



# INsights

## Community Newsletter

Listen to the silent words of Meher Baba;  
The life-story of all lovers (of God) is  
based on the practice of these words  
If you are serious about living this New Life,  
Then whole-heartedly renounce this ephemeral existence.

This is first couplet of the  
*Song of the New Life* which was dictated by Baba Himself  
(See poetry corner for entire *Song of the New Life*)

November, 2009

Vol 2, Issue 10

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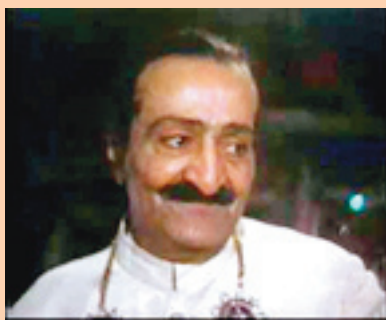
- **Herman Alvarado**
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Our Newsletter List

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### Quick Links

[www.MeherBabaMeherBaba.org](http://www.MeherBabaMeherBaba.org)  
[info@MeherBabaMeherBaba.org](mailto:info@MeherBabaMeherBaba.org)  
[CerrittoCentercalendar@gmail.com](mailto:CerrittoCentercalendar@gmail.com)



### Dear Reader

We have a special report from our friend Herman Alvarado this month. In a sense he has been tearing down roofs for years, helping us to feel the rays of love from Baba's ever-shining sun.

Charles Haynes will join us on Saturday, December 5, for a fund raiser on behalf of the medical clinic at Meherazad and the Meher Fund. The event is hosted at the Talbot's house (see article block below for more info).

Our neighbor, Jenny K (gift store), will host a 'bookraiser' charity event at the El Cerrito Meher Baba center on Friday December 11. (info below)

The El Cerrito Baba Center is open most Saturday afternoons in December, 1-4 p.m. (check the website calendar: [meherbabameherbaba.org](http://meherbabameherbaba.org)). The bookstore is also open at these times. Readers may think of purchasing a musical CD or calendar for the winter holidays. And, our book store has a wide selection of Baba CDs and books. Lots of great bargains and the new 2010 calendar is available (supply is limited).

The Sheriar web site now features brief recordings from their musical CDs so that one can hear a sample from three songs per CD, greatly assisting in making a selection. The Love Street Bookstore also sells everything Baba including calendars, art, music, books, caps, mugs, T-shirts.

This editor recommends Keith Gunn and A.K. Hazra's latest book *Seekers of Love*, Bill LePage's latest, *The Divine Humanity of Meher Baba*, volume three, and Sheela Fenster's book *Growing Up with God*. Sheela is Bhau and Rama Kalchuri's daughter, her 800 page book is a trove of unique insights into Baba's daily life. And if you really want a wonderful lasting gift, visit the web page of Dale Draeger, Baba artist (web page below). Once I mention one artist I feel the urge to mention them all, but this is sufficient for today.

<http://www.sheriarbooks.org/index.html>

<http://www.lovestreetbookstore.com/>

<http://www.enhancedimaging.com/ambo/redpath/index.php>

Later in late December we hope to host a potluck dinner at the El Cerrito Center. Notice soon to come. Thank you. Ben.

This newsletter (and past issues) will eventually be available in pdf form on the [www.MeherBabaMeherBaba.org](http://www.MeherBabaMeherBaba.org) website.

Newsletterwallas: Ben Leet, Lisa Greenstein Cherri Nelson



# INsights

## Community Newsletter

### Life with the Divine Beloved

by Herman Alvarado



Herman had the privilege to be the first person to meet Baba at the San Francisco airport in 1956

I was awarded a certificate of appreciation for 25 years of volunteer service at a Veteran's hospital. How was I to express my gratitude to the public and fellow veterans for the privilege of service? The problem was nobody would understand Baba's esoteric and spiritual meaning of selfless service; nor the intrinsics of the spiritual path to diminish the ego. So, instead I gave them a sincere and cordial thanks, wishing someday they would follow a real spiritual path to God. As for the awards, soon they will be forgotten and gone with the wind. Perhaps I shall follow the same end, except that I am taking my inner self and heart in love to Him. Have a joyfull Jai Baba, with the best wishes of a Merry Christmas, and an early spiritual awakening for all.

#### Postscript

Once in my younger days, I learned a mantra (invocation) with a mellifluous and inspiring

tone. Around I went repeating and chanting it like a caged parrot, but the sound that came out was always a monotonous echo. It was like coming from inside a tunnel and not the symphony I was always expecting, in my yearning soul. Oh yes, it was coming and holding me inside the frame of my own sanskaras (impressions) and also keeping me in bondage with the accompaniment of having karma (the law of cause and effect) as my only and perfect mold. And so imprisoned, a dear friend took me to see a well known and real perfect Spiritual Master. By being the Perfection of Love and Truth, he took the trouble of hearing the sequence of my frustrations, so loaded by my many misguided dreams. So with one hand over my shoulder and the other hand he made a gesture of opening a cage. He then gestured jump out of the cage, do not hesitate, jump. In that moment my heart urgently told me my chance was now or never. I knew He would help me in keeping my real self outside of the deceiving world. After hearing His suggestion, the old parrot in me gladly decided to step out

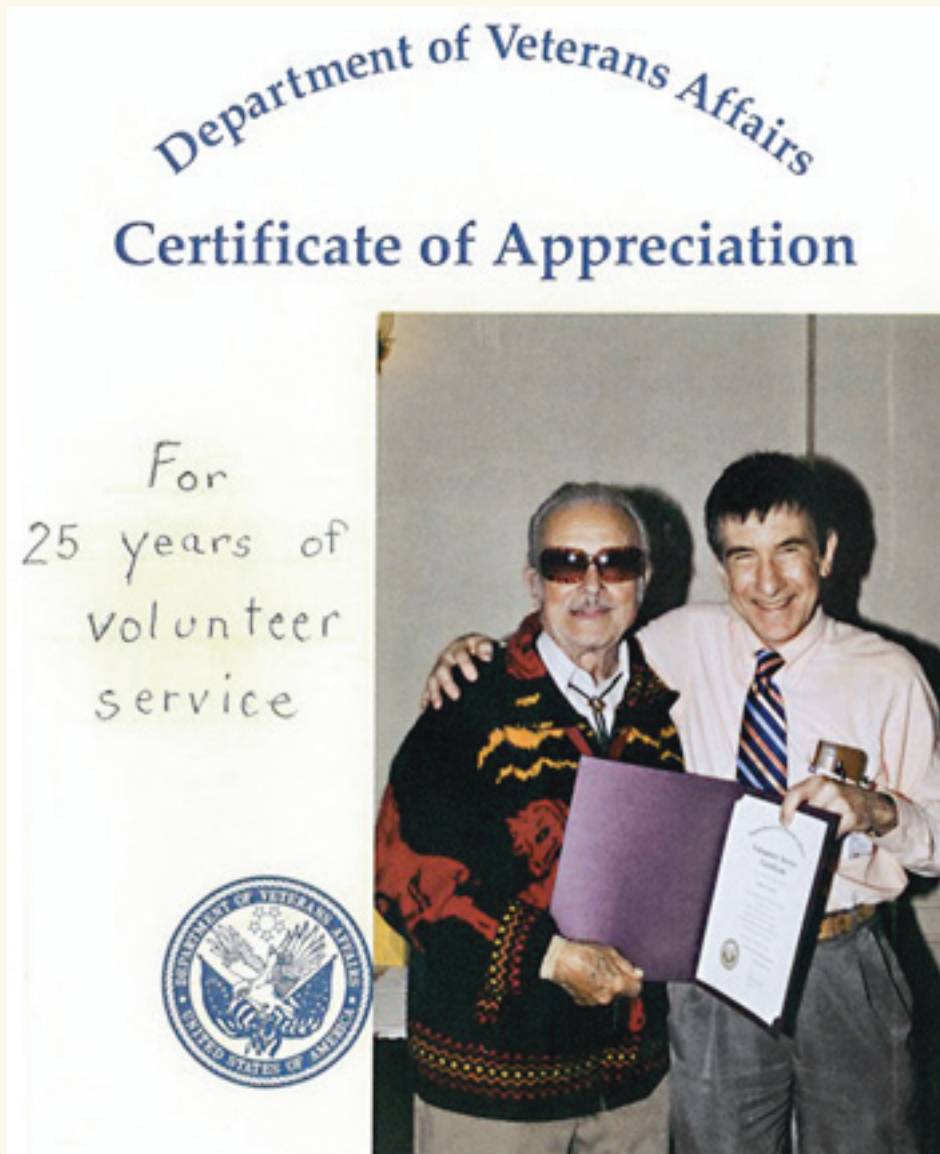


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## Community Newsletter

Life with the Divine Beloved (cont.)

by Herman Alvarado



Herman and Dr. O'Neill

my heart that tells me: Only God is the supreme and eternal Reality. The longing in my heart is to reach unification with Him, through sublime love with Baba. Up to now, I have been waiting a long, long time for that unification, and do not know how much more He wants me to wait, since time may be relative to the circumstances. Since I was a seafaring man, who now is feeling the corresponding pains and aches of my old age, I know He will come to ferry me across those seven seas of spiritual realms in Soul consciousness. Therefore, navigating safely through the remaining storms of life will be easier without Maya interfering. Finally, there will be the entrance of His Ocean of Love, with its comforting lighthouse of hope ever beaming the splendor of a new life to be fulfilled. It is time now for my soul to drop the anchor into the harbor of purpose and unity, and be one with Him in His pervading Divinity. Jai Baba to all, dear friends and lovers. At that time, there won't be a need for the yearning in my soul.

Jai Baba again  
Herman Alvarado

and fly the coop. Since then, I am free to serve Him with joy and care. When serving people, I feel the love He spares for me. But also, there is more, much more that I am learning from Him. Such as when I am doing volunteer work. I have a greater reverence in His altruistic teaching. His teaching keeps on expanding to horizons my mind wishes to imitate and prevail. The practicality of His teachings enhances the picture of a healthy constructive life. They increase my personal convictions for His Divinity, as well as in those actions where I am gradually grinding and shaping my Ego, for the unity of all life. Therefore, for me religious creeds, dogmas, or mantras are not necessary now. With selfless service I follow the real mantra of



Meher Baba Center of Northern California

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### Meherazad Free Dispensary Fundraiser with Charles Haynes

On Saturday, December 5, there will be a fundraiser by the Meher Fund for the Meherazad Free Dispensary at 721 Crossbrook Drive in Moraga, CA 94556.

The Meher Free Dispensary provides free medical care to the poor and under-served living in several villages around Meherazad. The dispensary treats approximately 120 patients each day. The dispensary provides doctors visits, labs, and medication free to the villagers. For more information about the dispensary and Meher Fund, go to [www.meherfund.org](http://www.meherfund.org). A sample of the silent/live auction items are:

- Two pins owned by Norina Matchabelli and blessed by Meher Baba.
- A beautiful Chinese embroidered tunic worn very often by Kitty Davy
- A cape worn by Baba's cousin and Mandali member, Naja, (also Pendu's sister) in Cannes in 1937. We wonder how many embraces she received from her Beloved Baba while wearing this cape. There are also other clothing items belonging to Naja.
- Three bedroom, three bath house in Briarcliffe Acres available for Christmas and NewYear's — sleeps eight to ten people.

In addition to these, there will more Baba items, art work, bottles of wine, goods, and services for the auction.

The event will begin at 5 p.m.

5 - 6 p.m. – Welcome, Chai, and Silent Auction begins

6 - 7 p.m. – Indian Dinner

7 - 8 p.m – Silent and Live Auction

8 - 9:30 – Talk by Charles Haynes

9:30 - on – Pick up purchases; Continue to enjoy the camaraderie

Please RSVP to [mbusfield@sbcglobal.net](mailto:mbusfield@sbcglobal.net) or [aktalbot@talboito.com](mailto:aktalbot@talboito.com). Suggested donation is \$25.00.

We hope to see you.

### Bookraiser for West County Reads

A Bookraiser free Holiday Fun event for children will be held at the Meher Baba Center in El Cerrito: Friday December 11, 6pm- 8:30 pm

This event is sponsored and hosted by Jen Komaromi of Jenny K's gifts - our neighbor on Stockton Ave. There will be music and a magician for the children. People are asked to bring new or gently used books (appropriate for babies to teenagers) to donate to **West County Reads**. These books are offered to disadvantaged children who live West County neighborhoods that do not have walking access to libraries.

**Jenny K's gifts collects books year round – so you can always drop some by there when visiting the Baba center.**



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## Community Newsletter

Poet's Corner

Song of the New Life of Meher Baba His Companions

Heather Nadel

(Translated from Vernacular)

### I

Listen to the silent words of Meher Baba;  
The life-story of all lovers (of God) is based on the practice of these words  
If you are serious about living this *New Life*,  
Then whole-heartedly renounce this ephemeral existence.

### II

We have taken to this life, in which we *rely only on God*:  
In this, our Will (to do or die) is strengthened by the oath taken:  
We are merrily singing the song of *hopelessness*:  
We are inviting all *calamities and difficulties*.

### III

We neither wail over lost *hopes*, nor complain about (broken) promises;  
We neither covet *honour*, nor shun disgrace;  
*Back-biting* we know not, nor do we *fear* anyone;  
This is now the colour of our New Life.

### IV

No *confusion* in the mind, now, nor any *ties* left;  
*Pride, anger, lust and greed* we know not.  
We have no *religion* nor care for physical and mental *fads*.  
The Sheikh and The Brahmin-typifying all castes and creeds-are now  
*sailing in the same boat*.

There is no *small or great* now, for us all;  
The questions of *disciple Master or God-hood*, no longer arise;  
*Brotherliness* or fellow-feeling is the link that exists,  
And this contributes to our present *enjoyment of suffering*.

### VI

This world or the next, hell or heaven, we no longer bother about.  
*Shakties and Siddhis*, occultism and miracles, we no longer think of;  
All these false impressions (thoughts) for us have been purged from the mind.  
What has value and importance for us now, is to live in the *active present*.

(Continued on next page)



### VII

Dear ones, take seriously the words of Baba when he says,  
Although now, I am on the *same level with you all*,  
Yet all *orders* from me, *good, bad, extraordinary*  
You should all carry out immediately, leaving the result to God.

### VIII

Even if the heavens fall,  
Do not let go the hand of *Truth*.  
Let *despair and disappointment* ravage and destroy the garden (of your life),  
You beautify it once again, by the seedlings of *contentment and self-sufficiency*.

### IX

Even if your heart is cut to bits, let there be a *smile on your lips*.  
Here I divulge to you a point worth noting.  
Hidden in your penniless hands, is treasure untold;  
Your beggarly life will be the envy of Kings (of the world).

### X

God exists indeed and true are the Prophets;  
Every Cycle has an *Avatar* and every moment has a *Wali*.  
For us however, it is only hopelessness and helplessness.  
How else should I tell you what our New Life is!

Meher Publications  
King's Road, Ahmednagar  
14-11-49  
Dr. Abdul Ghani Munsiff

Copied from the original English circular of the *Song of the New Life* (sixty year ago this month), which was often sung. The first couplet was dictated by Baba himself.



Meher Baba Center of Northern California

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### 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](http://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](mailto:ambkj@aol.com)

#### **Meher Baba Information**

For introductory information about Avatar Meher Baba, e-mail [info@MeherBabalInformation.org](mailto:info@MeherBabalInformation.org) or write to:

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

<http://MeherBabalInformation.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)



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### 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](mailto:info@premsay.com)

##### Los Gatos – Sunday Evenings

At the home of Clint Snyder

Call (408) 395-6865

##### Sonoma County - Arti happens once a month,

Usually the first Sunday. Locations vary.

Call Ellen Van Allen at (707) 528-0357 for specific information.

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

Contact for messages to newsletterwallas: [meherbabacenter@gmail.com](mailto:meherbabacenter@gmail.com)

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