



After a short break Master returned to the Babuji Memorial ashram on 26th May afternoon. In the evening, he was very busy with some abhyasis from Mumbai, discussing their ashram project.

Seminar for Omega Alumni On June 1 Master inaugurated the conference hall above the library and also inaugurated the week long seminar for the Omega school children from the two batches that have passed out. He spoke to them and then gave them all a sitting. Master then left for Gayatri in the afternoon. He had planned to visit Hyderabad as the Kanha project was going very well and he wanted to do the registration work himself. Eventually Master had to cancel his trip due to his health.

As he could not go to Hyderabad, he had invited the volunteers of the Kanha project to Gayatri on June 6th and had a long meeting with them and then gave them all gifts and congratulated them for making this project successful.

On Friday June 8 Master went to Br. M.D. Santhanagopalan's house to stay with him for about a week.

Master returned to the ashram on Thursday, 14th June. The next day he had to undergo some dental treatment and one could see he was in considerable pain and his face was swollen.

Seminar for Abhyasis from Lucknow Around 650 abhyasis from Lucknow had gathered for a seminar. Br. Chakrapani spoke in Hindi, interweaving some lines from songs which carried the meaning of love and longing and conveyed the message in a very simple manner.

On Saturday Master gave a prefect sitting after which he was feeling unwell and could not meet the abhyasis from Lucknow as he had to rest. Br. Vinod Mishra gave a talk on "How to keep Master happy under all circumstances".

Master was later talking about this topic and he empha-

sized the attitude of giving, that is, it must be given with an inner attitude of bhakti.

Master conducted the morning satsangh on 17th. There was a large group of abhyasis from Chennai center, some nearby centers and also the large group from Lucknow which made the hall full.

As Master had not been able to meet the abhyasis from Lucknow the previous day, he decided to meet them in Dorm A at 11 a.m. Master gave a talk in Hindi in which he emphasized the need and importance to do the right things in the present and not postpone for the future. He talked about the inevitable ageing process and how it is a fallacy to think that spirituality can be pursued when one gets old. He repeated Babuji's statement about wisdom, saying that it is wisdom to live as if we are going to die the next moment. After his speech, Master asked if he should give another sitting, as everyone had just attended satsangh in the morning. The abhyasis requested for a sitting. All the assembled abhyasis remained well disciplined throughout the session and sat in silence and gave Master the freedom to walk freely without crowding.

Master and His Work Master watched a TED talk by Juan Enriquez titled "Will our kids be a different species?", a very intriguing and thought provoking talk. He listened very keenly and made a couple of observations about the evolution of the human being.

Master has been having pain in his right shoulder for a few weeks and patiently undergoes the prescribed exercises every day under the supervision of a physiotherapist. His normal activities continue under all circumstances. When informed that a number of proposals for new prefects had been kept pending because of his state of health, he asked for four of them to be called immediately.

Master spends time with children and communicates with them happily like one of them. A couple came to see him with a new born baby and asked for a name. Master thought for quite a bit and came up with 'Saraswathi'. He spoke to the baby and the baby responded and started smiling and laughing. An abhyasi asked him, "Do babies communicate with you, Master?". He replied, "No, they do not communicate, but when they recognise me, they smile". How many of us recognised the Master in him when we first met Him?



Babuji's Birth Anniversary April, 2012

**Australia
Brisbane:**



As part of Babuji's Birthday Celebrations, on Sunday after the morning program, we headed to the picnic area of Slaughters Falls, Mt Coot-tha



Saturday was dedicated to individual sittings for abhyasis coming from our distant centres, Gladstone and Moree, and Sunday started with group meditation followed by the first presentation on Babuji, on his life, and his teachings.

We then moved to Mt Coot-tha National Park and had a family picnic followed by a bushwalk to Point lookout; and those who got there were rewarded with an ice cream.

On our return, we watched part two of the Mahabharata by Peter Brooks, as a fundraiser activity for our ashram. Satsangh and dinner followed.

The Monday programme focussed on Babuji's life and teachings, followed by reflections on Whispers from the Brighter World and a DVD.

Perth

We started preparing for this auspicious occasion a few weeks before the actual event. Abhyasis were asked to take weekly sittings in order to make their hearts ready for the celebration and get most benefit from it. Photocopies of Master's writing on "Spiritual Gatherings" from the book "Salient Features of Sahaj Marg" were handed out to abhyasis, as the weekly reading. The idea was to bring all hearts to readiness to receive his love.

Love showered by great Masters was just overwhelming. The whole day celebrations were very spiritually filling while being fun filled as well. The feeling at the end of the day was of completeness, satisfaction, joy and happiness.

Food preparation Perth



Babuji's Birth Celebration cont.

Perth and surrounding centres

Donnybrook & Busselton

Babuji's birthday was celebrated with morning satsangh at Donnybrook centre on the 30th with five abhyasis participating from both centres, followed by discussion on Babuji's life and watching of the 'Journey in Time' DVD. An afternoon of quiet reflection was had with the feeling of Babuji's presence intensely felt throughout.

The evening satsangh at Busselton centre and discussion afterwards finalized the day's programme.

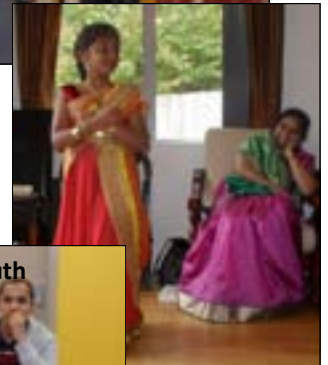


Perth celebration



Our little dancer performs for all

Auckland



Some of our Auckland Youth

New Zealand

Auckland

April is a very special month as we celebrate our Rev Babuji's Birthday. The entire month we read and discussed "Pray for change" because it was our month's topic. At the end I realized that we can change in this world only 'I', 'Me' or 'Myself', nothing else. As our Master always says, do not brood over your past mistakes and failures as this will only fill your mind with grief, regret and depression, but do not repeat them in future. It is well said by someone, "Change is the essence of life. Be willing to surrender what you are for what you could become"..... And it's true. If we don't create change, change will create us. So we have to focus our individual selves in order to elevate our spiritual life.



Ashram Update:

Following Master's guidance we now have the Bringelly ashram site on the market, and it is due to go to Auction on the 4th August. It is sad to see this happen after such hard work and great support over the past few years but we now will be looking for a larger site which will better suit our purposes.

On a positive note we have been visiting other properties which have good prospects, offering wonderful possibilities and a great deal of promise for our future activities. In doing so, we look forward to everyone's support again as we now search for a new Ashram site.

United Nations World Environment Day

In order to build support for the Rio+20 conference on sustainable development last June in Rio de Janeiro, "The Future We Want" campaign by UNDP is asking people to envision how their world could or should look in two decades, and how to realize that vision.

The Shri Ram Chandra Mission centres in Sydney, Melbourne, Brisbane, Dunedin (NZ) & Lautoka (Fiji) commemorated United Nations World Environment Day using the theme: "The Future We Want" to engage the different audiences to think about and act on sustainability issues and build support for Rio+20. The topic chosen by the Shri Ram Chandra Mission speakers was: "The World, an Expression of Our Inner State" with a total of 220 participants in the region.

In the various locations, SRCM invited all to participate and reflect on environmental consciousness while exploring the direct influence the inner environment of the individual has on the external world, making the world as we see it a mere reflection of the inner world. Cultural programs, talks, songs and discussions, youth participation, illustrated the relevance of World Environment Day.

The highlight this year was our event conducted in partnership with the University of South Pacific, Lautoka Campus. More than 130 students from various universities campuses and high schools in Fiji, faculty members, SRCM members participated in the event. The keynote address was given by Mr. Losefa A. Maiava, Head UN ESCAP Pacific Office (Economic & Social Commission for Asia & the Pacific) who spoke on 'A Life in Harmony with Nature: A UN Perspective'. The second speaker was Mr. Epeli Nasome, former government Director of the Environment for fifteen years in Fiji and he spoke on the topic "Forging a Common Understanding: The Role of the Academic" The SRCM Speaker was Sis. Danielle Smith on "The World, an Expression of our Inner State". There was a series of presentations from secondary and tertiary students (list below).

Yatish Prasad, Andra Sangam College
Shagufta Ali, Pt. Vishnu Deo College
Ziad Parvez, Muslim College
Selina Anthony, Fiji National University (FNU)
Akmal Ali, University of the South Pacific (USP)



Fiji



Feedback by Mr Epeli Nasome:

Bula Danielle,

Thank you for your presentation note. This will surely make interesting reading for me. I have this strong feeling that the mind can do effective changes to whatever needs changing if the mind is tuned to it.

Getting people to do the right things to protect or conserve the natural environment can only be achieved through attitudinal changes. I wish you success with your programme on working with the mind.

Sydney



Melbourne





Centre News

Australia Brisbane



**Brisbane Youth
giving presenta-
tions on
*My Master***



Monthly Gathering

Five youth presented a chapter each selected from 'My Master' and discussed their understanding of it.

Perth

Abhyasi Training Program The second module of the Abhyasi Training programme was held during the Easter weekend. It was a very successful event with good participation and some excellent feedback was received from participants. A feeling of being in Master's presence in a charged atmosphere prevailed throughout the session.



ATP Perth

Canberra

Being with Him Inaugural Seminar

The weekend of the 7 & 8th July, about thirty abhyasis and one child travelled to Canberra to join the Canberra abhyasis in their first seminar. Local abhyasis did a great job, making all welcome, accommodating and feeding all the abhyasis from out of town and the entire seminar ran smoothly with a great deal of love and fun. Joy and laughter pervaded the space and a number of us felt it ranked as one of the best seminars we have attended ! Thanks Canberra!



Our seminar hosts write:

Words cannot explain the joy we felt during those two days of the seminar. We started feeling the presence of Master couple of days prior to this seminar. The theme given by Master "Being with Him" resonated with the inner feeling of all of us. It made us all very happy as it showed Master's love and affection towards us. This seminar has been a good opportunity to meet brothers and sisters from Sydney. Their experiences and advice served as a boost to our spiritual practise. Presentations and Q&A sessions on basic practice have been very helpful particularly to new abhyasis and to abhyasis in their initial stage of practice. This seminar gave us deeper understanding of spirituality and Sahaj Marg.

This is our first spiritual seminar but it left us craving for more such gatherings



**Child entertaining us
with bajans**

Centre News cont.**Canberra** cont.**Canberra seminar****Abhyasis experiences of the seminar:**

Canberra Seminar will I go or not, at first I decided not to. Sat with that thought for a couple of weeks, its too cold, do I want to sleep in another bed again! All too hard. Then the light went on, why was 'I' getting in my own way. Master never gets in his own way.

My heart opened to the memories of all the seminars I have been to and not one of them was anything but a wonderful opportunity to spend time with my Master. They were always joyous and I never came away without my practise improving, my love and faith getting stronger. The abhyasis in Canberra were so welcoming, their hearts were open, we all came together like family that has been missed. It was a privilege to be part of a seminar with many, very new abhyasis who wanted to seek greater understanding of the journey to Master.

I was not cold at all and the bed was very comfortable, despite Canberra having its coldest night since 1938.



The theme of the recent Canberra seminar was "Being with Him".

I had related this to the Sunday satsang that we have every week but it was actually a lot more than what I was thinking. Being in his remembrance is a complete different world. It was very peaceful and full of love and happiness.

I have been in the Mission practicing for the last three years. The initial stage was not very easy for me. But with time I have observed that the more regular and determined I am, the more I get to know about the Mission and hence about myself. It is very important to get divinely charged and maintain it. As per my experience, attending the gatherings and seminars have been the best way to achieve this.

A lot of activities that were executed in the seminar helped me to make my practice strong and hence support myself in

what I am doing.

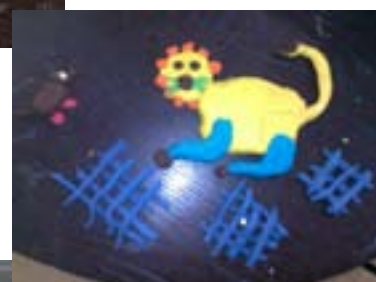
Another important aspect for me was when everyone (Prefects and New Abhyasis) shared their experiences which I could relate to myself. It gives inspiration because some way or the other we are all following the same path and are on the same journey. At some point we are surrounded by doubts. Faith has helped everyone to clear them out. I have more faith and love and determination for what I am practicing now.

With these two days of seminar and practice, I felt myself in a very positive and divine atmosphere. All the activities filled me with love. I was able to feel the divine energy within myself. The atmosphere was all filled with love and happiness.

When we all finished with the seminar, I had quite a different feeling. It was a kind of mixed emotion. I travelled back quietly to my home and now my practice is more effective than what it was before .

Sydney

At every monthly gathering, on the first Sunday of the month, children from five and older, are treated to a VBSE lesson. Our last one was based on the value 'Creativity and Sensitivity' and children used play dough to create the amazing productions below. Once these were created they were asked to tell a story around what they had made.

**VBSE play dough productions**



Australia cont. Melbourne

First ATP programme for Melbourne

Our first Abhyasi training programme (based on the new module) was well received and heralded a great success by those who attended.



Carrom— fundraising fun for all

We organized a fund raising event—a Carrom Board Championship



Carrom The winning shot!



CIC and Secretary visit Melbourne then Shepparton

John Smith and Paul John visited Melbourne during the second week of June. It was nice having Paul John amidst us this time since he missed out on last year's trip.

A Friday evening satsangh was organised, giving an opportunity for all abhyasis to meet and greet the visitors. A preceptor's meeting was held the same night, where a number of aspects of the Mission in Australia were discussed.

Saturday morning began with satsangh, followed by a presentation by Paul on the recent developments at Bringelly and future ashram plans. John then conducted a workshop on 'Sensitivity', which resulted in active participation from all abhyasis. The workshop had to be "force closed" since it was time for our next appointment, the UN World Environment Day, held at a city venue. A presentation on the topic **The World, an Expression of our Inner State** was followed by a very practical talk by John on Meditation and how it can help us all change the world. After the UN event, it was time to proceed to Shepparton, which is a 2.5 hours drive from Melbourne. The main agenda, apart from meeting the abhyasis there, was for Vikas to conduct the Abhyasi Training Module on "Why Spirituality and Diary Writing".

Individual sittings were given on arrival that night. Next morning after satsangh, Vikas began the Abhyasi Training modules. The nature of the training program, encouraged very good participation with everybody open and comfortable to discuss whatever would normally be kept inside, unsaid. The workshop was very successful and the abhyasis from Shepparton have requested the next Training Module to be conducted by Vikas in August.

All in all, it was a very happy, light and satisfactory visit. John took the opportunity to contact and catch-up with Paresch from Albury by phone, since a visit there could not be accommodated during this year's visit.



Shepparton



Shepparton



Melbourne



Melbourne



Melbourne

Master's 86th Birth Anniversary

Join us to celebrate our
Revered Master's birth-
day in all centres
throughout Oceania.

Details from your Centre
Co-ordinator or ZIC.



New Zealand Wellington

Fundraising for SRCM

As part of our fundraising, eight abhyasis gathered together to paint the interior of an abhyasi's house. This included the lounge, two bedrooms, kitchen, utility and bathroom. The work took us seven long days to complete (including Easter weekend). The day usually started at 8.a.m. and finished around 6 p.m. Although we did not have much painting experience, by Master's grace we finished the job exceedingly well to the total satisfaction of the land lord. Everyone had fun doing the job together and we picked up a few tricks of the trade. As one of the abhyasis put it, we had no idea how time went by! There was a mood of celebration with joy and laughter. This could not have been possible without our dear sisters providing us with a scrumptious lunch every day. The paint was donated by an abhyasi and we raised a tidy sum of \$4500 for a job well done. Wellington abhyasis are now ready and able to tackle more house decorating and on the look out for other opportunities.

Auckland

To encourage all to read library books and also to help every-one to feel involved, we are planning to ask abhyasis to choose a book and on the third week everyone will get a chance to represent on at least one chapter from their selection. This exercise and experiment will be continuing during August and September.

Fiji

Training programme- Lautoka on 29th April on Diary writing and spiritu- ality



Open House at the hall for residents of the YWCA hostel
on 4th June



Lautoka abhyasis
with Sr Danielle

Sis. Danielle conducted satsangh in Ba after months of postponement due to devastating



Br. Sahaj Patel from USA
shares his experiences with
Suva abhyasis



Suva abhyasis with Sis. Danielle

Trip to visit Master: I arrived in India on 2nd April as Sis. Penelope got stranded in floods in Fiji and arrived a week later than planned. Both of us were feeling very lucky and yearning to be in Master's presence after our visit in January. During my week I was blessed to have been able to spend some time at His feet and was fortunate enough to be allowed to attend lectures to abhyasis at CREST Kharagpur helping me deepen my sadhana.

Br. Kamlesh in his talk emphasized the need for having a fixed time for sadhana and maintaining discipline to achieve the goal. Prayer to develop a deep yearning to get us closer to the goal as well as making use of the opportunity to sit with Master every Friday 9 p.m. were stated as simple steps available to us. Br. A. P. Durai gave the example of Master serving selflessly and reiterated that spiritual service is a key for our growth. Br. P.R. Krishna shared the example of Abhimanyu lost in Chakravaha. Whilst our soul chooses to be born for our evolution, we lose our way in favour of ambitions, desires and society demands and he reminded us to choose to evolve. Many speakers shared pearls from our Masters further enriching the time at the ashram. I left after ten days and Sis. Peni stayed an additional few days to make up for her lost time.





CREST & Retreat Centres of the Mission

For All Prefects

In recent years our Master has opened three CREST centres for the purpose of spiritual study and inner development. In addition, he has established five retreat centres where abhyasis can be freed of all but the most basic material responsibilities and spend time in meditation, self-reflection and remembrance. He has asked all of us to make it a priority to visit these specially prepared places where we can immerse ourselves in an atmosphere conducive to spiritual introspection and growth.

As functionaries of the Mission, it is important that we inform ourselves about the CREST and retreat centre programmes and that we share this information with all our brothers and sisters, encouraging them to take advantage of the unique opportunity these places afford.

CREST CENTRES

The Centres for Research, Education, Sadhana and Training were established by the Sahaj Marg Spirituality Foundation to expose abhyasis to the multiplicity and common essence of religious and philosophical traditions from around the world. As we broaden our understanding of human cultures and ideologies, we also reinforce our individual spiritual practice. There are at present two CREST centres in India and one in Europe.

CREST, Bengaluru

<http://www.sahajmarg.org/smww/crest-bangalore>

The CREST campus in Bengaluru (Bangalore) is located in the state of Karnataka in the southern part of India. An intensive focus on Sahaj Marg practice is supported by training and practical experience in an ideal ashram atmosphere.

Sadhana Programmes for Youth:

These six-day residential programmes for younger abhyasis, twenty to thirty years of age, focus on subjects specific to youth.

Sadhana Programme for Prefects:

These six-day residential programmes focus on Sahaj Marg philosophy and other subjects related to prefects' work.

CREST, Kharagpur

<http://www.sahajmarg.org/smww/crest-kharagpur>

The CREST campus in Kharagpur is near Kolkata in the north-eastern part of India. The schedule for 2012 includes a programme on the Basics of Character Formation in Hindi as well as English.

CREST, Berlin

E-mail: crest.berlin@sahajmarg.org

Most recently, a European CREST campus has come to life at the Berlin Ashram in Germany. It is the first CREST outside India and the first Youth CREST worldwide. At Master's urging, the emphasis of the programmes has been on producing inspiration in the young adults of the Mission. Participation is open to all abhyasis. The over-arching topic for 2012 is 'Love'.

RETREAT CENTRES

In 2004 our Master began envisioning the emergence of Sahaj Marg retreat centres where abhyasis could remove themselves from their routine worldly lives and, for a time, immerse themselves in concentrated reflection in a spiritually-charged atmosphere. Today, the Sahaj Marg Spirituality Foundation has established three retreat centres in India (including the Satkhol Himalayan Ashram), one in Europe and one in the United States. Abhyasis may apply for a stay of three days minimum and thirty days maximum. Alternate months are scheduled for brothers and sisters.

India

The **Malampuzha Retreat Centre** in Kerala is located in a natural forest environment in the foothills of the western ghats. A photo gallery along with information and application to visit this pristine retreat are available at <http://www.sahajmarg.org/smww/malampuzha-india>.

The **Pune Retreat Centre** is located away from the bustle of Pune city on five acres of land in the serene and peaceful village of Ghore Khurd. Information and application to visit are available at <http://www.sahajmarg.org/smww/panshet-pune-india>.

The **Satkhol Himalayan Ashram** is located in the Nainital District of Uttaranchal. It is a place of majestic beauty, ideal for spiritual introspection and rejuvenation of the Self. Information and application to visit are available at <http://www.sahajmarg.org/smww/satkhol/information>.

Europe

The **Vrads Sande Retreat Centre** is located at the Vrads Sande Ashram in Denmark. To view a photo gallery capturing the sublime harmony of the natural surroundings and to apply to visit the centre go to <http://www.sahajmarg.org/smww/vradssande-denmark-europe>.

United States The **SPURS Ranch Retreat Centre** in Austin is situated in the scenic hill country of Travis County in central Texas. A photo gallery showing the simple beauty of the buildings, quarters and surrounding fields along with application can be found at <http://www.sahajmarg.org/smww/spurs-texas-usa>

Calendar of Events 2012

Date	Event	Venue	Contact
August			
5	Monthly Gathering	Sydney, Brisbane	rajesh.rklal@gmail.com
12	Open Day	Toowoomba	drk_uma_r@yahoo.com
12	Youth Weekend	Sydney	rajesh.rklal@gmail.com
12	Study Day	Donnybrook, WA	lorained@iprimus.com.au
18-19	ATP-Cleaning	Sydney	rajesh.rklal@gmail.com
25	Preceptor meeting	Sydney	rajesh.rklal@gmail.com
26	DVD and discussion	Toowoomba	drk_uma_r@yahoo.com
September			
2	Monthly Gathering	Sydney, Brisbane	centre coordinators
2	VBSE Children's programme	Sydney	rajesh.rklal@gmail.com
2	Open Day	Bull creek, Perth WA	navinmohua@gmail.com
9	ATP-Meditation	Kiama, NSW	rajesh.rklal@gmail.com
23	UN Int. Day of Peace	Brisbane	danasm2407@gmail.com
28- Oct 1	Oceania Seminar	TBA	Centre coordinators
30	UN Day of Peace	Sydney	rajesh.rklal@gmail.com

So progress means:

1. Willingness to become what I have to become;
2. Subjecting myself to the forces that are going to help me;
3. Avoiding all that is going to pull me back

P. Rajagopalachari