



Master's travels



The 14th of April marked the Bengali New Year Day. After morning Satsangh Master announced a proposal to build a large Ashram in Kolkata with surrounding housing plots for abhyasis. He stressed that these would be for our children and grandchildren for abhyasis to live together as brothers and sisters forgetting all religious, caste and communal barriers; thereby, creating a healthy environment for a better future. He further emphasized the need of having a similar spiritual environment like that in the ashram at home, where the body, mind, and soul can live harmoniously under the eternal presence. After resting at Br. Ajay Bhattar's home, Master left on a long tour before reaching Lucknow on the 16th April. SM

...In Russia

Rev Master arrived in Moscow on the 26th April, where he was warmly welcomed by Russian abhyasis. The celebrations for Babuji's Maharaj birth anniversary took place in peaceful surroundings near a lake. Coming from the Eastern Countries, France, UK, Ireland, Switzerland, Dubai, Emirates and India, there were more than 800 abhyasis present at the celebrations.

Rev Master was very active, conducting satsanghs, performing marriages and preparing preceptors for Russia and Eastern Countries.

Master worked relentlessly, making Himself available to answer questions from abhyasis. He noted that the seminar was a spiritual turning point.

On May 30th Master delivered a speech, then, to the delight of those

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Rev Master departed from Moscow by train on the 2nd May for Minsk with a number of abhyasis. He arrived in Riga on the 6th May.

Master was advised by His doctor to cancel His travel plans and requested Br. Krishna to inaugurate the new ashram in Milan, while He stayed on at Vrads Sande Ashram.

Since this report, Master's health improved allowing Him to travel further through Europe, leaving for Paris on 27th May and staying at Munster, Germany, for one night. From Paris, He continued to Lyon, St Roman, Montpellier and Milan by road before leaving for India through Dubai. Around 70 abhyasis followed Him from Vrads Sande (Denmark) throughout Europe. SM

"Dear Sisters and Brothers, I was not intending to speak this morning. (Speaks in Russian, Translation: Because I don't have any teeth!) [Laughter], and also I have a problem with my throat and my breathing. But this is a most auspicious occasion, when we have my Master's spiritual presence here with us. It augurs well for the future of these great countries and by His grace, and with His love, you must all help in spreading this great system of Sahaj Marg throughout these lands – Russia, Belarus, etc. Because in these countries, you have a very ancient tradition of religion, of culture, art and music. There is a good background of these traditions in you all, which must not be wasted.

The most important benefit you have is seventy years of suffering. I say this because without suffering, there is no spirituality. God has been very kind to you all, because you have the foundation for sure success in your spiritual life. Here I have to say one word of caution. Don't get pulled into this glamorous western existence of luxury, waste and consumption-oriented life. I know how much they suffer in the West, because of all these affluences they have. Because they don't know suffering, they don't want suffering, and they will avoid suffering at any cost. The spiritual tradition insists that we must voluntarily accept suffering by living simple lives – not wasting Nature's resources, nor our own, in wasteful attitudes, occupations – and except to earn a living to live a reasonably good life, we should put all our energies into going back to our original home. On this auspicious occasion, I invoke my Master's blessings on you all.





The transfer of Br Ram Vashist from Jaipur, India to Fiji was the first step in Master's plan for this

island country. Living in a different country for Br Ram and his family provided its challenges and at times it seemed that the best solution would be to return to India. But as Master's plan revealed itself, returning to India was no longer a temptation. The jolly nature of Brother Ram was a draw card, friendships developed amongst us all. Sharing his families personal experiences based on Sahaj Marg and the practice, created a new synergy



within the group.

Sister Elizabeth Denley from Sydney has played an important role in introducing Sahaj Marg Practice to this country. During her visit to Suva in 2001 she gave introductory sittings to 6 abhyasis and a further 6 in Lautoka. She has continued to support us and has been back three times since her original visit. In 2003 we celebrated Master's



Birthday and were happy to share this auspicious occasion with Br Kamlesh, visitors from overseas and twenty plus locals.

During Masters visit to Australia and New Zealand He made 4 new preceptors paving the way for two new centres in Suva and Lautoka.

SM



Babuji's Birthday Celebration in Fiji

...Twenty three abhyasis attended with over 15 invited guests joining in.

Suva Celebrations were held at Brother Sanjay & Sister Anita Kumar's residence. There were group sittings at 5.30am and a further one at 6.30pm. The program began with a reading and quotes from Babuji's works, followed by a

viewing of 'Duty and Responsibility from the 'He, Hookah and I' series. Youngsters Ambasht and Aman Gupta, presented a background reading on the life of 'Babuji'. It was an informative and insightful biography into the life of Babuji. It brought our awareness to the significance of Babuji's role and importance of the system. Bhajan's followed with the days program coming to an end with a shared dinner.

Lautoka

Celebrations in the West based on the theme 'Here and Now or Never' were held at various venues. Morning meditation was held at 6.00am at Brother Sampat's residence and a second session at the FRIEND office at 8.00 am. The evening program

began with satsangh at 5.00pm and a second session at Brother Sampat's residence followed by the kids corner at 6.30pm. There were lively group discussions amongst abhyasis and invited guests. Quotes and poems relating to Sahaj Marg were read followed by relating of experiences. One quote read out about 'Surrender and Love', was seen to be the way Master wants us to realize our goal. Another message is that without sacrifice, there can be no love. SM



Personal Experience - Sister Adi Vasu

My trip to Shri Ram Chandra Mission, Manapakkam, Chennai India 2008.

On January 28th I had the honour of meeting Master for the first time. Joining others in His cottage, I felt privileged when I was asked to take a seat in the front of Master for a group sitting. These amazing experiences continued, but that particular one I will remember for a long time. I was then invited to His home for my individual sitting and was made a Preceptor. Coming from a strong Christian and Fijian background with strong traditions, this experience although very enriching and fulfilling, was on a personal level challenging. I came armed with questions, but each time I brought them forward I discovered that the answers were deep within me. The last two weeks of the stay I gave sittings to Abhyasis. One of the highlights of my stay at the Mission, during the last two weeks was the exposure, to the 'Value Based School Education' (VBSE) Program held at the Omega International School. As a Peace Builder and trainer, working in the areas of Justice and Peace, I was invited by Liz Kingsnorth, Head of Department in charge of VBSE programs at the Omega School, to design lesson plans and teach levels 8, 9 and 10 the subject of 'Restorative Justice' under the values of Justice and Peace.

It was first of all, challenging for me, as it was a new field to explore at the school level. At the same time, it was a resourceful and innovative experience working with the children, allowing them to explore the processes and come up with solutions on how these values, could be applied in the school environment and curriculum. SM

If you have not understood the meaning of brotherhood and oneness yet, you would have experienced it at Wellington Seminar. It was a pretty intense seminar attended by over 30 abhyasis including 5 preceptors from Wellington, Auckland and Nelson and all were accommodated in Wellingtonian's homes.

Morning Meditation followed by a presentation from Br. Ravi on **Meditation** set the stage. In it many of our unanswered questions were addressed such as **"There is no good or bad Meditation. Every meditation is a unique experience"**. **"Early Morning Meditation is like an appointment with Master; an opportunity to meet him, don't miss it"** and have increased our keenness to achieve the goal in one lifetime.

My topic, **Diary Writing**, lead me to be constantly thinking about it in my morning meditation, at work, 9 o'clock prayer and even in my

dreams. I carried a small diary to note down my thoughts and thus the preparation for the presentation put me in the habit of carrying my diary at all times. Nervous as I was somehow it was an excellent, communicative and insightful presentation, resulting in all our mission's diaries in the book store being sold!! The afternoon session by Br. Jeetendra on the **Ten Maxims** was a



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group discussion and each Maxim was discussed in depth. Key points discussed were **"Sahaj Marg is simple but not easy."** **"Ten maxims are hard to follow but not impractical."** **"The maxims can be followed in any order, if you find it difficult with any of the maxim, move to the next one, and later tackle the challenging ones. Patience and Faith is the key."** We also discussed our Master's 11th maxim **"Expect not and thou shall not be disappointed"** which very few of us knew. After the evening satsangh, tea was served with Br. Ram's anti-mother-in-law gags demonstrating spiritual messages of patience and faith. The whole day ended with a magnificent feeling of oneness with Master. There was a hint of sadness in leaving fellow abhyasis but plans for a December seminar raised our spirits. SM

My Sun

Let all the water of the sea flow through me
Let all the blue of the sea be immersed in me,
Let me be a rainbow fish
And swim in this ocean of bliss.

I am from the earth my mother
And nurtured by water my father
Gurujī thou art my Sun and warm
Me with love, so like a flower I bloom.

Each word you taught me is a house of wisdom
I dwell in its depth and seek your blessing
And yearn for your peace in my heart,
I float in its threshold looking for a door.

As I unfold my day in your Love
I seek to understand my journey in awe
And indeed in gratitude I thank my birth
In space and time where I belong to YOU

Vijaya Tatineni

Experience of Oneness - Sahaj Marg Gathering

Rohan Kulkarni

It was October 2006. I was in Manapakkam, the home of my Revered Master and the whole place was buzzing with love and excitement as preparations were well under way for the Diwali celebrations.

My routine was to rise early, meditate and head for Master's cottage at around 5.15am to see Revered Master when he takes his morning walk. There would only be a handful of us present outside the cottage to receive our first darshan, waiting silently and with great anticipation. How wonderful it was. Peace and tranquility prevailed everywhere. Everything was in a state of balance. It was Nature at its best.

Sharp at 5.30am, Master would come out of his cottage. As he stepped down into the front court yard, the daily flight would go past breaking the divine silence of those beautiful mornings. Master would stop, look at the sky and watch the jet plane paint the sky. It was with full concentration, he would be lost in the moment.

Thinking about it later, I realized the significance of these rituals. I may have noticed a plane on the first day but got accustomed to it soon. It was not so with our Master, for Him it was a new dawn or a new day. He would observe it as if it was for the first time, with a child like wonder, absorbed in the moment.

It was a great lesson for me, never to take things for granted. Learn to be present in each and every moment with wonder and gratitude, because we shall not pass that way (moment) again. SM

Centre News

Sydney

30th April Rev. Babuji's Birthday Celebrations.

Abhyasis from Sydney, Newcastle, Wollongong, and Blue Mountains gathered at North Epping Scout Hall to celebrate. We had satsanghs at 6:30 AM, 10 AM and 6:30 PM and attendance was 38, 50 and 74 respectively. In addition there were 5-10 children present during the day. We watched 'Journey in Time Vol 2' and a part of 'Babuji's centenary Celebrations 1999 Part 2' VCDs. Theme was "Here and Now or Never!" and a book review of "Complete Works Of Ram Chandra Vol 2" was part of the whole day program.

Other events included the inaugural Retreat weekend at the ashram attended by 7 abhyasis and a successful training session in Kiama for abhyasis in the South coast area. SM



Melbourne News Continued

involvement and participation from abhyasis. The presentation on the topic "Love" by Sis. Jane and Br. Vikas brought out some interesting discussions and perspectives, with the abhyasis sharing their experiences and resonating with the contents of the presentation.

The initiative of holding an Open house session every 2nd second Sunday of the month has proved successful, with a total attendance of 7 interested guests for the two open house sessions held so far. SM

Perth

After putting up posters around the town of Busselton WA, one hour south west of Donnybrook, and free

adverts in the local papers, there was a great response and 7 new abhyasis started as well as 2 starting in Donnybrook. Weekly satsanghs are now held in a Busselton local natural health clinic and a study session on the practise is held following satsangh each week.

April 19th we had an open day, 5 abhyasis attended the open day held at Bull Creek.

April 30th Babuji Maharaj's birthday was celebrated as a full day program with 3 satsanghs and an average of 25 abhyasis attended. There was

an audio presentation of Babuji's interaction with the Danish abhyasis and the video presentation titled 'Journey through time' and a presentation on the first two chapters of 'Reality at Dawn' after the evening satsangh.

Study session – Part V of Complete Works of Ram Chandra Volume 2, titled 'Beggars Bowl' was completed over a period of 6 weeks as well as a study session on 'the significance of Spiritual gatherings' picked from the Salient features of Sahaj Marg as a preparation for Babuji Maharaj's birthday. SM



Brisbane

April 30th Babuji's

Birthday Celebration ... all

three centres Sunshine Coast, Gold Coast and Brisbane met in Brisbane to celebrate with three satsanghs 6.30am, 10am and 6.30pm. During the day we watched the video *He Who loves All* and it brought Babuji to life, seeing Him living and moving and talking in His own environment, a very exciting experience for all of us. SM

Melbourne

The highlight of the quarter has been Rev. Babuji's Birth Anniversary Celebration April 30th, with the

theme for the day being "Beloved Remembered". As was the theme, so was the day. The day was well spent in the remembrance of the beloved, with presentations, workshops, and videos on the Life and teaching of Babuji reinforcing the need to live a simple and a balanced existence.

Apart from Rev. Babuji's Birth Anniversary Celebrations held on April 30th, abhyasis in Melbourne have been treated to simple, interesting and thought provoking presentations/ study groups over the last two months. The study group on "Tolerance in Grihasta Life" conducted by Br. Ram and Sis. Susheela saw an active



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April 20th Study

Day about Babuji's Life and teachings

29th, 30 & 1st May we had satsanghs at 6 am and 7pm for Babuji's Birthday. SM



We have had generous donations of equipment and tools and the ashram is now taking shape in the temporary house located on the property.

Satsangh is held every Tuesday night 8pm with preceptors alternating, as well as some Saturday mornings if a preceptor is present. Most nights there is someone staying over and there are only a couple of nights during the week where there is no coverage.

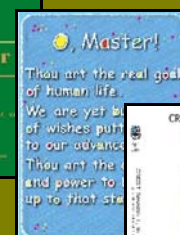
Three *working bees* for gardening work have been undertaken at weekends and abhyasis staying over are taking pride in the ashram house and grounds, keeping it clean and tidy. The first abhyasi retreat weekend, starting 3:00 PM Saturday and finishing 5:00 PM Sunday took place 10th and 11th May

Brother Venkat is taking bookings for those wishing to stay at the ashram. To make a booking please email him at svmurthy123@hotmail.com

What's On?

June in Sydney		June in Melbourne	
1st June	World Environment Day - Epping Scout Hall All Welcome	1st June	Sunday Gathering
7th June	New Abhyasis Training Session Ashram for Peace and Goodwill, Bringelly	8th June	World Environment Day All Welcome
June in Brisbane		June in Perth	
8th June	World Environment Day All Welcome	1st June	World Environment Day - Bull Creek Scout Hall All Welcome
27th—29th June	Mind, Body, Spirit Festival	15th June	Study session continuation 'Reality at Dawn'
June in Noumea			
20th, 21st and 22nd	Practice Weekend 'The ten maxims'		
June in Fiji		June in New Zealand, Auckland and Wellington	
6th	World Environment Day at USP Lautoka Campus	8th	World Environment Day
8th	World Environment Day, Suva		
If you are visiting the area please check with the centre co-ordinator for any changes and directions on how to reach the venue.			

BOOKS, CD's and more..



- New literature
 - CD's
 - Posters and many more
- Enquiries please contact Brother Ramesh at rameschandra_06@yahoo.com.au

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