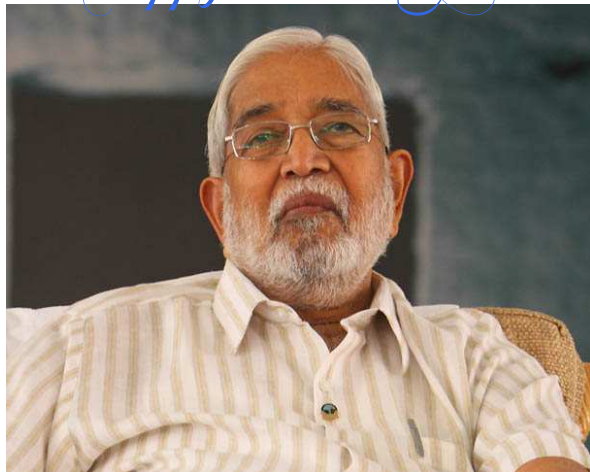


Happy New Year



As 2010 came to a close, abhyasis streamed in to Manapakkam ashram to be with Master. It was a time for taking stock and preparing to face the new year, days of endless opportunity and a chance to change to become what He wants us to become. The ashram was decked up with lights and abhyasis had a chance to meet and greet each other.

Master was up and ready early and was meeting abhyasis who came to wish him. Over 7000 abhyasis were present for the morning satsangh on 1st January, 2011. Br. P.R. Krishna gave a short talk and then Master felicitated the musicians Br. Kumaresh and Sis. Jayanthi.

Diwali Celebrations

Master was at Manapakkam and around 1000 abhyasis poured in to be with him. November 5th was Diwali and it was celebrated with great happiness and joy in the ashram. In the morning, Master conducted satsangh and lit up our hearts with love.

The cottage was decorated very beautifully with colorful rangoli and lamps all around.

On November 10th, Master conducted around 15 weddings in Manapakkam ashram. With great cheer and joy, he advised the couples to never let go of the hands he had joined in spiritual matrimony.



SHRI RAM CHANDRA MISSION®



Hyderabad 11th - 18th November

On arrival at the Hyderabad International Airport on the 11th morning, Master proceeded to the site of Kanha Shanti Vanam project, about 20 km. away. He appeared tired but cheerful as he walked into the small but beautiful cottage built under and around a tree. When someone admired the place, Master said that what we are witnessing now is just 'Rama in the cradle' signifying the magnificent work ahead. He had lunch with his long-time friend from college Mr. D.S. Rao, who happens to be staying in Hyderabad. It was a delight to watch Master and Mr. Rao recollect their days at Benaras Hindu University. In the evening he proceeded to a local abhyasi's house for the night.

The following day, Master came to Thumukunta and was greeted by a disciplined crowd of abhyasis and children. Master conducted satsangh in the evening at 5 p.m. for nearly 5000 abhyasis from various parts of A.P.

On Saturday, Master was awake fairly early and came and sat on the swing for a while much to the joy of abhyasis who had come early. Later, as he was walking to the meditation hall, a young girl greeted him saying, "Have a nice day Master!". Master looked at her and said, "No, I have come to give you a nice day." After satsangh at 9 a.m. in response to abhyasis greeting him Master said that he was enquiring after their spiritual health. They should be in good spiritual health and take due care to maintain it.

Master conducted Sunday satsangh for around 5500 abhyasis. While leaving the meditation hall, he stopped to talk to an elderly abhyasi who was recently unwell. The love and care that emanated from him was very touching. Master told him that as we became older, the need for personal discipline became greater.

Many mothers and mothers-to-be lined up to seek





asked to be distributed to abhyasis who were standing in the drizzle outside the gate.

A group of abhyasis working in the Indian Air Force came to meet Master in the evening. Master was happy to see them. He smilingly said, "Those people who are used to flying in the sky, can they all sit down?" and gave them a sitting inside the cottage.

Master's blessings. Master told one of them, "Bring in a healthy Sahaj Marg baby into this world. After bringing in the baby, don't claim it to be yours. Remember that it belongs to Sahaj Marg."

Master spent time with the children who had been silently waiting with commendable discipline since morning to greet him on Children's day. He told them, "Remember, you are Sahaj Marg children, always. Love everybody. Grow with love. Obey your parents and elders. Babuji Maharaj's blessings to you all."

On Monday, November 15th, Master conducted satsangh at the new premises of an abhyasi's company. He then proceeded to Domalguda ashram and as he entered the ashram, he paused at the photograph of Babuji Maharaj inaugurating the Domalguda ashram, way back in May 1967. He then conducted satsangh for over 500 abhyasis.

With the Zonal Ashram on the northern part of the city and the Kanha project site on the southern part, Domalguda can serve as a resting point for future visits of our Master. Master lightheartedly referred to the Zonal Ashram as Uttar Kailash, Kanha as Dakshin Kailash and Domalguda as Madhya Kailash.

He met the team working on the Kanha project and reviewed some of the plans. He looked pleased when he saw that the very first plan shown was in line with his thinking. He said, "See, how nature organizes itself to suit the higher purpose." Master then proceeded to Thumukunta ashram arriving by 4:00 pm.

On 16th afternoon, the weather became cloudy and there was a slight drizzle. Master sat on the swing and enquired about what they were making in the canteen. Someone brought some hot snacks which Master tasted and then

17th being a holiday for Bakrid, the number of abhyasis swelled. Master conducted satsangh at 9 a.m. and performed the betrothal of a couple from Hyderabad. Br. Chakrapani, gave a wonderful talk highlighting the adoption of "Let Go" attitude in our practice; he explained the need to have the attitude of trusteeship.

After the evening satsangh, a dance recital by Sis. Soumya and her five little ones from the children's centre was watched by Master from his cottage.

On 18th Master was busy, meeting people, giving sittings and working on the computer. One could see that inspite of a headache he continued to do his work. He left for Chennai at 2:30 p.m.

Asia Seminar

The Asia Seminar with around 250 participants from China, Hongkong, Indonesia, Japan, Korea, Macau, Nepal, Philippines, Sri Lanka, Taiwan, Thailand and Vietnam was held from November 29th to December 3rd. There were talks by Br. P.R. Krishna, Br. Chakrapani, Sis. Srimati Rathod and Br. N. Prakash. On 28th November after satsangh, Master announced the first ashram in Asia (outside India), at Malaysia.

In his inaugural speech, Master spoke about Character Formation and said, "Babuji says, anything inside you I can change, bring you to the Highest, most glorious, most resplendent, harmonious, love-filled. To deal with the outer world, that is your problem. You have got will power, you have got intelligence unique to human beings. ... Hear only what he says, see only him, whatever you see; do only what he tells you to do; and never lose





sight of him. Follow him. And without knowing, like a baby in the mother's arms, you will be there when she gets there."

Master spent some informal time with abhyasis. He invited new abhyasis to meet him on the first day. The Chinese abhyasis had a lot of questions and Master patiently answered them all. There was also a translator. After a while, even before the translator could complete translating, Master would answer. Surprisingly, the abhyasis who knew only Chinese but no English were nodding their heads in understanding!

An abhyasi asked Master about how to practice in China because people are not open about Sahaj Marg there. Master replied that one has to be a role model to attract people and that there was no need to really worry, or to be afraid about it.

He met 58 prefects from different countries and answered many simple but relevant questions about

prefects' work. He also watched the cultural programmes which were telecast to his office room.

A 20 minute timeline movie about Babuji's visit to Malaysia and Singapore as well as Master's visit to Singapore, Malaysia, Japan and China was shown. Master wanted every region to present such a movie.

Master conducted satsangh on 3rd December followed by his concluding talk. There were lots of opportunities to learn notably from the French-Chinese exchange programme and also every center presenting what they have been doing in the past years. With many new ideas and hearts full of love, every delegate felt a renewed energy from this seminar and a promise in their heart to do more for the mission in their respective countries.

Flood Threat

Heavy rains created the threat of floods in the low lying Manapakkam, Mugalivakkam and Gowri Nagar areas. Water had entered a few houses of abhyasis residing around the ashram. Master advised everyone to vacate the ashram and requested all out station abhyasis to cancel their travel to Manapakkam ashram. The ashram remained closed until the rains ceased and the threat of flood had passed. Master's love and concern was very evident throughout this crisis.

European Seminar 18th to 23rd of December 2010

Despite the snowstorms shutting down most of the major European airports, more than 1,200 abhyasis were able to reach Manapakkam.

Master set the pace of this seminar by inviting participants to find the courage to face themselves and reflect on what can be done to change the future for Humanity: "So this seminar must give you a real serious time, not to be frittered away in useless talk with others. You use it to sit by yourself, to introspect, really sincerely, really deeply, ready, willing to accept the answer that your heart gives."

The program was immediately adjusted in order to respond to Master's call. Several silent reflection moments were proposed as a core activity of the seminar. In addition to these silent reflection moments and three satsanghs every day, Master chose a limited number of speakers to talk on topics selected by him: Br. B. Chakrapani - 'Sea of Life', Br. P.R. Krishna - 'Master and I', Br. K.S. Balasubramanian - 'The Guru and Disciple' and Br. Kamlesh Patel - 'The Real Practice'.

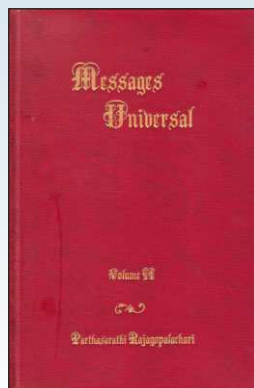
While he did not physically attend the sessions, he watched all the speeches as they were telecast to his office. Master expressed his joy all along the seminar during formal assemblies as well as during informal gatherings in his cottage. He addressed a very broad range of serious topics in his incomparable manner, daring to even challenge usual taboos related to grihastha life and sex.

He announced the creation of the first CREST in Europe within the existing premises of the Berlin ashram and proposed the first session to be organized for young adult abhyasis on the theme 'What or who is a human?' during spring 2011. He also announced the first retreat center in Europe within the existing property of Vrads Sande ashram, Denmark. In his concluding talk, he invited the participants to create within themselves the 'joy of life' (joie de vivre, as they say in French) and left them with this condition on their way home as well as with the feeling of Europe being now part of India.





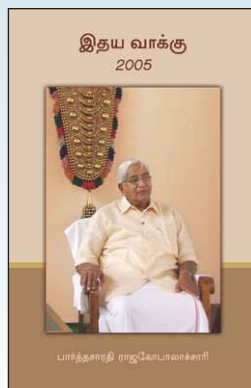
NEW PUBLICATIONS



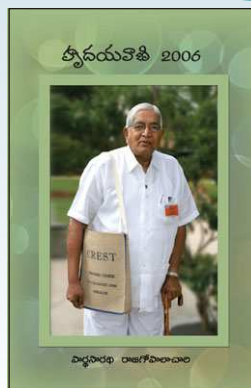
Messages Universal
Hard Bound



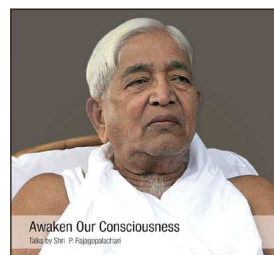
Messages Universal



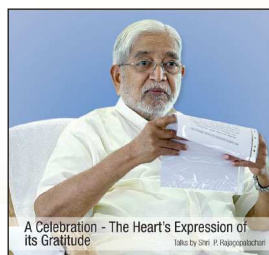
HeartSpeak 2005
Tamil



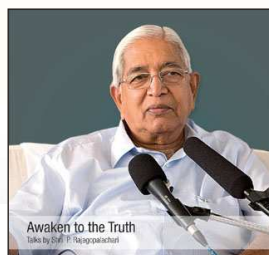
HeartSpeak 2006
Telugu



Awaken our Consciousness
DVD English



A Celebration the Heart's
Expression of its Gratitude
DVD English



Awaken to Truth
DVD English

All these have sub-titles in English, French, Spanish, German, Italian, Russian, Tamil, Teugu, Hindi and Kannada.

ANNOUNCEMENTS

CREST – Berlin, Germany

Master has designated the Sahaj Marg Spirituality Foundation's property located in Berlin, Germany as a Centre for Research, Education, Sadhana and Training (CREST) in Europe. He has appointed Br. Christian Macketanz as the Director for this CREST facility.

Satkhol Application Spring 2011 Batches

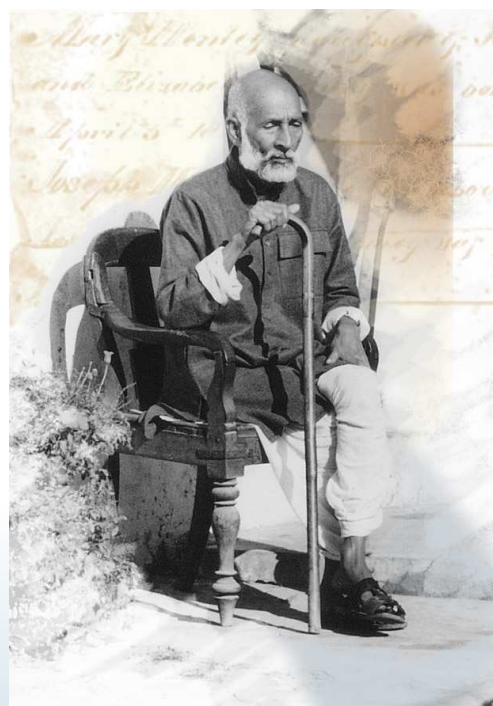
Satkhol Applications for the Spring Batches – January to March, 2011 – are now available online at:

<http://www.sahajmarg.org/smwww/satkhol/application-guidelines>

Please go through the Guidelines carefully BEFORE filling out the application form.

For those who have no internet access, please take the help of either your preceptor, CiC or ZiC. In case of any questions, contact Satkhol Admin Office at 044 2252 1099 or 044 4217 1111; ext. 218.

A PEEP INTO THE PAST



Babuji's 85th Birth Anniversary Celebrations at Chennai, 1984

The first major celebration after the mahasamadhi of Babuji Maharaj was the celebration of his birth anniversary, with over 3500 abhyasis from different parts of India and abroad participating. The venue of the celebrations was Vijaya Seshmahal, Vadapalani, Chennai. Accommodation for the abhyasis was arranged in marriage halls near the venue, and transport facilities were provided for picking up and dropping off abhyasis daily. The function started on April 29th and concluded on May 1st. Master conducted the morning and evening satsangh on each day. He was intimately involved with every aspect of the celebration, and was actively assisted by his wife, Sis. Sulochana. With His Grace, the atmosphere was filled with bliss, happiness, love and brotherhood. Master's father Shri. C.A. Rajagopalachari was also present throughout the celebration. A small booklet containing Babuji's messages was released during the celebrations.

Master gave a message called "the Task Ahead" in which he reminds us all about Babuji's dream for all of us and our task to make that dream a reality by reaching the goal that he set before us. In this landmark message in the history of the mission, he reminds us of the certainty of the task being fulfilled, because it is 'His Will'. The inevitability of change reflects as hope in our hearts, and offers us the promise of becoming what He wanted us to become. The spiritual heritage, entrusted to us to serve the needs of humanity for thousands and thousands of years to come, is therefore a sacred trust, to be held and passed on from generation to generation of spiritual aspirants all over the world, in its pure and unalloyed form. Finally, he implores us to heed the clarion call to "Arise! Awake! Rest not till this Divinely endowed task is completed to His satisfaction!"

[portions of the text derived from "And He marches On", a special commemorative edition, 24th July, 2007]





New Centres of Light

Udumalpet



The center in Udumalpet was started in April 1990. There are 3 prefects and around 150 abhyasis now. The ashram in Udumalpet, is situated in Rajavoor, a very idyllic and serene place and has been named 'Shanthi Ashram' by Master. It is around 6 km from the heart of the city.

A year ago, Master's office was inaugurated and the ashram land was also registered. Around five acres of land has been allocated for the ashram premises and eight acres of agricultural land has been divided into sites for abhyasis.

The first satsangh was conducted on 5th December, 2010 by Br. N. Prakash with around 75 abhyasis present. The meditation hall is 60 x 40 feet and can seat around 300 abhyasis.

Dindigul



This center started in March 1991 and satsanghs were initially conducted in an abhyasi sister's residence. As the number of abhyasis grew, the venue for the Sunday satsangh shifted to Amala Devi hospital.

The ashram land at Vathaparai, was procured 2 years ago and is situated 15 kms from the city. Vathaparai, has lots of jasmine gardens and coconut groves in and around the area. The ashram is located in Vathlankundu Road, which is on the way to Kodaikanal, a beautiful hill station of Tamilnadu.

Satsangh was conducted for around 2 years in temporary hutments on the ashram land while the new meditation hall was being built. The meditation hall is 60 x 40 feet with the capacity to seat 300 people. Master permitted the use of the new meditation hall from 5th December, 2010 onwards and the first satsangh was conducted by

Br. Viswanatha Rao with around 50 abhyasis attending the satsangh. Another satsangh was conducted by Br. N. Prakash at 1 P.M. in the afternoon. Since it was the first Sunday of the month, just like all other first Sundays, a full day program was organized. Many abhyasi brothers and sisters spoke on the topic of the day, "Heart Speak", and of their personal experiences in spirituality relating to the topic. It was an auspicious beginning and an effective full day program.

Thiruvannamalai, Tamilnadu



About 185 km from Chennai, a new center of light at Tiruvannamalai has emerged. The center was established about 10 years ago by a visiting preceptor, Br. Velu (from Kannamangalam). Since then it has seen slow growth. After receiving Master's permission to construct a meditation hall, the work was completed within a short span of time.

The hall was inaugurated on 14th November. The ZiC of Tamilnadu (North), Br. S. Prakash and abhyasis from surrounding areas, attended the opening of the meditation hall. The hall has a magnificent view of the hills with a very serene and positive atmosphere.

There were talks by Br. Shanmugan, Br. Prakash, Br. Lakshminarayana, Br. Thirunavukkarasu and a concluding talk by Br. Sriraman.

Ashram Project - Gulbarga

Gulbarga centre has purchased 34 acres of land for a new ashram cum residential colony project. Master approved the layout map for the ashram location and the residential colony on 16th November. He named the new ashram to be constructed as "Babuji Memorial Ashram, Gulbarga" and the residential colony as "Yoga Jeevan Enclave". The land is situated about 7.5 km from the existing ashram.





Ashram land, Indore



Revered Master has blessed Indore centre with a new mega project of 30 acres. The new ashram land is situated about 12 km away from the existing ashram. A full day program was organized at the new ashram land on 14th November. About 600 brothers and sisters attended the program.

New Centre-Paralakhemundi, Orissa

A new centre was started at Paralakhemundi in Gajapati district of Orissa Zone in November, 2010. Paralakhemundi was formerly a princely estate and has been created in a radius of approximately 5 kilometers around the geometric centre of Paralakhemundi.

19 abhyasis were inducted at this centre in two batches. Since there are no prefects at this location, services would be provided to the abhyasis by deputing prefects from other centres. Br. Santosh Sahu would presently be coordinating the activities (contact number - 099370 80707). This centre is the 20th centre in Orissa Zone.

10th Anniversary at Hassan Centre

A full day program was organized on December 5th 2010 to commemorate the 10th anniversary of the establishment of SRCM centre at Hassan. Abhyasis from nearby centres like Chickmagalur, Tiptur, Bangalore and Mysore were also invited to participate in the program.

The program started with the morning satsangh and was followed by talks rendered by abhyasis on subjects like "Role of an abhyasi", "Ten Maxims", "Sahaj Marg system and its simplicity" and "Basics of Sahaj Marg practice". Post lunch there was a question-answer session which helped the participants to clarify doubts regarding Sadhana. The speakers also explained about the difficulties a Guru undergoes and sacrifices that He makes for His abhyasis. The programme concluded with the evening satsangh.

Home Gatherings

Theni District, Tamilnadu



Home gatherings in the areas of Bodinaikanur and Cumbum were organised on 23rd October, 2010. Br. Viswanatha Rao, ZiC, TN (South) attended these home gatherings which were organized by Br. R. Sundaram and Sis. Subhasree Srinivasan. In Bodinaikanur, the gathering turned out to be a surprise as some of the abhyasis who had not been practising for a few years turned up, promising to continue regularly.

In Cumbum, about 40 people assembled at an abhyasi's home, located at the foot of Munnar hills. Br. Sundaram introduced the Mission to all the invitees present.

Hyderabad

Home gatherings are being organized at various sub-centres on a monthly or weekly basis. These gatherings are intended for both existing abhyasis as well as for those who are interested in the system. For the existing abhyasis, the objective is to facilitate their opening up, deepening their awareness of the three Ms of Sahaj Marg and to foster the feeling of belonging to one family.

Neighbours and friends who show an interest in spirituality are invited introduced to the system of Sahaj Marg. The meetings are informal and interactive and allow the participants to open up.

In Malkajgiri sub-centre in Hyderabad, about 30 abhyasis, have been meeting every Saturday for the last few weeks, discussing various aspects of sadhana. It was found that each abhyasi is trying to open up and trying to do the sadhana with more involvement and fervour.

Family Get-Together at Angul, Orissa

In order to develop close bond between the families of abhyasis, an informal get-together was organised by Angul centre on the evening of December 9, 2010. The get-together although informal focused on the spiritual aspects of life. The participants shared thoughts, experiences and suggestions to move ahead in their spiritual life. In the process, the centre got useful suggestions to enable it to prepare its plans for its growth and ways and means to involve the abhyasis in this endeavour. The abhyasis decided to meet in such gatherings at least once in two months to try and help in the growth of the centre and to plan its activities.





Seminar for Coordinators, Surat



Surat centre organized a full day Zonal level seminar for the coordinators on 12th December 2010. The objective of the seminar was to discuss and clear doubts about different activities such as home gatherings, open houses, VBSE, essay writing event, satellite centre development and so on. About 84 coordinators from various centres across the South Zone participated in the program.

Br. Hiren Shah (ZiC) delivered the welcome note. The speakers of the program were Br. Suresh Rajagopalan, Dr. Surendra Agrawal, Sis. Saumya Rajagopalan, Sis. Vibha Rathod and Br. Vilas Bhonde.

Discussion on Superstition and Spiritual Growth, Jaipur (A.P)

The topic "Superstition and Spiritual Growth" was discussed among abhyasis of Jaipur centre on 31st October, 2010. Many of them expressed the circumstances which were the results of their past beliefs, customs and how they could overcome the turmoil by Master's guidance. A few new abhyasis wondered as to how it was possible. The veterans explained that only regular practice coupled with faith in the Master helps one to open up to Him. This was followed by a discussion on mission literature, "Whispers From The Brighter World" in particular. Master's love and guidance was felt by all during the discussions.

Spiritual Retreat, Ahmedabad

A six day spiritual retreat program was organized at Ahmedabad centre around the Diwali holidays. Around 125 abhyasis from various centres of Gujarat made use of this opportunity and stayed at the Yogashram. Everyday two satsanghs were conducted and different activities such as yoga sessions, showcasing of DVDs, individual sittings, and golden silence were organised with a proper time schedule. The participants actively performed volunteer work. An interactive session was conducted by Br. Suresh Rajagopalan about clarifications related to sadhana followed by questions and answers. Br. Dharmesh and Sis. Kasturi presented a session on VBSE. A few introductory sittings were also imparted during the program.

Workshop for Publication Team, Karnataka South



A two day residential, Publication Workshop was conducted at Mysore ashram on December 18th, 19th to train volunteers from centres in South Karnataka to extend the reach of publications to all abhyasis in an efficient and effective way. Around 54 abhyasis from 15 centres attended. The objective of the workshop was to introduce the participants to understand various processes: selling, accounting, stock taking, collection and submission of subscriptions and distribution of mission publications.

A regular follow up plan has been designed to motivate and help abhyasis towards proper functioning of the Publication Department in their respective centres.

Vadodara, Gujarat



An open house was conducted in Vadodara on October 24th. Around 1500 invitations were distributed in and around the ONGC colony with the help of abhyasi volunteers. The program began in the ONGC auditorium with Sunday morning satsangh at 7.30 a.m. for abhyasis. Guests who were invited by abhyasis, started coming from 10a.m. onwards. The first session was a presentation on 'Why Spirituality' which emphasized the need of a Balanced Existence. Br. Kamlesh Patel gave an overview of Sahaj Marg. He invited everybody to take part in this spiritual journey. The audience listened to the speakers with keen interest. During tea prefects answered questions posed by curious guests who were willing to start the practice. Our ashram maps were given to all the guests along with a list of prefect's contact information. Out of 170 guests who were present, 80 showed interest in joining Sahaj Marg and many took sittings.





Full Day Programmes

Chinnavallikulam Ashram, Virudhunagar, Tamilnadu

On 31st October 2010, a full day programme was held at Chinnavallikulam Ashram, Virudhunagar in which around 44 abhyasis from Virudhunagar, Kovilpatti and Kariapatti centres were present. After the morning satsangh, Master's talks on the topics, "Character Formation" and "Ethics and Morality" were played. The abhyasis participated in discussions and in question-answer sessions enthusiastically.

Madurai Ashram, Tamilnadu



On 31st October, the program had nearly 500 abhyasis from Madurai and nearby centres participating. Br. P. Palaniappan gave an introductory talk and requested all the abhyasis to listen to Master's talks, absorb them in the heart and enjoy the spiritual atmosphere. Sis. A. Shanthakumari gave a talk about "the Basics of Sahaj Marg", Sis. S. Palaniammal - "Practice", Sis. A.G. Thangam - "Ten Maxims and their role in one's life" and Sis. Latha Sivaraman on "Spiritual Changes". Br. P. Palaniappan explained Master's talk, delivered on "The Ultimate Character" at Manappakkam on 9th October. The program ended with a satsangh, which served to consolidate the thoughts.

On 14th November, Br. T.V.Viswanatha Rao, ZiC, visited Madurai Ashram for the opening ceremony of the 'Study Area' in the ashram. After the Sunday satsangh, attended by over 500 abhyasis, he spoke on "Character

Formation", stressing on how to behave as spiritual human beings, conforming to the transformation made by Master's transmission. The study area's shed has been erected with G.I. sheets supplied from W.H.Q. To celebrate this function on Children's Day, a few children's programmes were conducted. About 70 children with their parents took part in the function with joy and responsibility.

Hardoi, Uttar Pradesh

A group discussion was organized at Hardoi centre on 5th December, 2010. Many abhyasis participated in the discussion coordinated by Br. Sanjay. The participants were divided into groups. The topic was "Spiritual Evolution of an Abhyasi". The group members carefully jotted down all the points during discussions. Each group spoke for a few minutes with the summary and conclusion of their discussions. Concluding the session Br. Sanjay thanked all participants for joining this heart touching session which felt to be filled with warmth of brotherhood and gratitude for our beloved Master.

Ramanathapuram

The programme was conducted at Ramanathapuram on 21st November. Nearly 40 abhyasis including the prefects from Ramanathapuram, Paramakudi, Manamadurai and Sivagangai centres participated. A discussion on the topic "As a Sahaj Marg abhyasi, what do we have to feel proud about?" was followed by Master's video on "Importance of Spirituality".

Sivagangai

This centre held a programme on 28th November with about 90 abhyasis participating from Sivagangai, Manamadurai, Paramakudi, Ramanathapuram and Madurai centres. Following Master's saying - "If you do not understand Sahaj Marg properly, you will not practice Sahaj Marg properly", the topics discussed during the programme were "What is Meditation?", "Importance of Meditation", "Sahaj Marg Meditation" and "Merits of Meditation".

Sivagangai



Virudhunagar



Hardoi





Full Day at Tiruppur

On 12th December, a full day programme was organized at D.J.Park, Thiruppur. After the Sunday satsangh, Br. T.V. Viswanatha Rao, ZiC, gave an introductory speech, by quoting our Master's recent talks on "Do or Die" delivered during the Asia seminar.

The topic of the full day programme was "Character Formation". Br. R. Sundaram gave an introduction on the topic. Many points which highlight the basics of Character Formation, were explained in detail by the speakers. The participants felt that the full day program was highly beneficial to them.

Addressing Students at Banswada, Nizamabad

On 11th December, a talk on "Values and Spirituality" was arranged for the students of Sri Krishnaveni Talent School at Banswada of Nizamabad district. The message of team spirit was conveyed through simple games played by the children. About 16 teachers and over 400 students from Class 1 to 9 participated.

Sai Keerti Junior College of Banswada also invited our mission to organize a similar session for the under graduate students. Over 100 students and 20 faculty members participated in the interactive session. Need for balance in life, human values and spirituality were explained to the students through simple experiments.

Soldiers of Sahaj Marg, Karnataka South

A 2 day residential program "Soldiers of Sahaj Marg" was organized for 47 abhyasis of Karnataka South on 13th-14th of November at Natrampalli ashram, Tamilnadu.

The inspiration for the program was from a talk given by Master in Bangalore in April 2004, "Soldiers of Spirituality". He had said, "So please be prepared for it; it is going to be tough, but we want soldiers of spirituality. ...We only kill our own samskaras, our own bad habits, our own negative thinking. And, therefore, we emerge from within ourselves as divinized persons".

The objective of the program was to create enthusiasm and to build a strong volunteer team in Karnataka South to serve as Soldiers of Sahaj Marg.

The program had 5 interactive sessions on how to lead the Sahaj Marg way of life, being an example, effective and efficient means to volunteer, personality of an abhyasi and the correct and effective means to practice Sahaj Marg.

The abhyasis who were asked to list the ideal qualities of an abhyasi felt that even though Sahaj Marg is a simple method, human perfection is a very difficult task and a lot of dedication is needed from abhyasis. They also felt that this program would change their attitude towards sadhana and they will start doing it regularly.

Workshop for abhyasis - Mangalore

Br. Mohandas conducted a workshop for 32 abhyasis of Mangalore on 17th October. The topic discussed was "My Master, my Method and my Mission." A DVD on "Importance of Guru in Life" was played. He also delivered a presentation on "Masters of Sahaj Marg" and their contribution to humanity in its spiritual evolution, followed by "My Method". The main components of our practice were explained. He stressed upon the importance of volunteer work. A DVD on "Master and Disciple" was played after which a group discussion was held on different topics. Br. Mohandas emphasized the importance of character formation and said it is the responsibility of the abhyasi to change his external behaviour.

In the concluding remarks brother K. Radhakrishna said the workshop is for us to have a better understanding of the three M's and to practice assiduously what Master expects from us, to reach the Goal of Human Life at the earliest.



Karimnagar Ashram

Karimnagar is in Andhra Pradesh is the district headquarters and one of the oldest centers of SRCM. The busy town has two ashrams. The older one is located in town, in Mankamma Thota and the recent one is located about 15 km from town off the highway (NH7) to Hyderabad. Sahaj Marg came to light in Karimnagar in March 1975. Satsanghs were initially held at the residence of Br. N.S. Raju. On 4th July, 1979, Pujya Babuji Maharaj granted permission to have a permanent meditation hall.



Ashram at Mankamma Thota

In 1980, about 1000 square yards of land was purchased and Master granted the permission to construct an ashram building in January 1987. This construction was completed in 1990.

Master inaugurated the ashram on 9th October, 1991. This is a RCC construction done on 9 guntas of land. There is a meditation hall (50 ft x 70 ft.), a kitchen, toilet block, library consisting of around 500 books, audio/video CDs/DVDs, etc., and a well-furnished room for Master.

Ashram at Parthasarathinagar

The ashram with the township around it, was inaugurated by Master on 5th April, 2004. A total of 16.5 acres of land was acquired of which 4.5 acres is dedicated for the ashram.

The ashram has a meditation hall (50 x 60 ft) with a capacity to seat around 300 abhyasis, a kitchen, dining hall, library and toilet blocks. There are well-furnished quarters for Master with an adjoining guest room.

Master in his inaugural speech said, “We want *vaikuntam* [heaven] in our house. It can happen, provided you develop your heart in such a way that, instead of your going to vaikuntam, vaikuntam will come into your house. But that depends on your heart. To develop such a heart, you have to come to a place like this.”

Master visited Karimnagar several times over the years in March, 1987, February 1989, October 1991, December 1994, October 1997, February 2002 and the latest was in April 2004. He once mentioned in one of his visits that Karimnagar for him was “Kareebnagar”, meaning close to his heart. He gave several talks during his visits intermittently talking in Telugu which abhyasis eagerly awaited.

There are two full-day programs organized: one on the second Sunday of the month at Parthasarathinagar ashram and the other on the last Sunday of the month at Mankamma Thota ashram. About 250 abhyasis and 70 children regularly participate in these monthly gatherings. All the activities in the ashrams are carried out keeping what Master once said “So, I hope you understand the need to come and meditate, so that the heart can develop, that the cleaning can remove all the grossness from it, make it a fit place in which my Master will come and live forever”.

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