



SHRI RAM CHANDRA MISSION® INDIA NEWSLETTER

January 2008

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Volume 1 Issue 1

Dear Brothers and Sisters,

Pranams. We welcome you to this first issue of the SRCM India newsletter. This newsletter provides information about Master's recent travels, announcements, and events across the country.

The newsletter is planned to be published once in two months in English as well as Hindi, Tamil, Telugu, Kannada, Malayalam, Bengali, Gujarati and Marathi. Abhyasis may subscribe to receive the newsletter in the specific language of their choice. This newsletter shall be sent out to all abhyasis who have subscribed for the same by email. The Newsletter archives will be available on the SRCM website <http://www.srcm.org/centers/as/in/newsletter/index.jsp>

News articles are invited from all over India and these should be sent to in.newsletter@srcm.org after approval of your zone-in-charge, by February 20th, 2008, so that this may come in the March issue.

Wish you all a very happy and prosperous New Year with Master's blessings.

Editorial Team

Rev. Master's Europe Trip - 5th to 29th December 2007

On the 5th of December 2007, Master left Chennai for Brussels, Belgium, accompanied by thirty abhyasis. On arrival, Master showed all of us tolerance and patience as he waited at the hotel reception from 9.30AM to 12PM.

On 6th morning Master travelled to Paris, where a group of thousand abhyasis gathered to receive Him. Master stayed in a local abhyasi's apartment close to the Eiffel Tower as did Babuji when He visited Paris. He then drove directly to Vrads on 15th December, and stayed there for eleven days with nine hundred abhyasis from sixteen different countries. The atmosphere was festive throughout Master's Christmas visit to Vrads. The ground was white with frost. Many abhyasis accompanied Master to a nearby movie theatre to see 'The Golden Compass'. Master announced that He would be travelling to Cleveland, USA to celebrate Babuji's birthday.

After bidding a loving farewell to abhyasis in Vrads on the 26th, Master travelled to Bremen, a small town in northern Germany. In the evening to the delight of the abhyasis from Bremen and other local centers, he spent time talking informally about many topics. On speaking from the heart, Master said, "Germans are truth lovers. My Master taught me to leave something where ever you go. And when I speak the truth, it will remain with you... Someday you may think about it. So we must speak from our heart to each other all the time... not only among ourselves but to every one we see."

On the morning of December 27th Master departed for Brussels and returned to Chennai on the 29th night. It was a moving experience for all abhyasis travelling with Master. It was a total expression of his heart, out of complete love for the abhyasis with absolutely no concern for Himself. In essence he was urging us to use our hearts, to dare to think, speak our hearts to people and stand up for the right things.

Br. M.M.Dhanumoorthis, Tiruppur



New Year at Manapakkam, Chennai

Master arrived on Sunday the 30th December, 2007 from Brussels by around 2.15 AM at the Chennai International Terminal. There were more than 400 abhyasis waiting for Him. Master was looking quite fresh and spent considerable time in acknowledging the crowd of abhyasis who had gathered to see Him. Later He drove to the Babuji Memorial Ashram, where abhyasis had arrived in large numbers to be with Him to usher in the New Year. He once again spent time in acknowledging the loving reception which was given to Him.

In spite of His long flight and the late night arrival, Master was ready quite early in the morning and conducted the Sunday satsangh much to the delight of the 3,000 odd abhyasis who had assembled in the hall. Master was busy for the rest of the day as well as on 31st morning preparing prefects and attending to various administrative tasks. On 31st evening, he drove around the ashram in his golf cart.

On 1st January morning, Master conducted the satsangh with over 5,000 abhyasis present. In the evening, He spent some "quiet time" near Babuji Maharaj's statue outside His cottage. Overall, the abhyasis who had come to be with Rev. Master for the birth of the New Year 2008 had a special time, soaking in His love and the spiritual ambience that seems to have descended upon Manapakkam Ashram.



**Rev. Master's Message
for the New Year**

*"May you all grow spiritually in
leaps and bounds"*

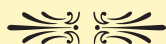
He, the Hookah and I Subscriptions

Since we are receiving continuous requests for this special publication, Rev. Master has approved keeping the subscriptions open. Abhyasis who wish to subscribe may sign up online using their credit card at:

<https://www.srcm.org/onlinebookstore/selectCountryForSubscriptions.jsp>

It has also been decided to compile this special publication in a book form in Tamil and in Hindi so that the Tamil and Hindi speaking abhyasis may be benefited. The booking amount is Rs. 200/- for those booking their copy on or before 29.02.2008 and Rs. 300/- for those who pay on or after 01.03.2008. Abhyasis are requested to book their copies well in advance and facilitate proper management of the publication.

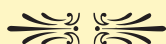
Abhyasis may also contact the publications coordinator / centre in charge at their respective centres.



SERVICE

Service is easier than loving, loving is a very difficult thing. Service is very easy. Put your heart and serve somebody, you automatically get his love and his obligation to you, and he has to give you whatever he has to give you.

Taken from the book "Heart to Heart Vol 2", chapter "Questions and Answers I", pg 162-by Chariji



Rev. Babuji Maharaj's 109th Birth Anniversary Celebrations (2008)

We are happy to inform you that Rev. Master has decided to host an International Seminar on the auspicious occasion of Rev. Babuji Maharaj's 109th birth Anniversary at Cleveland, Ohio in the United States of America. The venue for the celebrations will be the Cleveland Fair grounds, which is a 100 acre scenic facility with a capacity to host more than 10,000 participants.

Rev. Master sends his invitation to all abhyasis from around the world to participate in this International seminar which will be held from 28th April to May 1st, 2008. All information regarding the seminar will be communicated by email to all centers worldwide by the first week of January 2008.

Youth Program at Babuji Memorial Ashram - 9th Batch

We are happy to announce the commencement of the 9th batch of the Youth program from 1st April to 30th June 2008 at Babuji Memorial Ashram, Manapakkam, Chennai. The objective of the program is aimed at training the YOUTH of Sahaj Marg in the various aspects of running an Ashram.

Salient features of this programme:

- ✍ Intense training on all facets of maintaining an ashram and on Sahaj Marg during their stay.
- ✍ In-house stay at the ashram, at no cost to the abhyasi participants, during the programme period. Food and bachelor's dormitory accommodation will be provided at the ashram.

The following are eligible to apply for this programme:

- ✍ Abhyasis from India between the age group of 20 to 40.
- ✍ The abhyasi should have been practicing Sahaj Marg System of meditation for at least 2 years at the time of applying.
- ✍ Must have attended at least one or two bhandaras / celebrations.
- ✍ Must attach a certificate of Conduct from the respective Zone-in-Charge or Centre-in-Charge or Preceptor-in-Charge.
- ✍ Must not expect any other support, financial or otherwise (other than food & accommodation which will be provided free at Ashram) during the program tenure. They must carry enough clothing for their stay and some cash to cover their personal expenses.
- ✍ Must be highly disciplined and motivated to participate for the full tenure of the program. Participants who complete the program successfully will be eligible for absorption as Ashram Staff in Manapakkam and across Ashrams in India.

The medium of instruction will be English. Abhyasi brothers & sisters who are willing to apply for this program must route their applications through their respective ZIC / CIC / Preceptor-in-Charge. Short listed candidates will be intimated by email / post / phone after proper screening. The format of the application is provided in the following link
["http://www.srcm.org/members/ssandesh/2007/2007_12_Youth_Program_ApplicationForm.pdf"](http://www.srcm.org/members/ssandesh/2007/2007_12_Youth_Program_ApplicationForm.pdf)

The completed application copies can be forwarded to the below address.

S. Prakash - Ashram Maintenance Manager, Babuji Memorial Ashram,
 Shri Ram Chandra Mission Road, Manapakkam, CHENNAI - 600 116.

Ph: + 91 44 4217 1111 / +91 98400 96454

prakash@seechangeworld.com

VBSE Programme

At the request of the Principal and an old student of the Sainik School, Amaravathi Nagar, Tamil Nadu, a two-day programme on Value Based Spiritual Education was arranged at the school premises on the 15th and 16th of December 2007.

There were 50 participants - all teachers of the Nursery, Primary and the High School functioning inside the campus. The Principal Col. J.H. Samuel, inaugurated the programme and said that this was the need of the hour in every school. He had requested us to focus on Motivation, Leadership, Stress Management and Moulding of the teens, apart from telling about the Primary and High School syllabus and the values that are taught through these lessons.

We had some practical sessions for the teachers which they liked and participated actively and with enthusiasm. Lt. Col. Vir Singh, Headmaster of the school gave the valedictory address and the Registrar Sqn Ldr. Sanjay A. Patil was present on both days. We had an opportunity to speak to the participants on "Regulation of Mind" and about the Sahaj Marg system too. The



Principal has evinced interest to have an "Open House" program early next year.

Sis. Seetha Kunchithapadam, Chennai

Training Program at Muzaffarpur

On 8th December 2007, a Basic Abhyasi Training Program was held at Muzaffarpur Centre. The program was attended by about 60 abhyasis from Bihar and Jharkhand zone. The concept of the program was based on SMRTI guidelines. The program was managed by brothers Dr. G.M. Bhatnagar, and Manoj Tiwari

Talks on various key aspects of sadhana were presented and discussed. The participating abhyasis expressed their understanding of various aspects and learned with clarity about the significance of each of them. Each segment was made lively by presentations and quiz which were informative and served as instruments to provide better understanding of Sahaj Marg.

In the evening, an open house was organized. The open house attended by about thirty guests had discussions on the different aspects of Sahaj Marg and a question-answer session.

On 9th December, a Youth Training Program was organized and coordinated by Br. Vijay Kumar. The aim of the program was to encourage young and young at heart abhyasis to actively participate in Mission activities, and to enable them to function in the rapidly growing organization as well as become ideal abhyasis.

The first segment was "What Master expects from Youth?" followed by "Problems faced by Youth in Sadhana and their Solutions". The second segment was, "Guidelines for Youth a n d i t s

Implementation" by Br. Ajay Kumar, and "Suggested Literature for Youth" by Br. Brajesh Burnwal. Later in the day, a group discussion was held on 'What we would do in our personal abhyas and what we would do at our centres after these programs? After discussion, the representatives from each group presented a summary of the deliberations. The last program of the day was a cultural program arranged and presented by children of the Muzaffarpur centre.

Abhyasis felt that such programs should be held more often, as it helps one to strengthen one's sadhana.



Andhra Pradesh Open House

Home gatherings and Open houses are encouraged for mission growth at various centers.

Open house at Bhongir centre was conducted on 23rd August, 2007. This centre started early this year and we already have hundred active abhyasis. Preceptors from Hyderabad and Br. Biksham conducted this open house and over 200 people attended out of which 20 people took their introductory sittings. It is hard to even imagine that there were no abhyasis in this place a year ago.



Several other Open House sessions have been held at Nagarjun sagar, Bapatla for Staff and students of the Agricultural University, Home Science College and Engineering college, Mydakup, staff and students of the Engineering college at Cuddapah, Provident fund office at Cudappah and Proddutur, for employees of HAL at Hyderabad and for the students of degree college at BHSL.

Serve to Deserve



A two day training program was held in Mysore center on 3rd and 4th November 2007. The program aimed at conveying the message that 'Service' is the quickest and surest way to progress in spirituality and through service one can become deserving of His grace. Accordingly the following were the objectives of the training program:

- ✍ To understand the need for service and appreciate various aspects associated with service.
- ✍ To understand the concept of 'team work' in service.
- ✍ To understand the existing serving opportunities in the Mission and the means of participating in them.

The program had about 125 participants from various centers namely Mysore, Hunsur, K. R. Nagar, Nanjangud, Kollegal, Hanur, Chamrajnagar and T. Narsipur. The training was facilitated by resource persons from Bangalore and Mysore.

The program on the first day commenced with the satsangh after which the participants were introduced to the objectives of the program. Following this, abhyasis were asked to

contemplate and discuss in groups on the need for team effort in work. Efforts were made to make the learning joyful through interactive games. This enabled the participants to appreciate the process involved in work, the importance of teamwork, the challenges faced and the means of overcoming the same.

On the second day, discussions were facilitated on various aspects associated with the service such as need for service, attitude of a volunteer, work ethics and role of the functionaries/prefects in supporting and nurturing volunteers. The discussions were followed by presentations from the representatives of each of the groups.

Later in the day, a quiz competition among abhyasis was held related to topic of Masters, Mission and method. This was followed by presentations on various types of Mission activities namely training programs, open houses, VBSE activities and full day programs. The program ended with the evening satsangh.

Br. Dr. Krishnamoorthy, Bangalore

Children Centre, Bangalore

"Children are wonderful agents for family harmony, peace and blessedness. Children bring light and laughter, two essential ingredients for happiness, into our lives. They represent the future, not merely of the family into which they are born, but of the human race as a whole. In contributing to their growth and development, we therefore participate in a very definite manner in molding the future of the human race" Shri P. Rajagopalachari

The Children's Center at Bangalore works with the objective of creating a harmonious atmosphere for children and providing assurance to parents that their children are in good care while they attend Sunday satsangh.

To ensure this a system of rotation of volunteers combined with a Coordinator for the Sunday was thought of and implemented. The rotation schedule is published for three months and coordinators are given a free hand in deciding, planning and preparing the activities based on their experience and expertise. Emphasis has been laid on the importance of volunteers being a role model for the children.



This has worked very well with the positives being that the children are seeing a variety of activities every week such as storytelling, preparation of puppets and puppet shows, crafts, quizzes, acting, singing, reading, drawing, etc. The coordinators are bubbling with new ideas given that they would coordinate once in 8-10 weeks. They prepare ahead of time providing flexibility in rescheduling. Volunteers therefore are able to attend satsangh on a regular basis. It has reduced the danger of volunteers becoming attached to their work. Those who experienced the teething problems and solved it are more confident now and ready to take up the next level activities.

The harmonious atmosphere created combined with the effort put in by the volunteers has seen more number of parents providing a helping hand to volunteers and some parents stepping forward as volunteers. While the teething problems were many, the patience of volunteers including those from the Ashram office saw problems tackled immediately and changes were made to prevent these from occurring in future.

Br. Prabhakar Ravoori, Bangalore

Abhaysi Training Program - Indore Centre

A residential abhaysi training program was organized at Indore ashram from 28th to 30th December 2007. Ninety participants from different centers of M.P stayed at the ashram premises during the training period. The training program comprised of different activities including the daily sadhana, formal discourses on various components of Sahaj Marg sadhana, group discussion, question answer session and Mission literature reading.

Main emphasis was given on doing the sadhana practically as per Master's guidelines during the training period.

One could see the revived interest and enthusiasm to bring regularity and sincerity in sadhana. On the last day some participants shared their experiences during the programme. The Grace of Master and His presence was felt by everybody during the programme.

Br. Avinash Karmarkar and Br. Rajesh Raverkar, Indore



Gujarat Training Program

Every second weekend of the month has been fixed for conducting a training programme alternately in Hindi and Gujarati for abhyasis who have been practicing for more than two years. This programme is centrally conducted for the entire Gujarat Zone at Ahmedabad-Adalaj Ashram.

One of the main objectives, according to Master is to locate and recognize talent which can be groomed and shaped to become a real asset to the mission.

The recent programme conducted in Gujarati started at 8AM on Saturday and ended at 4PM on Sunday. A total of forty abhyasis participated. The planned activities were interactive in different ways and helped one to open up and feel free to share his/her views with all. Topics such as 'How I can involve myself in the growth of the centre' were very vibrantly discussed and inspiring views were expressed. Groups also presented skits on different spiritual values.

There was a session where individuals from groups had to speak on 'How they changed after meeting/ seeing Master for the first time'. One could distinctly feel Master's presence during these talks.

'How to Introduce Sahaj Marg to New Entrants' and 'Importance of Regularity in Sadhana' were among the many important topics the faculty spoke on to facilitate a better understanding of the Master, Mission and the method, quoting real life anecdotes which abhyasis were able to relate to.



The faculty consisted of : Br. Suresh Rajagopalan, Tara Chauhan, Jignesh Shelat, Dr. Vinod Agrawal, Dr. Surendra Agrawal, Hiren Shah, Bhavin Patel, Harsha Chauhan, Rajendra Rathod, Vibha Rathod, Vilas Bhonde & Samit Patel.

The session where each group was given an object and they had to present the underlying spiritual values was a spiritually enlightening session. A camp fire on Saturday night added to the brotherhood and camaraderie of the groups with the participants' singing and mono-acting abilities.

Each of the four group satsangh was unique in its own way. Certainly the atmosphere that is created by the satsanghs paves and facilitates an inner craving to flower, in the abhyasis. We are very optimistic and confident of the outcome of such programmes which will pave the way for dedicated team of abhyasis, taking on responsibilities and play a significant role in 2009, 24th July function at Baroda.