

Press conference held at 4 pm on Wednesday the 5th day of May 1976 at No 14, Sundar Nagar, New Delhi

Present : Rev Babuji Maharaj
Sri Parthasarathi Rajagopalachari
Sri M S Sundara
Press correspondents

Question: What is Raja Yoga? And what is Sahaj Marg?
Sundara: It is an ancient system of God Realisation.
Babuji: This (Sahaj Marg) is the remodeled system of Raja Yoga, based on the experience of My Master.

Question: What is your message?
Babuji: "Peace throughout and no contradiction in the thought"

Question: How can this be achieved?
Babuji: By means of transmission and prayer.

Question: Do you have a separate method for transmission?
Babuji: My Master's method is my method.

Question: You said Sahaj Marg is modified system of Raja Yoga. How is it different from Raja Yoga?
Sundara: He has not said that it is different from Raja Yoga.
Babuji: It is not different. It is the system based on the experience of my Master. As they say "Old wine in new bottle".

Question: Can this be done by anybody in Grihastha Life?
Babuji: Yes. It is for Grihastha generally, others also can reap benefits out of it.

Question: This system, as you said, was given to you by your Guru, by your Master. Was there any reason for his taking over to this course? I mean, can you connect it with any incident in his life?

Babuji: He (My Master) has not rejected family life. He had stated on the basis of his own experience as I have said.

Sundara: Everybody need not be Grihastha. There are more Grihasthas and this system is essentially meant for everybody. It is not meant for Grihastha only. Sanyasis also can derive benefit but more people in the world are Grihasthas. The common misconception is that one has to become sanyasi to follow spiritual way. Our Master said "It is not necessary". This system is meant for everybody.

Question: Was there any specific reason for Lalaji to take to this? Was there any incident connecting him personally, which impelled him to take to this system?

Babuji: It was a need of the hour and He (My Master) did everything what so ever was necessary.

Sundara: A time had come when this was to be given. This is a very ancient system which we were told was in vogue 72 generations before Raja Janak. Our Guru's Guru felt the time had come for the work to see it.

Question: The system that you finally try to teach is renunciation of material world as such?

Babuji: No.

Sundara: No just opposite. You do not have to become a Sanyasi. You can follow this even having normal life, pursuing your normal avocations, being in Grihastha life.

Question: How much time is needed?

Babuji: It depends on you.

Question: I mean, how much time is needed for meditation?

Babuji: You can start from 20 minutes and take it upto 1 hour.

Question: Are there any obligations, duties prescribed here?

Babuji: There are so many duties according to Geeta.

Question: Are there any things forbidden?

Babuji: Only, 'Forbidden is forbidden'.

Question: Something about the activities of your centres abroad.

P.R: Basically, there is no difference between centres here and abroad. Meditation is the same, training is the same. Only there is geographical distance. We have preceptors there to work on behalf of Master. They have meditation once a week.

Question: Do you have centres in Delhi?

Sundara: Yes. We have a centre in Delhi. In this very house, we meet here on Sunday mornings.

Question: How many members do you have in Delhi?

Sundara: More than 200. We have an average attendance of 30 on Sunday mornings and we also meet in different places and different areas in Delhi. We have sittings throughout the week. And apart from these group sittings, we have individual meditations. The Preceptors spend a lot of time in giving individual sittings.

Question: In what way can we benefit out of this?

Babuji: "The taste of the pudding lies in eating it" Replied in Hindi.

Question: How far is it a success in foreign countries?

Sundara: There are a large number of Abhyasis. Young people come and they are satisfied with the system. They are now better individuals and we know some of them come here every year, twice a year only for meeting our Master and meditating in His presence.

Question: Is there any faith healing here?

Babuji: No.

Question: Any miracles?

Babuji: You all know the story of Jesus Christ. Throughout his life he performed miracles and he had, during his lifetime, only 12 disciples of whom one had deserted him. It is not necessary that there should be miracles. Raja Yoga also says that very soon the miracles do develop, but we should not try for them.

Question: What do you think of people who perform miracles? That is, 'Coming from one world and jumping into another world'.

P.R: The biggest miracle, according to my Master, 'is transformation of man'.

Question: Comment on the miracles being performed by people who have started a sort of personality cult.

Babuji: What can I say about it? They are responsible for their work.

Question: Are the miracles of any use for humanity?

Babuji: There is no use for humanity. That is something different.

Question: Any benefit for them?

Babuji: They will become famous.

Question: The special feature of Sahaj Marg you said, is Pranahuti. What exactly is it and how does it work.

Babuji: It works wonders provided you test it.

Question: How exactly does it work?

Babuji: It is a divine power used for the transformation of man. Transformation is the result of transmission.

Sundara: A spark of the Divine is given into you, into your individual cell and the transformation which takes place is the consequence. In this system, the basic thing is that the Guru

helps the individual abhyasi by giving him a bit of that Divine power and that Divine power itself works. This is called 'Pranahuti'. 'Prana' is Divine and the Divine is offered you.

Question: Master is following the Grihastha life. Could you tell us something about it?

Sundara: He has 3 sons and 2 daughters. One daughter is sitting here. All the sons are married. Grand children are there. He lives in Shahjahanpur. He was a Government Servant, in the Uttar Pradesh Judiciary and he retired in 1955. For the last 21 years, he devoted all his life for the work of Shri Ram Chandra Mission, which he started for helping people.

Question: Are there any followers who are extremely busy?

Sundara: We are all busy people. Every one of us here is working. None of us is unemployed. Mr. Chary, here is the Chief Executive of Commercial Company. I am a Chief Executive of a Public Sector Organisation. Most of the abhyasis are Engineers, Research Scholars and people from all walks of life. All are fully busy. What we do is, we take time off our so called busy schedule for meditation. This is here, here is hope for the future. It is not necessary for you to renounce the world and sit in the Himalayas. Even you come here and spend half an hour. All that is required here is, half an hour or one hour in the morning.

Question: Can you tell us about the Preceptors? Are the Preceptors abroad Indians or Foreigners?

Sundara: They are Foreigners.

Question: What is their training?

P.R.: The same training which Master gives for Preceptors in India. They have been individually permitted to train people by Master.

Sundara: They are exactly like us. They are normal working people, young people trying to impart training to others.

P.R.: One important message of My Master is: Spiritual life should not exclude the material life, not vice-versa. Both are essential for a balanced human existence.

Question: How can this balance between the two be achieved?

P.R.: By giving equal attention to both. This is the only way by which you can achieve closer and closer balance between them.

Question: Can you tell us how you met your Master, Lalaji?

Babuji: I was accidental. Only I heard about Him, but I did not know much about Him. I went to Him, following others words. I like this and this transmission did work very well on myself. My experience taught me all these things.

Question: Have the centers abroad any other activities?

P.R.: Nothing else.

Question: Anything like publishing of books?

P.R.: Not so far. Only recently they have started some translation of Master's works.

Question: How the Preceptors / centres working abroad?

Sundara: They are essentially centres for meditation. There is no financial consideration. There is no fee or anything of that sort. These preceptors abroad put in a lot of time and energy for other people for following this system. This is a purely spiritual association.

Question: How do people in other countries get to know about this system?

P.R.: Just by word of mouth like this. We do not believe in aggressive propaganda.

Sundara: We do not believe in propaganda. These spiritual things are not susceptible for appeal. This is for a class of people who are really interested in God Realisation. Only such people come here. Not many people in Delhi know about it. We are

not interested in large number of people. We are more interested in who are more sincere and who are benefited by this. Quality is more important.

Question: Are there any young people?

Sundara: There are a large number of young people. In the West mostly young people join.

Question: Can you give us some case histories?

Sundara: We do not have case histories. But they do come to Delhi, sometime in groups. I can arrange a meeting like this when they come here. I can introduce them when they come here. It is interesting to see how much they have been benefited.

Question: Are there any special rules for these Foreigners?

P.R: No. No special rules or regulations are there. They are the same for all.

Question: What are these rules?

P.R: Ethical. Not to go against one's conscience. Master once wrote that had Rishis been born in Ireland, they would not have prescribed daily bath, or bathing in the morning or for any occasion. These are all environmental and Rishis prescribed them according to the geographical situations. As an example, you see in Islam, wastage of water is the highest sin, because water is scarcer than gold there. These are largely local and environmental.

I serve in a corrupt organization. Everywhere I am surrounded by corrupt people. How can I practice this spiritual path?

Babuji: These are individual problems and individual solutions are to be worked out.

Sundara: These are genuine problems no doubt. The solutions are to be worked out individually. There are no set of rules. But this system helps.

P.R: It is naïve to imagine that in commercial organizations only, there is corruption. Everywhere it is the same. Everywhere there is corruption. We are surrounded by this corruption in Government offices, in business, everywhere, but these have

to be resolved by individuals by themselves. If you are interested, help does come from the Master.

Babuji: Feel yourself interested with the higher things, the lower ones will go away automatically: and put your will on the achievement of higher, the lower will drop off.

Question: I am surrounded by material life throughout the day. I cannot focus my mind on the higher thought. What should I do?

Sundara: That is why we come to Master.

Question: My problem is, I am always in touch with materialistic people. My views will never go up. What is the solution? Should I leave my friends in the office etc?

Babuji: Have the company of saintly persons.

Question: I cannot get the company of such saintly persons.

Babuji: Have the company of the Personality, who has no personality.

Question: That comes only by God's Grace.

Babuji: Then pray for it. You have answered your question yourself.

Question: You said "Forbidden is forbidden" here in your organization. Do you think it works for an individual if he is having his own code of values?

Sundara: You should have some moral laws. The moral laws are the basis. We shall have to observe the moral laws. The pursuit of the highest is higher than even intellectual pursuit. It is not achieved without effort and without discipline.

P.R: Nobody gave moral codes – whether it was Krishna or Buddha, until they could distinguish between right and wrong. These two things are parallel. Many times it is difficult to have our own ideas of right and wrong things. You have to depend on some body to tell you what is right and wrong. That is how laws and codes come into existence and to appreciate whether one is right. We should rise ourselves to the one who has achieved that particular condition and also given these laws.

Sundara: This is very much like father and son relationship. When father beats his son, the son does not know the reason and he will say, “When my father has beaten me? After the son grows and beats his own son he will come to know.....”