

Compilation of Q & A for Preceptors' Work
October 2015

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Individual Sittings

Group individual sittings

Q: Is there a maximum limit in numbers for individual sittings in a group?

A: There are no limits.

Q: Does it replace individual, one to one sitting, or add with this?

A: It adds, not replaces.

Q: What is the duration of the group individual sitting?

A: As for individual sittings, it depends on the work. It does not need to be longer than an individual sitting.

Q: During our work on individual sittings; if it happens that the thought of another abhyasi (not in front of us) comes - can we include that abhyasi also in absentia and/or remote?

A: It is said that Master Chariji Maharaj used to include every abhyasi in every sitting he gave. So, yes, it is possible to include them, as long as you are still able to give the necessary attention to the abhyasi(s) in front of you. There should be a lot of discipline in the work and that too in a systematic way.

Long distance or remote individual sittings

Q: How about sick and ICU patients: can they take remote sittings when they cannot sit?

A: Yes, if their health permits.

Q: What is the duration of long distance sittings?

A: As per normal individual sittings.

Q: How about abhyasis outside the city?

A: Give remote sittings as per the need, but don't give sittings to those who choose not to go to their local preceptors because of personal issues.

Q: Are long distance sittings only for abhyasis and not preceptors?

A: They can be for both, depending on the need, as preceptors are also abhyasis. It is absentia sittings that are not be given to other preceptors, as these will be taken care of by coordinators.

Q: Can we give face-to-face sittings and distance sittings together?

A: Yes, you can. It is important that abhyasis don't misuse the privileges of remote sittings if they can actually attend with the preceptor in person.

Q: Can I give a remote sitting to an abhyasi who is staying near to my house if they ask? (N.B. When abhyasis call for sittings, some preceptors have started to say that there is no need to come - you sit at your home and I will give you a sitting tomorrow, checking that the abhyasi sits at the appointed time).

A: What is the reason? If it is for health or bad weather reasons, then remote sittings are fine. If it is because of laziness, then that is not right. The new privileges are to provide opportunities for expansion and better support of abhyasis in the Mission, not to replace the older ways of face-to-face sittings.

Q: We have three centres and three preceptors. Is it correct that an abhyasi from one centre should not ask for a remote sitting from a preceptor from another centre?

A: It is better that abhyasis take sittings from their local preceptor, and avoid going to others just because they like one preceptor more than the other.

Q: When can we inform abhyasi that they can avail the opportunity of the remote sittings being permitted by Master, and what are the situations when exactly the remote sittings are to be given?

A: Now all abhyasis are aware that they can take sittings remotely via the Sahaj Connect application. Preceptors can now give sittings to anyone in the world who requests one via the application. Remote sittings can be given whenever it is not possible or practical to give face-to-face sittings.

Q: Can a preceptor ask another preceptor to give them a remote sitting? As preceptors, are we permitted to take remote sittings from another preceptor?

A: Yes. Preceptors are also abhyasis and need to take sittings regularly, but this is also not to be abused if we are able to meet with the preceptor for a face-to-face sitting.

Absentia sittings

Q: Can relatives can be taken up for absentia sittings, though not taking sitting from same preceptor?

A: Yes, but I is better to also discuss with other preceptors, especially your local coordinator.

Q: Is there any time limit for absentia sittings?

A: Start the sitting before going to sleep, and then continue it during sleep. Continue to carry the abhyasis throughout the next day until before sleeping when you gently let go of that group and take up the next. So the duration of the absentia sittings is 24 hours.

Q: Is it possible to start the absentia sittings at another moment during the day, or is it necessary to be done at bedtime only?

A: Yes, you can start the 24-hour cycle of absentia work at any time during the day, as long as the time is consistent every day.

Q: Can it be done the day you are about to give individual sitting to the abhyasi?

A: Yes.

Q: Can people who have stopped practising Sahaj Marg or have not come to the centre for a long time be given absentia sittings?

A: Yes.

Q: How to coordinate and cover the abhyasis? Some abhyasis will be going to many preceptors, whoever is accessible to them as per their convenience. Please guide me regarding this as I stopped working in absentia because I am not sure who else is also working on the abhyasis.

A: Please ask your local functionary (CC or ZC) to take care of this, i.e. to organise how the preceptors will work together regarding absentia sittings.

Q: Can we give absentia sittings during daytime to make use of time available during the day? In this way we may be able to cover more abhyasis.

A: The absentia work continues throughout a 24-hour period, so the daytime is anyway busy with this work. Please start the absentia sittings at the same time every day, whether it is night-time before bed or at any other time.

"It is easier for me to start and end. That is why I fixed it like that. I used to this process ever since 1993 on my own and later on I discussed this with Master. What I did was I prepared a chart. ... It is best to fix the time when you begin and when you end, so you can take the next batch. If bedtime is not convenient for you, pick any time, but let it be a fixed time of starting and terminating."

(excerpt from Master's talk to preceptors on 13th February 2015)

Q: How to coordinate and cover the abhyasis? Some abhyasis will be going to many preceptors, whoever is accessible to them as per their convenience. Please guide me regarding this as I stopped working in absentia because I am not sure who else is also working on the abhyasis.

A: Please ask your local functionary (CC or ZC) to take care of this, i.e. to organise how the preceptors will work together regarding absentia sittings.

Q: Should the abhyasis I am working on during the absentia sitting be included in my individual cleaning too?

A: There is no need to include them in your individual cleaning. Just keep them with you throughout the day, and transmit or clean according to what they need at any point of time.

Q: Can preceptors give absentia sittings while on retreat?

A: Absentia sittings are inner silent work, and can enrich the experience of being in a retreat. They are also the preceptor's responsibility. So, please advise the preceptors that they can continue with their absentia work while on retreat.

Q: If an abhyasi who has practised well is no longer attending satsanghs or individual sittings, is it ok to give absentia sittings to that abhyasi without informing him? Will it bring him back?

A: If a practising abhyasi drops off, you can give absentia sittings without his knowledge. Will it bring him back? That is in Master's hands, and in the abhyasis' hands. We do our best to serve Master sincerely.

You may also want to contact this abhyasi, to ask how he is doing, visit him or invite him for tea, without any pressure to have a sitting. Often, when abhyasis drop off, it is because of the difficulty they experience with the movements associated with their spiritual yatra. Some reassurance and support from a preceptor, and understanding of the challenges along the path, can help a lot in bringing them back.

Introductory Sittings

Long Distance Introductory Sittings

Q: Can the first introduction sitting be done remotely?

A: Yes. One can give the first introductory sitting remotely, if necessary.

Q: Some of our friends or relatives may be in another town or city. As a part of our persuasion with them, if we have to give them a long distance sitting to allow them to experience our system, can we do it? Subsequently, can we introduce them by long distance? Because, if we ask them to visit a preceptor in that city or town, they may perhaps procrastinate or even avoid it.

A: Regarding starting your relatives, if you can start them when you visit them, and take them to meet the local preceptor, that would be ideal. Please make sure that they are interested to start Sahaj Marg before giving them the sittings. All of us want our relatives to start the practice, but it is their decision, not ours. The suggestions given by Master on the 30th and 31st January '2015 can be beneficial to all humanity, including your relatives.

Q: Similarly, there may be some old abhyasis known to us or some relatives or friends who became abhyasis in the past but left sadhana for whatever reasons. If we open up the topic of Sahaj Marg with such persons and as part of persuasion efforts if we are required to give them a few sittings, can we do so even if the person concerned is in another town or city?

A: For those who have dropped off from the practice, you can give absentia sittings without their knowledge. If you are visiting there place, you could reintroduce them and take them to meet the local preceptor. The main thing is to work in harmony with the interests and willingness of others, and also to encourage them to go to their local preceptors for sittings, so as not to disturb the harmony in that centre.

Q: In places where there are no preceptors, can we give two introductory sittings face-to-face and subsequently give remote sittings to finish the introductory process, arranging with the concerned prospective abhyasi(s)?

A: When giving introductory sittings, yes you can give two face-to-face and the following sitting/s remotely. When you do this, please make sure you are in contact with the seekers, so that you can confirm that they will sit at the same time as you for the sittings, and that they receive as many sittings as they require to get started.

Q: How about close relatives, who are not regular in their practice, but attend satsanghs regularly? Can we include them in our daily practice together as if they are sitting near to us doing the practice?

A: You cannot do practice for others. You can encourage them to sit with you when you do your own practice, without force, so that they will develop regularity. You can also give them absentia sittings, and include them in the general suggestions that Master has given us for the benefit of all humanity. This we should do for everyone, not just our own families.

Q: When we are giving individual sittings face-to-face to other abhyasis, what suggestion we will give to abhyasis receiving an absentia sitting? That is, how to involve absentia sitting abhyasis while giving face-to-face sittings?

A: When you are giving face-to-face sittings to other abhyasis, you can suggest that the absentia work is continuing while you are occupied with the face-to-face sitting. There is no need to involve them.

Group Introductory Sittings

Q: Is there a maximum limit in numbers for introductory sittings in a group?

A: No.

Q: If there are 100 persons and there are 10 preceptors, is it necessary to divide the group to smaller groups for giving sittings?

A: Not necessary - one person can also give to all 100. Please do what works best for all concerned.

Q: Should subsequent sittings be one to one, or in a group?

A: Can also be in group.

Q: How to eliminate people with depression, or other mental illness from the group?

A: This has to be handled subtly. Since the first sitting involves only cleaning, you can make a gentle announcement and ask people on medication for mental illness to contact a preceptor in person and decide what is to be done next.

Q: What is the duration of a group introductory sitting?

A: As per the normal introductory process.

Q: Can we give introductory sittings and other sittings together? Some abhyasis, when they bring their friends and relatives, tend to ask whether they can also take sittings with them together.

A: If it is the case of newcomers wanting to attend a satsangh, then please invite them to join, and follow up afterwards with the introductory sittings as required. What is important is the follow up to make sure they are introduced properly. It should not be a flippant thing that relatives or friends join the sitting just because of curiosity, with no intention of starting the practice.

Q: Presently I am giving introductory sittings (single / group) and individual sittings separately without mixing them. Can we have them together? Rather, while giving introductory sittings to a group, can we simultaneously give individual sitting to an abhyasi?

A: If it is the case of newcomers wanting to attend a satsangh, then please invite them to join, and follow up afterwards with the introductory sittings as

required. Introductory sittings are essentially individual sittings. During introductory sittings we do cleaning on the day one. Continue the cleaning and introduce the Divine Light on the second day. Continue cleaning and then transmit when the abhyasi is ready, connecting their heart with the Master's heart on the third, fourth or fifth day, depending on the condition. Whereas, during individual sittings, clean and transmit in one sitting. If you feel it is absolutely essential to combine the two sittings, then the above aspects have to be considered. But it is recommended to do individual and introductory sittings separately, as much as possible.

Satsangh

Long distance satsangh

Q: Is long distance satsangh possible? Is it only for satellite centres where no preceptors are present?

A: Yes, it is possible as needed, e.g. bad weather in a place and a preceptor can't reach there.

Q: While conducting long distance satsangh, should a preceptor sit alone separately? Also can a sub centre be included while conducting satsangh at main centre?

A:

a) You can include the abhyasis in the remote centres during satsangh. Ask the abhyasis to sit for satsangh as per the local scheduled time. Let them start the meditation with a fervour that Rev. Master is giving the sitting and they are in His physical presence. Gently bring those abhyasis in to your vision and make a suggestion that whatever work to be done as per His will is already completed. You can also encourage those abhyasis to regularly sit for the Friday 9 p.m. direct sittings from Rev. Master. Encourage them to visit the ashram or to the main centre whenever they can. The preceptor is recommended to visit to the nearby centre for conducting satsangh.

b) Where a preceptor can easily go to a sub-centre to conduct satsangh, then you would continue as previously. However, if it is not possible for a preceptor to go to a sub centre, then it is fine for the preceptor in one place to include those abhyasis in the sub-centre in the group satsangh.