



# Happy New Year!

## A year of severe stress

The year that has ended (2012) saw Master going through a life threatening illness. In July, Master's serious illness forced him to stay away from Tiruppur where his birthday celebrations were held. He called a special bhandara in Manapakkam on 15th August to announce his 'resignation' as President. He changed his decision in the presence of over twenty thousand abhyasis who had gathered at short notice and appointed Br Kamlesh Patel as the Vice President to take over part of the administrative burden. From then on, his strength seemed to pick up ever so slowly.

In the last three months, Master seems to have made definite strides in regaining his health. Slowly, we have seen the withdrawal of the oxygen cylinder and the wheel chair being discarded. Now Master has been walking with his stick and the supporting arm of an aide, into the meditation hall, garlanding the photos of the masters. He travels in his car and uses the golf cart in the ashram. He has even started talking about resuming travel in India! In the meantime, groups of abhyasis have been continuously pouring into Manapakkam ashram and Master makes it a point to conduct satsanghs for them. He finds enough time and energy for administrative work and email correspondence.

After going to Gayathri, Master's recovery seems to have speeded up. He surprises abhyasis in the ashram by sudden visits to conduct satsanghs. His food intake has improved and his face no longer shows signs of pain although he seems to tire easily.

Not long ago, in Br Madhava's house, an abhyasi told Master, "Master, hereafter, you should have no more pain. You have suffered enough." Master brightened up and stretched his right hand and said, "Tatatsu" [Let it be so]. We wish and pray that the New Year will usher in a period of spring in Master's life and endow him with good health and happiness.



The New Year began for Master in Gayatri with Master getting ready quite early and greeting his family and a few other abhyasis who were present. Master did everything early as he was eager to go to ashram to meet all of his abhyasis. Master reached the ashram well ahead of time. There were around 7500 abhyasis in the ashram. A long line of abhyasis and children greeted Master as he entered the ashram and Master conducted the satsangh which lasted for one full hour. After satsangh, Master gave a speech touching upon the topic of Prejudice which means "Pre-Judging" and how prejudice happens because we judge others, but it is also prejudice when we judge ourselves "because when I judge myself, I have condemned myself to that judgment". He said, "Happiness is not the goal of human life. The goal of human life is evolution".

After the talk, Master went to the auditorium block. Even though he was tired, he met with several abhyasis, giving and receiving gifts, discussing Mission matters, naming babies, etc. Master had his lunch at the ashram and went back to Gayatri around 1 p.m. Again in the evening, he met with a group of abhyasis from France and Switzerland who were leaving that night. Master started talking about all the trips he had made to Europe.

Master was talking about "Babuji talks about ignorance to knowledge to again ignorance. What is the difference between these two ignorances? The first order of ignorance is where you know nothing and the second order is where you know everything and yet you know nothing. Knowledge is infinite. You can never exhaust knowledge."



## October 2012

In the first couple of weeks of October, Master's health was improving and his regular morning routine included physiotherapy, rest and breakfast. Usually, the newspaper would be read out to him while he was having his breakfast. After that, Master would start his email work.

On Friday October 12, after the 9 a.m. satsangh, Master came to Dorm A to meet with the Pune abhyasis. He gave a talk and then a sitting to all.

On Saturday October 13, the renovation of the cottage started. The cottage has been dismantled and work is in progress.

Once after lunch, Master was talking for more than an hour. About fifteen abhyasis from France had come to meet him. There was one person whom Master remembered from the old days and when he said her name that sister was visibly moved. Master said, when we love, we remember. Even the physical aspects of remembrance have an impact that we remember a smell, something that we had seen or heard, etc. and this remembrance brings that particular event to the present.

Sunday October 14 was an extraordinary day as Master came to the meditation hall to conduct the Sunday satsangh after more than three months and he conducted an hour long satsangh. After this, he went back to Br Madhava's house, sat outside and Br Sanskrit Kannan continued his usual Sunday routine of reading of a chapter from the Bhagvad Gita with his interpretation of the shlokas.

Saturday October 20th was another landmark in Master's recovery as he came walking with the help of just one person and the walking stick. Master met with a group of abhyasi sisters from Iran. He spoke for a long time with them and many others who had assembled in the hall around him. One could feel his work happening at a subtler and deeper level on all.

Master said, when it comes to spiritual work, there is no beginning and no end. Work has always been going on and work will go on in the future and that there is so much work to do in the present. It would be egoistic to think that no work has happened till now. Our current work is just on top of the work done by so many of our predecessors that we should be careful and not let our ego think that nothing much has happened till now. Instead, we should keep working in a humble and loving way.

One evening, Master was a little under the weather and did not come out but still met with the children from Omega who had won the second prize in a debate competition. He was happy to meet them; he listened to them and also shared his experiences with them.

Br A.P. Durai came to meet Master and was talking about his recent visit to various centers in Tamil Nadu. He said that all the growth that we are seeing now is due to the tireless efforts and travels of our beloved Master and the many times he must have travelled in these cities and centers. Master said that when one is around 30 - 40 years, it is the best time to travel and do such work as efficiently as possible and then as we get older, the physical tiredness for such travelling becomes a hindrance.

One day Master went around the ashram visiting the cottage to

see the renovation work, the meditation hall to see the work happening there, then to Dorm A







to give a talk and a sitting, to the canteen and everywhere he stopped he spent time with abhyasis. This really long round of the ashram took a toll on Master's health. He was visibly tired and in pain for the rest of the day. In the evening, Master was not feeling well and some tests done by the doctors revealed that it was only stress and tiredness.

Towards the end of October, Master had some fever. He was in bed most evenings with saline drips and could sit in bed with back support. He did not speak much and looked very dull. Master said, "I do not feel like eating anything but these people feed me and make sure that I take in something".

During the Bangalore seminar, Br Kamlesh told Master that the evening satsangh in the ashram was exceptional and out of the world. Master said it must have been because of the preparation, which a prefect from Bangalore confirmed as all abhyasis had taken sittings before coming for the gathering. Master said, "Yes, it is because of the cleaning." It is essential that all of us who come to meet Master in Manapakkam ashram take sittings and come so that we can receive the gift of love that Master is ever ready to shower upon us.

## November 2012

Master's health has been quite low and the antibiotics make him dull and drowsy most of the time. He was not able to breathe properly except with the BiPAP machine. However there was visible improvement after some fluid accumulation in the lung was cleared. A CT scan was also done to rule out internal infections.

A few days before Diwali, Br Bhaskaran brought in some sweets that had been made specially. Master instructed how it must be done, that one should not use wet hands when preparing it because that will spoil the sweet soon, etc. His attention to detail, for perfection in anything he does is impeccable.

On Friday November 9, several marriages were



performed in the ashram by Br Kamlesh and then the abhyasi couples came to meet Master and he gave them all a sitting. In the evening, he would come out walking after the physiotherapy and sit in the hall. As soon as a few abhyasis started to assemble around him, Master would close his eyes and it looked like he had started to give a sitting. He opened his eyes after about 30 minutes, said good night to everyone and went back inside.

It has been a regular evening routine lately that Master comes and sits in the hall, and as soon as the abhyasis sit around him, Master closes his eyes. There have been times when he has not said, "Please start" but would only say, "That's all" in the end. One evening, after Master went back into his room, there were some children from Nagpur center, who had been trying for two days to meet him and they came in. One of them said, "Get well soon Master. We love you

Master." And Master responded to this by saying, "Yes I know. That is why I am living". As Master said this, one could see the brightness in his face

On Sunday November 11 Master came in his motorized wheelchair, driving it by himself, maneuvering more comfortably around turns and going up the stage easily. As Master entered the meditation hall, all abhyasis started applauding, welcoming their beloved with happiness and love in the hearts. Master conducted satsangh that lasted for one hour and five minutes. On Diwali day, Master conducted satsangh even though he was not well. It was sheer will-power, which he exercised just so that he could come out and meet the abhyasis who had come. Master continued to meet many abhyasis, who came in large numbers to wish him. He met about fifty or more abhyasis in about five minutes and then said, "I am tired, I need to rest, no more visitors". In the afternoon, he again met with a group of abhyasis in his bedroom.

Master had a meeting with around thirty prefects from centers in South East Asia. He gave them a sitting and gave a very powerful talk addressing the

prefect's work and about work in general. Master talked about how one should take the work seriously and if we dive deep, things open up and one would be amazed at what we learn and benefit from the work. Relating to starting and ending a sitting, Master said, "One can only begin some work. It is for Him (Babuji) to end it."

One night after watching a movie, Master had '*more-kali*', a south-Indian delicacy made of curd and rice. Master distributed it to everyone and then said, "This is a sign of my recovery". As Master's health improved, the Gita discourses by Br Sanskrit Kannan resumed on Sundays. By the end of the month, Master had become increasingly mobile. He was able to come out regularly and sit in the sun and meet with many abhyasis. In one discussion, Master was looking at pictures of some modifications suggested for the meditation hall stage. He was very particular about getting opinions from everyone and said, "We are brainstorming here." Finally, having heard from everyone, he gave some guidelines on how to take it forward.

Another incident that shows Master's recovery was when he came out walking with his walking stick. The physiotherapist said, "Master, today you have made my day." And Master responded, "It was possible only because of your efforts. Thank you."

## December 2012

The month of December saw further improvement in Master's health. He used the golf cart to come to the meditation hall on a Sunday and walked on to the stage in the meditation hall. This was the first time he had come this way to the meditation hall after his prolonged illness. In the first week it was raining continuously and Master wanted to try going in the

car. So, as part of his evening physiotherapy session, Master walked from his room all the way to the entrance and got into the car and went for a short round outside in the car. This was a clear sign that Master was doing fine physically.

On one of the evenings, Master watched a documentary "The Revelation of the Pyramids". It was a very informative program and talked about the great pyramids and the various historical constructions. There was a lot of discussion and Master was talking about how change is important, about cosmic work, etc. When one person asked if some natural disaster falls, what we should do, Master said, "The best way to be during that time is to be meditating, so, even if any disaster comes, we will be ready to face it."

A couple of prefect candidates came and were introduced to Master and he jokingly said, "Now that I am well, I have to take back this work". Ever since Master has been sick, Br Kamlesh has been making prefects.

## Return to Gayathri

After a gap of five and a half months, Master went back to Gayathri. After returning home, he resumed his daily routine like sittings, administrative work, receiving visitors, holding informal discussions and so on. Master was talking at the dining table for almost an hour after lunch. He did not remember many things that had happened during the peak period of his illness and expressed his surprise when reminded by abhyasis of what had happened.

During an informal discussion, Master was talking about jealousy Master said, many people were envious of him and his closeness with Babuji Maharaj. So, one brother asked, if envy was okay. ➡







Master said, "I asked Babuji Maharaj this question and he said, 'No, it is bad to have envy or jealousy.'" He added, "Jealousy is an incomparable sin and there is no advice that can be given to one who is jealous. Jealousy basically means that you are questioning the Master's capacity to give you what he has already given to another person."

### Visit of Dr. Ichak Adizes

Br Ichak Adizes had come to conduct the GST program for three days from December 14 to 16. One day Br Ichak asked Master about the future of the human race and Master said it would be fine. Then the brother insisted referring to nuclear threats, destruction, etc. and Master responded saying, "It is not destruction. It is removal of obstruction to make progress." The topic then went to God, Master and who to trust and Master said, "I trust my Master, Babuji Maharaj and not God as according to Sahaj Marg, God has no mind and he created the universe and his role is done with that creation". Master then said, "The beings who are guiding the destiny cannot work by themselves but they need a medium on earth like a master, through whom they work." Br. Ichak then asked why there is fear in love. Master said, "The only reason for that is that we cannot give. Give and keep giving and the fear will go away". He added, "Give and then you will get more to give more. I guarantee this".

On Sunday December 16, Master met abhyasis from Jharkhand who were waiting to see him at his residence. He then conducted satsangh at the ashram and attended Dr Ichak Adizes' programme for functionaries. Referring to prefects' work, he said that they were privileged to oversee the spiritual journey of a group of abhyasis entrusted to them. "Prefects should be prepared to go down even into

hell to rescue abhyasis," he observed.

On Sunday December 23, Master performed eight marriages in Gayathri. On Christmas day, he gave a surprise to abhyasis by conducting satsangh in the ashram. After satsangh, he did his usual routine of inspecting the cottage renovation and then went to the auditorium block. He invited several overseas and Indian abhyasis hailing from Christian background and gave them gifts.

On Saturday December 29, it had been raining continuously but Master came irrespective of the bad weather and conducted the satsangh for one hour and then left immediately for Gayatri. In the evening in Gayatri, after the sitting, he received gifts from some abhyasis. Sis. Alla and Br. Igor had brought a big photograph of the second largest tree in the world, a sequoia tree from California, and they were explaining to Master that this tree is getting stronger as it is getting older and they wished that Master should also grow stronger in this way. They then gave him some winter clothing saying that since he is getting stronger, he would need winter clothing to travel to Russia and Sathkol and Master laughed and graciously accepted these gifts.

Before going to bed on the 31st December night, one abhyasi told Master, "Master, the greatest gift that we have got this year is that you have come back to us healthy from the serious illness you faced" and Master replied, "The greatest gift that I have is to have you all by my side". It was a very moving moment and there was a silence that followed. Master wished everyone a very happy new year and went to sleep.





## Seminars at Manapakkam

### 16 to 21 October 2012

About 250 abhyasis from Gorakhpur and about 400 abhyasis from centers in Punjab, Haryana, Chandigarh were present for the seminar.

### 23 to 28 October 2012

Around 200 abhyasis from Noida and many other centers like Faizabad, Faridabad, Aligarh, Rampur and Chikli to name a few. Overall, there were about 500 abhyasis participating in the various satsanghs, group discussions, meetings, sittings, etc.

### 30 October to 4 November 2012

Around 1300 abhyasis from Bangalore turned up for the seminar. Br Kamlesh spoke on the first day and there were talks on other days followed by DVD screenings in the evenings. Special sessions for the Prefects were also conducted.

### 6 to 11 November 2012

Abhyasis from Virudhunagar, Aluva and other sub-centers along with abhyasis from Nagpur and Bareilly have come for the seminar. A group of children from Nagpur center made the ashram very lively. A total of about 500 abhyasis have turned up for this week.

### 12 to 18 November 2012

The Diwali week saw about 1200 abhyasis from Gujarat participating in the seminar. Master's health was better and he came on Tuesday and Wednesday to the ashram, conducted satsangh, met with many abhyasis, children and his presence was felt and experienced by one and all.

### 20 to 25 November 2012

Abhyasis from Karimnagar district and Tirupathi in Andhra Pradesh including Godavarikhani (Peddapalli, Jammikunta, Mancherial, Jaipuram, Srirampur, Mandamarri, Bellampalli, Goleti, Asifabad, Sirpur etc.), Tirupathi, Bellary, Kamplikottal and Gangavathi. A total of about 700 abhyasis attended this seminar.

### 27 November to 2 December 2012

There were about 150 abhyasis from Singapore, Malaysia, Indonesia, Philippines, Thailand and Japan. Master took special interest in the proper

functioning of this seminar and that the program was scheduled effectively. Master invited all the prefects to Br Madhava's house and gave them a long talk and then a sitting. As a grand finale Master came in his golf cart to the ashram on Sunday and conducted the morning satsangh.

### 4 to 9 December 2012

Another large group of around 750 abhyasis had come mainly from Agra and nearby centers including Rae Bareilly, Chadrapur, Fatehpur and Etah. Master was in Gayatri and has been emphasizing that he was at Gayatri to rest and recover. The seminar proceeded as usual with all the satsanghs and Br Kamlesh played an active role in participating in satsanghs, meetings, etc.

### 11 to 16 December 2012

Abhyasis from Bihar and Jharkhand had taken a lot of effort to come to Manapakkam in large numbers and a total of about 750 abhyasis have turned up. Master tried to meet with as many as possible at Gayatri and gave everyone a pleasant surprise when he came to the ashram on Sunday, 16th December and conducted the morning satsangh.

### Tuesday 18 to 23 December 2012

Abhyasis from Amalapuram, Guntur and Kadapa (AP) totaling about 600 and about 25 abhyasis from Raichur (Karnataka) attended the seminar. Apart from the regularly scheduled satsanghs, there were several talks on the topics of purity, samskaras, Role of the Master, and Religion and Spirituality and also a prefect meeting. Br Kamlesh conducted the Sunday satsangh on 23rd December while Master performed eight marriages in Gayatri the same day.

### 25 to 30 December 2012

The highlight this week was about forty abhyasis from Sri Lanka who also participated in a two-day 'Grounding in the Practice' session in Tamil. The main focus was Master's presence in the ashram on Christmas as well as on Saturday when he came just to meet abhyasis who had come from far. About eighty abhyasis from Jammu and Kashmir, many coming for the first time, got to meet Master. Apart from this, abhyasis from several centers of Uttar Pradesh, Maharashtra, Rajasthan and Himachal Pradesh had also come, bringing the total to about 950.





## Youth Awakening

### Role of Youth in Sahaj Marg Panvel Ashram, Mumbai

Br Mohandas Hegde conducted a programme at Panvel Ashram, Mumbai for nearly forty participants on 6th October. The objectives were to understand the Master, Mission and Method, to motivate youth to develop enthusiasm in the activities of the Mission and to develop a feeling of oneness.

A discussion on 'Concept of Sadhana' stressed on what should be the attitude towards sadhana and how to lead a 'Spiritually Oriented Material Life.' The topic 'Concept of Practice' highlighted the attitude of living in the present. 'Qualities of a Volunteer' explored surrender, patience, tolerance and obedience as beneficial attitude towards volunteer work. 'Concept of Master as Our Role Model' stimulated the participants to brood on what Master means to us and 'Concept of Character as the root for Spiritual Well-Being' dwelt on the importance of moral values as the foundation of spirituality. A practical session on the 'Significance of Ten Maxims of Sahaj Marg' rounded off the workshop and the participants seemed to gain a better grip over the three M's.

### Sahaj Marg Youth Club, Tiruppur

In Tiruppur centre, youth regularly gather in the meditation hall and share their ideas and views of volunteer work. With Master's permission, 'Sahaj Marg Youth Club' was formed on 29th October which would also include sports activities. The inaugural seminar was held at Kangeyam on 4th November. Br N. Prakash gave the inaugural speech. Br S.S. Ramakarishan, Br Ravi Subbian and Sis.

Ezhilarasi encouraged the youth to serve the Mission in his remembrance.



From 11th to 13th November, twenty-five members of the club were at Natrampalli ashram for a spiritual meet and volunteer service. Besides the cleaning chores, they had book readings, group discussions, Q&A sessions, Master's DVD shows and talks on specific topics besides satsanghs. The program was completed with joy and enthusiasm.

### Workshop on 'Tolerance' for Youth of Vadodara

On 16th December, Sis. Elizabeth Denley interacted with the youth of Baroda, Anand and Nadiad on the topic 'Tolerance' which was one of the 'Grounding in the Practice' training modules. Five facilitators from Baroda center and Sis. Elizabeth conducted the two hour program which focused on patience and tolerance starting with the topic of listening and speaking. Excerpts from Master's talks on listening and speaking from the heart were read out. About sixty abhyasis were divided into groups, each having a facilitator to help and guide the members.

The participants were then grouped in pairs and each shared their experiences of when they were intolerant with others and which greatly affected their relationship with them. The idea of silent intolerance was also brought out by one of the participants where the intolerance is shown in non-verbal reactions like negative body language. In conclusion, each participant was provided with a set

of statements to reflect upon. Overall the session was engrossing and helpful to many participants.





# Prefect Meetings

## NCR- Delhi Zonal



The meet at Delhi on 24th November was attended by eighty prefects. Br Kamlesh Patel gave the inaugural address through video from Manapakkam. He covered aspects of spiritual life such as coping with change, maintaining the inner condition, sensitivity, humility, surrender and the ability to read one's own condition before giving a sitting. Dr Satya Mandal, ZiC, spoke on the importance of accepting change. Five groups were created and each was given a topic to discuss. The team leaders will present the action plan on the respective topics during the next meet. Br Sudhir Marwaha, CiC, Delhi gave a presentation on the National ashram at Burari and the details of the progress made after land acquisition for the ashram.

## Jaipur, Rajashtan



A prefect meet held on 21st and 22nd October at Jaipur zonal ashram focused on character formation, creation of sub-zonal teams to optimize and re-enforce effective functioning of prefects, youth training and creation of a selection process for new prefects. The participants were geographically divided into four sub zones and coordinators were nominated. The coordinators presented their plan of action after discussions. On the second day the need to identify, groom and train potential prefects was explained. All participants felt satisfied and refreshed after the session.

## Karnataka

Prefect travel week was held on 8th and 9th December in Karnataka South zone centres. A total



of twenty-four centres were visited by twenty-seven prefects. Twenty-four home gatherings, full day programmes at seventeen centres and half-a-day programme at six centres were conducted during this weekend. The theme of the program was 'Importance of Reading Mission Literature'. The program began with individual sittings followed by a home gathering in the evening covering the basics of sadhana. The Sunday program started with satsangh and was followed by a group discussion with the emphasis to read the nine books suggested by Br Kamlesh Patel.

## Prefect Visits in North Karnataka

On 7th and 8th December, prefects from Bangalore, Br N.S. Nagaraja, Br B.G. Prasanna Krishna and Br Girish Totloor accompanied by publication volunteers visited various centres in North Karnataka and conducted talks and satsanghs. The ZiC Br Raju Kashampurkar and local prefects also participated in the visits to centres in Sedam, Shorapur, Yadgir, Gogi, Humnabad, Bhalki and Bidar where a full day program was organized on 8th December.

On Sunday the 9th December, Gulbarga ashram was the venue of activities where 270 abhyasis and all prefects from N. Karnataka had gathered. There were talks on 'Serve from the Heart' and a panel discussion on the same followed by a prefects meeting and a Q&A session. In the evening, an open house was addressed by Br Nagaraja, Br Prasanna and Br Raju. Ten of the thirty guests on the occasion later started abhyas.





## Joint Secretary's visit to Assam



On invitation from Assam Oil Division of Indian Oil Corporation, Br A.P. Durai, Joint Secretary, arrived in Digboi on 31st October to participate in the 'Vigilance Awareness Week 2012'. Being a Wednesday, he had an hour long session with around forty local abhyasis in which they were asked to talk on various aspects of Sahaj Marg practice. The same programme was repeated for two hours after satsangh on the following Sunday (4th November) in Tinsukia ashram, on Br Durai's return journey. The abhyasis expressed their appreciation for the programme and the prefects have promised to hold such interactive sessions in the future.

On 1st November, Br Sunand Pandey, Chief Vigilance Manager, IOC, Digboi and the prefect of the centre had organized a debate for local high schools. Around forty students spoke on the subject, 'In the opinion of the house, students need to be fuelled by value systems and not ambition'. The quality of debate was excellent and at the end, Br Durai presented Master's teachings on ambition and aspiration. The next day, he participated in the valedictory of the Vigilance Awareness Week attended by employees and their families. After distributing prizes, he spoke on the need to cultivate inner vigilance through meditation.

On the forenoon of 3rd November, a meditation workshop was held for a small number of guests. Around sixty abhyasis from Digboi and nearby centres like Tinsukia, Doom Dooma, Margherita



and Sibsagar were also present along with Br Dhani Chand, ZiC. Some abhyasis were requested to speak about Sahaj Marg and the session concluded with a detailed presentation from Br Durai. Seven aspirants started their introductory sittings.

In the evening the Officers' Club, Digboi, hosted a talk on 'Self-Development through Meditation' which was attended by fifty members of the club comprising officers and their spouses. The wide ranging talk by Br. Durai on linking with the inner Self through meditation with the guidance of a capable guru was appreciated by all. The message of spirituality seemed to touch their hearts.

## AMC Orientation Program: AP-North

An orientation program was organized from 21st to 23rd September 2012, at Thumkunta Zonal ashram for 115 Ashram Maintenance Committee members and abhyasis of AP-North zone. The program was designed to

- ♦Orient AMC members about the scope of AMC, roles and responsibilities, as applicable to their centre / ashram.
- ♦Emphasise the need for regular, organized AMC meetings and reporting minutes of the meetings.
- ♦Conduct AMC meetings by the spirit of 'Guidelines for Communication' document at all times.

Topics covered by experienced speakers were roles and responsibilities, ashram utilization, monetary policy, welcome desk, maintenance, children centre, ashram caretaker and volunteers. It was agreed that translation of the AMC manual into Telugu would be taken up. There was also a Q&A session with Br Sriram from headquarters on monetary policy.

In accordance with Master's message for the program, emphasis was on the spiritual aspect - thoughts, words and deeds. The guideline for the program was that pure thoughts lead to pleasant action and words. It was emphasised that the ashram atmosphere has to be preserved.







## Inauguration of SMSF Ashram at Goa



Goa, on the west coast of India wrote itself into the Mission's map when Master inaugurated through video the Goa ashram, on 26th December. About 2.5 acres of land, at Sancoale village (about 8 Km from Dabolim Airport), with a house capable of accommodating about eighty abhyasis in the meditation hall, was gifted by Br K.D. Kossambe of Mumbai centre. Br Kossambe, his elder son Viraj, Br P.R. Krishna, Br Sudhir Marwaha and Br Aditya Arya were present for the inauguration. Master said, "Babuji used to tell me that every house should be an ashram. The ashram should reflect the Inner Self."

Satsangh conducted by Br P.R. Krishna at 9.00 a.m. was attended by about eighty-five abhyasis. Goa ashram development and coordination committee is now sufficiently motivated to develop the meditation hall and its surroundings.

## Facilitation Demonstration, Lucknow

A Facilitator Demonstration Programme and GITP in Hindi was conducted at Lucknow ashram from 7th to 9th December. Sixty-five participants from four zones (UP East, UP Central, UP West and Uttarakhand) attended along with seven coaches - sisters Chhavi Sisodia, Poonam Bubber, Nandita Mathur and Vimla Sheoran and brothers Neeraj Lavania, Jignesh Selat and Om Prakash Kejriwal.

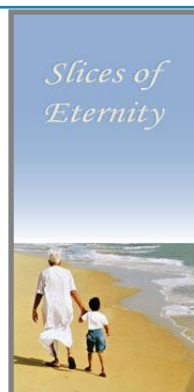
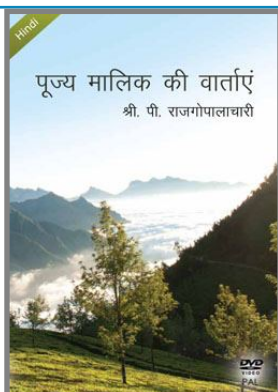
On 7th after satsangh, two short skits were presented by the coaches. Several sessions were conducted towards accepting oneself and towards brotherly relations. After dinner, a few participants from different groups were nominated to work as facilitators for the next day's module.

On 8th December, the module on 'Meditation' was to help the participants become aware of practising through inner reflection and observation, and to establish a clear understanding of the method of meditation. It dealt with how to explain meditation to prospective abhyasis in a clear and simple way.

On 9th December the cleaning module was conducted. The objective of this module was for participants to understand the importance of cleaning, to identify and correct deviations in the method also to be able to explain cleaning to prospective abhyasis.

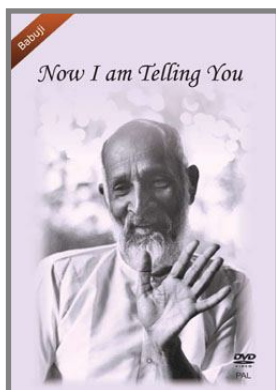
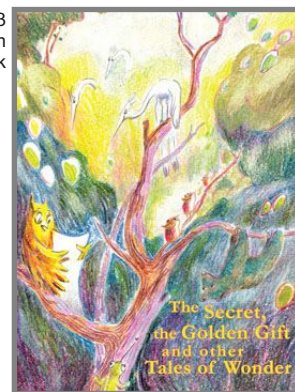
## New Releases

Pujya Malik ke Varthayen  
Hindi DVD

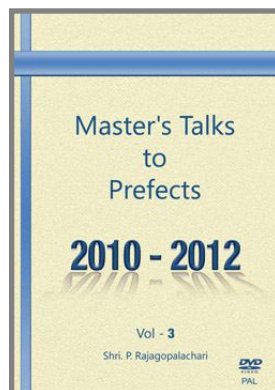


Slices of Eternity  
English  
Fanfold Booklet

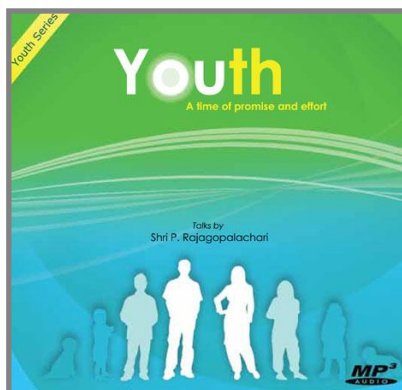
Tales of Wonder-Vol-3  
English  
Children's Book



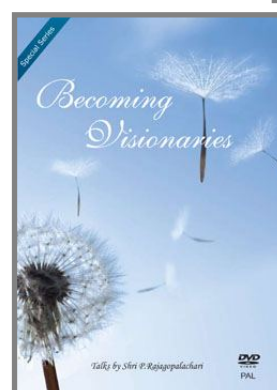
Now I am Telling You  
English DVD



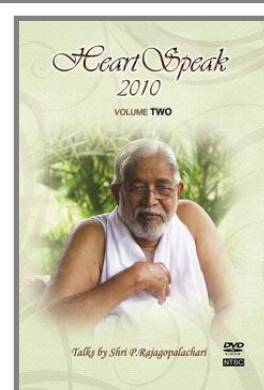
Master's Talks to Prefects Vol-3  
(2010-2012)  
English DVD



Youth - A time of promise and effort  
English MP3



Becoming Visionaries  
English DVD



HeartSpeak-2010  
Vol-2  
English DVD



## Publication Volunteers Workshop, Gulbarga, North Karnataka

A two day publication volunteer workshop organized by Br Venkat Rao and team from Bangalore at Gulbarga Ashram on 7th and 8th December 2012 was attended by about fifty volunteers from N. Karnataka, Mumbai and Hyderabad. The objective of the workshop was to increase the volunteer base for publication related activities, facilitate the spread of Master's message in the form of books, audio/video, photographs, etc. and to inculcate the habit of reading books, among abhyasis. The training was given by motivating talks, group discussions, game play, mock rehearsals of sales activities, setting up of counters for sale and then doing the accounting and collection of all the books. It was a very intense session for two days and all the volunteers felt greatly benefitted by the program.

## Telugu Translation Training

Translation of Master's works from English into regional languages, calls for not only a command of both the languages, but also a deep understanding of Sahaj Marg teachings. A programme was organised from 14th to 16th September in Thumkunta Zonal ashram for about fifty abhyasis from various parts of Andhra Pradesh, Bangalore and Delhi. The objective was to achieve consistent and quality translations, faithful to the source. The theme 'Sense, Simple, Flow and Fervour' meant to 'Translate the Sense; keep the language Simple; ensure the Flow and do it with Fervour'.

During the two days, brothers Ananth, Kameshwar and Krishna Rao conducted the programme. An ice breaking session, presentation on the current system of translation and Guidelines for Translators, hands-on session on transliteration software and a practical exercise in translation were the highlights of the programme.

## Grounding in the Practice

The newly designed 'Grounding in the Practice' (GIP) was conducted in Ahmedabad and Jaipur for three days whereas Udupi centre organized a full day program.

A total of 163 abhyasis from Gujarat, Rajasthan, Madhya Pradesh and Mumbai participated in the program at **Ahmedabad** from 12th to 14th October. This was conducted by a team of about thirty facilitators supported by more than thirty-five volunteers. With the help of relevant material from Mission literature and audio-video talks of Master, the training process turned out to be natural. Even abhyasis with more than fifteen years of abhyas felt that this program had completely changed their perception of Sahaj Marg sadhana and at the end each one knew what must be done to become a Sahaj Marg abhyasi in the true sense.

A three day program in Hindi from 24th to 26th November, at **Jaipur** Zonal Ashram was attended by seventy participants and six facilitators from Rajasthan. During the various sessions and video show, everyone was totally absorbed. They found that their hearts were truly opening up. The participants appreciated the module and the way the sessions were conducted. The basic facilities provided at the zonal ashram was with love and hard work of the volunteer's involved.

The module on 'Diary Writing' was conducted on 16th December at Perampally Ashram near **Udupi**. There were thirteen participants and two facilitators. Discussions covered various aspects of diary writing as a tool for spiritual evolution and also for character formation. Audio-video clips were showcased and a presentation on Master's quotes on diary writing was shown. The program was conducted in Kannada and in English. The abhyasis promised to motivate more abhyasis for the next training program on 'Meditation'. The feedback received for the program was overwhelming.





## Programmes at Ashrams

The Sunday full day programs are conducted with an aim of bringing old and new abhyasis together. The group discussions and question-answer sessions clarify the doubts of aspirants regarding sadhana. These programs motivate the abhyasis to be regular in practice and march towards the goal. Below is a report on full day and half day programs conducted by different centres.

**Avinashi** centre of Tamil Nadu organized a half day program on 2nd October, which was attended by fifty-five abhyasis. The program included talks related to creating awareness about spirituality and explaining Sahaj Marg to new aspirants. The topics covered the basic Sahaj Marg sadhana. The participants were urged to maintain silence as much as possible and listen to the inner voice.

On 23rd October, at **Payannur** in Kerala the participants presented quotes from Whispers from The Brighter World. There were a total of 200 participants from seven centres of North Malabar sub-zone.

The youth of **Bhilwara** centre of Rajasthan held a full day program on 4th November. The theme of the program was Guru. There were experience sharing sessions and a play was also performed. Rev. Master's DVD "Sahaj Marg towards Infinity" was showcased. The efforts of the youth team were appreciated by the participants.

**Aluva** centre (Kerala) had a full day program on 18th November attended by 200 abhyasis. Apart from satsanghs, video clip of Master's speech, interactive sessions, singing and poem recitation were the highlights of the day. Clarifications were also provided on topics like Divinity and 9 PM universal prayer.

**Tirupati** of Andhra Pradesh organized a rather different full day program on 2nd December for around 130 participants. The abhyasis did self-evaluation by filling up a questionnaire which had multiple choice questions and ratings for the answers selected. The questions were related to Sahaj Marg, abhyasis's behaviour towards others, voluntary work and ashram. This activity helped participants understand their attitude and ways to improve..

## Presenting Sahaj Marg to teachers in South Tamil Nadu (2012)

Br A.P. Durai, Joint Secretary, conducted several open house programmes between 23rd November and 1st December in south Tamilnadu. The first three days were in Thanjavur, Ariyalur, Thiruvavur and Pudukottai. The next six days were in Tirunelveli and Kanyakumari districts.

These open houses were focused on teachers and a total of around 750 teachers attended the programmes in seventeen schools. Of them, nearly two hundred expressed their willingness to start meditation. They were given beginners' booklets to prepare themselves before beginning the practice.

As it was observed that the principals/headmasters of schools were not properly briefed before the event, it was decided to give them a letter along with reading material when approaching them for permission to hold open houses.

When Br Durai mentioned to Master that, as compared to some decades ago, people seem to be ready to receive the message of Sahaj Marg. Master said, "That is why Babuji Maharaj has been saying that the hearts of people are opening up."

This series of open houses also proved to be a training ground for all prefects and abhyasis who organised them. Prefect brothers Nallayiram (Vallioor), Anbalagan (Tirunelveli), Dr Nathan (Nagercoil) Krishnarajan (Vadakankulam) and Sis. Dr Rajalakshmi (Tirunelveli) were actively assisted by volunteers. In Thanjavur and nearby centres, ZiC Br B.S. Murugan organised the events assisted by local prefects Br Subramanian, Br Poyyamozhi and Sis. Kamakshi. Master's presence permeated the activities and he seemed to be opening all doors for facilitating the programmes in all the institutions.



28/11/2012





## Anand Ashram, Gujarat

## Centre of Light

*"So the Master is to be used as an index of what we have to become, and you have to look into yourself and see what Sahaj Marg is doing for you. Then we will continue on the path, we will go serenely, ignoring everything else. I have to reach the goal; the goal is before me. It shows me what I have to become. Looking at myself, I see what else I have to chisel away or add or subtract from myself. That becomes an easy, smooth and convenient journey where the goal can be quickly reached."*

*Master's talk on 29th January, 2004 at Anand, Gujarat*



'Anandashram' is the name given by Master for the ashram in Anand, Gujarat because here you find a lot of joy. Anand is the district headquarters located between Ahmedabad and Vadodara and is famous for Amul Dairy, IRMA and NDDDB, the precursors of the 'White Revolution' in India.

Anand centre flourished due to frequent visits of Master in the '80s and early '90s and in 1992-93 when Master's wife Sulochana mami underwent treatment for a few months in Anand. Master has also given talks in IRMA, National Dairy Development Board and the Veterinary College.

In 1995, Master permitted Br P.S. Bhargava to use a part of his residential plot to construct a shed to use

as SRCM meditation hall. Master named it 'the Mandapam'. In 1996, Sister Anjana Nagar made a humble offering of a small piece of land in the village of Hadgud, about 5 kms from Anand for construction of an ashram. In January 1997, Master visited the ashram site and named the colony where the plot is located as Shri Ram Chandra Puram. The new structure with a capacity to seat 150 abhyasis was, with Master's permission, inaugurated on 5th September 2000, by Br. Madhukar Kochar, the then ZIC. The function was attended by about 165 abhyasis from Anand, Vadodara, Vanakbori and Nadiad centers.

Master visited Anand on 29th January 2004. By this time an outer verandah was added and the garden was also developed on the vacant land, as by this time a source of water was also identified on the site. After satsangh, Master planted a 'Kadamb' sapling towards the front of the ashram. Today, the tree stands almost 40 feet tall and along with other trees and shrubs brings unique charm to the ashram.



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