

SAHAJA PRECEPTS

These Precepts are inspired by our spiritual teacher, Sri Mooji, whose light, wisdom and love guide the sangha and the Ashram of Monte Sahaja and who is always in service to the upliftment of all. The Sahaja Precepts are essential guidance for all who are in search of that which is the highest and most true within themselves. Take time to read, digest and assimilate them.

-  Moojibaba guides you to the recognition of your inmost being as impersonal Awareness. Honour this recognition in your heart. Keep your attention inside its unchanging source—pure Awareness—even whilst engaging in the daily activities of life.
-  Trust and follow wholeheartedly Moojibaba's guidance and pointings. They help you to overcome ignorance and arrogance which are the bitter fruits of the ego-mind. Like this you will be freed from all negative states and rest in the natural and effortless Presence you are.
-  Remain in harmony with God—the Supreme Self and Truth. Live within the recognition that the God-Self is the sole reality and the very essence of yourself and all that exists. All else is imagined. Therefore, live with the consciousness that you are always in the presence of God. Gradually, you will come to know that yourself and the presence of God are one.
-  Strive to discover the immensity of impersonal love, which is egoless, and sustains, embraces and nurtures the whole world.
-  Treat others as you would like to be treated yourself: with kindness, openness, love and respect. Avoid criticising or gossiping about others. Don't say anything about someone in their absence that you would not say in their presence.
-  Be quick to forgive. It is true wisdom to not judge others or the world. Be empty and pure in mind, with a heart full of compassion.
-  Beware of the mind-trap of feeling rejected, which is a common pitfall for many seekers and can lead to feelings of isolation and resentment. Know that what you truly are cannot be rejected as it is the pure Self.
-  Draw on the strength of the sangha, which is here in full support of your freedom. Discern when it is right to speak out the things that trouble you. Do not protect what is eating away at your peace of mind.
-  Be in full service to the needs of the moment, even if it feels inconvenient to the mind. Don't wait for someone else to fulfill that which is really your duty in the moment.
-  Don't lie, don't steal, don't waste.
-  An awakened being remains in a neutral state in both praise and blame. Strive to attain this state. Encourage, but beware to not flatter others or accept flattery yourself. As we become more self-aware in the true sense, any contrived behaviour gradually dissolves or simply falls away.
-  Rest but don't be idle, complacent or lazy.
-  Be open to honest feedback and guidance. This refines and matures both yourself and the sangha.
-  True encounters uplift, inspire and nurture the spirit. Do not be quick to become involved in personal relationships or superficial interactions that arise merely out of habit. These can easily take your attention away from the natural state or your search for Truth. Remember why you are here.
-  A sage, being in oneness and harmony with life itself, lives happily beyond the concept of personal rights or entitlements. Discover the power and freedom of this.

“Let your hearts be filled with gratitude to God. Know that grace produces the fruits of wisdom, kindness, humility and self-surrender; these quicken the journey Home. Know also that a life of discipline, Self-contemplation and prayer dissolves the ego-identity. Be open and compassionate towards all, knowing that every action expressed with love, wisdom and devotion to the Supreme One is in service to your own Liberation and to the happiness and spiritual upliftment of all beings.”

~ Moojibaba ~