

MARYADAS

★ BRAHMIN PRINCIPLES ★

1 Pilgrimage of Remembrance at Amrit Vela

The foundation for Brahmin life is loveful remembrance of Baba in the early hours. Brahmins should rise before 4am and sit together in meditation from 4.00am to 4.45am each day.

2 Daily Morning Class

Baba says, "Sweet children, you should never miss murli class." By studying the murli the soul gets food for the intellect and shrimat for personal efforts. Baba's murli contains the solutions to all problems and the answers to all questions.

3 Observing Purity

Baba says, "Sweet Children, the power of celibacy purifies your intellect and helps you become accurately connected in yoga with me." Apart from celibacy there should be purity in our thoughts, our speech, our vision towards others, the state of mind and in all relations and contacts in order to be a true yogi.

4 Pure Diet

To help in purifying the mind, all food should be pure vegetarian or dairy products only. Prepare and eat your food in a soul conscious and yogi stage. Never take stale or heavily spiced food or impure substances like meat and meat products, garlic, onions, eggs, tobacco, alcohol or drugs not medically prescribed.

5 Good Company

Company will colour the soul. To enable easy transformation keep the company of your true Father and Friend and, as much as possible, the company of knowledgeable and yogi souls.

6 Inculcation of Divinity

The true religion and the decoration of Brahmin life is the inculcation of the divine virtues and spiritual powers in our life.

7 Doing Godly Service

Co-operation with Baba in the service of the world is the most elevated of actions and helps to develop many talents in the soul as well as strengthening the relationship with Baba.

8 Keeping a Chart

Keeping the chart of our own progress creates power and enthusiasm in efforts and frees us from making mistakes.

9 Giving Happiness

As Baba is the remover of sorrow and giver of happiness, so the children should also uplift others and never cause sorrow through thoughts, words or actions.

10 Observing the Principles

If you find any difficulty in following the principles, rather than feeling guilty or burdened, write a letter to Baba and the instrumental senior sister, and you will feel light. As well, you will receive necessary help and guidance to progress.

11 Creating a Peaceful Atmosphere

The centre is an oasis of peace for the soul. Any soul causing a disturbance, due to the vices, can be forbidden from attending classes.

12 Spiritual Conversation

The aim of Baba's children is to make spiritual progress. Worldly business should not be discussed at the centre, nor should money be borrowed or lent in the divine family.

13 Staying at the Centre

No-one is allowed to stay at the centre without the permission of the zone-in-charge or Madhuban.

14 Printing Literature

Permission of the zone-in-charge is required for any printing of literature, apart from handouts. For any other service, always take the guidance of the instrumental teacher at the centre, to make it more successful.

15 Visiting Centres

It is the Brahmin system to get permission from the teacher in charge, if you are visiting another centre, so that a letter of introduction can be taken.

16 Going to Madhuban

To take maximum benefit from the Madhuban visit, students must have observed the principles for at least 12 months, and have the permission of the zone-in-charge.

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