



SHRI RAM CHANDRA MISSION

ECHOES

OCEANIA
NEWSLETTER

INDIA NEWS

May 2015

European Tour: 5-25 May 2015

Respected Kamlesh bhai's European trip began with his visit to Milan in Italy. He inaugurated the new meditation hall in Milan on 6th May and visited the centre at Aosta (Italy) on the same day. He then proceeded to Lausanne, Switzerland, where he conducted group meditation at the new ashram.

He visited the centres in Montpellier and Perpignan in France and proceeded to Barcelona in Spain. At Barcelona a session on Heartfulness was conducted which touched every guest who attended. They all stayed for the last meditation and decided to start the practice. Kamlesh bhai visited the centre at Lisbon in Portugal and from there went to Lyon in France to conduct a three-day Heartfulness seminar.

More than 2600 abhyasis from all over Europe had assembled at Lyon for the seminar which was held from 15th to 17th May. During the seminar the archival edition of Complete Works of Ram Chandra, Volume 5 was released to the gathering. The French edition of 'Designing Destiny', a book compiled from the talks of Kamlesh bhai given during the first youth seminar held in November 2014 in Manapakkam, was also presented. The translation had been done by young abhyasis of France and Belgium. The French title of this limited edition is Créer Notre Destinée.



The youth had separate sessions throughout the seminar, allowing them to reflect on topics and interact with one another. It was an opportunity for all to create bonds with each other and at the same time to develop spiritually by deepening their approach. Kamlesh bhai spoke with them during the first session. There was a beautiful spontaneous flow to the dialogue with contributions from Kamlesh bhai as well as several young speakers, and the session was filled with laughter and applause.



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There were two open sessions for the public to experience Heartfulness. Around 1,000 people from outside attended. On the 17th, after the 7.30 a.m. group meditation Kamlesh bhai solemnised four weddings. From Lyon he proceeded to Timisoara in Romania.

The two-day seminar at Timisoara started officially on 18th of May, with group meditation at 7.30 a.m. More than two hundred abhyasis attended, mainly from Romania, with some from Serbia and Moldavia.

On the way from Timisoara to Vienna, Kamlesh bhai stopped at Budapest, in Hungary, and conducted group meditation for the local abhyasis. After some refreshments, he continued to Vienna, in Austria, where he arrived in the early evening. A one-day seminar was conducted there, on 21st May, before he proceeded to Vrats Sande Ashram in Denmark.



At the seminar in Vrats which began on 22nd May, abhyasis were immersed in a highly intense event with around 1200 participants from all of Europe, some long-standing abhyasis, and many new ones. There were three group meditations each day, accompanied often by talks that continued to unfold profound themes for our own evolution and the evolution of consciousness on this Earth at this critical time.

On the 23rd, there was a presentation in the meditation tent for all abhyasis on Heartfulness. In the afternoon, an experimental Heartfulness session was held in Danish, for local visitors.

Around forty people came and most of them went on to take their first sittings. A similar session was conducted on the Sunday afternoon. In the evening after the 5 p.m. group meditation Kamlesh bhai spent some time with the children, from four-year-olds up to eighteen-year-olds.

The seminar ended on 25th May completing Kamlesh bhai's visit to Europe.



The full India Echoes can be accessed at:

<http://www.sahajmarg.org/newsletter/india>

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SYDNEY NEWS

Abhyasi lunch, a regular event in Sydney

On 8th April, some of our abhyasis in Sydney met for group meditation and a shared lunch. One travelled three hours by public transport to reach us. We were hosted by Michele in her lovely home in the beautiful northern beaches bush setting and enjoyed a joyous and fun time with four little ones to help and keep us company.

These lunches are held in an ad hoc fashion and are always different, always more than pleasant and commencing with a group meditation together which sets the tone of the whole event.

This is an idea which we recommend the other local centres to also try out.



Venue: Customs House, Circular Quay

Open Houses

Over the last few months we have held a series of Open Houses in Sydney within the city and in neighbouring suburbs. The city venue was the library at Circular Quay where ferries arrive from all the harbour services. The main response has been from those who find us through our Meetup site.

We welcomed those who arrived, explained the method of meditation and then gave them their first introductory sitting in a group meditation. After the sitting we asked how the newcomers went with the sitting and invited them to meditate a couple more times with an experienced practitioner if they wanted to go further.

We also gave them the Heartfulness website address so they could learn more about the practice.

Babuji's Birthday

It was a wet and cold day and we had chosen a different venue for the celebration, luckily with a lovely, cosy, warm fire! It was a bush setting and the headquarters for the Guiding Movement in Sydney offered a conducive place for inner reflection, wonderful group meditations and a complementary programme.



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MELBOURNE NEWS

Weekend Retreat

Heartfulness Meditation practitioners from all over Australia and Oceania gathered at the Lady Northcote Recreation grounds in the picturesque Rowsley Valley for a weekend seminar at the end of June. There were over 80 participants, including newbies (bees) and old-bees! We were delighted with the response with everyone coming together to be infused with the energising atmosphere of this place in the pristine countryside and the serenity of the undulating hills, verdant valleys and tall eucalyptus trees.

On the preceding Thursday, an introductory session was conducted to give seekers a taste of Heartfulness meditation, the relaxation technique and meditation with transmission – with minimum theory and maximum practice.

On Friday, June 26th, everyone started arriving at the camping venue near Bacchus Marsh in Victoria. Volunteers were there to collect out-station families from the airports and take them to the venue while others were conveyed there by car-sharing arrangements. Those who arrived earlier had the benefit of attending an evening session at 7.00 p.m. near the recreation hall. Incidentally, this room has been traditionally used for prayer meetings and worship by the students from different faith-based schools: Christian, Muslim or Judaic.

Dinner was served at the central dining hall near the site office. The catering was entirely given over to the Recreation Camp managers thus relieving the participants from the onerous duties of cooking, preparing and serving food. There were many families and children – from toddlers to teenagers this time. The youth and 'young at heart' were awake till quite late, chatting and laughing, while the adults turned early.

Saturday started with morning meditation before



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dawn then a walk in the cold to the Meditation Hall for group meditation at 7.00 a.m. Later, Elizabeth, who had travelled with Kamlesh bhai on his recent tours to Europe & the USA, updated us on the Heartfulness initiative and how this new approach is being used to introduce Sahaj Marg to the greater public.

She mentioned that Chariji had been pleased with the condition of the prefects during the opening session of the Oceania Seminar and had congratulated them, saying that "The whole group was in a state of submission to the Master" and that He had never experienced such a condition before. It went to show that Babuji Maharaj had already lit up every heart in the world beforehand and that all we need to do is offer our service. In Kamlesh bhai's words, "Let us all feel the sweetness of transmission. We should not bitter coat a sweet pill!"

Later on there was a second group meditation at 11.30 a.m. After this, Elizabeth conducted a question and answer session with the newbies (and some oldbies too!). It was interesting to note the sensitivity already established in the new abhyasis after just a few months of practice.

This was followed by lunch; the weather was still cool, but holding out from rain. No deluge of showers, just a cool breeze and glimpses of bright

sunshine breaking through the clouds. This enabled the camp site facilitators to take the children out for outdoor activities such as the giant swing, the flying fox and a general hike or run, while the grown-ups caught up with each other. It was wonderful how at home everyone felt and how smiles lit up every face, even partners of abhyasis who were not abhyasis, felt the love overflowing. There were French, Spanish, Portuguese, Chinese speakers and a smorgasbord of Indian languages chirping away in merry notes, but using our common Australian English tongue as the lingua franca when together.

We re-assembled in the Hall for the evening group meditation was at 7.00 p.m., but before that we requested Elizabeth to update us on more happenings from her time travelling with Kamlesh bhai. She mentioned a lady, 'Uma', who



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had communicated with Kamlesh bhai from the Brighter World. He was surprised as he said he wasn't aware of anyone named Uma in his immediate family. She was in fact his maternal grandmother. She used to do nothing more than to put a flower or a few petals before Babuji Maharaj's picture, with a heart full of love and devotion. That was enough for her to make it to the Brighter World. She said that it was Kamlesh bhai's mandate to spread the Heartfulness meditation technique all over the world.

“We should make it easy for all to come – but without diluting the practice in any way for ourselves. That is how the egregor (collective consciousness) will grow and affect a change – human mutation – which will raise the spiritual consciousness of the human race to a much higher level.”

She went over the relaxation technique with everyone before we commenced meditation. Being physically and mentally relaxed, we were able to slip into meditation almost immediately and enjoyed diving deeper into ourselves for the duration of the session.

At night, while some went for an after-dinner nature walk, others collected in the meditation hall to watch an unusual Portuguese film with English subtitles called *Nosso Lar* ('Our Home'), based on writings of a Brazilian spiritualist



medium called Francisco Candido (Chico) Xavier. He received communications from the spirit of Dr Andre Luiz, a prominent doctor who had lived in Rio de Janeiro. (A link to the free online book is provided [here](http://www.spiritist.com/arquivo/books/eng/AsstralCity.pdf) <http://www.spiritist.com/arquivo/books/eng/AsstralCity.pdf>)

The next day, after finishing our personal meditation, we again assembled in the Meditation Hall for the 7.00 a.m. group meditation. After the meditation, we went down for breakfast and later John gave a presentation and workshop on 'Deepening our Involvement' based on several prayerful thoughts or meditations as prescribed recently by Kamlesh bhai. Each meditation was followed by a discussion in small groups. We broke for lunch and reassembled afterwards to complete this session. It was amazing to feel the charged effect of the meditations upon the group. This last session finished with a short group meditation before everyone headed back home.

It was a wonderful few days, intense and concentrated. After it was over, we had to return to the mundane world and get on with our work-a-day lives. Although Kamlesh bhai was not physically present with us, none of us would deny his spiritual presence and divine love that enveloped us in the special atmosphere created



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whenever groups meet in his name. The egregor continues to glow and grow stronger with every step. Let us keep marching towards infinity, keeping the Goal in sight at all times and help and support each other along the way.

BRISBANE NEWS

Monthly Gathering - June

We focused on the theme 'Purposeful Meditation' starting with a video which highlighted the purpose and importance of each aspect of the practice on our journey.

The next speaker spoke on how to overcome the times when we reach a plateau, feeling as though we are not progressing. It was suggested that every time we sit and practice, we remind ourselves of the purpose of what we are doing and the benefits of the practice. This can give us direction and create the right condition.

The last speaker recounted her visit to the European seminars in Lyon, France, and Vrads Sande, Denmark. She also spoke about how Kamlesh bhai is reaching out to all those who want to discover meditation in a simpler and more relaxed way through the Heartfulness approach, where they are introduced 'step by step'.

We gained understanding about how the

Heartfulness presentations are conducted and how more hearts respond to it, due to its simplicity and non-invasive approach. Explanations were given of the diagram distributed by Kamlesh in Lyon, which shows the different subtle bodies, how they evolve and how our practice can nurture them. We dispersed with fuller hearts.

Monthly Gathering - April

During the monthly gathering of April, after watching the video where Kamlesh bhai addressed university students to raise their awareness of meditation, the content and approach of the 'Heartfulness' website was introduced. The aim was to inform and encourage all practitioners to discover and pass on the message of Heartfulness to their family and acquaintances.

In order to seek expressions of interest and ideas, we then presented the details of a possible centre in Brisbane in an industrial area. It was visited by John and Danielle.

Babuji's Birthday

On 30th April, a rainy Thursday, we all gathered in a quaint hall called "Space", next to a small bubbling creek in Kenmore Hills. Abhyasis from



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Brisbane, Gold Coast and Toowoomba gathered together to celebrate this special occasion.

Almost 20 abhyasis attended the group meditation at 6.30 a.m. After breakfast, we watched the video of the placing of Babuji's statue at Kanha and listened to Kamlesh bhai's talk.

After the second group meditation, we joined the live feed at Lucknow. As usual, all the families enjoyed a nourishing shared lunch. This was followed with a reading from Babuji Maharaj.

A talk by Kamlesh bhai on relaxation techniques and meditation in which he explained our system of meditation to university students in a simple and clear manner, offered us an insight on how we can present our system to those who are interested.

Danielle then showed us the new 'Heartfulness' website and explained how new seekers can start alone or through a local group. She suggested that each of us can be instrumental in proposing the site and introducing the practice of meditation on the heart. Another kind of information session, perhaps more on the scientific side, consists of a presentation on the benefits of meditation, adding arguments to what we experience individually.

In the afternoon we enjoyed viewing the DVD India in the West, recalling how the Mission began in Europe with Chariji's father, then later with visits by Babuji and Chariji, and shared humorous stories.

The day concluded with a children's programme, where they expressed what Babuji's life meant to them, and then our final group meditation at 6.30 p.m.

In the evening, the atmosphere was filled with joy and love as new and old abhyasis mingled for an evening meal together. To add to this festive atmosphere, the youth decided to decorate nails for a small donation to the Brisbane centre; both the young girls and boys participated.

Altogether 30 abhyasis braved the not-so-pleasant cold and rainy weather to participate on this wonderful occasion.

PERTH NEWS

Babuji's Birthday

We had a beautiful gathering at the Perth centre for Babuji's birth anniversary. The day started with a 6.30 a.m. followed by breakfast and a presentation about Chariji by Anne. She highlighted some important statements made by Chariji and we had a deeply reflective session attended by about 15 abhyasis. We saw the direct telecast from Lucknow and then got ready for the second group meditation of the day at 11.00 a.m. This was followed by lunch. In the afternoon, we continued watching videos and having discussions related to the practice. The concluding group meditation was at 6.30 p.m. About 35 abhyasis attended and this was followed by dinner prepared by the abhyasis.

Paul and John's visit

The much-awaited visit of John Smith and Paul

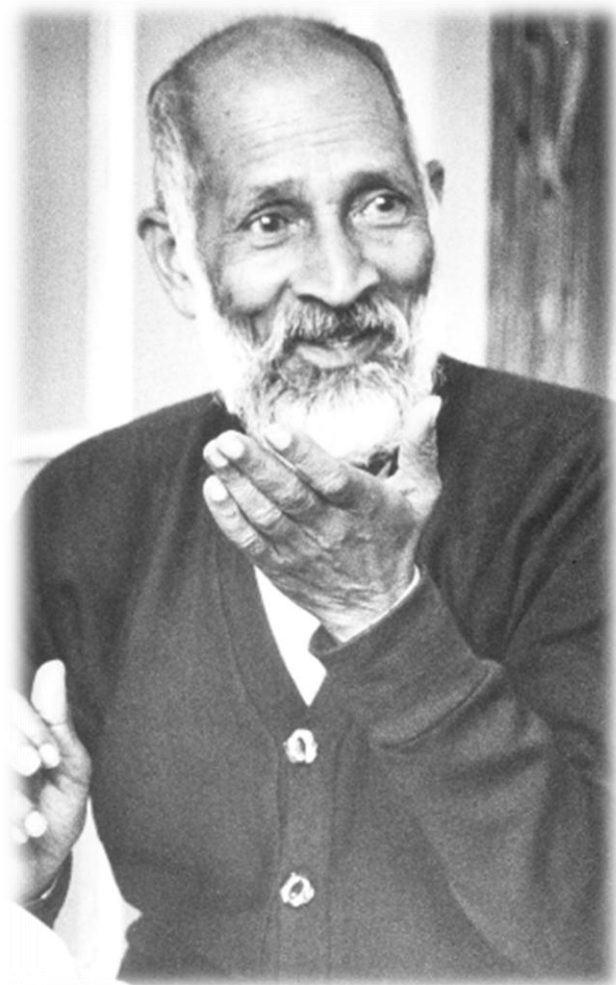
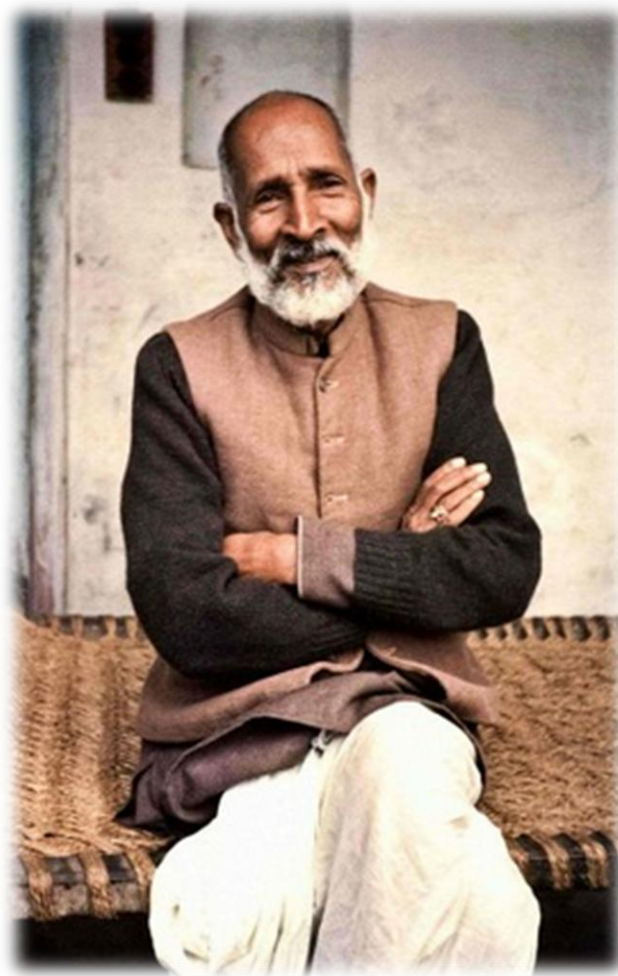
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John brought a lot of joy and excitement to the atmosphere. We had an all-day prefects' meeting on Saturday 30th May when we spent time discussing various aspects of the Mission's work.

In the evening there was get-together with a group meditation conducted by Paul followed by dinner. 35 abhyasis and 5 children attended.

The next day, early morning group meditation was conducted by John, followed by one of Chariji's videos. An announcement was made that approval had been received to use the Perth property as a meditation centre. This was followed by breakfast and social time before gathering for John's interactive presentation on the new additions to the practice. Abhyasis were encouraged to share their experiences and also work together as a group on the 'suggestions'.



We had lunch and took a walk around the park after the presentation. After this we watched the relaxation video of Kamlesh bhai and peacefully fell into meditation.

We concluded with an evening group meditation. About 35 abhyasis attended both group meditations and 25 abhyasis were present throughout the day.

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NEW ZEALAND NEWS

Babuji's Birthday

A small group of abhyasis in Auckland got together to celebrate Babuji's birth anniversary this year. Though we were few in number, our hearts were full of joy and happiness. The day started with; the atmosphere was filled with peace and there was a spirit of brotherhood amongst everyone present. We felt a sense of eager anticipation and indescribable joy.

Together we watched Babuji's statue being installed at Kanha Shanti Vanam. We were all filled with awe and wonder. The music, the rising sun and the love in everyone's hearts was inspiring. We heard Kamlesh bhai's talk about subtle bodies evolving. He said that if you have faith you will find the answers from within. He stressed that the seeds of evolution are sown through meditation only and not from Master's grace or blessings from God. Sahaj Marg is an abhyasi-based system, so that means we have to become dedicated abhyasis.

After lunch, which was prepared with a lot of love, we continued our afternoon session. We read a *Whispers* message and meditated on it. This was followed by group meditation and we ended the session with our hearts filled with joy and the presence of Master among us.



Announcement

Abhyasis in the Oceania Region

We invite you to be a part of the Echoes Newsletter team. If you would like to be part of the core team to collect, refine and put together the issue or contribute articles and photographs from your centre, please contact us at echoes.oceania@srcm.org. We would also like to have your feedback and suggestions on the Echoes Oceania Newsletter.