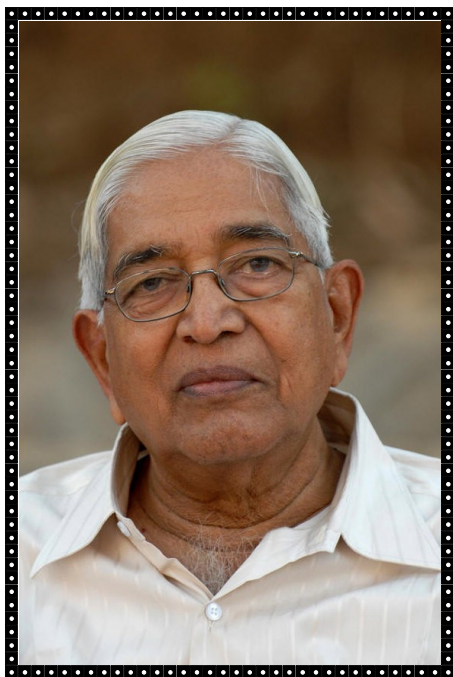


ECHOES OF THE EAST

UNIVERSAL PRAYER



One thing which I would like to introduce in our satsangh is that at **9:00 p.m.** sharp every abhyasi wherever he might happen to be at the time, should stop his work and **meditate for 15 minutes**, thinking that ***all brothers and sisters are being filled up with love and devotion and that real faith is growing stronger in them.*** It shall be of immense value to them.

The 9 o'clock prayer-meditation is a general one for welfare of others than ourselves. Sometimes you have seen that if you are living in a good neighborhood, and suddenly people start moving out and then a different sort of people start coming in, you feel the pressure of a different environment -

maybe better, maybe less, we don't qualify it in the sense of attributing a quality to it. Similarly, a rich man, you know, living in a slum is always the target of attack. Therefore people like to sort of get together - the herd instinct.

It is no less in spirituality. Though you must always remember that a light shines brightest when it is darkest. In spirituality we don't accept this nonsense of being together with your own sort of people so that you can have the company that you desire which will promote your growth. Nevertheless, it is still a fact that unless everybody grows, you don't grow, you see, too much, in any case. It is not that you cannot grow because they don't grow; it is perhaps a limitation on your own growth that you don't think of others.

Even spiritual evolution could perhaps have this tinge of self-centeredness if you don't think of others. So I think it is in that context that we have to broaden our outlook and embrace all the abhyasis, brothers and sisters, eventually all human beings, in one vast embrace of love: that it is not enough if I grow, you must grow, too.

Please do the prayer at 9:00 p.m. local time. We don't have to calculate back and forth, what time is it in India, now it is local time. (Contd...)

Issue 3 June 2009

INSIDE THIS ISSUE:

Universal Prayer	1,2
Centre Updates	3,4
Abhyasis Insights	5,6
Children Corner	7
Contact Information	8

Rev. Master's 83th Birthday Celebration in Tiruppur "An Era of Hope and Opportunity"

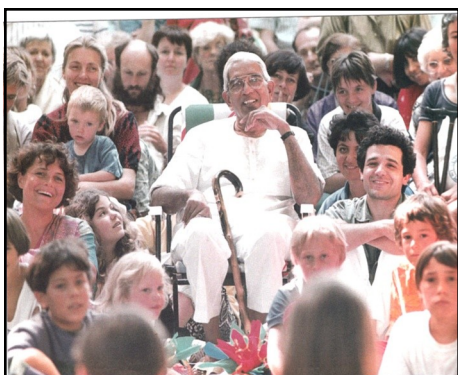
"...Prepare yourself for this birthday celebration; it will show to my son once again its growing importance from one year to another in the heart of our brothers and sisters. He is loved and his action bears its fruits, beyond our hopes. May the blessed day of his birth on Earth go down in the history of our Mission as an event to remember. It makes it blaze and lends credibility to it. Be happy to be, once again, in this incarnation, living in the wake of this exceptional being..."

~ Babuji Maharaj,

Whispers from the Brighter World

More information , please visit:

<http://www.srcm.org/members/24july2009/index.jsp>



It doesn't matter because it's a continuous beam of transmission of human love for the well-being of others. So it is just to focus. If all the people in your country do it at one time, there is a certain cumulative effect which far exceeds the sum of the individual effects. So I request you to undertake this small concern for general well-being, understanding very well that it will surely contribute to your added well-being. I think that is sufficient explanation for this...

...When Babuji tells us, "*At least look after the human beings,*" I think it is a duty to ourselves, that we promote general welfare...

So please try it, I am sure there will be a definite change in the moral tone of your environment. There'll be a definite change in the possibilities of growth for all, and you will perceive it. It's not as if we don't see the spiritual growth. We all feel it, we see it in others, and why should we not see it in yet more people when we do this for them, and through them, for ourselves. A day may come when we'll be asked to pray in a very abstract way for all, you see. "*May all life in this universe benefit by his presence.*" We should be ready for that, too. Thank You.

QUESTIONS AND ANSWERS

Q. *What is the importance of the 9 o'clock prayer?*

P.R.: The main difference is that everything else we do, we do for ourselves. The 9 o'clock prayer we do for the universal and spiritual well-being of all.

Q. *Should we do it?*

P.R.:See, there is a wisdom in trying to have the whole of humanity raised to our level... So we have two aspects to our Sadhana: One is for personal development, the other is a prayer that all should develop with me so that nobody is envious of me, there is no jealousy and no selfishness..... Well, that is still a rather self-centered approach to this universal prayer.

The next approach is: "Lord, if I am to remain here at least let them go up, because when they go up somebody can lift me up later on." There is still an element of self-centeredness there.

The highest approach is of the saint who says: "I am prepared to be eternally here so long as I can move people up." He is able to pray like that because for him the difference between high and low, have all disappeared. So when we do our individual Sadhana, we develop spiritually day by day. When we continue with the 9 o'clock prayer we bring in a certain universalism to our approach. And our own spiritual growth is matched by the change of attitude in the universal prayer from total self-centeredness to partial self-centeredness to complete other-centeredness.

"Clarification of the Meditation/Prayer at 9.00 PM"

By Shri P. Rajagopalachari, from *Constant Remembrance*, October 1989 (CWIII, p. 335)

Clarification of Nine O'clock Prayer

Shri P. Rajagopalachari (From *Proceedings of the Seminar on Sabaj Marg*, held at Vorauf-Munich, Germany, April 27 to May 4, 1985, pages 26-8.)

CENTRE UPDATES

MALAYSIA CENTRE

This is a brief update on the event 'Nature Walk' organised for the UN family Day.

WALK: The event was organised by Bro.Balasingam and Sis.Nomita. Hash runners themselves, they charted the route starting from the Royal Selangor Club in the city of Kuala Lumpur to the Perdana Lake Gardens and back. The walk, lasting an hour was interesting and included a questionnaire on the UN and things in Nature to be sighted in the Gardens. Some five hash runners assisted by leading the walk.

PARTICIPANTS: 60 participants, 29 were invited guests. From the age of 7 to 70, all completed the walk.

PRESENTATIONS: There was a presentation on the **UN-UNDPI-SRCM-MEDITATION-VALUES** from 10.30 a.m to 11.00 a.m. The graphics/film in the form of a documentary was produced by one of our young abhyasis, Bro. Kridharan Komahan. It was well done and well received. All guests received a copy of "Echoes of The East", which gives a regional perspective, as well as a copy of the SRCM flyer.



BALAGOLLA CENTRE, SRI LANKA

Babuji Maharaj's birthday was celebrated on the 30th of April, at the Balagolla Centre.

In all 21 abhyasis participated in these satsanghs. Photocopies of chapter 2 referring to 'The Goal of Life' from Babuji Maharaj's book '*Reality at Dawn*', were distributed among the abhyasis present for the celebrations.

After satsangh, abhyasis expressed their gratitude to the Revered Master's Grace, as a result of which, they are making tremendous headway both in material and spiritual life.

Many abhyasis brought sweets with them and these were shared amongst them. Everyone enjoyed Rev. Babuji's Birthday. The proceedings of the celebrations ended on a happy and joyous note.

Special mention must be made of the progress of Balagolla Centre, which had flowed down a recently but has now gathered momentum after Babuji Maharaj's Birthday Celebrations, with the grace of our dear Master.

THAILAND CENTRE

Thailand centre conducted morning and evening satsanghs on 30th April to mark the occasion.

HONG KONG CENTRE

Hong Kong centre conducted morning and evening satsanghs on 30th April to mark the occasion.

PHILIPPINES CENTRE

We commemorated the birth anniversary of Babuji Maharaj with a three-day seminar. We started with regular satsangh on the evening of April 29 and a reading of Babuji's biography and quotations on prayer.

On April 30, we had morning satsangh and a reading on self-surrender from the *Complete Works of Ram Chandra*. In the evening, we gathered for Universal Prayer and satsangh, after which, we watched a video of Master's speech to the training program scholars. We had the final satsangh in the morning of May 1, followed by the film "Journey in Time", showing foreign abhyasis visiting Babuji in Shahjahanpur.

JAPAN CENTRE

A special satsangh was held at Nagoya Centre to commemorate Rev. Babuji's Birth Anniversary.

Abhyasis from Nagoya and the neighbouring city of Gifu gathered together at a rented facility for group meditation. This was followed by a slide presentation in Japanese on Rev. Master's interactions with Babuji Maharaj, taken from the book 'My Master'. It was a great opportunity for abhyasis of both cities to meet together and many took this opportunity to make plans for attending the July 24th celebrations in India.

SINGAPORE CENTRE

Babuji's birthday celebration in Singapore Centre started with morning satsangh at 8:00 am. The first workshop was by Bro. Nitin on the importance of regular practice, stressing on the often neglected aspects like Constant Remembrance, 9 o'clock prayer etc.

A DVD presentation by Bro. MV Rajesh highlighted 'The Importance Of Having an Ashram'. The sights of people meditating, children playing around in the gardens, the natural beauty surrounding the Vrads Sande Ashram, in Denmark, generated a yearning in our hearts to have our own ashram in Singapore soon!



A Chinese song about mother's love – *Ye Ye Xiang Chi* – was rendered by sisters, led by Sis. Helen. Sis. Evanne sang a Hindi song dedicated to Master.

Bro. Ramanathan spoke on the special features of Sahaj Marg such as having a living Master, in a simple manner often referring to his own life experiences.

There was an interesting quiz conducted by Mrinal and Saral, in which everyone participated. Bro. Rajan made a presentation on 'Towards Infinity'. He elaborated on the various points and regions we cross in our spiritual journey towards the goal. Bro. Jagadeesh presented a video where Master stresses on the importance of 9 o'clock prayer. The blissful day ended with satsangh at 6:00 pm..

CHANGE IN WEEKLY SATSANGH TIMING: (Announcement made by Master at New Delhi, India on 31 May, 2009): Rev. Master gave a talk at the New Delhi ashram, announcing that the weekly satsangh at all centres worldwide (currently held on Sunday or Friday) will be held at 7:30 AM from today onwards, instead of at 9.00 AM. The transcript and audio recording of this talk may be accessed at following website: http://www.srcm.org/literature/recent.speeches/090531_NewDelhi.jsp

ABHYASIS' INSIGHTS

9 O' CLOCK UNIVERSAL PRAYER – SIS. SUSEELA NAIR, MALAYSIA

The 9 o'clock prayer has had a 'meandering' journey of sorts. The first time Master knew about it was when he printed '*Voice Real*' in which it appeared. This was about 10 years after Master joined the Mission. He then asked Babuji why he had not spoken about the 9 o'clock prayer to him or to the others. Babuji according to Master, gave an indirect answer, "People don't do what I tell them to do for themselves. How are they going to do something for someone else?" However, Master felt that the 9 o'clock prayer should be revived to become part of the daily sadhana.



Master says that, "...our sadhana which has three or four parts - morning meditation, evening cleaning, night bedtime prayer, constant remembrance - these are strictly for ourselves. They are meant for personal spiritual growth and development..." Master then adds that, "The nine o'clock prayer, is a general one for welfare of others than ourselves. I think it introduces at a certain stage of our evolution, a concern for general well-being." Master says that "...perhaps it is a limitation on your growth that you don't think of others."

Although Babuji thought at one stage that it was not necessary to talk about it, he did not stop it as some people continued the practice. However, in a recent message that Master received from Babuji - Tuesday, 3 March, 2009, 10.00.am, there was a sense of dire urgency, where the message, too important to wait, was released through Sahaj Sandesh. The message from Babuji reflects a serious concern. Babuji's message is, "The nine o'clock prayer is neglected in our Mission by many abhyasis. It is important and should not be neglected like that... A few moments of interiorization and convergence of thought can only serve our Mission." Babuji mentions it is about the "...union between the hearts on a vibratory level...which creates a subtle bond between practicing abhyasis." The onus is with all abhyasis worldwide to respond to this call for urgent practice of the 9 o'clock prayer to create a bond between all brothers and sisters. There is a need for such a bond to face the current crisis be it financial, health, or climatic which affect human beings today. This is as good a time as any, to rise to the occasion, to meet the plea of our Masters as well as the demands of time!

UNIVERSAL HOPE – SIS. ROSE CHERYL ORBIGO, PHILIPPINES

I have been observing world events with concern. Food shortage was followed by skyrocketing fuel costs and plunging economies. Today we are baffled by a new strain of flu virus and by unpredictable weather patterns caused by climate change. Numerous signs point to destruction. We, humanity as a whole, have been whittling down our capacity to exist, let alone live full lives.

This is where the Mission's Universal Prayer sparks hope in me. The very thought of peace growing in every heart, of humanity rejecting wasteful material gain to march together down the spiritual path, leads me to believe that we can still reverse our downward spiral. The recent crisis have been our wake-up call. We should look within, to the Source where we came from and where we will lie with finally. Besides the daily 9 o'clock prayer, our Centre schedules a gathering twice a month for Universal Prayer. We sit and meditate for 30 minutes. At times, the meditation is very deep. The lightness lingers, convincing me once more that love, faith, and peace will unite humanity. I pray that this be our inner compass and direct us to Him who waits for our surrender.

It is approaching 9:00 PM and your eyes move between the clock that informs you of its approach and the television or computer screen that has kept you occupied so far. Tough luck that most prime time programmes, interesting news pieces, leads to websites etc., come right at the time when you are supposed to stop everything to sit down to pray. Then there are these questions in the mind if and when you actually pray - what is happening? How is it happening? Is it really happening? So, you decide you will do the prayer mentally while your eyes and ears continue to be engaged by the present occupation. Before long, you have all but forgotten about the prayer and a glance at the clock or watch informs you that it is 9:15 PM. You resolve to do better the next day.

A recent message from Babuji about the importance of this prayer serves to jolt us from complacency to make this a priority.

Let us leave aside those who are not yet regular in practice for the moment. Why is the 9 o'clock prayer so difficult to practice for even the otherwise "regular abhyasis?" One reason may be - this is something we do for others. When one is not yet regular with what one does for oneself, it is difficult to expect to do something for the general good. But wait, is it really for others? Many of us have surely felt out of this world during bhandaras and visits to Manapakkam. We have also experienced when we are caught up with things in the material world, the reminder to attend satsangh or to sit down for cleaning comes almost as an irritant.

But each time we manage to overcome ourselves and each time we are transformed, wishing that the state would prevail and permeate. Balance is a tough thing. We need to maintain a balance between our material and spiritual lives. But how is this possible when our exposure to the material world is more than the spiritual world? Hence, the need for satsangh, Constant Remembrance and the 9 o'clock prayer.

What is the part played by the 9 o'clock prayer?

The atmosphere of any place is the sum total of what is going on in the minds of the people there. If the mind rages on and stress grips you, it spills out through your words and actions. All these are like waste matter spilling into the river that is the atmosphere around us. At the heart of all attempts at transforming the world, the country, the society and the family, is the individual.

What does one do towards it?

The answer is to pray. That is precisely when we do 9 o'clock prayer. We pray all brothers and sisters be filled with love and devotion and that real faith grows stronger in them.

Does it help?

Sure it does. Think of a house with estranged parents, neglected children and broken hearts; think of a stock market - clamour, anxiety and avarice; think then of a spiritual house, a temple, a church, anything - surrender, silence and peace come to mind. Now imagine the power of a large group of people thinking with full intent, will and focus on love and devotion - it is bound to bear results.

Just imagine waking up in an ashram, going to work in an ashram, stopping by an ashram on your way to get groceries and provisions, returning to your ashram (your family). Oh by the way, the 9 o'clock prayer was rendered redundant - the world just became one big ashram! And never again shall we have to tread the tough balance, going back and forth. Let us not do the prayer mechanically but actually pray and yearn for love and devotion in everyone. Let us actually approach each person we come across as a brother and sister without turning "secular" for public life. And, one day, maybe we will actually make our world an ashram!

ASPECT OF UNIVERSAL PRAYER – SIS. ROOPA MAHESH, SINGAPORE

Our system has blessed us with a Universal Prayer. The idea behind it is, as a human, one should not only see one's own spiritual growth but also try to help everyone else. Some of us may have reservations regarding the prayer - as to how much difference we can make as individuals, and the magnitude of the effect that it can have.

A small story to dispel our reservations:

As an old man was walking along a beach at sunset, he began to notice another man in the distance. As he grew nearer, he noticed that he was a local man. He was leaning down picking up something and throwing it into water. Time and again he kept hurling something into the ocean. As the old man came nearer to the man, he saw that he was picking up starfish lying on the shore. The old man was puzzled and asked him what he was doing. The man replied, "The low tides have washed away these star fish and landed them on the shores. I am throwing them back into the sea. Otherwise they will die due to lack of oxygen."

The old man was amazed by the man's efforts, but then he said – "There are thousands of starfish on the beach and you can't help all of them. And may be you don't realise this may happen at thousands of beaches all along the coast. You can see that you can't make much difference?"

The man smiled, bent and picked up yet another starfish and threw it back to the ocean and replied, "I just made a difference to this one."

Moral of the story:

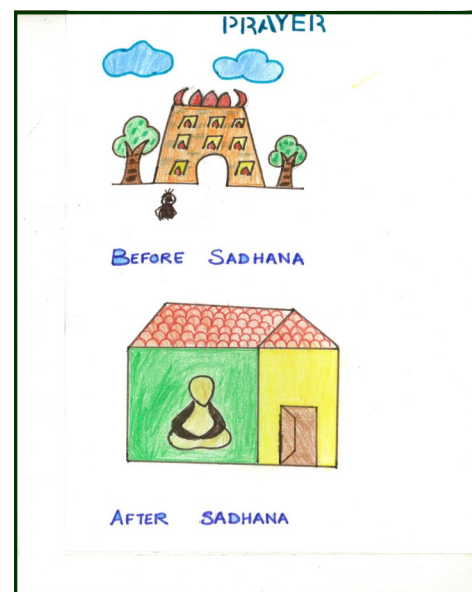
- Every individual effort counts.
- If we are able to help even one person in this world through our prayer, it is worth it.

Let each one of us do the 9 o'clock prayer with complete faith and sincere yearning in our hearts. Let Master's grace embrace us.

CHILDREN'S CORNER

SAHAJ MARG PRAYER – ASHWATH, 8 YRS , SINGAPORE

Before my parents joined Sahaj Marg, we used to visit temples. After joining Sahaj Marg Meditation, my mother told me that God can be found in one's heart and we can feel this through meditation even at home.



CONTACT INFORMATION

COUNTRY	CENTRE	CONTACT	EMAIL
CHINA	CHINA	Noel Walsh	jackjones8304@gmail.com
		Jenny Ng	jennyace@gmail.com
CAMBODIA	PHNOM PENH	Rithya Khun	kh_rithya@yahoo.com
HONG KONG	HONG KONG	Sophia Chan	sophia_prc@yahoo.com
		Wendy Li	macintoshian@gmail.com
INDONESIA	JAKARTA	Frieda Satyadi	friedasatyadi@yahoo.com
	SURABAYA	Wayan Suatra Negara	wayansuatra@yahoo.co.id
	BALI	Rajeev Jhawar	rajeevjhawar@gmail.com
JAPAN	TOKYO	Vivek Sampathkumar	viveksjp@yahoo.co.jp
	NAGOYA	S. Sriram	info@izumiconsultancy.com
	KYOTO	Lamure Dominique	lamuredominique@gmail.com
	GIFU	Erina Nakamura	info@izumiconsultancy.com
KOREA	SEOUL	Alan Desvigne	desvignealain@yahoo.fr
MACAU	MACAU	Hari Venkatesan	hari.venkatesan@gmail.com
MALAYSIA	SUBANG JAYA	Suseela Nair	suseela.srcm@gmail.com
PHILIPPINES	MANILA	Rose Cheryl Orbigo	rose.orbigo@gmail.com
		Naina P. Chandnani	nainaprakash_9@yahoo.com
SINGAPORE	SINGAPORE	MV Rajesh	mvrjesh_2004@yahoo.com
SRI LANKA	COLOMBO	C.Suntharamoorthy	csmoorthy23@yahoo.com
	BALAGOLLA	Kamalathevi Subramaniam	kamalbcs@hotmail.com
THAILAND	BANGKOK	Subhash Karumuri	subhashbkk@yahoo.com

DISCLAIMER

Please send an email to echoesofeast@gmail.com for your contribution or suggestion.

© 2009 Shri Ram Chandra Mission ("SRCM"). All rights reserved. "Shri Ram Chandra Mission"

"Sahaj Marg", "SRCM", "Constant Remembrance" and the Mission's Emblem are registered Trademarks of Shri Ram Chandra Mission. This newsletter may be edited for content and is intended exclusively for the members of SRCM. "