

# Sadhana Program

# Agenda

- **CREST**
- **Facilities at CREST**
- **Living in CREST**
- **Introduction to the Sadhana Program**
- **A Day in the Sadhana Program**
- **Facilitated Discussions**
- **Video Shows**
- **Miscellaneous Information**

# CREST – Mission Statement

“God has been of perennial interest to humanity. He has been the subject of deep thought, discussion and description in human history. Many a Master in the human annals had experienced HIM and taught the succeeding generations the methods of reaching HIM. These spiritual practices have later crystallized into religions. Amidst a welter of religions the Quest for the Spirit has survived and is continuing. It is unique. SAHAJ MARG is this unique Quest for the Spirit and incorporates in itself the quintessence of the ageless wisdom of humanity.”

# CREST

- Stands for Center for Research, Education, Sadhana and Training.
- Training wing of Sahaj Marg Spirituality Foundation.
- Located in the Bangalore city of state Karnataka.
- Located on National Highway No. 209, Bangalore – Kanakapura Road.
- 25 kms from the Bangalore City Railway station, 71 kms from the New Bangalore International Airport.
- Signboard on the left side of the highway just past 23 kms will point to CREST, right opposite to Nethaji School in Kaggalipura Village.
- At the signboard take a turn to the left and journey about 400 meters to reach the gates of CREST.

# Facilities at CREST

- A well equipped Library. Revered Master has personally selected the books during his worldwide tours.
- Dorms – Bedrolls, sheets and blankets and mosquito curtains provided.
- Separate baths for men and women. Hot water is provided.
- Lecture Hall for Facilitated Discussions.
- Meditation hall.
- Kitchen and Dining.
- Laundry – Facilities exist for washing small clothes.
- Locker facility.
- Utility store for basic needs.

# Living in CREST

- Simple living in Ashram conditions.
- Participants should contribute to the physical cleanliness and the spiritual charge in every possible way.
- Follow the schedule given.
- Be punctual.
- Wear the mission badge or the Identity card at all times.
- Mobile phones switched off at all times.
- Accepting incoming calls and making outgoing calls only permitted during the rest hours.

# The Sadhana Program

- 6 Day Residential program.
- Facilitated Discussions about aspects and nuances of Sahaj Marg Sadhana.
- Intensive focus on Sadhana.
- The CREST library is available for use by delegates.
- Commences on Tuesday afternoon and ends on the subsequent Sunday evening.
- In English medium.
- The course is free. A nominal fee of 150 rupees is charged towards bedding expenses.

# Criteria

- Abhyasis must have completed 1 year of Sahaj Marg Practice.
- Abhyasis must be regular in attending local Satsanghs.
- Abhyasis should be physically fit and should be able to take care of themselves.
- Abhyasis should have sufficient grasp of English language to understand and participate in discussions.

# A Day in the SADHANA PROGRAM

# *Morning Session*

- 5 AM – 6 AM - Meditation
- 6 AM - Tea/Coffee Break
- 6 : 15 AM – 7 AM - Exercise and Walk
- 8 AM - Breakfast
- 9 AM - Satsangh
- 10 AM – 11 AM - Facilitated Discussion [ Part 1 ]
- 11 AM – 11:15 AM - Tea/Coffee Break
- 11:30 AM – 12:30 PM - Facilitated Discussion [ Part 2 ]

# *Afternoon Session*

- 2 AM – 3 PM - Library
- 3 PM – 4:30 PM - Facilitated Discussion
- 4:30 PM - Tea/Coffee Break
- 5 PM – 6 PM - SHRAMDAAN

# *Evening Session*

- 6 PM - Cleaning
- 6:30 PM – 7:30 PM - Golden Silence
- 7:30 PM - Dinner
- 8 PM – 9 PM - Video Show [ Part 1 ]
- 9 PM - Universal Prayer
- 9:15 PM – 10 PM - Video Show [ Part 2 ]
- 10:15 PM - Lights Off!

# *Facilitated Discussions*

- Facilitator assigned a topic
- Facilitate discussions with aid of presentations
- Topics
  - The Goal
  - Role of The Master in Human Evolution
  - Meditation
  - Cleaning
  - Prayer [ Prayer Meditation at Bedtime, Universal Prayer ]
  - 10 Maxims
  - Constant Remembrance

# *Video Shows*

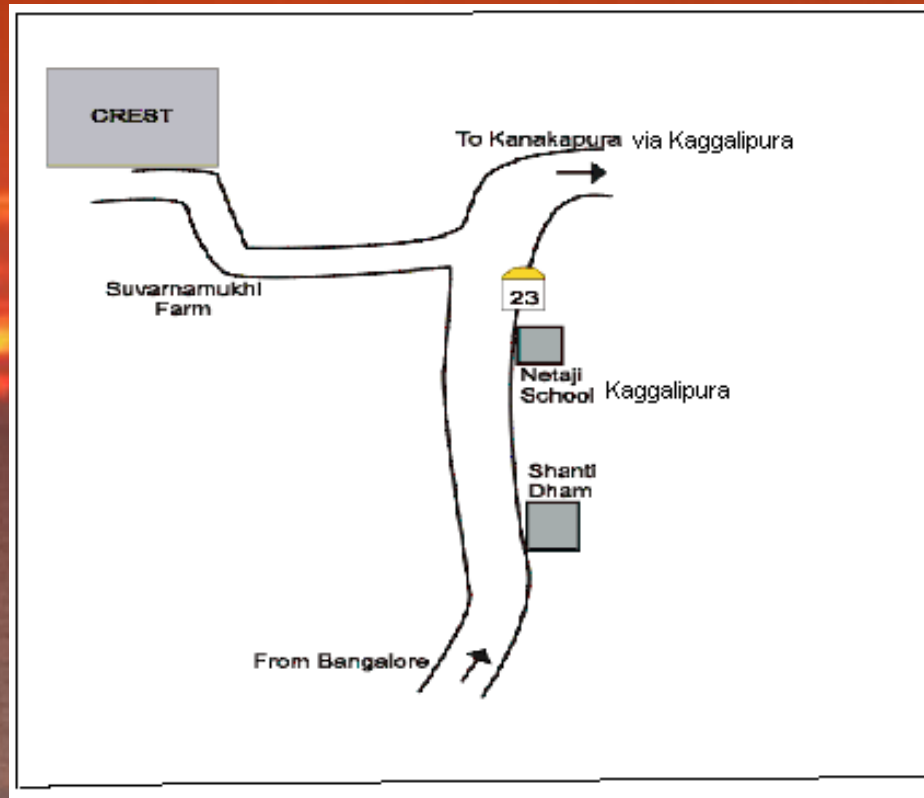
- He, The Hookah and I
- The Hubble Bubble
- Videos from CREST Library

# Miscellaneous

- How to reach CREST?
  - From Bangalore City Railway Station
    - From Majestic Bus stand, located opposite the Bangalore City Railway station
      - Take Bus No 213 [ A, B, C, D ] , 216 [ A, B ], 240D
      - Get down at “Netaji School Bus Stop, Kaggalipura village”
      - 100 metres down on the left side is the CREST signboard
    - From Banashankari Temple Bus Stand
      - Bus no 211, 213 [ A, B, C , D ] , 214, 216 [ A, B ] , 240 D
    - From New Bangalore International Airport
      - Take a shuttle bus to J P Nagar 6<sup>th</sup> Phase
      - Take an auto to Banashankari Temple Bus Stand
      - Take the above mentioned Bus No.
- Drop / Pickup to / from Bangalore City Railway Station and the New Bangalore International Airport arranged on prior request.

# Miscellaneous

- Location Map



# Weather in Bangalore

- From March to May it is summer. On an average it is 34 degrees to 36 degrees. On very hot days the temperature may touch 38 degrees.
- From June to October it is the monsoon season. There will be intermittent but copious rains. Temperatures will range from 17 degrees to 25 degrees,
- From November to February it is winter, normally no rains during this period. Nights will be chill.
- What you need to bring with you
  - Woolen clothing in winter, Umbrella, Diary
  - Your medicines, Toiletries
  - Mosquito Repellent

# Contact Details

- Address :

S. No. : 272, Kaggalipura Village, Kanakapura Road, Bangalore - 82

- Phone, Email

- Telephone - +91-080-28432048, 28432060

- Email - [crest.blr@sahajmarg.org](mailto:crest.blr@sahajmarg.org)



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