



## Master's News



Singapore

### Rev. Master's visit to Singapore

June 17 – 22, 2011

Report submitted by brother Srinivas Bandaru

Rev. Master visited Singapore 17th - 22nd July, 2011. During his visit, he spent time with local abhyasis and conducted two satsanghs every day. Some excerpts from his informal conversations with abhyasis are as follows -

1. Too much prosperity kills the soul. Excess money is a danger.
2. Babuji Maharaj was once asked if he was against prosperity. He answered that making money is a question of using one's talents. It must flow like a river from which one takes what is needed.
3. Babuji Maharaj has said that a man is rich if he has what he needs. What you don't need is not yours because you never use it. He also said that to earn for your needs requires very little effort. The essence of Sahaj Marg is all about balance- adding quality and values to life. Not possessing material things, but becoming. Balance is what denotes perfection.
4. Love must be in the heart. It does not matter where else it is or it is not. Discipline comes from this love.
5. One must not pray for spiritual liberation or for material things, but for a condition.
6. Babuji Maharaj has said that the best way to see the Master is to see him as your mother since it is a bond that cannot be cut.
7. Test your Master as much as you like. Having tested him, tie yourself to him with bonds of steel.
8. Babuji Maharaj has said that a wealthy man is one who has what he needs. A man whose needs have been fulfilled is a happy man. Happiness is actually a state of painlessness or sorrowlessness. Therefore, a happy life is one without pain.
9. Spirituality says, "Live in the present, for the present, there is no future but the present. Future is the present extended into infinity."
10. Pray for wisdom from the heart, not knowledge. The heart is the giver of wisdom because love is wise. The door to heaven opens through the heart and that is where we have to go.

11. Don't judge anybody by external factors. Always aim at the heart.

Master expressed his interest in learning Chinese. In this context, he said that learning is always a beginning and if the beginning is not right, you never learn any

thing. It is for this reason that a '*Vidhya Aarambham*' (literally meaning 'Beginning of Knowledge') is done for children in India as an initiation process. So it must be done at the right time, in the right place and under the appropriate circumstances.

Some photographs taken during this visit may be seen at:

<http://eternal-moments.sahajmarg.org/v/sahajsandesh/2011/Singapore-2011/>

### Rev. Master's visit to Malaysia

June 22 - 25, 2011

Compiled from reports submitted by brother Srinivas Bandaru, sister Anuradha K. and brother Adrian Ramesh

Beloved Master arrived in Malaysia via Silk Air from Singapore on Wednesday, 22nd June 2011 at 2.05pm. He looked very cheerful and was welcomed by a small group of abhyasis at the airport. He then drove to Klang and arrived at the Ashram in a jubilant mood. Here, he was lovingly welcomed by about 200 abhyasis and he too greeted those gathered with a "Salam!". His arrival was marked by his immediate attention to the inauguration of the Ashram as he proceeded to cut the ribbon and reveal a plaque dedicating the centre to Rev. Babuji Maharaj. Having looked around the property, he said, "This house is history!" and went on to solemnize the occasion by conducting satsangh.

Master spent the night at the ashram and moved to the seminar venue (Premier Hotel, Klang) the next morning. That evening, satsangh was followed by a cultural program by the participants of the seminar. Rev. Master also released the souvenir of the seminar entitled 'One Heart One Humanity'. He also personally signed many issues for ashram fund raising purposes.

The seminar was packed with programs which included talks, meetings and cultural programs. Five speakers gave thought provoking speeches on the theme of the Seminar and all the Malaysian abhyasis were given individual sittings at the ashram before the close of the seminar.



Malaysia





## Master's News *continued*

Some excerpts from his informal conversations with abhyasis are as follows-



1. Master said that he is always happy because he doesn't have any doubts and desires - the two things that make people miserable.
2. Master recounted a question Babuji once asked him - "How to find someone like you who can work for the Mission?" To this, Master replied humorously, "Find a salesman! I have been a salesman all my life. I have sold this Mission all over the world."
3. When an abhyasi asked Master about his availability to meet people, he emphatically replied saying, "I am up to everything - all the time!"
4. Babuji Maharaj has said that human beings do not know love. Love is between the creator and the created alone, not between the created. What is among the created is only affection and mutual dependency, which is wrongly called love.
5. Bliss is something which is not associated with this world at all, it is a condition. Joy is not a condition, but an experience, as is pleasure. Love is a quality of the relationship between an individual and his maker, like the love between a mother and her child.
6. One cannot love without pain. Love means pain. If there is no pain, there is no love.
7. Don't be afraid of the inevitable - you can neither be afraid nor try to run away from it.
8. When we die, nothing will be lost. When we are born again, nothing will be added unless we are able to change through the course of human life. Only the quality is changed, never the quantity. You neither add nor reduce anything. All that human life can do is to add to the quality of life or destroy the quality of life. One we call angel, the other a devil.
9. When asked if helping others is considered samskara, Master said that what you do for others is not samskara.

This is the benefit of service given freely from the heart.

Master spent plenty of time with children during his stay and personally distributed candy to the kids on more than one occasion. On Saturday, 25th June 2011, Rev. Master moved back to the ashram after a meeting, a

short talk and satsangh with the Malaysian preceptors. The preceptors were all invited to have tea with him. He was very happy to be back in the ashram and enjoyed his stay there. He left for Chennai at 8.45am on Monday, 27th June 2011, looking very happy and cheerful.

Some photographs taken during this visit may be seen at:

<http://eternal-moments.sahajmarg.org/v/sahajsandesh/2011/Malaysia/>



*Oceania abhyasis go to Asian Seminar in Klang, Malaysia. 23-26th June, 2011*

I write this with gratitude to our Asian family for opening up their hearts and doors to Oceania and others during the recent Asian seminar held in Malaysia. The seminar topic, 'One Heart, One Humanity' resonated throughout the entire time that we were all together.

*"Our society is humanity. We have no bias, we have no differences. Mankind is one. Therefore we are a brotherhood of human beings. We must love each other, honour each other, cherish each other"* – Chariji (Seminar board)

A beautiful booklet was created for the seminar and we were encouraged to read, absorb and introspect on its contents in preparation for small group discussion sessions. This was a very worthwhile experience and I would encourage all of us to read and re-read this booklet, discuss at Satsangh and generally make practical it's contents.

*"So when we are going to become natural human beings living out of the heart, speak from the heart, giving from the heart, remembering only that we are all human beings wherever we may have come from?"* - Chariji (Seminar board)

It seemed to me that throughout this seminar a subtle atmosphere of connection and community prevailed.







## Master's News continued



Master in Malaysian Ashram

*"If you want to become spiritual or start leading a spiritual life, the life of feeling has to start. The life of feeling has to be awakened. Before that can be done, we have to teach ourselves to feel, not to know but to feel." - Chariji (Seminar board)*

Finally, for us to feel, it is not important where we are in the world, we can all feel by One Heart - His Heart.

Janine Joyce

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### Meeting Master for the first time

I have a feeling of lightness of mind and in my actions, as if I am in a vacuum, weightless and light all around. All that I have been through, was effortless. I could feel the love all around as if protecting and guiding me. My goal was set, I had to meet with Master and then the opportunity came. He would be in Malaysia for the Asian Seminar 23-26 June 2011. The thought was, "Helen go with the flow and the flow will take you where you need to go."

So with joy and enthusiasm I prepared to join in the *One Heart One Humanity* seminar held in Klang, Malaysia. I feel deeply privileged and I am so thankful to all my brothers and sisters who explained and guided me along the way. It was a great joy to meet abhyasis from countries around the world and to share the four days filled with so much love. So Master had brought us all together and he was the catalyst of this great love which we all received and passed on to one another. It was an extremely beautiful experience etched in my heart forever. It was my very first time in the benevolent presence of Revered Master Chariji. To have met with him face to face and even spoken a few words was absolutely awesome. I rejoice to have come such a long way on the path to meet with Master as I have been on my spiritual sadhana all my life moving slowly and cautiously. I have read somewhere that he will be able to bring me without mishap to the divine goal which will become clearer. My heart made this choice and I look forward to great changes.

In love and light from my heart to all. Helen Vaughan

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I had this feeling inside that Master wanted as many abhyasis as possible from Australia to attend the Malaysia seminar and I am so grateful that I was able to do so. It was a small gathering in comparison to what I am used to and Master's physical presence was always nearby. Master lovingly conducted satsangh morning and evening and

also stayed for the entertainment which made me feel as though we were all sitting in one loving family with our father amongst us. When I arrived I was quite involved with some newer abhyasis who had not met Master before and I was delighted to see how they opened each day and absolutely shone in his presence. They were transformed before my eyes and it appeared to be a life changing time for them. For me, it was a wonderful experience and Master did his work with a samskaric challenge presenting itself to me on the last day, something for which I am grateful as I have faith that a change is in progress.' Michele Dunford

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Master arrived in Malaysia 22 June and immediately inaugurated the ashram, afterwards staying there overnight. The ashram, is exceptional, a house where Babuji had stayed on his trip to Malaysia and was donated by an abhyasi sister.

The next day Master returned to be with all 200-250 of us in the five star hotel (so luxurious) a few blocks away. Morning and evening he gave satsangh and this was followed often by dance programs and bhajans. Other cultural programs included plays by Australian and Malaysian centres and Master had tears in his eyes as he watched his life story unfold in front of him in the Oceania play.

There were very interesting and enlightening talks on the seminar theme *One Heart One Humanity*, initially from brothers Krishna and Kamlesh and both of them emphasized connecting to Master's heart - only then can we become *One Heart One Humanity*. Brother Satbir gave an endearing talk from his heart and Brother Khambis from Iran based his talk on Babuji's letter to the UN. One very important thing stands out for me. *One can only achieve 'One Heart One Humanity' by having one love. i.e. one love, Master. Brother'.*

A delightful moment was when we all surrounded Master and he was patiently signing more than 100+ souvenir books, each one with love.

One afternoon we had the theme discussion for which we were divided into three groups, then re-divided according to religion, race, country and so on, and were asked to record our feelings and base a talk or play on same.

Malaysian preceptors had a meeting Saturday with Master and then Sunday again saw us at the ashram for satsangh, leaving the hotel at five am in order to have breakfast beforehand.

This seminar was very unique and we had easy access to Master. Personally I was really glad to be in Malaysia and met Master several times. I felt he gave his heart to us in all sittings. Rohan Kolkarni





## Master's 85th Birthday Celebrations Tiruppur 23rd-25th July, 2011

### Chariji's Birthday Celebration Tiruppur, India 23 to 25 July 2011

#### Registration

All pre-registered abhyasis will be provided with wrist bands and general tent accommodation. Information on travel, venue, health advisory and visas is also available on the registration website at: <http://www.sahajmarg.org/july-24-celebrations/2011>. Delegate donation for registration may be made on-site at the venue.

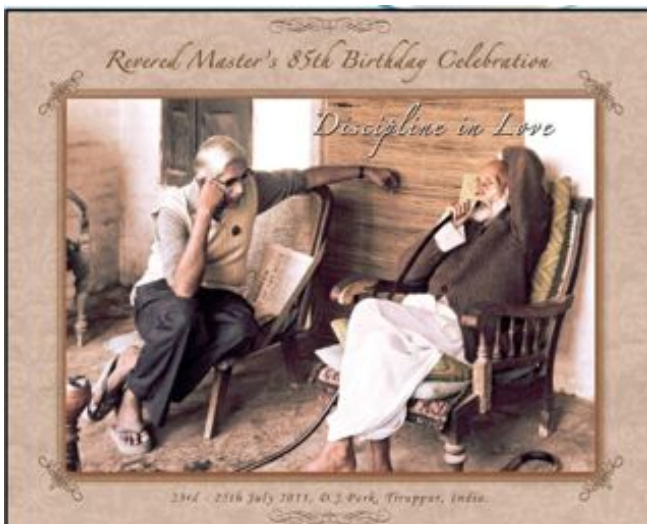
Registration: [24july.registration@srcm.org](mailto:24july.registration@srcm.org)

Contact: [24july.helpdesk@srcm.org](mailto:24july.helpdesk@srcm.org)

#### Volunteer Information Circular #1

April 13, 2011

Dear Sister / Brother,  
Pranams.

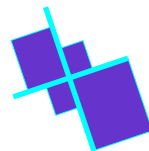


As we prepare ourselves to attend our beloved Master's birthday celebrations at Tiruppur, we must try and ensure our complete participation in the celebrations. During last year's birthday celebrations at Lucknow on July 26th, Master mentioned that service is the easiest way to His heart. "So when we serve without anticipating, without expecting anything in return, that is pure service. . . . Babuji Maharaj often emphasized, 'Remember, you are not serving *them*, you are serving *Him*.'"

Please read the message below in which Babuji talks about service, to motivate ourselves to take up volunteer work.

#### Whispers from the Brighter World – A Third Revelation May 12, 2001

"Service is first and foremost about love and surrender to Master's will. The mindset of exercising power and being domineering over others is to be banished. It is harmful and, in the context of our spiritual work, it can only harm whoever has it. To love is to serve while stepping aside, i.e., by trying to iron out the egotistic tendencies that can emerge and defeat the targeted purpose. All our aspirants desire to serve. This is very commendable. We have already expressed ourselves on this issue. Many manifestations of goodwill are recorded at all levels in our Mission; this is what enables it to exist materially. While growing, our organization must be structured to operate effectively. Various tasks are performed by abhyasis who do not spare their efforts. We could not progress without this network being put in place and which makes the whole coherent. At the individual level, the question is: how does each one operate? This depends on one's personal behaviour and underlying spirit as far as service is concerned. Nothing is perfect in this world, but it is advisable to examine oneself carefully and to ensure that this service doesn't do a disservice to the abhyasis as far as the rest of his work is concerned. Vigilance in this aspect is desirable." Babuji



## LOVE

*Love is the glue of life, uniting all differences.*

*Love holds and nurtures our relationships.*

*Love wants nothing for its own sake.*

*Love is spacious, caring for all beings*

*Love allows all things to exist as they are.*

*Love is infinitely patient and understanding.*

*Love guides from behind the silence.*

*Love is the foundation that we rest on.*

*Love is the goal of life that allows us to live fully*

*Love, Let us.*







## Babuji's Birth Anniversary Celebrations 30th April, 2011

### Queensland

Abhyasis from three centres, Brisbane, Sunshine Coast and Moree shared the celebration with presentations by various speakers. We learned about Babuji's early life, his teachings, and some of the wonders recorded in his Auto-biography as well as watching the ever appreciated video of our Master *The Tobacco Brotherhood*. Brother John concluded with a talk on the three Ms, stressing the need for cooperation and discipline, availing ourselves, integrating what Master offers us, and developing love and service. The celebration ended on the Sunday after satsangh with what could be described as a family round table, all wishing brother Suman the best for his marriage in the near future.



Queensland abhyasis

### Sydney



### Fiji



### Lautoka , Fiji

A two day celebration was organised in Lautoka to celebrate Revered Babuji's Birth Anniversary and abhyasis from Suva joined. After the morning satsangh, Master's message was played and then discussed at length in small groups. We shared our interpretations and what we need to do to spread the message of Sahaj Marg.

Abhyasis were filled with gratitude towards our Master who guides us so lovingly despite our many shortcomings. It was an atmosphere of shared learning, kindness and hospitality. We all feel so honored to be part of the Sahaj Marg family.

Suva abhyasis were glad to join the larger gathering on this special occasion and the love and kindness given by the Lautoka abhyasis and preceptors really touched hearts leading all to feel closer to beloved Master.  
Saleshni, Suva Centre



### Stop Press:

Our Master has kindly agreed for us to meet with him for a week.

Oceania Meeting with  
our Master  
Chennai

16-22nd December 2011





## United Nations International Day of Families 2011



The Shri Ram Chandra Mission centres in Sydney, Melbourne, Brisbane and Perth, as well as Auckland and Dunedin NZ invited families, friends, and community members to commemorate the 2011 International Day of Families. This year's theme, *Confronting Family Poverty*, aimed to raise awareness of the plight of families living in poverty. The events took place on Sunday May 15, 2011 and included a non-denominational prayer/meditation as well as a discussion about the significance of this UN Commemorative Day. There were various contributions from children and adults and all were well received. Our events in Australia were supported by 'Families Australia', an independent, not-for-profit organisation dedicated to promoting the needs and interests of families. Families Australia sent a Certificate of Appreciation to the Shri Ram Chandra Mission for its contribution during Families Week 5-21 May 2011 (see above)



Brisbane



Brisbane

As I look back in time, I can say with surety, that family is one of the most important aspects of a person's life. My upbringing defined me, and my family environment became a part of my identity.

In this respect it remains of utmost importance to initiate, cultivate, maintain and prioritize family relationships. Growing up in a western culture where family values are not held as strictly as in the east can be a deterrent in this regard, but it remains a part of importance in our heritage to continue this valuable tradition.

I can say I take the best of both worlds when I combine my Indian heritage with my western upbringing. As a multi-cultural individual, I have teetered on the edge of both cultures, toppling at times onto one or other side of the demarcation line. With a growing sense of who I am, I realize that family relationships are an integral part of what makes me.

I find identity in family relationships because I am a product of my parents. I was formed in my mother's womb because of a choice made by both my mother and father. They are my parents, my blood, my reason for existence. As I grew up in their house, I learned a great deal from them.

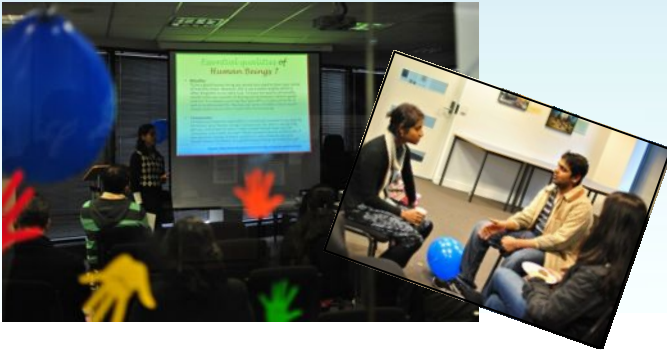
Some of the things in the barrage of information I acquired over those years of growing up, I applied, while some of the others I wished to forget. Yet the simple fact remains that I was a natural by product of the relationship my parents had, and I had been tempered in some way by the way they raised me.

A close family bond is like a safe harbor where we find refuge. From trusting that someone will pick us up when we fall, as a toddler, to someone being there for us as we experience the storms in life - family bonds help to instil trust and hope in the world around us and belief in ourselves. Rituals of bedtime stories, hugs, holidays and daily meals shared together, provide a sense of warmth, structure and safety. These rituals and traditions, not only create memories and leave a family legacy, but create our first path in life - one that is positive.

So I urge you to be together with your family until the very last day of your life. Create a close bond with your family and I assure you, you will find "a sense of warmth". Chetan Bojanapati







Melbourne



Perth



Sydney



## News from Centres

### Melbourne:

Usually we plan outings during the 4 day Easter break. But, thanks to brother John Smith's visit to centres in Victoria, there was no need to plan "outings" this year. Instead, it was time for a good trip *inward*, especially given that we were a week away from Babuji's birthday celebrations. We called the weekend gathering, a celebration before the celebration, with the theme *Growing Together*.

The programme commenced with satsangh on the eve of Good Friday followed by a presentation by brother John on the topic nine o'clock prayer. Following this, with eager participation from everyone, brother John provided detailed updates on the development of Bringelly Ashram. Post lunch, we visited a nearby park, where many abhyasis and kids enjoyed a game of cricket and then a funny indian game called kho kho. The day ended with evening satsangh.

The next day, eight abhyasis from Melbourne centre, along with brother John, set out to visit centres in regional Victoria. Centres in Shepparton and Albury find a special place in our hearts given that they did not exist until as recently as 1 January 2011.

First stop was Shepparton. Currently there are eight abhyasis with satsanghs conducted regularly. The following morning brother John, Sister Sireesha and I set out to Albury, while the other abhyasis from Melbourne returned after Sunday morning satsangh at Shepparton. Albury / Wodonga lies on the NSW / Victoria border. The early morning drive to Albury was literally surreal, from the dense fog that engulfed the highway.

Brother Paresh and Sister Sharmila are a wonderful abhyasi couple, who have worked with dedication to establish Sahaj Marg in Albury. There was a Q & A session resulting in one new abhyasi and her partner. We decided to conduct satsangh after the Q & A. After lunch, we visited the spectacular Hume dam and Monument Hill war memorial before beginning our journey back to Melbourne.

On Monday, the last day of the long weekend, we had a couple of *presentations* on the topic *Growing together and Importance of literature reading in Sahaj Marg*. Mohan Gopalakrishnan





## News from Centres *continued*

### Queensland: Friday 22 April to Sunday 24 morning: 2nd visit to Moree, NSW

Brother Kumar Gandu and family and sister Danielle Smith visited Moree during the Easter break. The programme was quite intense with individual sittings and another eight new starters, bringing the group to seventeen.

We had a talk and Q & A meeting for clarification of the practice and the final group satsangh on Sunday morning followed by a DVD of Master's talk in Tamil. It was a real plus for them to have a visual approach to Master; his speech style and contents they found interesting and relevant to them.

Brother Sekhar did a great job coordinating venues and sittings, meals and accommodation. Life for them is simple and community focussed. As with most Indian families abroad, they meet and support each other.

This Easter week end in Moree was a boon for preceptors in QLD as well!



### Mothers Day in Sydney

Mothers Day was flagged here in Sydney by some very caring and thoughtful abhyasis who organized flowers, small gifts, cookies, Henna painting etc for the Mothers and potential mothers and all who may not have been mothers! During satsangh the children made the cards and the day was a very happy one for all.

### Sunshine Coast, Queensland

The Sunshine Coast centre has been having a local monthly gathering this year. The morning starts with satsangh, followed by watching a DVD and a discussion about an element of the practise and then a shared lunch. They have been lovely mornings charged with Master's transmission. An open house was held at the local yoga centre during May and two new abhyasis were introduced during the quarter.

### Fiji, Lautoka : Visit of Sister Elizabeth and Mothers Day 8 May 2011.

Elizabeth from Sydney Australia visited us in May. A visitor from the Mission always brings us much joy. She was here for almost a week and visited Suva and Labasa centres as well. She gave sittings, conducted satsanghs and shared stories about her time with Master.

After Sunday satsangh with around sixteen abhyasis. Elizabeth shared her diary from her recent visit to Master.

Prasad was distributed then snacks, prepared and brought in by abhyasis, were served to celebrate Mothers Day. All mothers were wished a happy Mothers-Day.

Next was an interesting session organized by Elizabeth where multiple choice questionnaires were distributed to four groups. The session was full of fun as the multiple choices were prepared with humorous options, but was actually a group study circle for the whole team on the practice. Sashi gave a short talk about her visit to Master on the occasion of Babuji's Birthday Celebration and then all dispersed at around ten in the morning. Evalene Kumari

This year Lautoka Centre has found a dedicated space for satsangh and the work of the mission. Over the years, satsanghs were conducted at prefects' homes. After months of searching one of our brothers negotiated the use of a flat with three bedrooms, lounge room and one other room. All functions are held in the space and a small kitchen allows for the arrangement of refreshments as well.







## Oceania fundraising activities

### Dunedin NZ fundraising events

One of our next planned fundraisers is to be a stall at the market day at the university here. The student Union organizes six to eight of these events each year and interested people can pay a small fee to have a stall. We are not allowed to sell food at this market so we will be selling second hand clothes, jewellery and woolly scarves (that we are knitting) for winter .

A really good money earner for us seems to be at a little village market by the sea. This market is held each month. We sold home made jams, plum sauce, chutney and individual chocolate brownies and slices of cake. People seem very happy to pay one dollar a slice for the cake or a chocolate brownie and a few dollars for a pot of jam or a bottle of sauce. The market is held over the lunch break. We had other things to sell too like jewellery and books etc but the food sold best.

Other money earners have been wonderful facial massages and hair colouring and various other skills that are on offer by abhyasis.

### The Oceania Carwash

#### Sydney Car Wash

Hi, I'm here to tell you about what happened in the carwash in Sydney.

Right after satsangh all the kids started filling up all the buckets with water and in half of all of the buckets they put the carwash liquid. While the parents ate, the kids took out the sponges and got to work. When all the parents had finished their food, they came and saw the cars sparkling clean!

Everybody had a different job to do on each car. Some people had to wipe the windows, scrub the car, rinse the car, wipe the car, and even make the tyre plates shine! As we worked together everybody gave at least one donation and because of this we earned a lot of money.

As I went around helping out I asked some people why they liked it. Here are some of the answers:

*How do you like helping out in the carwash?*

**Nivedha:** *It was really fun. It was a very good socialising activity. Some of the cars were very hard to wash but as we worked together we finished all 12 cars.*

**Raghu:** *I liked the carwash because it was fun but also very hard as some of the cars hadn't been washed in a long time. We all worked together, had a lot of fun; so all together A-W-E-S-O-M-E!*

**Mita:** *The carwash was excellent. All the money raised was for a good cause. What I liked most was how all the volunteers put their heart into it.*

**Dharmesh:** *I liked it in the way we were all together. We were united. The little kids were happy helping out in the*

*car wash. It was a great pleasure to see them happy and enjoying helping out in the carwash.*

After we washed all the cars we had some burgers, noodles, and pies. These were all homemade. We also had some ice-cream. We all had a lot of fun and worked together to earn our money. Raghupati Lal



Sydney Car Wash



#### Melbourne Car Wash



Today we took part in carwash day to collect funds for our Sydney ashram.

It was a wonderful experience. All abhyasis brought their cars to brother Vikas's place; brothers and sisters were washing cars; food was being prepared inside; everyone was united in one goal and it gave us an amazing opportunity to be together for a longer time. We also had vacuums to clean the cars inside. The most wonderful thing was seeing the people united and the heart with which they carried out this activity. We all felt love for each other and Master. These types of events create love in youngsters and a feeling of belonging and being on a special mission.





## *Oceania fundraising activities continued.*

We were also helped by nature as it rained after we finished washing the cars. There were a few new abhyasis with us and seeing them working with devotion was encouraging for everyone. At the end we all enjoyed the blessed food.

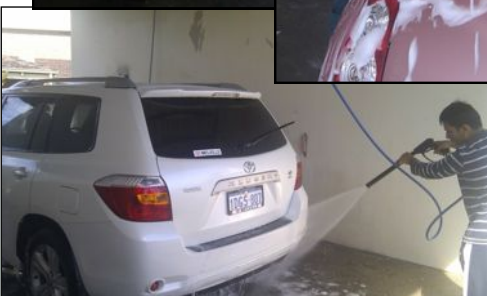
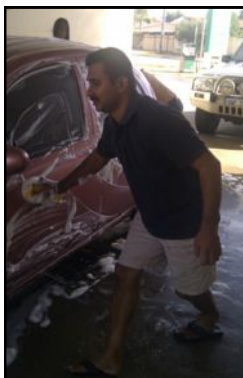
This looked like an opportunity for youth to actually start working for the mission and motivated us from inside to look for other alternatives to collect funds for our ashram and the mission. I am sure more ideas will be coming up for our ashram and things will start moving fast. Robina Kaler

### **Canberra Car Wash**

My sister Ramya and I helped clean the car for the national car washing day held in all of Australia. We cleaned our red car and I think it looks clean so I am proud of my sister Ramya and me. I also think that the car wash in Canberra was fun and I think we should do it more often. I also think the whole world should do it because it is fun and exciting so it is good for us and it will make you proud of yourself. It is also fun doing the car wash with

your family and it makes you happy. Sanjai Lakshmanan

### **Brisbane Car Wash**



**Perth**

### **Walkathon**



**The dedicated Sydney team, undaunted by pouring rain!**



Centres throughout Oceania held walkathons in their areas to raise money for the Oceania Ashram. Much fun was had by all with exercise, rain challenges and good food. The brotherhood and unity was worth the challenges of weather and sore muscles!



**Perth**



**And Brisbane sports one of its wonderful sunny winter's days for the walk!**







## Abhyasi Articles

### Follow your heart

What do we understand about following our heart? Many speeches are given by Master but one of the main things we need to recall is that Master always talks about the innocence of a child. Society looks on innocence of a child as a child's mind being underdeveloped. When the mind is developed, intelligence starts; as intelligence starts, wit commences followed by manipulation. Follow your heart means follow the voice that is in your heart, which is the Master. An innocent child does not use his or her mind to figure out what is immoral or moral. The child does what the heart tells him or her to do without understanding the consequences.

For example, a person who has committed a mistake has a choice of either confessing it to his parents or lying about it. These two choices are the conscience thoughts of every human being. The thing to note is that there is a big difference between the time it takes to confess the truth or to have an escape plan sorted out when confessing the truth. If the person tells the truth to his mother then and there without the fear of consequences he has to face, he then is truly following his heart. The opposite of that idea, is if the person takes about two days to build up the courage to confess the truth to his mother he/she is not exactly following his heart. This is the result of a guilty conscience.

Ethics and morals have been taught to us from the moment we start school and are ongoing. What is the reason for having ethics and morals? They are to guide us to do what we term *the right thing*. The heart does not differentiate right or wrong, the heart (which is Master) directs us to do what is universally acceptable.

Narayan Mani

### Allow Master to Guide us

Quite often I say to myself I wish I had control over particular world issues so I could resolve them. Slowly I realise that we can control nothing in this world and when we ask ourselves the question - "in what part of our lives do we have total control?" the immediate answer I get is "yes" there is one aspect, 'the work' I do" because when we work we utilize all or part of our senses. Work will have an effect either directly on us or on someone else or on a situation.

When we work, our inner self dominates and controls feelings, emotions, family, life situations etc. When we try to control or tame these things, they seem to be more out of control.

What I have learned in Sahaj Marg is to cut loose from these inner tendencies which control things related to my life. The less we interfere, the less we pitch our plans to satisfy our senses the more our life seems to be on track

towards the goal. The goal is something I currently only view theoretically and I can't really visualise.

Slowly but surely I have started assuring my self that when I take a back seat and let Master work on my life, the better and more efficient life tends to become; unnecessary stress and turbulence is avoided. Eventually I will be much better off when I allow him to take full control of me and by doing so I don't even need to worry what turbulence lies ahead of me en route to the goal.

One thing I realize is that to protect my inner Self from the outer things related to my life and to let Master work on me is possible only through sadhana. I'm confident that with sadhana we create the condition for him to reveal himself within us. The more I do my sadhana with sincerity and discipline, the more I clean my inner Self and create a serene and peaceful atmosphere within that enables Master's presence to become apparent.

As we start neglecting our sadhana we allow our thoughts to become corrupted thereby corrupting our condition causing disturbance, stress, and all other miseries. This situation results in Master exiting from within us, I don't mean to say Master intentionally leaves us or is not with us, he always is with us but it is our own creation that has corrupted the atmosphere making him unable to stay within us to guide us and take control of us.

By regular, sincere sadhana and discipline we build that inner condition that Master speaks about in many of his talks, and is a lead-in to Constant Remembrance. By developing this condition we keep Master with us all the time, it's like purifying our own inner self for him to exist within us, so that one day we can perceive him and dare say now I have a condition inside me which enables Master to stay with me forever. I will not let go of him and he would also not let go of a purified inner condition that he finds in me.

Finally we realise that sadhana is the only work we do that doesn't affect anyone except our own self and we have total control over it. My sadhana is for me. Apart from this one work I think we need to detach ourselves from all other work, because when we attach to the outer work we do, we get entangled in its effect and possibly end up as a prisoner in the cycle of cause and effect. My suggestion is not for us to sit idle and do nothing but to start detaching our senses from our work because the effect either good or bad will change our condition.

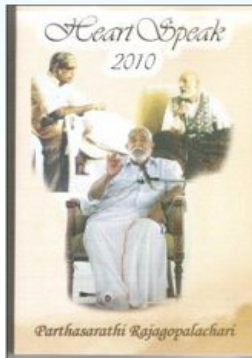
Dear brothers/sisters by our sincere and disciplined sadhana we in due course will be able to create that conducive environment that Master wishes to see in us for him to reveal himself and guide us to the destination.

Ramesh Chandra





## Bookstore news



### Heart Speaks 2010

Heart Speaks 2010 contains the talks and discourses given by Master in 2010, including major celebrations and those talks given at seminars held in India throughout the year for people from specific regions around the world – Middle East, Russian Federation, Oceania and Latin America, Far East and South east Asia, North America and Europe. They provide wonderful insights and guidance to all sectors of the Divine on matters both spiritual and worldly.

Pray for Change is a DVD collection containing talks given by Rev. Master. The set contains 5 DVD's.

#### DVD - 1

- Track 01 - Pray for Change
- Track 02 - Reappraise Yourself
- Track 03 - Understanding Sahaj Marg

#### DVD - 2

- Track 01 - The Sahaj Marg Way of Life
- Track 02 - The Purpose of Human Life
- Track 03 - The 9'o Clock Prayer - Uniting All Humanity

#### DVD - 3

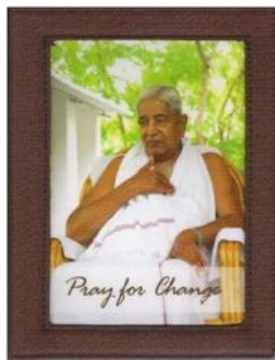
- Track 01 - The Spirit of Inquiry
- Track 02 - Keep the Master Happy Under All Circumstances
- Track 03 - Simplify Your Life

#### DVD - 4

- Track 01 - Questions & Answers

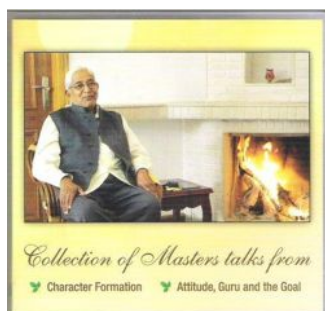
#### DVD - 5

- Track 01 - Right Thinking, Right Living



Collection of Masters talks from Character Formation & Attitude, Guru and the Goal MP3 CD contains

- Awaken Now
- Character is Pure Love
- Cultivate Goodness of the Heart
- Balance Speech and Action
- New Year, 2009
- Love, Compassion and Mercy
- Approaching the Guru
- The First Exposure to the Guru
- The Power of our Attitude
- Etiquette vis-à-vis the Guru
- Informal Conversation
- To be like the Master
- Working in Harmony with the Divine Plan







# Calendar of Events

Date	Event	Venue	Email
<b>July</b>			
17	Q & A	Melbourne Centre	mohanaraga@gmail.com
23	Sittings at Ashram	Sydney	rklal@optusnet.com.au
24	Our Master's Birthday	All centres	Centre coordinators
30	Sittings at Dapto	Sydney South Coast	rklal@optusnet.com.au
<b>August</b>			
5	VBSE activities	Perth	skmenon.au@gmail.com
6	UN Int. Youth Day	Melbourne	mohanaraga@gmail.com
	Preceptor sittings	Perth	skmenon.au@gmail.com
	Open House	Parramatta Council Library	rklal@optusnet.com.au
	Preceptors Meeting	Bringelly ashram, Sydney	
7	Study Day	Melbourne	mohanaraga@gmail.com
	Study Day	Perth	skmenon.au@gmail.com
	Monthly Gathering	Sydney	rklal@optusnet.com.au
10	Open day	Wellington, NZ	ravi_ravendran@gmail.com
13	Ashram Cleanup	Bringelly Ashram, Sydney	rklal@optusnet.com.au
	Sittings	Bringelly Ashram	rklal@optusnet.com.au
	Open Day	Wellington, NZ	ravi_ravindran@gmail.com
14	Review of 'My Master'	Auckland ,NZ	srcmakl@gmail.com
	UN Int. Day of Youth	Wellington, NZ	ravi_ravendran@gmail.com
	Prefect meeting	Melbourne	mohanaraga@gmail.com
	Abh/Youth workshop		
19	VBSE activities	Perth	skmenon.au@gmail.com
20	Preceptor sittings	Perth	skmenon.au@gmail.com
	Group meditation	South Coast, Kiama	rklal@optusnet.com.au
	Youth Weekend	Bringelly Ashram	rklal@optusnet.com.au
21	Community Development activity	Perth	skmenon.au@gmail.com
	Youth weekend	Bringelly Ashram	rklal@optusnet.com.au
	New abhyasi session	Sydney-Epping Guide Hall	rklal@optusnet.com.au
27	Sittings	Canberra	rklal@optusnet.com.au
	Sittings	Dapto, South Coast	rklal@optusnet.com.au
	Retreat	Bringelly Ashram	rklal@optusnet.com.au
	Open House	Central coast	rklal@optusnet.com.au
28	Retreat	Bringelly ashram	rklal@optusnet.com.au
	Satsangh with preceptor	Canberra	rklal@optusnet.com.au
<b>Septem-ber</b>			
2	VBSE activities	Perth	skmenon.au@gmail.com
3	Preceptor sittings	Perth	skmenon.au@gmail.com





# Calendar of Events

Date	Event	Venue	Email
4	Abhyasi/youth workshop	Melbourne	mohanaraga@gmail.com
	Study session & Open Day	Perth	skmenon.au@gmail.com
	Monthly gathering	Sydney	rklal@optusnet.com.au
	Ashram cleanup	Bringelly ashram	rklal@optusnet.com.au
10	Ashram Cleanup	Bringelly Ashram	rklal@optusnet.com.au
	Sittings	Bringelly Ashram	rklal@optusnet.com.au
	Sittings	South Coast, Sydney, Dapto	rklal@optusnet.com.au
	Open Day	Wellington, NZ	ravi_ravendran@gmail.com
11	Open House	Melbourne	mohanaraga@gmail.com
16	VBSE activities	Perth	skmenon.au@gmail.com
17	Preceptor sittings	Perth	skmenon.au@gmail.com
	Family Gathering	Bringelly Ashram	rklal@optusnet.com.au
18	Family gathering	Bringelly ashram	rklal@optusnet.com.au
	Prefect meeting	Melbourne	mohanaraga@gmail.com
	Community Development activity	Perth	skmenon.au@gmail.com
	Satsangh Kiama	Kiama, South Coast	rklal@optusnet.com.au
	New abhyasi session	Sydney	rklal@optusnet.com.au
24	Open House	Canberra	rklal@optusnet.com.au
	Sittings	Bringelly ashram	rklal@optusnet.com.au
25	Q & A	Melbourne	mohanaraga@gmail.com
	Satsangh	Canberra	rklal@optusnet.com.au
	Inter'I Day of Peace	Wellington, NZ	ravi_ravendran@gmail.com
	Sahaj Marg community building	Auckland, NZ	srcmakl@gmail.com
	Un International Day of Peace	Sydney	rklal@optusnet.com.au
30	VBSE activities	Perth	skmenon.au@gmail.com

Singapore/Malaysia

