



Speech by Master	1
Master's news	4
Report India Bandhara	4
Young Activities	7

#### Activities in the Latin American Centers

Brazil	9
Chile	11
Guadeloupe	13
Martinique	14
Peru	15
Calendar of events	16



## Speech by Master

### Attach Yourself to the Heart

International Scholarship Training Program, 11 February 2012, Chennai, India

**Dear Sisters and Brothers,**

“I will not say I am happy to see you here because it is time that we were all together. And it is something of a modern problem that we cannot be often together, and opportunities are denied economically, politically and [in] so many other ways for love to manifest in the right way. The vulgar manifestation of love of course is rampant. Once upon a time, it was only in animals and birds that we could see public displays of what we call love but which animals don't understand as love. For animals, it is the instinct to propagate the species – nothing to do with love, lovemaking, and all that sort of nonsense. Unfortunately, in human beings it has become so vulgarised that sometimes it is difficult to speak about it in a mixed audience – by mixed, I mean not only men and women but so

many cultures, so many traditions, so many religions, some of whom may take, shall we say, objection to what I say and most of whom may take objection because it is happening in their lives or in their cultures. But what is vulgar is vulgar, whether it is Spanish or Yugoslav or China or India.

Now, we are here – twenty-seven countries as brother Alberto said, and I am sure that there are six or seven languages out of these twenty-seven countries; yet we are all together in a crazy country called India. Why are we here? How are we here, we know; we have come by air, some may have walked sometimes, maybe bus travel, train travel. So the 'how' is not important; the 'why' is important. Why are we here together? What has brought us together? Surely it is not our religion, not our culture, not our language, not the colour of our



skins, because these are the four things which divide human beings throughout the world: colour of the skin, the language, the culture, the religion. Which is the most important divisive force? Culture – not so much; colour of the skin, I don't believe is so important – maybe under certain conditions; language, to a very little extent. In my mind, it is religion that divides people more than any other single force.

Now, "In religion," my master used to say, "there is no God; for God there is no religion." All religions claim that God is in their religion. And yet, if that is true and if God is the god of the Catholics, the Protestants, the Jews, the Chinese, the Indian, the Buddhist (of course, they don't have a god), if he is the God who speaks to them, should we not all say our God is the same, worshipped differently in different countries? Then why do we fight about my god and your god? The wars of the Saracens, the Crusades, people killing each other over fifty, sixty years, millions of them from the westernmost part of Portugal to the Middle East. You remember those wars? [They were] supposed to be religious wars. Now religion says, "God is love." How can there be religious wars? Because people never thought, you see. They were drunk with their religious fervour, [with] whatever their religious chief or their king said. So, religion has been politicalised, politicised, and we obeyed our political bosses, our rul-

ers, whether it was Richard the Lionheart (Richard Cœur de Lion) or some other chief somewhere, and we killed ourselves needlessly, inhumanly, continuously.

So, we have to go to God maybe through religion in the first step – the very first step like the kindergarten in school, and then go beyond religion. That is what spirituality is all about. Spirituality does not ignore religion, does not negate religion, but says, "Go beyond religion," remembering that what my master said is true: God has no religion, religions have no God. Religions have only dogmas, have popes, have priests, have whatever else you call them; they dictate to us.

When I was in Europe long ago for the first time (I think it was in 1984), I used to ask many of our brothers there, sisters there, why they don't go to church – because [of] the Christian habit of going to church on Sundays – I found many people don't go. They said, "Christianity makes us feel guilty." You know what guilt is? It is a terrible thing. If you give poison to somebody else, you give it in a cup or in an injection or in a glass or smell it through a flower, but if you want to kill yourself, the poison is guilt. Culpabilité [guilt], the French say. "Mea culpa [I am culpable]," says the Christian religion. Any religion which makes you feel guilty is a poison to you, is a poison to your soul, and like we don't take poison when we eat or drink, we should



not allow our souls to be destroyed by this feeling of guilt which keeps separating us from God, which puts fear in us, guilt in us.

Spirituality says, you are what you are; you are the children of God, as you are. You can be what He wants you to be, without having to feel guilty, like a child who has been playing in the mud, goes to its mother and is cleaned up. God is one who loves us, God is love, and if He is love, He cannot do something to me against my interest, against my welfare, against my growth. You understand all this? It is not something foreign to your culture or to your religion. I see so many, for instance, statues of Jesus Christ, 'Suffer them to come unto me.' I interpret it as, 'Permit them to come to me.' Who is he telling, "Permit them to come to me"? Who? Obviously the church, the priest, who are keeping you away from your God. Isn't it? That is why in Sahaj Marg we have no priest, we have no temple, we have no worship. Only my heart. In my heart is my God – every religion accepts this. This is the seat of divinity in the human body, in the human system. Therefore, why do we have to go anywhere to worship Him who is in my heart? So spirituality says, meditate. Meditate on Him who is in your heart, by closing your eyes. He needs no language. Silence is the language of God, says Sahaj Marg. Close your eyes, be silent, connect yourself with Him in that silence, with love. This is all that Sahaj Marg is, this is all that Sahaj Marg requires, and this is all that is possible to take you to Him who is inside you. So this I am speaking from my heart to you.

I was born in a religion (Hinduism); I no longer have a religion except the religion of my heart. The French pronounce it 'art' [chuckles] because they have the trouble with the 'h', you know. But the heart has its art, it is not a science. It is the soul, it is God. When we love each other from the heart, it is soul speaking to soul; it is soul trying to keep contact with another soul to establish a permanent relationship with that soul. Marriage is of the bodies; if the soul is there – wonderful! That marriage lasts, it is for all time. Otherwise, it is a cheap vulgar thing. Two bodies coming together without the heart is no better than two dogs on the street. You may or may not agree, but that is the truth. If I hurt

any of your sentiment I will not apologise because I cannot apologise for telling you the truth. Isn't it? Should I apologise to you for telling you the truth? Not at all. Therefore, I say, "Accept it, please," because you know in your heart that that is what it is, though you don't like to be told by somebody else that it is what it is.

So true love does not come from anywhere else in the body except the heart, and if a relationship between two bodies does not have the heart to bring them together, it is vulgar. It may give pleasure, it may give ecstasy, but so do drugs; so does alcohol. Therefore, they are linked together: drugs, alcohol and sex. If you read it in the reverse way, sex, alcohol and drugs – s-a-d (sad). Any of them that brings human beings together, any one of them is sad. What do you say for 'sad' in French? *Tres triste* [very sad]. *Mauvaise* [bad]. *Coupable*. *Coupable pour qui?* [Guilty. Guilty for what?] *Pour la meme* [chose] [for the same thing]. So this is what I have to say.

Try to rise above this through spiritual life. As you go and start meditation and get in touch with your heart, you will find that most of these things – they renounce you; you don't have to renounce them. Religion says, renounce; spirituality says, it is not possible for you to renounce but if you are in contact with this [heart], all these things will go away from you. We are waiting to renounce; we don't have the will power. Many of us don't want to renounce because these are the things... I have heard many people who are on drugs and all these things, say, "But, Chariji, I love them. It is the only thing that gives me the ability to stay alive in this world."

So if you are thinking of renouncing it, don't. Just say, "I will attach myself to my heart, to the divinity inside me. This will enable me to attach myself to other hearts, forgetting their bodies." This will overcome all barriers of religion, of language, of culture, of geography, of tradition. If that is so, human beings come together like we have come together here today. And for that I thank my master. I thank my master who is in my heart, who is my God.

I pray that you will all succeed in this. My blessings are with you. Thank you."



## Master's news

### Rev. Master's health update

Source Sahaj Sandesh No: 2013.26 Thursday, 6 June 2013

**“Dear Sisters and Brothers,**

**M**aster is responding to treatment favorably and recovering on expected lines. His bones are stronger and mobility has increased. It might take a couple of months for complete recovery.”

*Dr. Natwar Sharma*

## Bandhara report – 114th birth anniversary celebrations of Pujya Babuji Maharaj



**O**ur Beloved Master once again showered on us his eternal love and took the Mission across yet another milestone in the recently concluded 114th birth anniversary celebrations of Pujya Babuji Maharaj at the Diamond Jubilee Park, Tiruppur.

Br Kamlesh arrived in Tiruppur on 26th. He inaugurated some of the facilities that were ready. There were three satsanghs a day at 6:30 a.m., 11:00 a.m. and 5:30 p.m. until the 29th. There were also spe-

cial satsanghs for all volunteers at 9 p.m. on 27th and 28th. On Sunday 28th May, Br Kamlesh conducted five weddings after the morning satsanghs.

Abhyasis had started flowing in from the 26th and joined volunteers in ensuring that all the facilities were in place for the actual celebrations. Tents, dining, kitchen, security, water supply, sanitation, canteen, children's centre, publications stall, etc. were up and running and catering to the various needs of abhyasis. Abhyasis were found pitching in wher-



ever they saw the need and as a young child put it, "I saw volunteers working from their hearts."

Our bhandaras are events of spiritual splendor. They teach us to live a life of spiritual grandeur and material simplicity. Br Kamlesh Patel's address on 29 April, the first day of the bhandara, emphasized this aspect. He read out two of Babuji's messages from the Whispers and explained the role of the abhyasi in the grand plan of regeneration of humanity.

When the announcement was made on 29th about Master's expected address the next day through video telecast, the rejoicement of abhyasis was palpable. From then on, time started moving towards that moment when Master would appear on the giant screens in the meditation hall. When he finally entered the meditation hall at Babuji Memorial Ashram, Manapakkam, hearts were filled with love and eyes welled up. It was a moment of love and gratitude. The ensuing satsangh and a special message from Babuji Maharaj later that day, reminded us all of the divine care which the Mission and all the abhyasis are entrusted to. Babuji in his message said, "Only the total commitment of the heart, supported by a non-strenuous but regular practice, elevates the spiritual heart to its highest destiny."

In addition to the weddings on 28th, Br Kamlesh conducted four weddings on 29th, three weddings on 30th and four weddings on 1st. These weddings in the Sahaj Marg way stand for simplicity and a way of integrating families across the boundaries of cultures and languages.

33,000 abhyasis and children took part in this year's celebration. A family of this magnitude lived joyfully for three days thanks to a dedicated team in the campus whose Master was hundreds of miles away directing them from heart to heart. How would one explain a kitchen that cooked for 25,000 people on an average, thrice a day, yet managed a near 'zero wastage'? The campus had twenty-three security posts from where our abhyasi brothers were working in three shifts a day. The brothers and sisters in the accommodation team, who were the first to start work nearly two months ago, made our stay comfortable within the confines of our limited resources. It was hard to miss the absence of flies in

the campus, especially in the kitchen and canteen. The hygiene house, sanitation and housekeeping teams worked in unison to give us a healthy and comfortable stay. They spent sleepless nights while ensuring our comfort and spent their resting time amidst barrels containing organic septic tank dousing solution, sanitizers and segregated waste. The result of their hard work is evident from the fact that in the 2012 bhandara, 202 cases of gastroenteritis were recorded at the medical facility. This year it was only 102 cases of travel diarrhea and no case of on campus occurrence. Another reason for this was the drinking water treated in the RO plant. Given the hot weather of Tiruppur, 6 lakh litres of RO treated drinking water and 24 lakh litres of water for other useage were consumed in these three days. None could have missed the wi-fi enabled travel desk consisting of twelve counters which catered to the travel needs of abhyasis.

Several new publications were released during these celebrations. Some special releases, some new books and videos as well as some reprints in several languages were part of this release. There was an overwhelming array of Mission publications to choose from. A photo gallery extended this with beautiful framed photographs of our Masters.

While the adults attended satsanghs and other programs, children were kept busy with activities based on their age groups. This was also the first time that activities were planned for children from 12 to 17 years. They were also taken on a tour of several departments around the campus to see their working and get a behind the scenes look at how the bhandara happens.

Br Kamlesh addressed the meeting of ZiCs and some CiCs and the Archiving team. Several volunteer teams also found this an ideal opportunity to meet and discuss their plans for the next few months.

There are numerous others who worked day and night to make the stay comfortable. The fact is that, all that happened in the celebration cannot be contained in mere words. Br Kamlesh in his concluding address thanked all such agents of the divine who work in silence without attracting any attention and fulfill the will of the Master.



## Chariji's birth anniversary

Source: Sahaj Sandesh No: 2013.24 Sunday, 12 May 2013

### A very important request

**Dear Sisters and Brothers,**

“**T**he 24th July celebration planned for Tiruppur has been cancelled. The celebration is now to be decentralized and held at all centres of the Mission as a One-Day celebration.

Tamil Nadu state is reeling under an unprecedented power shortage. Madras city is facing a major drought condition due to the failure of the monsoons. The Manapakkam ashram is therefore unable to host a large number of abhyasis till at least the next monsoon (November-December 2013). Under these serious limitations it is requested that

all abhyasis celebrate both Guru Poornima and the 24th July at their own centres and avoid visiting Chennai till the next monsoon realizing the seriousness of the situation. This request is addressed to the Chennai abhyasis also.

Please understand the seriousness of the situation and extend your full cooperation. As for the spiritual benefit conferred on such occasions you may be assured that my Master's Benevolence will ensure that there is no loss to anyone anywhere.”

Love and blessings to all.

P. RAJAGOPALACHARI



### Glimpses

**T**he latest installment of 'Glimpses' covering various activities of the Master in the month of April can now be viewed on the Mission's web-site by clicking on the following link.  
<http://www.sahajmarg.org/glimpses>

## Paramdham ashram for elderly abhyasis

Source: Sahaj Sandesh No: 2013.23 Friday, 10 May 2013

**R**ev. Master has blessed the opening of the Paramdham Ashram for elderly abhyasis (aged above 60 years) to stay and further pursue their sadhana. The abhaysis will be provided adequate accommodation, dining and other essential facilities.

Abhaysis interested in making use of this opportunity can apply for stay in the ashram for 2-6 months. The schedule of the stay will be communi-

cated to the abhyasi depending on the availability of accommodation.

Please click on the following link for information on Paramdham, its address, the facilities available and the Application Form for applying for stay at Paramdham.

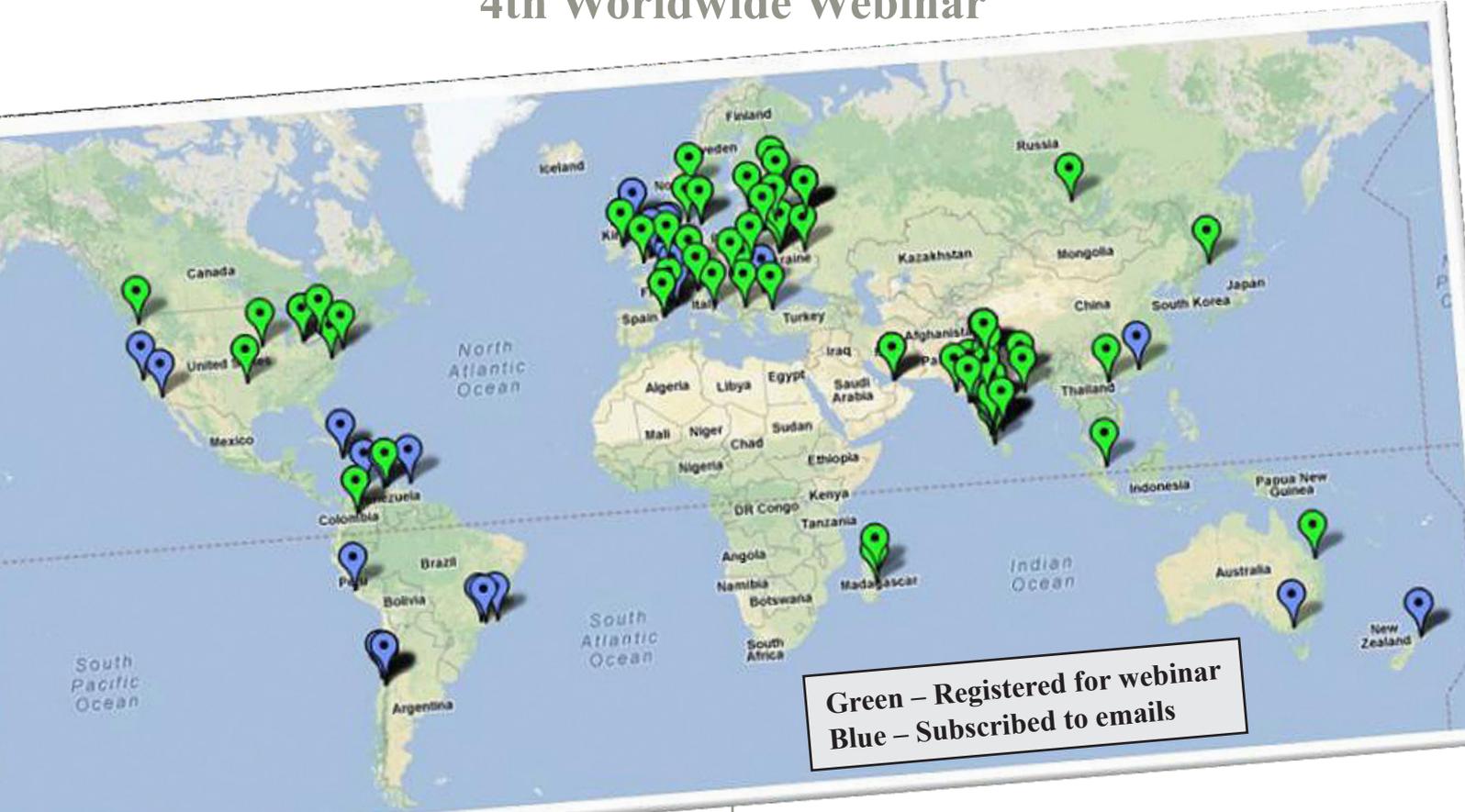
<http://www.sahajmarg.org/smww/param-dham>

The applications may kindly be sent to **paramdham@srcm.org**.



## Young Activities

### Report 4th Worldwide Webinar



#### Agenda

- *Welcome to the youth*  
- Brother Chethan Reddy, USA
- *Introduction and update of the Youth Network*  
- Brother Andre Barreto, Brazil
- *Youth global news* - Sister Aditi Saxena, India
- *Youth global news*  
- Sister Anna Sofie Holst, Denmark
- *News from recent Manapakkam seminar*  
- Brother Anton Onischenko, Belarus
- *News from Ukraine*  
- Sister Olga Vasyanovich, Ukraine
- *News from Belarus*  
- Brother Aleksandr Tserliukevich, Belarus
- *News from Russia*  
- Sister Svetlana Tyurina, Russia
- *Guest speaker*  
- Sister Maria Tserliukevich, Belarus
- *Q&A*

On March 30, the youth of the CIS countries hosted the Fourth Worldwide Youth Webinar. A subtle atmosphere could be felt as the speakers shared each word from their heart and as we saw many pictures depicting the scenes they described. After the general introductions, we heard news of youth activity around the world from sisters Aditi Saxena and Anna Sofie Holst. Sister Anna then invited all of the youth to the Vrats Sande ashram in Denmark for the Youth Work Seminar that will be held in July (for registration and more information, please contact [vrads@srcm.org](mailto:vrads@srcm.org)). We then heard from Brother Anton Onischenko about the Russian and Latin American seminar held at the Babuji Memorial Ashram in Manapakkam from Feb. 8–17; from brother Aleksandr Tserliukevich about youth gatherings in Belarus; and from sister Olga Vasanovich about activity in Ukraine, which included the first youth seminar of the region held in July 2008. Sister Svetlana Tyurina then spoke about the activity



in the Moscow centre; she described a lovely outing the youth had taken to a nearby park. There, they envisioned and painted pictures of what an ashram in Moscow could be like. Finally, sister Maria Tserlieukevich, our guest speaker for this webinar, gave a wonderful speech about her experience in Sahaj Marg and the lessons she learned, including how service benefits oneself above all. Below is a small excerpt from sister Maria's speech:

*I think that was the most significant experience in my practice, and if I summarize all the lessons that I received from my beloved Master so far; . . . I would like to say that it is very important to pay attention to your practice because that is the real foundation of your spiritual life. Practice can help you to create a solid base inside of you that will help us to overcome all the difficulties of the spiritual journey. In one of his speeches, Brother Kamlesh has said that we should not hesitate to ask Master and to pray to Master for the spiritual things, and if you feel that something is difficult for you in practice or in spirituality, pray and help will come. Our Master is always here to help us, and don't lose your heart. We should never stop working on ourselves, and I think it is important to learn to enjoy this process and to use the time wisely.*

We've heard a lot of positive feedback, and we hope to keep improving the webinar experience for everyone as we approach the next webinar in August!

For the full transcript, or for any comments and questions, please contact [smyouthnetwork@gmail.com](mailto:smyouthnetwork@gmail.com)

## Latin American Youth Activities

### Latin American Youth Email Account

*The Latin American Youth team started to use the Gmail account*

**[smjoveneslatinoamerica@gmail.com](mailto:smjoveneslatinoamerica@gmail.com)**

*We will use this account for further communications with the youth of Latin American region.*

### Youth Network database

*The youth of this countries is already connected in our network: Brazil, Colombia, Chile, Jamaica, Peru and Venezuela.*

*If you want to participate in the youth regional activities please register in this form. By registering here you will receive emails with news and updates about the activities of the youth in Latin America.*

**<https://docs.google.com/spreadsheet/viewform?formkey=dEMwaFUyY0YyT2ktemR3TF9DLUiM1E6MQ#gid=0>**

### Latin-American Youth Seminar organization (regional meeting)

*This 19th of May there will be a gathering with the youth from all the countries of Latin America.*

*The main goal of this meeting is to organize the first Latin American Youth seminar. There are young abhyasis from countries like Chile that already gathered to brainstorm ideas for this seminar. This meeting will be held via gotomeeting. An email will be sent to the youth with the link and the information regarding to this meeting.*

### International activities

*There is a group of Latin American abhyasis participating on the Worldwide Youth Network, this activity has strengthen bounds with the youth of Latin America with the youth of other regions. Some young abhyasis of Latin America already confirmed their participation on the Youth Working Seminar at the Vrads Sande ashram in Denmark. This seminar will start the 26th of July ending the 1st of August. It will be a seminar of spiritual and physical work and it will be to give a makeover to Vrads Sande ashram. For any information regarding to this event please contact [vrads@scrm.org](mailto:vrads@scrm.org)*

*For any information regarding to the Latin American Youth please contact [smjoveneslatinoamerica@gmail.com](mailto:smjoveneslatinoamerica@gmail.com)*



## Activities in the centers of Latin America

### Brazil



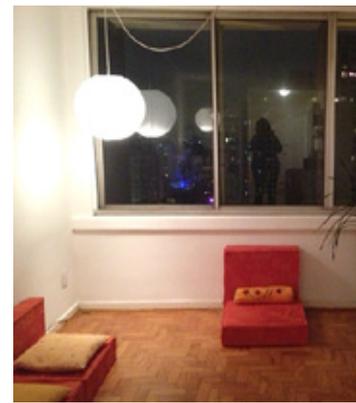
### Prefects Meeting in Brazil

São José dos Campos - SP, June 22nd and 23rd, 2013  
16 prefects participated in the meeting and fulfilled a schedule including satsanghs, readings from the Whispers, listening to Br. Kamlesh Patel's talk, Master's DVDs and group reflections.



### São Paulo Sahaj Marg Center – SP

The Sahaj Marg Center in São Paulo was given a new look.



### Sahaj Marg in Teresópolis – Rio de Janeiro

On Saturday, June 8th, several abhyasis from Rio de Janeiro participated in a meeting at the residence of Solange Evin in Teresopolis. The group was warmly received and after a delicious brunch at 11:00 a.m. there was a satsangh and a reading of Master. Following this, the group visited an orchid exhibit; and made a short walk on a nature trail where they chatted and took advantage of the beauty of the region. Following lunch all returned to Rio.



### Workshop in the São Paulo Center

On May 25th, in the afternoon, a workshop was held in our São Paulo Center on the text: “Clarifications about Our Daily Practice” by Brother Kamlesh Patel, followed by a satsangh. The objective of this event was to enable the abhyasis who did not attend the Tremembé Seminar to learn about this important subject. Other abhyasis also attended the workshop. The group participated actively in the reading and reflection.



## Activities in the centers of Latin America

### Brazil



### National Seminar in Tremembe - SP

Period: 3rd to 5th of May, 2013 • Location: Hotel Farm Maristela - Tremembe, SP

Approximately sixty abhyasis, including children, participated in the Sahaj Marg seminar in Tremembé, SP from May 3rd – 5th.

The intent of the weekend was to create an environment that would facilitate interiorization. The program included three daily satsanghs; a 1971 film of Babuji's reception of the first group from Denmark to visit Shahjahanpur; and, a group activity.

On Saturday, after the showing of the Babuji video, we were divided into subgroups to study the July 23rd, 2012 lecture given by Br Kamlesh Patel in Tiruppur, India that focused on clarifying the daily practice.

“Babuji Maharaj said that after meditation is finished try to savour your interior state, try to become one with it, absorb yourself in it, try to identify it. Identify your condition because you must be able to remember it whenever you want during the day. And how do I maintain it? That should be our exercise. As soon as the meditation ends, close your eyes again, deeply immerse yourself, analyse it and see

how is your state of being. Try to feel it, try to savour it and when you are confident to maintain it, this is the moment that you get up.” – Kamlesh Patel

On Saturday night this precious video of Babuji was reshown. It is the only known film of Babuji that has both sound and image. It's enriching to be able to see and hear Babuji telling us some precious ideas, delivered with wisdom, simplicity and straight forwardness. This DVD, which has Portuguese subtitles, will soon be available for purchase

On Sunday, after the satsangh and breakfast, the group reunited to complete the seminar. A few abhyasis that participated in the Latin American seminar in Chennai this February spoke about the trip and the experience at the ashram in Manapakkam with Master.

After lunch, the abhyasis departed already thinking about the next seminar in Garopaba, SC, from July 19th to 24th which will be a celebration of Chariji's birthday. This seminar is expected to have participation of abhyasis from other Latin American countries.



## Activities in the centers of Latin America

### Chile



### “Day to day flying higher”

Rafael Illanes - Chile

“There is something wonderful and important happening in South America. Without a doubt the bonds are being strengthened between the abhyasis of the various countries in the region. The Mission manifests itself with new energy, the same that has moved and filled with enthusiasm the hearts of more and more people that have already started to walk this natural path.

The national seminar organized at Picarquín, Chile in 2012, seemed to be a foreshadowing of greater participation in Sahaj Marg South America. Like never before, dozens of abhyasis from other countries of the region gathered in this ru-

ral place situated 80 km south of Santiago. It was at this gathering that it was decided to visit Master with a contingent from South America. This visit became a reality in February of this year. The message that our brothers and sisters brought back from that visit was clear: speak more about the Mission; and, present it in an open way in order to generate greater enthusiasm.

Certainly, something had changed. These messages weren't just words; they generated action which flourished in definite results. New people were joining the Mission in Chile like never before. The Chilean international seminar that hap-



## Activities in the centers of Latin America

## Chile

pened in April 2013 was a clear example of this. In the past, the usual experience was that a few people joined the practice, however, only in an intermittent way. In other words, only a few began the practice and fewer remained true abhyasis. But this time something different occurred: fifty-five people gathered from countries like Brazil, Argentina, and Peru, and the host country which included ten people from the group that was introduced a couple of weeks earlier.

Marcela Celis, prefect and coordinator of the Mission in Chile, said in her summary remarks following the three day meeting: “I believe that this seminar demonstrated a big step forward, a great difference in our evolution; maybe it is maturity. I feel that we are not a corpse anymore – continues - that we became a forest, with old trees and new trees. The old ones provide experience and solidarity, and the new ones provide lightness with questions that open new space.”

Her reflections were also inspired by the beauty of the place that served to host this meeting and by Master’s teaching about the necessity of “flying with the two wings”. The location was an extensive circular park, surrounded by trees at the foot of a mountain range. The environment invited people to relax and be introspective. This peaceful atmosphere was the one that welcomed the new abhyasis. This was how Vanja Sturiza, a Chilean abhyasi that was introduced recently to the Mission, sums up her experience in her first seminar.

“I felt in my heart the joy of finding a pure, simple and lovely spiritual path that I already knew by intuition. The simplicity, the charm, and the kindness of all the participants along with the activities in contact with nature were felt as a manifestation of unity, balance between the two wings, and constant union with our True Divine Self which irradiates in actions and words that reach the heart.”

In contrast to other years, there were meetings held by specific groups. There was an interesting quorum for doing this. Luis Degani, coordinator of the Mission from Latin America, had a



meeting with new abhyasis in which he revised and removed doubts about the practice of the meditation. Julio Galarza, an Ecuadorian prefect living in Chile, had the opportunity to meet the young abhyasis, to support them, and answer their questions.

In addition we can highlight the relationships between the abhyasis from Latin America. The contact has become more habitual. People know each other better; and there is more familiarity, more sense of unity. The noblest intention is the same for all. It has no borders, nor geographical or cultural distinctions. This happens when one speaks the same language: that of the heart.

Participation grows with the level of our enthusiasm. The hope to encourage more people to follow this path is not the only thing that is on the horizon. There also appears on the agenda one new international seminar. It will be held in Argentina at a place and date yet to be determined.

As Marcela Celis says, “We grew! It is both wonderful and challenging. Master pushed us to go forward with generosity; and, to receive by giving. Now it is time to take care of this forest that we have become and at the same time to continue to grow by internalizing and germinating from what we have learned.”



## Activities in the centers of Latin America

### Guadeloupe

#### Babuji Birthday Celebration – Vrads Sande, Denmark

Valerie Scala, Guadeloupe

“During Babuji’s birthday celebration, I went with my two children, Jonathan 18 years old and Enora 7 months to the European Denmark ashram at Vrads Sande. It has been a long time since I went there and the first time since my daughter’s birth. I wanted her to be bathed in the ashram atmosphere during a seminar and under the auspices of Master’s grace the same way her brother did.

We had three satsanghs daily (6:30 a.m., 11:00 a.m. and 5:30 p.m.) from Sunday April 28th to Thursday May 2nd. The meditations were held in the main hall and a heated tent was adjoined to it in order to make room for more brothers and sisters. The hall was only used for satsanghs and everyone could feel the intense and palpable transmission where all remained united in their hearts in devotion and contemplation.

The children had activities based on their ages and the spiritual and material organization of the celebration was equal to His image, a perfect harmony as the two wings of the bird.

We were blessed with sunny weather that warmed up the winter temperatures of Denmark allowing us to take a walk in the beautiful quiet park of the ashram.



Even on the last day, we could stroll on the grass in front of Master’s cottage like we do when He is physically present.

A total immersion in His love that charged my heart as well as those of my children. This experience has renewed my conviction that such stays in complete immersion in our ashrams are necessary and vital.”

#### Guadeloupe – grounding in the practice (meditation)

Valerie Scala, Guadeloupe

“On Sunday, May 12th was our first session of Grounding in the Practice training – Meditation module.

There were seven participants including two facilitators for this beautiful event. Two other abhyasis joined us in the afternoon, so we ended up being nine of us. Together we discovered this great training program and we were delighted with its content and schedule. Whether we were newly introduced (less than one

week) or tenure abhyasis for decades, we all learned a lesson, deepen our knowledge while sharing, listening and united together.

A dense and deep transmission was felt from 7:30 a.m. It allowed us to remain focused and absorbed throughout the day even if lightness and joy were there too. This first training was so rewarding and we are already excited for the next one planned on June 9th on the Cleaning module.”



## Activities in the centers of Latin America

### Martinique

#### Grounding in the Practice – Meditation

Cecile Maudit - Martinique

##### “Congratulations!

Many thanks to the team that facilitated the module throughout the day to help us become grounded in Meditation.

Everything was perfect!

I personally did not feel the day passing by as the program, although very intense, was harmoniously well organized with readings, meditations, DVD, breaks and meals.

A sister abhyasi in my group told me that:

"I felt like discovering you." It is true that when we pay attention to others with mutual respect and non-

judgment, the natural qualities of the heart shared mutually among ourselves lead us to discover one another in a new and very authentic way.

First of all I do give thanks and gratitude to Master whose loving presence was palpable. And thanks to Patricia and Cecile, the two facilitators that took us through the different sessions of the material covered. Thanks also to our sisters Martine and Louisianne who took good care of us. Thanks to our host Sylviane who let us enjoy her home and to all of you for your silent and harmonious participation during this heartfelt day.

The commitments made to myself will be kept.”

#### Grounding in the Practice – Meditation – May 5th, 2013

Michelle Lero, Martinique

“I have the feeling that it is easier for me to savor the positive effects of this day that remain in my heart that translating them into words. But I am going to try. I felt from the beginning as if I am diving in the core my sadhana by the way the different parts of the programs were arranged and articulated by the facilitators team, leading us to look for the right answers within ourselves and expose and share them with others. All this clarified in detail all aspects of our practice by revealing through texts, videos, DVDs and slideshows all missing elements and other weaknesses that needed to be adjusted, strengthen, energized, etc.

Yet this intense program ran smoothly, joyfully, peacefully, calmly. Thanks to the wonderful work and concern of our sisters who had organized it all with love in order for us to take full advantage of this wonderful tool-gift given by our Master. They took also took care of all the technical and smallest details regarding the preparation of meals, their display, the dishes and the storage.

I felt really absorbed in the atmosphere of that day



and since then I joyfully observe the changes in my meditation through the vigilance that I have been applying into it, inspired and revived by all information received during the seminar.

My heart felt thanks to our Beloved Master who has blessed this day and to all those who have contributed to its success through their hard work and presence.”



## Activities in the centers of Latin America

### Peru

#### Visit of prefects to Lima – Peru

Luiz Degani - Brazil



“From Friday 31st of May through Monday 03 of June, Lima – the capital of Peru – has been visited by four prefects from abroad: Bill Waycott (USA), Vincent Willaerts (Mexico), Mario Martins and Luiz Degani (Brazil). Sister Juliana Urrutia, preceptor in Pisco – Peru, also joined the group in Lima. Sister Zoila Menéndez organized the program and made the contacts with the people that were interested in learning about Sahaj Marg and start the practice.

Despite of the small group of introductions –

three new abhyasis in Lima and one in Pisco – the days that we have been together were filled up with a very special atmosphere of spiritual happiness. We could also appreciate the kindness of the Peruvian people everywhere.

Now the point is: whether a small group has started, or a big one, they are all like seeds that have been sown and need support to sprout and grow stronger. The focus then must be in preparing abhyasis that can feel committed to the Mission work and form a solid foundation.”

**Calendar of events 2013**

June			
9	Chile - Santiago	Meeting of abhyasis	srcmchile@gmail.com
8, 9, 10	Colombia	National Seminar	barrerocarolina@yahoo.es
22, 23	Brazil- S.José dos campos	Meeting of prefects	srcm@gmail.com
28/30	Mexico - Puebla	National Seminar	vincent.willaerts@gmail.com

July			
5/7	Venezuela	Prefects Seminar	miorenzo0503@gmail.com
19/24	Brazil – Garopaba-SC	National Seminar	srcm@gmail.com
21	Haiti	National Seminar	judithrj@yahoo.com
24	Chile – all centres	Master's birthday celebration	srcmchile@gmail.com
24	Martinique – Fort de France	Master's birthday celebration	martine-calka@wanadoo.fr
24	Haiti	Master's birthday celebration	judithrj@yahoo.com
24	Jamaica - Kingston	Master's birthday celebration	unselfishlove2010@gmail.com

August			
11	Chile - Santiago	Workshop - Meditation	srcmchile@gmail.com
11	Jamaica - Kingston	Grounding in the Practice training	unselfishlove2010@gmail.com
12	Jamaica - Kingston	Int'l Young Day	unselfishlove2010@gmail.com
16	Haiti	Grounding in the Practice training	judithrj@yahoo.com
25	Chile	National Meeting Prefects	srcmchile@gmail.com

September			
	Nicaragua	National Seminar	
	Panama	Workshop GITP	
1	Jamaica - Kingston	Training Nat'l Gathering	unselfishlove2010@gmail.com
8	Chile - Santiago	Open House	srcmchile@gmail.com
15	Jamaica - Kingston	Grounding in the Practice training	unselfishlove2010@gmail.com
15	Haiti	Meeting Prefects	judithrj@yahoo.com
20	Jamaica - Kingston	Open House	unselfishlove2010@gmail.com
21	Jamaica - Kingston	World Peace Day	unselfishlove2010@gmail.com
21	Martinique – Fort de France	World Peace Day	martine-calka@wanadoo.fr



## Calendar of events 2013

October			
	Ecuador	Workshop GITP	
4/6	Brazil - Tremembe	National Seminar	srcm@gmail.com
11/13	Colombia	Meeting of Prefects	barrerocarolina@yahoo.es
13	Jamaica - Kingston	Grounding in the Practice training	unselfishlove2010@gmail.com
16	Chile - Viña	Open House	srcmchile@gmail.com
20	Chile - Chanquehue	Sahaj Marg family meeting	srcmchile@gmail.com

November			
	Argentina – Buenos Aires	National Seminar	
1/3	Venezuela	National Seminar	Miorenzo0503@gmail.com
14/17	Brazil	Young meeting	srcm@gmail.com
16	Martinique – Fort de France	United Nation Day observation	martine-calka@wanadoo.fr
17	Haiti	Prefects Meeting	judithrj@yahoo.com
17	Haiti- Port a u Prince	Grounding in the Practice training	judithrj@yahoo.com
20	Jamaica - Kingston	Int'l Children's Day	unselfishlove2010@gmail.com
20	Martinique – Fort de France	United Nations Day observation	martine-calka@wanadoo.fr

December			
7	Haiti	Extended Day	judithrj@yahoo.com
14-15	Jamaica - Kingston	Regional Gathering	unselfishlove2010@gmail.com
15	Chile - Santiago	Workshop Cleaning	srcmchile@gmail.com
19	Jamaica - Kingston	Open House	unselfishlove2010@gmail.com

We request all the abhyasis who have any article regarding their experience about spiritual journey through the Sahaj Marg to send them to us to the following e-mail: [leatorres@casadalea.com.br](mailto:leatorres@casadalea.com.br). Frequently, our shared experience comes as an act of love and can be of help to other sisters and brothers.

We wish to clarify that our Latin America Echoes is a quarterly newsletter issued in the months of March, June, September and December, reaching abhyasis all over the world. It is published in four languages (English, French, Portuguese and Spanish), and distributed to all the abhyasis in Latin America. It can also be accessed in the four languages through the Mission's site: [www.sahajmarg.org](http://www.sahajmarg.org).

Thank you, with love,  
Latin America Echoes team

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For feedback, suggestions and news articles please send e-mail to [leatorres@casadalea.com.br](mailto:leatorres@casadalea.com.br)