing good deeds and go on doing good acts, you will have good sleep, good appetite and bad thoughts will not cross your mind. Otherwise, you will always be criticizing others.**

**The food which we eat must be clean and nutritious. We should pay special attention to everyone's health! Wherever there are centers, people should try to grow and cook good vegetables and make halvah and distribute them to others. Food should be nutritious so your strength for working will increase and your minds will be strong, too. It is necessary to keep the body in good health in order to do good karma! If the body is not strong, how will you work? We should eat nutritious food so our bodies become energetic and our brains work better<sup>9</sup>!**

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<sup>9</sup> Nutrition in the ashram of Babaji, as in all other truly spiritual religious schools, was purely *killing-free* (i.e. excluding any meals made of meat or fish).

**I want a world of strong and healthy people! I want people in this Creation to be as fast in their actions as the wind! I want people who work with all their bodily energies! At this time, the world needs such brave, strong people!**

**We must follow a path which will strengthen us! How can that be done? It can only be done when you are hard working and active! That is why it is very essential to be active and hard working! See Babaji here, Who is working from morning until evening like a machine!**

**We must depend on ourselves and not lay our burden on others!**

**No one should cease the practice of karma yoga! This is the eternal, unshakable Way!**

**The fact is, a great fire of sins and sorrows is burning throughout the world. Everyone living walks and works through this fire! Death is dancing before everyone's eyes!**

**The calamities, which are coming to this world, are unavoidable. Only he who has a strong determination to do good acts and who is strongly devoted to God can survive this destruction!**

**Only he who has surrendered completely to the will of God is secure!**

**You should not do anything which will do harm to others. Only that work which benefits the majority of people is truly called karma yoga.**

**I tell you that you must all spend your time and energy working for the good of the entire universe!**

**Only by doing this will you be benefited! Whatever we do, we will to do, must be based on the universal good!**

**You must all step together and form a great international organization — bigger than anything organized in the history of the world!**

**We must advance for the sake of upliftment of humanity!**

**We have to go beyond the hope of life and the fear of death! Whatever happens, we must go ahead! You should not be afraid of fire or water! When the need arises, we will have to jump into the Ocean! When the time comes, we must be prepared to jump into the Fire! That is why all of you must be firm and stable! You must have only one aim, one goal — to serve every living being in the universe!**

**Only those who are very alert and careful can be successful in their lives!**

**I do not like dishonesty! I want everyone to be honest and dutiful!**

**Everyone must do their duty correctly! You must know what you should do and be busy doing it. By karma one will not fall but will always rise higher! No work is low or bad in this world if it is done in the right spirit!**

**The leaders should be those who are very able, who are full of all virtues and capable of spreading this Message. There must be weight and wisdom in their words, so people would like to obey them. A leader must be selfless; one who desires to work for the upliftment of humanity! The leaders must be dedi-**

**cated to their country and spend all the time for its upliftment. They must be able to encourage people. It is very important!**

**Everyone must use their own common sense and do their duties without waiting to be told what to do. To do your duty is the greatest worship (of God), the greatest service, the greatest devotion and penance (tapas)!**

**You must seek Liberation and help others to achieve Liberation!**

