



Master's News

September 2013

In early September, Master was regularly meeting abhyasis in the mornings and would give sittings whenever possible. After one of the sittings, an abhyasi told Master, "I came to you broken. I am going back whole." Master replied, "There is a prayer which says, 'I came to Thee broken. Make me whole again.'" Master has been giving a lot of his time and attention to the History Team. He told them, "Come and ask me questions about the history of Sahaj Marg and I will answer as much as possible."

So every day, this team would come in the morning to the cottage. Master would give a sitting and then a question and answer session would go on for more than an hour. The motivation and curiosity Master brings to the table is worth learning from and bringing into practice in our lives. He does not do something to motivate others but brings his own self-motivation to the front which in turn impacts upon those around him in a positive way.

On Sundays, the usual routine of satsangh conducted by Br Kamlesh and the Gita session in the cottage courtyard by Br Sanskrit Kannan has been continuing. The second part of Gita which deals with gyana (knowledge) is in progress. The attendance for these sessions has increased and one can see a big queue outside the cottage by 9 a.m. Master has requested for these sessions to be relayed to the meditation hall also.

Wednesday, September 11th: Master went to Dr Natwar's apartment just behind the ashram for the house-warming function. It had been raining the whole night and early that morning but nothing could stop Master. Around 300 – 400 abhyasis had gathered in the basement. Master conducted satsangh for about 45 minutes. It was a grace-filled occasion and a very memorable one. After some rest, Master went back to the cottage late in the afternoon and, in the evening he again conducted a satsangh in the cottage.

Thursday, September 12th was Madhuri's birthday. Since she had had a knee surgery, Master went to 'Gayathri' to meet her. He spent a lot of time with Madhuri and the family, sitting in the hall and talking with everyone. Master said, "I am the happiest to be at my granddaughter's birthday." Some repair work being planned in the cottage, Master went to Br Satbir's house at 'Garden of Hearts' on September 18th. On the first couple of days, Master conducted satsangh in the morning but he observed that many abhyasis were coming there instead of going to the meditation hall and was upset about this. He asked everyone to go to the meditation hall saying, "It is the same transmission you will get wherever you attend satsangh."

Saturday, September 21st: Master went to 'Gayathri'. He has got a new and more sophisticated wheelchair from the USA.



Shri Ram Chandra Mission

After some adjustments to suit his position in the chair, he was quite impressed and said, "I am now going to give a sitting and I will be sitting for about 45 minutes. I will tell you how it is after the sitting." The next day, the hall in 'Gayathri' was prepared to accommodate the marriage parties as well as their families. The next two days, Master was busy with the purchase of the Tiruvallur land about 40kms west of Chennai, for the Mission. Master met all the owners of the land personally and made sure everyone had food. He then sat down for signing the agreement and sale deed papers and it was a mammoth task. He had about 300 signatures to do and there was a smile on his face as he worked through all the documents and finally completed the work late in the night on both days. He really enjoyed doing this, teaching us that when we enjoy what we do, it is no longer troublesome.

Saturday, September 28th: The work that had been pending in the cottage having been completed, Master came back to Manapakkam ashram. He was very involved in the topic of the next CREST seminar in November in Berlin: 'From Ignorance to Knowing to Unknowing'. A good discussion went on to the subjects of "will" and "thinking". He said, "Will is the link between knowing and doing. 'Aude Sapere' [Dare to think], but after you have dared to think, you should do and you need the will for that. As you use your will, your choices will reduce. This will lead to simple living. So you see, being simple and in tune with nature is possible in this way of using our will and reducing choices. Simple living is not easy."

Sunday, September 29th: After the Gita session was over, Master said, "Now that we all have attended several of these sessions and Br Sanskrit Kannan has so elaborately explained the slokas, it is time for us to absorb and digest the material. So, the next time we meet, we will have a question and answer session and please come prepared with proper questions. Do not ask flippant questions, but ask questions that are genuine and show that you have indeed read and understood and then these questions still remain and Br Sanskrit Kannan will address the questions."



Oceania seminar

January 7 -12, 2014 (Tuesday - Sunday).

We have very good news that Master has approved the Oceania Seminar at Manapakkam Ashram. This is a wonderful opportunity to develop our relationship and closeness with him

Please mark these dates in your diary and plan accordingly

Registration for Oceania Seminar 7-12 January 2014

1. Those who wish to participate in the Oceania Seminar are requested to submit their registration details by the **end of October**.

Please click on the URL below to initiate your registration:

<https://sites.google.com/site/oceaniaseminar/>

Participants are requested to use the following bank account details for the suggested delegate donation of A\$150 per person.

Children (up to age 17 years) are free.

Shri Ram Chandra Mission
BSB Number - 066-000
Account Number - 10652060

In the **reference field**, please mention **OS-2014 & your surname**.

(where OS = Oceania Seminar, this will help reconcile the received delegate donations.)

Please email the copy of your fund transfer receipt to Br Dipak Joshi (dpjoshi@optusnet.com.au) and Br Vipul Jajal (jajalvipul@gmail.com)

3. It will be appreciated if participants are able to make the delegate donation prior to arriving in Chennai.

Master visited Australia four times between 1994 and 2004 and although he would love to come and spend time with us, he cannot manage such travels and instead, lovingly invites us to be with him at the Babuji Memorial Ashram in Manapakkam Chennai India.

We encourage one and all to register as soon as possible so arrangements can be facilitated. Please note that although we have a suggested voluntary delegate donation, you are welcome to contribute at your own level.

Let us make him happy by our attendance as a large group of dedicated abhyasis from our region.

Those who wish to participate in the Oceania Seminar are requested to submit their registration details as soon as possible.

Administrative changes

Master has announced the following changes and new appointments

Australia

ZIC for Victoria	Sudha Sharma
ZIC for WA	Alamelu Ramnarayan
Committee of Management	Vikas Sharma
&	Ramnarayan Kalyanasundaram

New Zealand

V.P.	Mary Butler
Secretary	Ravi Ravendran
Treasurer	Raj Joshi

Heartspeak for Oceania

Alamelu Ramnarayan

Centre News

Australia

Melbourne, Victoria

Our children's corner is expanding and it is wonderful to watch. A few years back we did not have any children at all and now we have quite a few and many tiny tots. It's a challenge for the parents but the children bring a vibrancy and innocence to our group and are surrounded by love from the abhyasis. Gen Z is here!

On Master's Birthday celebration we welcomed new members coming from our recent meetups and they participated fully.





Centre News cont.

Melbourne,

Victoria cont.

Meetup update

- 17th August:

This was the second event where "ALL" new entrants were invited, whether from the meetups or others, the idea being to begin their integration into group meditation as well as an opportunity to ask questions. Ten new starters came and the program began by a prefect asking the regular abhyasis questions pertaining to the practice and requesting the senior abhyasis to answer from their own viewpoint/experience. It was wonderful as the answers were given simply describing their own experiences. This captivated the new starters. We then played a short video on "Retaining the Condition" - a talk delivered by Br Kamlesh. A short satsangh followed and after a couple more short talks on the practice we had tea and coffee and informal discussion and questions.

At 10th September meetup four people attended. As they arrived, the presenter and coordinator made each one of the guests feel comfortable with light conversation about meditation and their experiences.

At the conclusion of the presentation guests were divided into two groups including the presenter and two other abhyasis and in a relaxed fashion each took turns answering queries posed by the guests. Of the four guests, three decided to start.



A Picture says a Thousand Words: facilitated by Sis Rewa (youth):

This program which was conducted after Sunday satsangh on 18th August was the brain child of one of our youth - Sister Rewa. The basis of this program was that each abhyasi was given a sheet of paper on which a short message or quote from Master or a Daily Reflection was printed. The abhyasi would read the quote, have a think about it and then draw their thoughts on the paper provided to them and later explain the significance this has in their life. It was really fascinating, not just the drawings done by abhyasis and our youth, but some of the senior abhyasis spoke very deeply of their very personal experiences which moved all. Such experiences showed the effectiveness of the practice and its profoundness in the lives of abhyasis and it was a credit to the abhyasis to have shown such courage to speak of something deeply personal for the benefit of everyone. Our youth and small children drew their own version of their thoughts of Master evoking spontaneous joy from abhyasis. At the end of the program all the drawings and quotes were handed over to Sis Rewa who plans to make a collage of these drawings. We will be promoting more vibrant youth activities in our centre in the upcoming months.

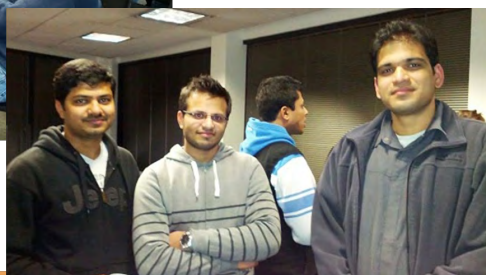
GITP Cleaning module held in Albury, NSW border:

Albury is a relatively new centre on the Victoria/NSW border with one resident prefect. The visit to Albury was primarily to conduct the GITP module on Cleaning. The prefect running the session arrived Friday night and conducted sittings Saturday morning and then went on to the venue to conduct the training. Five abhyasis attended and the session was lively and interactive. Participants were keen to hear the talk by Br Kamlesh on how to do the cleaning as well as one talk given by Master. The session concluded by 2:30 p.m. with satsangh.

Prefect visit to Shepparton, Victoria

Shepparton is a very small centre in central Victoria in a large fruit growing area and currently has no prefect.

A two day trip on the 7th and 8th September to provide support to abhyasis was undertaken and each was each given an individual sitting on the Friday night. After the sitting there was a general question / answer session to clarify aspects of the practice and then the first DVD from "Sahaj Marg Meanderings" which clarified many of their queries, was played. Two new abhyasis were given final sittings Sunday morning, satsangh followed, then we watched a short talk given by beloved Master and concluded the program. The abhyasis are excited by the prospect of our prefects visiting Shepparton monthly.





Sydney, NSW

Preparation for the Oceania seminar in January.

In Sydney and a number of other centres in Australia and New Zealand, we are preparing ourselves for our upcoming visit to spend time with Master in Manapakkam.

Each week after satsangh we are given a question to reflect upon for five minutes or so such as *'what do you expect to gain from your visit with Master?'* Abhyasis are invited to use their diary to write any thoughts they may have. After this, we have a reading, DVD or CD relevant to the reflective question. Once a month this is extended and some interaction and discussion or insights are shared.

Midweek 'Sisters' group

A new group has started in Sydney for people available during the week. It is not exclusively for sisters but there don't seem to be any brothers available during working hours! We plan to meet every six weeks or so and kicked off recently with a get together at one of the abhyasi's homes. There were nine starters and we began the meeting with satsangh followed by a spontaneous discussion about the Whispers and Esoteric Symbol. After this we had snacks and lunch provided by the hostess. There was a lot of fun and hilarity when punjabis and saris were produced and tried on. There was also time to look at craft activities and learn some of the tricks. Anyone interested to know more or to join us please contact Shalini or Libby.



Canberra visit by Sydney prefects

Following a weekend of sittings and Sunday morning satsangh, abhyasis from Canberra and visiting prefects visited the Canberra Floriade which had just commenced. Amongst the thousands of wonderful colourful flowers we wended our way and had a really enjoyable time together.



Prefect visit to Moree, NSW

Moree centre is a relatively new centre in the north of NSW. Toowoomba, although across the border in Queensland, is the closest centre and the prefect travelled to Moree on 5th October with a number of brothers and sisters from Brisbane and Toowoomba. He gave sittings and satsangh and conducted sessions with the use of Master's DVD talks as well as question and answer sessions. As always the abhyasis in Moree were delighted to have a prefect visit and to have other abhyasis join them even for such a short time.

Moree and visiting abhyasis



“In life there are no optional subjects and spirituality is the most non-optional subject of all.

It has to be done.” Chariji



Fiji

During August this year one of the prefects from Sydney spent five and a half weeks with us visiting each of the centres, meeting abhyasis, conducting Open Houses, Heartspeak sessions over coffee as well as training sessions. Local prefects worked along with her to introduce the thirty new abhyasis who started during that time, in one case fifteen women from the same settlement came forward enthusiastically to commence .



Satsangh and farewell in Lautoka with abhyasis



Introductory sittings in Lovu



Heartspeak, informal open house





New Zealand

Wellington

The New Zealand community are working towards fundraising for a new ashram. Wellington brothers and sisters have taken on this responsibility lovingly. On the 3rd of October we organised a movie night at the Lighthouse Cinema in Petone, for the premiere of 'Mr Pip.' This movie is based on the award winning novel, Mr Pip by the New Zealand author Lloyd Jones. It was wonderful to see many abhyasis extend themselves towards this cause and brother Ravi sold more than a quarter of the tickets just by himself.

This was a great chance to get everyone together socially and work towards a common cause. There was a deep sense of satisfaction from raising about \$900 at this event.



Celebrating
Master's birthday
in Auckland

Auckland

In July, Auckland center abhyasis organized a movie called "Despicable 2 me" by hiring cinema hall (114 seats) and were able to collect \$705 for fund raising purpose. Through this event every one of us learned many aspects of teamwork.

July 24th 2013 – A special day as we celebrated our Master's birthday. This year at Auckland centre we kept it simple but interactive.

As the day progressed we started setting up our laptop and projector for the live streaming from the Manapakkam Ashram. We all were very excited as this was the first time we would witness something like this. When we saw Master walking in, taking blessings from his gurus for a moment we felt as if we were with HIM in the ashram. The live streaming definitely was the highlight of the day.



United Nations Day of Peace

How do We press the Peace Button?



Brisbane

The U.N. theme for the Day this year was "Education for Peace". In his 100 day countdown message, the U.N. Secretary General said "It is not enough to teach children how to read, write and count. Education has to cultivate mutual respect for others and the world in which we live, and help people forge more just, inclusive and peaceful societies....let us resolve to learn together how to create a universal culture of peace."

In SRCM centres in Brisbane, Auckland, Wellington and Noumea: 100 individuals marked the day and contributed with a prayer programme.

Noumea, New Caledonia: It was Noumea Centre's first UN related event conducted by visiting preceptors from Montpellier Centre, France, Herve and Mirelle Scala, depicted in this photo taken during the event. A group of local dancers amazingly filled the cultural programme part of the event which took place at the home of Karine and Christopher.

Thirtyone SRCM members, their family and friends assembled. They understood through the presentation how SRCM plays its role, as a spiritual organisation, working for the ideal of world peace through prayer, encouraging individual responsibility for the awakening and development of universal love and brotherhood in the heart of the individual. Some comments were noted:

" It was an enriching evening, filled with positive energy, leaving me with a feeling of unity and the inclination to proceed ahead in my spiritual practice."

"This was a moment of brotherhood, a privilege, where all other considerations were left aside, giving precedence to something more important, that will leave me with a favorable impression in the heart."

Auckland, New Zealand : On 21 & 22 September, members joined together in the universal prayer

Wellington, New Zealand: We invited all SRCM members, their family and friends to a simple breakfast after satsangh around 8.45 a.m. After breakfast, each attendee was given a handout of Babuji's speech from which excerpts were read and this was followed by a Whispers message and meditation for about ten minutes on the single positive thought that " all the people of the world are growing peace loving and pious" and concluded with one of Master's recent DVDs.



Brisbane on 21 & 22 September: members joined together with family and friends for the universal prayer

The programme was a combination of UN material and readings from our literature with youth contribution, filling the hearts of the attendees, answering the question on how we press the Peace Button..

New Caledonia



New Caledonia



United Nations World Youth Day

On 17 August 2013, the Shri Ram Chandra Mission conducted a worldwide webinar on the occasion of U.N. International Youth Day with the theme: "UNIVERSAL PRAYER: LOVE, as Fuel for Change": This was a worldwide experience conducted in a number of centres with a bit of a difference: 4649 clicked the registration link and logged in as individuals or larger groups.



Perth
Youth

From the Perth Centre

A total of twentyeight abhyasis participated.

It was a very relaxed and good natured group that gathered for the occasion.

There was an atmosphere of intrigued anticipation about webinar and the gathering and we were all happy to sit and wait patiently to watch and listen to our Master as he appeared live. We were happy to be part of a worldwide coming together in unity to pray for world peace. This was a new experience for some present.

During the meditation, the love felt in the heart for everyone was tremendous.

Ardash, a 15year old boy "on his spiritual journey said about the evening: "It gives you an insight to spiritual life and makes you yearn to meditate - but I have to wait."

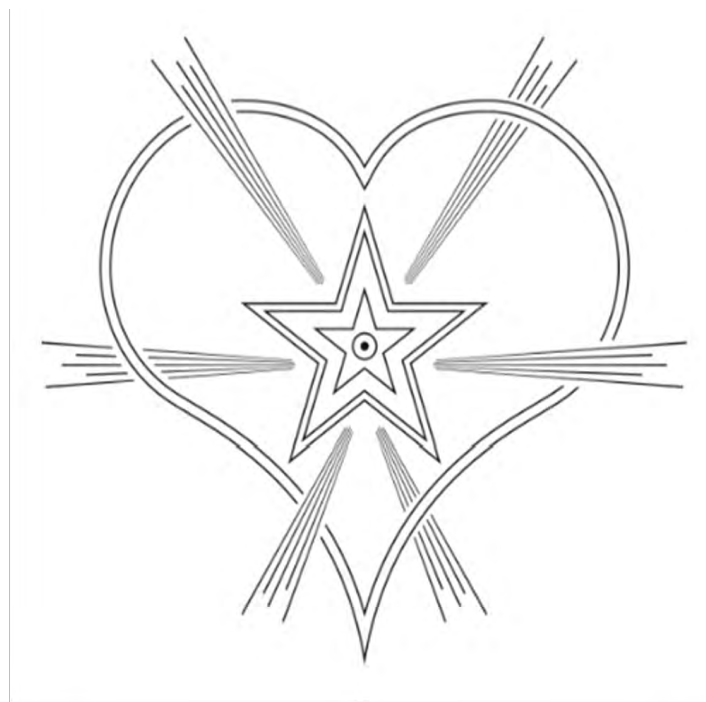
Last but not least from a 10 year old girl who asked me how long had I been meditating? What was it like to meditate? She then offered that she was planning to do so when she turned 17 years old!

As the evening concluded and I left to go home at 10 p.m. I felt a spring in my step and hope in my heart...

Esoteric Symbol

"The vacuum in the heart of the cell is like a well of light where thousands of stars are reflected." Babuji

The Esoteric Symbol shows the physical heart and the spiritual heart with the central region. The individual rays in each of the six groupings represent the five elements – air, earth, water, fire and ether. The centre of the Esoteric Symbol is a vacuum where the life force is located.



Esoteric symbol showing the physical heart and spiritual heart with the central region.

**“What is God’s Grace but
God Himself** Charji



SHPT BULLETIN

NEW RELEASES - BOOKS



Wisdom to Wonder
By Shri. P. Rajagopalachari
English
Corpus



The Spider's Web- Vol-3
By Shri. P. Rajagopalachari
English
Non- Corpus



Down Memory Lane Vol- 1
By Shri. P. Rajagopalachari
Hindi
Non- Corpus



HeartSpeak 2003
By Shri. P. Rajagopalachari
Tamil
Corpus



In His Foot steps - Vol 3
By Shri. P. Rajagopalachari
Telugu
Corpus



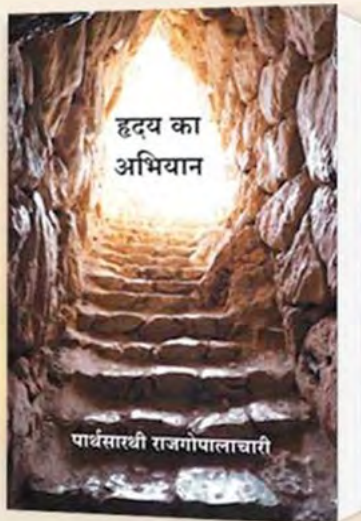
HeartSpeak - 2010
By Shri. P. Rajagopalachari
Spanish
Non-Corpus



Tales of Wonder Vol-1
Kannada
Non-Corpus



Prefects' Directory 2013
English
Non- Corpus



The Heart's Adventure
Parthasarathi Rajagopalachari

Hindi / Kannada / Malayalam /
Marathi / Tamil / Telugu / Nepali
Non- Corpus

ALSO IN THE BOOK STORE



My Master
Hindi
Non- Corpus



HeartSpeak 2008
Kannada
Corpus



HeartSpeak - 2010
Gujarathi / Hindi /
Kannada /
Malayalam / Marathi /
Tamil / Telugu
Corpus



The Spider's Web Volume- 2
English
Non- Corpus



SHPT BULLETIN NEW RELEASES - DVD'S, MP3'S & AUDIO BOOKS

Inspirations

DVD Subtitled in English
PAL / NTSC - Corpus



A Rare Opportunity

DVD Subtitled in 10 Languages
PAL - Corpus



Discipline & Brotherhood

DVD Subtitled in English
PAL / NTSC - Corpus



One World One Family

DVD Subtitled in 11 Languages
PAL - Corpus



Invertendo

DVD Subtitled in English
PAL / NTSC - Corpus



Audio Book Mp3

Commentary on Ten Maxims & Efficacy of Raja Yoga - Audio Book
(English / Hindi / Tamil)

My Master - Audio Book
(German / Spanish)

Reality at Dawn - Audio Book
(German / Tamil)



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