



INsights

Community Newsletter

“Avatar Meher Baba

had said in November, 1968, he would give darshan “on his terms” No one had an inkling of what these terms would be ... “It will yet take some time for all traces of the strain to disappear and for me to be 100% fit to see them all...” “The 1962 East-West Gathering was nothing compared with what this Gathering will be...” “The Darshan will be strictly for My lovers...” “I have been saying the time is near, it is fast approaching it is close at hand.

Today I say the Time has come. Remember this.”

(October 13, 1968)

Baba also said this darshan would be unparalleled...it would be the last Darshan given in Silence , the last before He speaks his world-renewing word...that, when He started giving Darshan to His lovers, it would not be for a limited period but for all time. He also said he would give his Darshan in a reclining position...”

from the
Awakener, online, Vol. 13



Meher Baba Center of Northern California

INsights

Community Newsletter

In This Issue

- Last Darshan, *New Yorker*
- Introduction to Reality
- Happy Trails
- Raffle
- Food Jacket Drive
- Poets Corner

Click Here to Add Your Email to
Our Newsletter List

[Join Our Mailing List](#)

Quick Links

www.MeherBabaMeherBaba.org

info@MeherBabaMeherBaba.org

CerrittoCentercalendar@gmail.com



Dear Reader

This issue celebrates the fortieth anniversary of Avatar Meher Baba's Last Darshan, held in the spring of 1969 (April 10-June 10)

Past Insight newsletters in pdf format version are now stunningly and beautifully viewable at, www.meherbabameherbaba.org, the group's web page. You may go to the "newsletter" bullet on the front page, click the bullet and view all the past newsletters going back to the winter of 2002. We thank Cherri Nelson for the transfer of the newsletter to pdf format. It is a labor of love. And, thank Christine Ozuma for attending to and managing the web site.

We wish to highlight web pages created by Baba lovers, either specifically for Baba, like BabaRadio.org, these could be poetry and art sites, or also individual sites for recreation and amusement, like music, cartoons, humor. If readers know of such sites please send the editors a note.

The photos of the Australian anniversary meeting that Sue Jamison wrote about in our September newsletter are viewable at:
www.gallery.me.com/dinagibson/#100008.

And Leander Bruford's photos are at:
http://leander.smugmug.com/gallery/5282709_nVRWc/1/335509920_y2wMN#P-1-12

Sam Saunders *Mass to Meher Baba* is at:
www.youtube.com/results?search_query=misa+meher_type.

From down under Jim Migdoll presents his Jim's Classical Music at:
<http://jimsclassicalmusic.com/>.

This site offers excerpts of music with commentary and interactive features. It's a delight.

Another delight comes from Brian Narelle:
<http://bnarelle.blogspot.com/>.

Here you can meet a real fairy and a boa constrictor with a college degree!!! Oh, the things I saw on Mulberry Street!

Ben Leet and Lisa Greenstein, Editors
Cherri Nelson, PDF conversion

If you would like to read previous newsletter issues, or have difficulty viewing these online, Cherri has converted past issues into pdf format which are downloadable on our website: www.meherbabameherbaba.org

Contact for messages to newsletterwallas: meherbabacenter@gmail.com



INsights Community Newsletter

“Jai Baba”

The New Yorker, June 21, 1969 article about the Last Darshan

by Ben Leet

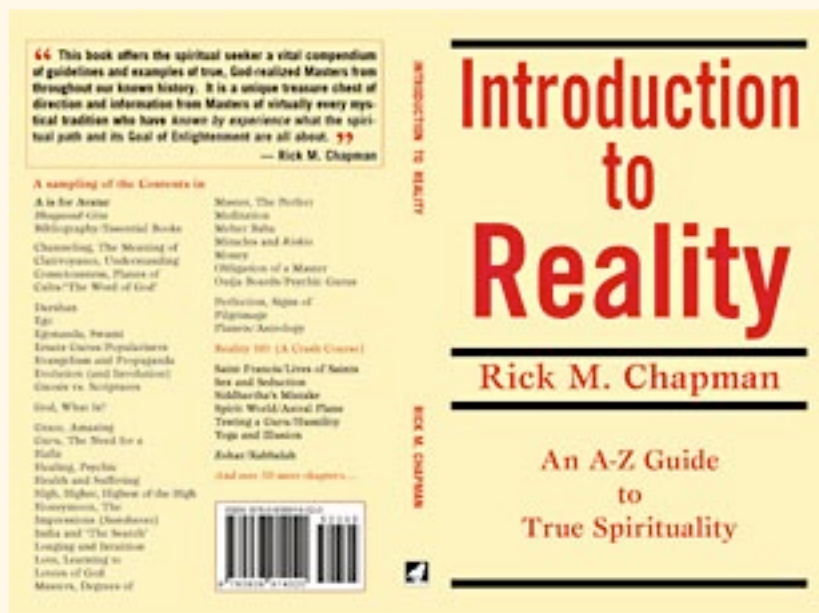
Review: If you would like to slip back in time to 1969 and experience a meager taste of the excitement that accompanied a trip to India for the Last Darshan, you may link to this article printed in the *New Yorker* magazine, June 21, 1969, where you'll meet Charles Haynes, Bruce Hoffman, and Darwin Shaw. You may consider if things have changed much since those heady days. One young woman asked what she expected in India, “[f]rowned and hunched over and stared at the floor,” and said, “I really don't expect Baba to come zipping out of the tomb or anything like that.”

The *New Yorker* reporting is humorous in its ubiquitous “we” that shapes the article. “They” (or the interviewer) managed to interview both the departure of a group from J.F.K. International and the return of the group. Things haven't changed that much, you'll notice. We are still totally incomprehensible, slightly quirky, laughable and lovable, if I (Ben Leet) say so myself.

To read the article go to: <http://archives.newyorker.com/?i=1969-06-21#folio=028>. It will ask for an email and a password. Type in: meherbabacenter@gmail.com , into BOTH boxes—the article starts on page 28.

Introduction To Reality, by Rick Chapman

excerpts by Ben Leet



Do you sometimes wish you had come with instructions, or your child came with instructions, or the manual on life had been dropped into your cradle? Well, it's not too late! No, it's here at last. I'll offer you a few quotes from it, and you can decide for yourself. Rick Chapman, instead of kindly offering to the readers of this newsletter an accounting of the 40th Amartithi, mailed to the editors a copy of his latest book, Introduction to Reality. (~~!!!!~) This book formerly ported the cover of How to Choose

a Guru, but has recently found its true sobriquet as the Introduction to Reality. Skeptics take note. I personally wish I had had this brief tome as an introduction to life's heartaches many years before I ventured into the unforgiving whirl of Maya. But, alas, as it has oft been said, “Alas.” I offer you sections and snippets from various chapters of this 193 page book of over 100 short chapters rendered in alphabetical order. I hope, seriously, that some readers will think of their nephews or cousins or younger family members who, I believe, would scarf-up the wisdom contained in this book with the word that was invented for this sensation: alacrity.

(Continued on next page)



Air, Hot

Don't let yourself be blown over by the fact that some so-called guru addresses you as 'Dear Self' or insists that he experiences your own feelings and knows your past and future. If he is a real guru, he will not expect you simply to take his word for who he is, and he will offer something more tangible than self-glorifying proclamations for you to judge him by. He will have a way of making you experience his stature, not necessarily outwardly through signs or a show of miracles, but inwardly, in your intuition.

Archery, Zen

In previous centuries in Japan, and to some extent still today, the sport of archery has been used by certain Zen masters to train their students in the deepest truths of Buddhism. Like the swordsmanship of the samurai, archery was an activity to be mastered in a special, mystical way, in which the student becomes mentally one with the bow, the arrow, and the target. The prowess of the great teachers who had mastered such training bordered on the miraculous, but their real achievement was the inner poise and the centered concentration that they cultivated. The practice of archery was simply a method through which the inner man was developed.

Colons and semicolons

The issue of what to eat, how to eat, when to eat, and when and what not to eat has appeared throughout the ages in virtually every religious and mystical path. From each tradition we have a heritage of rules and patterns, some fragmentary and some elaborate... In addition to the guidelines set down in the major religions there are innumerable cults and groups based upon particular diets and specific food restrictions even today. Fads of this sort range from advocacy of six-month cleansing fasts to preoccupation with the way in which every morsel is chewed. Fruit juice diets, brown-rice-only diets, low-mucus diets, this-is-not-a-diet diets—the list is almost interminable.

Heath and success, The truth about

The reality is this: our evolutionary journey is so long and our enslavement in Illusion is so complete, so utterly entrenched, that only through suffering can we become free. Our love for our limited ego and for the so-called pleasures of the mayavic world of Illusion is so great that our consciousness requires a sort of surgical removal from them in order to be free.

So, dig it. Each and every group or movement that promises health, riches, success—in short, a 'better' life in the world as a barometer of your spiritual advancement—is blowing smoke. You want God? You want Realization? Then batten down the hatches and know that your little pleasures have to give way to prepare for lasting joy; your temporary well-being will almost certainly be sacrificed for your enduring spiritual life; in short, your own cheery script for your life will be in the waste basket before you

(Continued on next page)



know it, as the course unfolds that you, with your unique set of past lives and current impressions, must take to find and experience your Real Self.

Honeymoon, The

The beginning stages of a seeker's spiritual odyssey are usually the 'honeymoon' period of the path. The pilgrim glows with the excitement of having found a way to grow into higher consciousness, boundlessly enthusiastic with the prospect of meeting and conquering every challenge that might come his way. He has begun to fall in love, he has found an incomparable spiritual beloved in the form of his guru, and life seems to take on a dreamy quality in which nothing can go wrong.

India, the disappointment of

The stench in the temple arises from and flowers rotting at the feet of lingams and idols built of stone—offerings that lie unwanted and unnoticed by the God behind the gods. Her holiness, Mother India, squints painfully through opaque cataracts of ritual blindness.

India, the glory of

Despite the phony sadhus and unrealized 'saints' who live a parasitic life in India and who camouflage the real teachers—such poseurs are really the dregs of the spiritual scene there—no country in the world can rival India's rich spiritual heritage. For more than eight thousand years, through ages sometimes golden and sometimes dark,

Mother India has nurtured innumerable truly great spiritual Masters who have set the pace for all mankind's quest to attain the ultimate Reality. Among countless paths, three great broad mystical traditions—Vedanta, Sufism, and Buddhism—have thrived there...

Ouija boards and psychic masters

None of the records of the teachings of the great World Teachers—such as Krishna, Buddha, Jesus and Mohammed—show that they gave any importance whatsoever to 'psychic' experience. On the contrary, real

Masters have consistently discouraged seekers from getting involved in paths that lead toward such experiences. There are several reasons for the Great Masters' consistent point of view in this regard, but perhaps one of the primary ones is simply that psychic phenomena are often more confusing than helpful. For example, if a Ouija board tells you that it is Jesus who is communicating with you, how are you really going to know? By asking the board, "Are you really Jesus?"!?!? The same problem exists whenever a person believes that he receives any psychic communications from any master (or for that matter, from any person at all). The central reason why Masters eschew such phenomena, however, is not even their untrustworthiness, but simply, from their perspective, their unworthiness. The True



Guru is concerned with nothing other than your total and complete enlightenment—your realization of the truth of your own Infinite Reality—and he has no interest in or time for distractions that may slow or impede your progress toward that Goal.

Sex

So it got you here—now, get over it! Forget immediately any notion that tantric yoga or LSD or any mystical trappings or intentions will transmute sex into a ‘spiritual thing.’ It is already a spiritual thing. It’s the way the human race, and virtually every other race, propagates. Part of the plan. The Divine Plan. No big deal.... Sex is the world’s hot topic. In the spiritual world, it’s a room-temperature topic. Although the seeker may pass through periods of intense turmoil from the raging forces of his or her sexual nature, sublimation of those forces is the only eventual path to mastering them. No authentic master will encourage indulgence in sexual activity as part of the seeker’s development of higher consciousness.... These days, sex practiced in a spiritual or any other way will lead to one or both of only two things: more deeply binding sexual sanskaras (impressions), and/or kids. So go ahead: practice sex in a spiritual way, but know that it’s sex any way you slice it—and with whomever you slice—and that eventually it must, and will, give way to higher and deeper expressions of love.

TV, (UHF)

Television provides a fine example of how the seeker makes internal contact with the Master. The Master is like a relay station for the most powerful forces in the universe. He functions on the inner planes of consciousness every bit as much as on the gross plane where we find him, and although he may seem to be located physically in an ashram far away, the Perfect Master is constantly infusing the inner realms of mind and energy with the vibrations of his being. He is constantly ‘on the air’ in the sense that his Love and his Guidance are always available to the seeker.... Eventually, when he has eliminated the persistent static from all the other competing desires in his mind, the seeker can enjoy perfect reception of his Beloved—and that, when it catches on, will most definitely take the place of even the most sophisticated home entertainment unit.

Yoga

By itself, no path of yoga can take you to Perfection. Yoga can if you are conscientious and sincere, help you begin to purify your mind and heart and teach you how to begin to focus your attention inwardly. It is even possible for the dedicated yogi to advance a respectable distance along the path. But the way of the yogi is more often like a cotillion class than a love affair—he practices diligently certain exercises that will ultimately give him some degree of mastery. Real love, however, is not a grudging process, but the spontaneous worship of God. It is a rare yogi in whom this love predominates over his preoccupation with visions, powers, and a subtle and insidious self-satisfaction that can grow from an ascetic dedication to spiritual

(Continued on next page)



practices. (Paramahansa Yogananda was one such outstanding exception, a yogi's yogi who exemplified the highest ideals of spirituality and whose teachings leaned heavily toward bhakti, or 'devotional' yoga.)

Zohar, the (Kabbalah revisited)

The 'splendor' of Jewish mysticism peeps through the esoteric writings referred to as 'the Zohar,' and the renewal of interest in Kabbalah these days has made some splashy news owing to its celebrity patronage. Just because a path has gone 'Hollywood' does not in any way disqualify it from legitimacy, of course; but neither does it automatically imbue it with the 'Good Guru-keeping Seal of Approval.'

A is for Avatar

The Avatar is the one and the eternally same Reality, God Himself, Who descends on earth in human form periodically. The Avatar is Zoroaster, He is Ram, He is Krishna; the Avatar is Buddha, He is Jesus, He is Mohammed. The Avatar has also appeared as numberless others, within and beyond our paltry recorded history of a few thousand years, and in each of these forms, on a regular schedule, the Avatar delivers the fresh-most Message as to what it's all about.

Avatar (The Alpha and the Omega)

The Avatar appears in different places at different times in history. He speaks through different languages, He displays different personalities. He puts His teachings into different forms adapted for His contemporary work—but in essence the Avatar is always the same ONE. It is only the man that changes in the different appearances of the God-Man—the God aspect is ever the same....As a result of the Avatar's singular status, His 'call' is not limited to the time that He is physically present on the earth. As the Eternal Beloved and the enduring Master of Masters, the Avatar and His divine guidance are always inwardly accessible to anyone who takes Him as his Master. Neither the Perfect master nor the Avatar ever 'dies' in the real sense, but only the God-Man remains a Master to His lovers after He has dropped His physical body. And whether a seeker calls out to Krishna or to Jesus, to Rama or to the Buddha, only the sincerity of the prayer makes a difference; all prayers go to the same One Avatar, the ancient One—God Himself.

Introduction to Reality, An A-Z Guide to True Spirituality, Rick M. Chapman, 2008, White Horse Publishing Company, www.whitehorsepublishing.com (193 pages, over 100 chapters)



Meher Baba Center of Northern California

INsights

Community Newsletter

Happy Trails to You

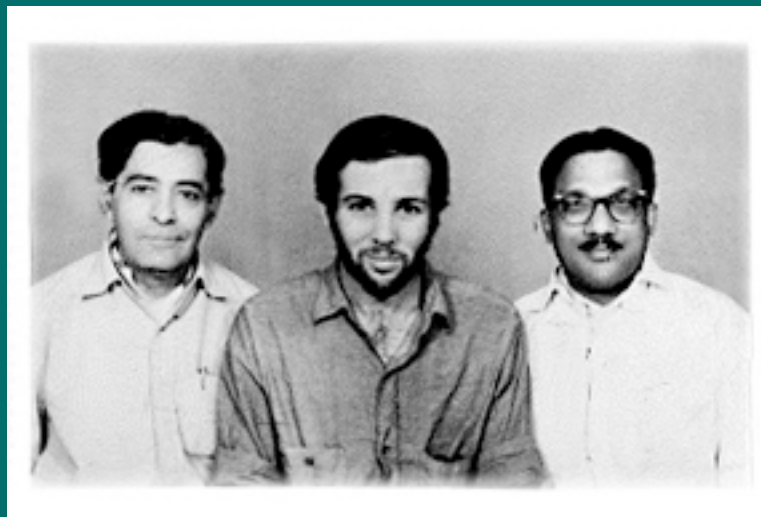
Photo: Ursula Reinhart

Farewell and Best Wishes
to

Robert Dreyfuss

in his relocation to Asheville, N.C.

His Bay Area friends will miss him!



Baba's brother Jal, Robert Dreyfuss, Mr Ramakrishna
of the Poona center, November 1965,
3 days after Robert met Meher Baba.



Meher Baba Center of Northern California

INsights

Community Newsletter

PAINTING RAFFLE!!!

Raffle of this lovely painting of Mehera as Radha by Phyllis Ott is now underway.



Raffle tickets for Phyllis Ott's painting of Mehera will be sold at various events throughout April until the drawing at the Sahavas on Sunday, May 10th at the Talbots. 2nd & 3rd place prizes will be books and cds. Winner does not need to be present, but must cover the cost of shipping the painting if necessary.

Tickets can also be purchased by phone, by email, or in person by stopping at the Center on Saturdays from 2-4pm. Payment can be made by cash, check or credit card. Please indicate how many tickets you wish to buy and include your name and contact information.

\$10.00 per each ticket / 5 tickets for \$40.00

Checks can be sent directly to:
Northern CA Meher Baba Center
6920 Stockton Avenue
El Cerrito, CA. 945430

If you prefer to pay by credit card, email Celia Lopez at: cloffice@comcast.net.
Contact: Celia Lopez 925 260-3432

All orders will be secure and processed through the center account.

Please help meet our expenses in bringing Jal and Dolly, May 5-15th (Sahavas, May 9th-10th) by purchasing raffle tickets.

Food Jacket Drive

by Celia Lopez

Thank you to all who donated to the Food and Warm Jacket Drive. We collected 69lbs. of food and 30lbs of clothing. Food was donated to the Food Bank, and clothing was donated to Fresh Start, a homeless organization that serves Contra Costa County. We will continue with the Food Drive at the next Sahavas.



...Though it is not the time yet for us to know the wine of his kiss on our lips, we have received the kiss of his Word in our hearts. If it were not so, how could all you dear ones who have never seen his Man-form be here now?

Who but the Beloved of Beloveds could speak his Word silently in your hearts and make you come from across the world to take his darshan, to bow down to him in your hearts? Such a thing has never happened before. I have been at Mass-darshans where tens of thousands came and bowed down to his Man-form. But to come thousands of miles to bow down to him in one 's own heart, that is of an entirely different order of devotion.

Why has beloved Baba given you people this extraordinary privilege? Because he required a few to do what the many, what everyone, must eventually do: journey across the world of illusion to take darshan of him in their hearts. What a Beloved is our Beloved; what a mighty Beloved. This Word which he has spoken in your hearts, which will be spoken in every heart in the world, will lead you by the hand, and drive you with whips to the door of your Beloved, to the wineshop of your master – where it will become your own pure song of praise and will cause the Beloved winemaster to open the door and bring you in and pour for you a glass of the wine of self-forgetfulness and Beloved - alone-remembrance. The very Word with which he knocked on the doors of your hearts and aroused you to set your feet on the path to him, the same Word will knock on his door and make him open it to you – himself. I bow down to this mighty one in each of you.

But you also have your parts to play on this grand journey you have begun - you must not leave it all to your Beloved. For every step the lover takes to the Beloved, the Beloved takes 10 steps to the lover. But the lover must continually take that one step. We must practice taking beloved Baba 's darshan, bowing down to him in our hearts, every day, then every moment until we have continuous sight of him.

Happenings will happen – even Grand Happenings. But they will not be that Happening which has to happen in our hearts. So do not look to these other happenings to nourish your faith; depend only upon his Word and its song in your hearts.

Be prepared for a long, long journey to have the Beloved's real darshan. But it may only take a mere 700 years to reach his door and bow down to him for the last time and merge in him forever.

JAI BABA! The Victory is His.

Excerpt from the address given at the 1969 Darshan
re-printed from *The Awakener Magazine*, online:

The Awakener, Last Darshan Issue



Meher Baba Center of Northern California

INsights

Community Newsletter

Announcements

Center Library Note:

Would you like to be a “patron”? We have a library for your reading pleasure and convenience. Our library is housed upstairs in a book case at the MBCNC Center on Stockton Street. We have had 14 borrowers over the past year. You may access a list of the holdings at the web page meherbabameherbaba.org; look for library, and open the book or video pdf files. When you visit the Center remember to check out the library books. We would also like donations. For a list of books we need, see the section at the end of the library holdings. Contact the Newsletter about donations.

The Trust

All who wish to share in the commitment laid down by Meher Baba through the Trust should contact Jack Mormon, ambkj@aol.com

Meher Baba Information

For introductory information about Avatar Meher Baba, e-mail info@MeherBabaInformation.org or write to:

P.O. Box 1101,
Berkeley, CA 94701.

<http://MeherBabaInformation.org>

Meher Baba Center of Northern California
6923 Stockton Avenue
El Cerrito, California 94530
(510) 525-4779

Meher Baba Center of Northern CA website

Meeting schedules can be downloaded in pdf form from website (above).
The center is open for drop-in and book store most Saturdays 1 p.m.–4 p.m.
(check **website** for details)

Directions to our Center:

From Highway 80, Interstate 5, going north or south, in El Cerrito, take the Central Avenue exit. Exit east, toward the hills. Cross San Pablo Avenue. Go under the BART train tracks, and less than a block after the tracks, turn left on Richmond Avenue. Head north on Richmond Avenue until Stockton Avenue (the first stop light), turn right on Stockton. About two blocks onward, the Center is located on the left side of the street. Address on previous page.

More Local Meetings (Continued on next page)



Meher Baba Center of Northern California

INsights

Community Newsletter

Announcements (cont.)

More Local Meetings

Lafayette – Sunday Afternoons

Monthly meeting at the home of Kirk and Marlene Allen.

Please call to confirm. (925) 284-4066

Sacramento – Several Gatherings Each Month

Times and locations vary.

Contact Marilyn Buehler (916) 812-9496 info@premsay.com

Los Gatos – Sunday Evenings

At the home of Clint Snyder

Call (408) 395-6865

See more information on the [website](#).

Contact for messages to newsletterwallas: meherbabacenter@gmail.com

To subscribe: click on 'join our mailing list' in the side-bar above