

# Guardians of the Sacred

*A Heartful Guide to Conduct in the  
Master's Presence and Holy Places*



“Be like a tiger in the realm of God,  
and progress is assured.”

– Babuji



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## Introduction

The sacred space is more than just a place; it is a field full of divine energy where spiritual transformation happens. When we enter places like a meditation hall, a shrine, or the Master's presence, we need to remember that we are entering a space filled with spiritual energy. What we do there affects not only our own spiritual state but also the sacred space itself.



## Before You Go In, Get Ready

### 1. Getting Ready Inside

Before entering any sacred space, take a few minutes to sit still. Let your mind settle like dirt in still water. Keep in mind that you are about to enter a place where the Divine work is always going on. Say a prayer in your heart: "O Master, make me worthy to receive what is given in this holy space. Take away everything that gets in the way of your work."

## 2. Cleanliness of the Body

The body is like a temple for the soul, and when you go into a bigger temple, you need to be ready. If you can, take a bath. If not, at least wash your hands, feet, and face. Wear clean, simple clothes that are light-coloured and loose-fitting. They shouldn't be too tight or too distracting, as this can block the flow of spiritual transmission. Please remove your shoes well before you reach the door and place them neatly to the side, not in a pile.

## 3. Health Issues

If you have the flu, a cold, a cough, or any other illness that can spread, you should stay away from the sacred space and limit your movements. Staying home to take care of your health is not only a way to care for yourself but also a way to care for others. It is against the principle of love for all to knowingly put others at risk of getting sick at a spiritual gathering. Because the Master is everywhere, you can get His grace from your home. Your temporary absence from the physical world, which you did out of respect for others, is a spiritual gift in and of itself.

## 4. Mental Cleanliness

Leave your worldly worries at the door, like old shoes. If bad thoughts keep coming back, picture putting them in an invisible box outside the door so you can get them later if you need to. The mind should be like a blank slate, ready to receive gifts from God.



## Going up to the Sacred Threshold

### 5. The Way

Walk slowly and with purpose towards the holy place. You should be aware of each step you take and avoid rushing through them. The way you do it is part of the spiritual practice. Lower your eyes a little, not out of shame but out of humility and self-reflection.

### 6. At the Door

Stop at the door. This in-between space between the worldly and the sacred should be recognised. Give the space and your Master a quick mental greeting from inside. With your right hand, touch your heart to show that you know you're about to make a change.

### 7. The First Step

Step in with your right foot first, which stands for the auspicious nature of your entry. As you step over the threshold, you feel like you're leaving one world and entering another, from the gross to the subtle, from darkness to light.



## Behaviour in the Sacred Space

### 8. Posture and Movement

Move slowly and carefully, and don't make any noise or sudden movements. If you have to walk in the space, do it along the

edge. Never walk right in front of the Master's seat or the central shrine. Keep your back straight but relaxed; it should be like a flower stem, straight but not stiff.

## 9. Where to Sit

Think carefully about where you want to go. You should never sit higher than the master or closer to the shrine than people who have been practicing for longer than you. If you're not sure, pick a low position towards the back or side. Sit in a way that is stable, and you can stay that way without moving.

## 10. How Good Silence Is

Stay quiet unless someone talks to you. This silence shouldn't just be a lack of speech; it should be a state of being open. You should even stop your mind from talking. If you must speak, do so with a gesture or a quiet voice, and only about important matters.

## 11. Heartfelt Communication

If you have to talk to other people, let it be heartfelt communication, like Lalaji says. Speak to each other from the heart, using words that are filled with love and respect. Even quiet conversations should have the smell of remembering God. Make your communication like prayer: short, honest, and uplifting. Don't let it turn into gossip, complaints, or pointless talk. Every word said in a holy space should make it more sacred, not less holy.

## 12. Where to Look

Gently keep your focus on the Master or the holy center. This is not a stare; it is a soft, open awareness. When you're not

meditating, keep your eyes slightly down. Don't look around at other people or let your mind wander to the details of the building or the decorations.

### 13. The State of Being Meditative

Unless someone asks you to, try to stay in a meditative state rather than actively meditating. This difference is significant. To be meditative, you need to have an open, receptive awareness, like a calm lake that is ready to reflect the sky. You should only engage in active meditation when instructed to do so by the Master or during a scheduled meditation session.

When you're with the Master, act like a flower that is naturally facing the sun but not trying too hard. This stillness lets the Master's gearbox work without any interference from us. Your job is to be available, not to do spiritual exercises. We are most open to the Divine when we are not doing anything.



## In the Master's Presence

### 14. Getting Close to the Master

If you are called to see the Master, do so with humble dignity. Don't rush forward eagerly or hold back out of false modesty. Come to me like a child would come to a loving parent, with trust, respect, and an open heart.

### 15. Hello

The traditional pranam, which is bowing with your hands folded, should come from the heart and not just be a physical gesture.

When you bow, give your ego to the Master in your mind. The depth of the bow is not as crucial as how sincere it is.

## 16. Getting Blessings

Stay in a state of alert passivity when you get blessings or transmissions. Don't try to grab or pull the spiritual force; neither should you fight it. Be like a clean cup ready to hold anything poured into it.

## 17. Talking to the Master

When the Master talks to you, be honest and direct, but don't waste words. This is not the time to show off what you know or try to impress. Questions should come from a real spiritual need, not from curiosity or a desire to test.

## 18. The Gift of the Master's Attention

When the Master looks at you, please take it as the best thing that could happen to you. Don't look away in false humility or stare back with confidence. Accept with thanks and let that holy look reach deep inside you. In a moment of silence, more can be said than in hours of talking.



## Special Events

## 19. During Group Meditation

Stay completely still while you meditate. Wait for a natural break if you have to go in or out. If necessary, move along the walls like a shadow to avoid disturbing the spiritual atmosphere too much.



Keep in mind that when you meditate with others, you create a unified field, so your restlessness affects everyone.

## 20. About Offers

When you make offerings, think of them as giving back to God what is already His. The gift should be simple, clean, and not showy. Put it down quietly without making a fuss. The spirit of giving is more important than the value of the gift.

## 21. Holy Things

You should never touch sacred things, books, or tools without permission. If you have to move it, do so with both hands, ensuring you support the entire object. You should never put sacred texts on the ground or in dirty places. Treat them like you would the Master's body.

## 22. Items of Personal Importance

If you bring your own sacred items, such as a spiritual diary or a book, be sure to keep them wrapped in clean cloth when not in use. Do not show them off or let them become things to be proud of. They are not signs of spiritual status; they are tools for remembering.



## Keeping the Holy Atmosphere

## 23. Taking Charge of the Senses

Please refrain from wearing strong scents, jangling jewellery, or anything else that may distract others and make it difficult for

them to focus. Keep your phones and tablets completely quiet, and if possible, leave them outside. The holy space is where you can focus all your attention on the Divine.

## 24. Keeping Your Cool Emotionally

In holy places, people often feel a strong sense of devotion. Feel your tears of joy or waves of happiness inside without letting them show. Also, if you feel uncomfortable, be patient and let it happen as part of the cleansing process. Your calmness helps everyone else stay calm.

## 25. Respect for Other People

Know that everyone is on their own spiritual path. Don't judge, compare, or interfere with other people's practices. If someone appears to break the rules of etiquette, let those in charge handle the situation. Pay attention to how you act.

## 26. The Holy Law of Respect and Love

The Masters taught us to respect everyone who is there because each person has a divine spark. Love everyone He loves, and He loves everyone. Love the one who loves everyone; this is the way to brotherhood for all. We learn to see the Master in everyone in the sacred space.

## 27. Staying Away from the Poison of Criticism

In holy places, there is no room for criticism or finding fault. They create bad samskaras and pollute the spiritual atmosphere more than any other bad behaviour. If you notice any issues with the way things are run or the way things are done, write them down without saying anything. Later, write them down on paper

with respect and send them through the proper channels. This changes possible criticism into helpful service.

## 28. Making Peace

Your presence should make the space more peaceful. Like a drop of water joining the ocean, blend in with the spiritual atmosphere. If there is a disagreement, be the one who brings peace back by being quiet and praying inside.

## 29. The Sacred Order of Communication

Never make functionaries or anyone else listen to you first when you talk to them. This kind of insistence is blasphemous because it puts the ego above the divine order. Be patient and wait for your turn. If your issue is significant for the spiritual health of the sangha, it will find its own time. The sacred space operates on God's time, not yours. To demand precedence is to say that your ego is more important than the spiritual hierarchy, which is a very bad spiritual mistake.

## 30. Seeing Other People's Spiritual Experiences

If you witness someone else having a profound spiritual experience, maintain your distance and show respect. Please refrain from staring, getting involved, or asking them about it later. Spiritual experiences are private talks between the soul and God. It's not your job to satisfy curiosity; it's your job to hold space with silent support.



## Leaving the Holy Space

### 31. The Pullback

When it's time to go, slowly pull your mind out of the space. Be thankful in your mind for what you've received, even if you're not aware of it. Take your time getting up.

### 32. Going on Leave

If the Master is there, wait for someone in charge to tell you to leave or for the meeting to end naturally. When you leave, take a few steps back before turning around. This keeps your inner connection strong even as you get farther away from each other. At the door, turn around and say goodbye one last time.

### 33. Going Back

As you step outside, you feel that you carry the holy atmosphere with you. Make a promise to keep those feelings of holiness in your daily life. Put on your shoes with care, as if you were getting ready to do spiritual work in the world.



## After They Left

### 34. Keeping It Safe

Stay calm inside for a while after leaving the sacred space. Don't jump right into worldly conversations or activities. The subtle work continues even after you leave, much like a scent that lingers on clothes.

### 35. Putting Things Together

Think about any experiences or insights you got, but don't overthink them. Let the transmission work on levels deeper than the conscious mind. Things that happen in sacred space often grow and change over time, like a flower.

### 36. Talking About What You've Been Through

Be very careful about sharing spiritual experiences you have in a sacred space. Talking too soon can drain spiritual energy. Share only when it could help someone else's spiritual journey, and only with people who can accept that sharing with respect.

### 37. Respecting Sacred Time

Always arrive at least 10 minutes before the scheduled time. Being late means you value your time more than the Master's and the sangha's. Sacred time is not like regular time; it is a meeting with God. Arriving early gives you time to prepare inside and makes everyone else more prepared. If you can't help it, wait for a better opportunity to enter or do so as quietly as possible. Keep in mind that being on time for spiritual things shows how much your soul wants to be with its Beloved.



## More Sacred Things to Think About

### 38. Kids in Sacred Spaces

If you are bringing children, please discuss with them ahead of time how sacred the space is. Very young kids who can't stay

quiet should be cared for in special areas. When properly guided, their innocent presence can make the holy space even more sacred.

### 39. Service in Holy Places

If you have the chance to help out (by cleaning, organising, or helping), do it as a spiritual practice. Serving in a holy place is especially beneficial. Do your work quietly, diligently, and without seeking attention. Let your service be a way to worship through your actions.

### 40. The Duty of Regular Attendees

People who attend such sacred places often have a greater responsibility to maintain their holiness. Newcomers learn by observing. Set a good example without making a big deal about it. Your calm presence helps others feel at ease.



## Important Knowledge

Always keep in mind that these observances are not just formalities; they are real things that open the heart. Every gesture, every moment of self-control, and every act of respect opens up channels for spiritual transmission. The sacred space reacts more to how we feel inside than to how we look on the outside.

The best manners are love: love for the Master, love for the Divine, and passion for the sacred work being done. When this

love is there, doing the right thing comes naturally, like a river flowing to the sea.

May everyone who enters sacred spaces know that they are on holy ground, where the Divine work of change is always going on. May they add to the holiness of these holy places instead of taking away from it.

*“The spiritual work done there is what makes a place truly sacred. Our observances are our way of keeping that holiness alive for ourselves and everyone who comes after us.”*

You should use these rules wisely and with an open mind, always putting the spirit above the letter. The Master’s will always take precedence over any rules. Sometimes, what appears to be a breach of etiquette may actually be God’s will at work through the situation. Always remain alert, humble, and open to learning.

*The heart is the most sacred place. All outer observances are practice for keeping this innermost shrine, where the real Master lives forever, holy.*

# The True Abhyasi

*Essential Characteristics According to Babuji's Teachings*



According to Babuji's teachings, a true member (abhyasi) of Shri Ram Chandra Mission is characterised by:

## 1. Sincere Commitment and Regular Practice

- One who follows the practice sincerely, honestly, and with dedication.
- Maintains regularity in meditation and follows the prescribed method
- Is committed enough to attain the highest spiritual goal

## 2. Living by the Principles

- Lives by the Master's principles and obeys the commandments
- Maintains noble qualities and tries to improve oneself
- Acceptance towards others, non-judgment, and being strict with oneself



### 3. Humility and Simplicity

- Cultivates humility as a priority
- Remains plain, simple, and unassuming
- Has no idea of self-importance or egoism

### 4. Clarity of Purpose

- Know that the practice is intended for spiritual growth and evolution
- Does not get diverted by politics, money, or other worldly motivations
- Understands that spiritual growth requires personal effort

### 5. Love and Surrender

- Has a genuine love for the Master and the practice
- Shows surrender and submission to divine guidance
- They make themselves receptive to spiritual transmission

### 6. Personal Responsibility

- Understands that their spiritual fate lies in their own hands
- Makes constant efforts for self-improvement
- Engages in continuous self-reflection and soul-searching

*“The emphasis is clearly on sincerity, regular practice, humility, and genuine commitment to spiritual evolution rather than any external achievements or positions within the organisation.”*

The true abhyasi walks the path with sincerity in the heart, simplicity in conduct, and surrender to the Divine Will.

In this sacred journey, the measure of progress lies not in outer recognition but in the depth of inner transformation.





*“The primary purpose of our Mission is to instil spirituality in place of the prevailing non-spirituality, through Sahaj Marg, by proclaiming the Master’s message: “Awake, O sleepers, It’s the hour of the dawn.”*

*The change, of course, cannot come overnight. The aim of our Mission will, however, certainly be achieved if its members work with love, patience and co-operation. I need such persons in our organisation who may shine out like the sun. People themselves will be attracted when they know that our method is correct.*

*One lion is better than a hundred sheep, but we should try as human beings to do spiritual good to others. Earnest labour on the Master’s way shall never go in vain. Amen!”*

**– BABUJI**

**heartfulness**  
purity | weaves destiny