



Master's News

January 2014

Master went to brother Kamlesh's new house on January 8th. Brother Kamlesh pushed Master's wheelchair as abhyasis lined up along the way. Master cut the ribbon, went in and offered prasad. Brother Kamlesh took Master through the house. Master conducted satsangh but around 35 minutes into the satsangh, a mobile rang, disturbing everyone and Master ended the satsangh soon after. Master was upset and gave a stern talk. Later in the bedroom, Master said, "The sitting was exceptional but I was disturbed by the cell-phone and had to stop the sitting."

Master had not planned to stay there but changed his mind and decided to stay for a few days. He emphasized the need to maintain a subtle and spiritual atmosphere in the house which will keep the Master there. While there, he met with a few groups: abhyasis from Iran, from Pithoragarh, etc. One evening, he sat in the hall filled with more than 100 abhyasis and had a nice interaction with them.

January 14, 2014: Pongal

Master was ready early. He patiently greeted the abhyasis lined up as he went past them on the way to the meditation hall. After satsangh there was a rendition of a bhajan. Though he was quite tired after the satsangh, Master came outside the cottage and sat in the sun. About 150 abhyasis from Pithoragarh were allowed to come in followed by around twenty-five Omega hostel children. As Master sat there, he had a discussion with brothers P.R. Krishna and Kamlesh about the proposed cottage at Tiruvallur ashram after looking at the drawings.

Wednesday 15th January: Tiruvallur Cottage Bhoomi Puja

After morning meditation, Master was feeling unwell and on the doctor's recommendation, he reluctantly cancelled his trip to Tiruvallur for the bhoomi puja. He requested brother Kamlesh to go instead. On their return they reported that everything went well and that more than 1500 people had attended the programme.



His health

By the middle of this month as Master was infected with some cold and cough, he said, "It will be good if I don't meet people while I am sick. I am concerned that they may get the infection from me." He listened to music and had books read out to him.

18th to 24th January : International Scholarship Training Programme

This was a marathon prefect preparation session for Master! Master met with the ISTP participants on Sunday and gave them a sitting. He then assigned prefects to take up the preparatory work for about thirty abhyasis who were being made prefects. Though he was unwell in the beginning of the week he was able to finish the work by Friday. After the last sitting, he met with all the newly made prefects, gave them prasad and their prefect certificates one at a time. He said, "I have been holding my cough throughout the sitting so that the work will not get

disturbed.”

For more India news, please see the full publication of the India Echoes.

<https://www.sahajmarg.org/publications/online-subscription/newsletters>



Reflections on the Oceania Seminar

The Oceania Seminar held during the 7th-12th January 2014 was a huge success. This edition of Echoes showcases articles from those abhyasi sisters and brothers who attended the seminar from Oceania.

By the grace of Master, the Oceania centers of Australia, Fiji, New Caledonia and New Zealand assembled at BMA in Manapakkam to be with our beloved Master and bask in His divine presence from the 7th to 12th of January. The seminar was preceded by a prefect's workshop from 4th to 6th of January. Master, though not too well, invited the prefects to his cottage to open the workshop on the 4th morning with satsangh followed by a very moving speech that brought tears of joy and happiness to us all. We then spent an hour in the courtyard sitting with Master, and knew that this was indeed the most important training "being in silence with Him". The workshop was held in the auditorium above the library and was attended by around forty prefects, giving valuable insights on how to strengthen our foundation and to deepen our experience for our Master's work to take place.

The Oceania Seminar started on the 7th morning with over 200 participants and was opened by the Annual General Meetings for both Australia and New Zealand. Brother Kamlesh addressed the assembly giving some insight on how we can best utilize our time here. The afternoons were given to free time for personal reflection, individual sittings or by visiting the bookstore and library. Our younger ones that varied in age from 15 – 30 years organized a youth program. This generated a nice bonding as they only meet occasionally at such seminars. The atmosphere at the ashram was just amazing; the attentive support and warm smiles from the volunteers made our stay comfortable and pleasant. Masters focus on us was very palpable, though he being very much in the background due to his health was no impediment to seeing each one of us along our spiritual journey. One felt the infusion of His Love from the moment we entered and his guiding hand behind all events.

On 10th evening, Brother Kamlesh came to the auditorium to address our youth who had invited him at the beginning of the seminar. His message was clear, "How to make use of our time in such a way as to give a spiritual focus in ordinary activities of daily



life", i.e. when eating, sleeping and conversation. Three areas where we can focus our spiritual effort, which is not just confined to our daily sadhana.

Meeting Master personally was a wish for many who had travelled far and some for the first time. Our wish was fulfilled on the 11th evening when he met us all in the courtyard of his cottage, even though he was not feeling well or having any strength. It was extremely touching when he came out to be with us and saying in a feeble voice that he came to fulfill his promise to be with us however as he would not be able to give a Satsangh or talk. We mentioned that we were more than happy to be able to sit with him for a few minutes.

After a few moments Master started talking mentioning that we as a group gave him some energy and addressed us with a twenty minute talk on moral behavior, and gave a very deep sitting for which we all felt so fortunate. A short song was sung in Maori by our New Zealand sisters and Master then retired to his study.

On Sunday the 12th morning our good fortune was to have Master come and conduct the 7.30a.m. satsangh. It was the only satsangh that he conducted in the hall during our seminar and was a wonderful way for its conclusion and final address by Brother Kamlesh to highlight the importance of keeping our condition and making better use of our time once we return to our respective homes.

John Smith (Brisbane, Queensland)

Experiences from the seminar were many and varied. Master gave so much to me!!! I understand now when people say he is so loving. I felt that love so strongly. It has come to me that he gave me the highest and the lowest experiences and I am so aware that he balanced them out so well and we are trying to balance the inside with the outside. It reminds me so much of how our weather patterns are so out of balance. I understand why he says we should thank our antagonists for their part in this life of ours. When I realized it took away the hurt and frustration immediately and I could send them love. The timing is so incredible. The people he chooses to portray that part for us is incredible as well. It is such a big picture when I look back over this whole month. I would like to go through this experience and explain but I don't think we are meant to do this. I think it is for our own learning and not let the ego out.

- Dianne Milburn

Every time I go to a seminar I think I know what I'm in for. I've gone many times before and have gone through many emotional ups and downs. But every time I walk away with more than I expected. It feels as though I have been given a gift that I didn't know I needed.

I gain more from each satsangh and hear something new from every talk, even though I think I have heard it all.

This time the recurring theme for me was about 'sensitivity'. I have been pondering over this since my return from India.

I feel that 'sensitivity' develops naturally, to some extent, as we sincerely do our practice.

However, there has to be extra effort from our part. My observation, is that it develops more in a state of silence, both internal and external. Our meditation of course quietens us internally, but we need to quieten ourselves externally. This for everyone will be different.

'Sensitivity' to me is equivalent to a 'spiritual IQ'. It gives us the power to take more from our satsanghs, sittings, talks and contacts with Master. We can see and feel deeper. I am sure this also, positively influences our material life and interactions with others.

This is the tip of the iceberg for me but probably essential for my progress.

- Uma Kumar (Toowomba, Queensland)



Il y a eu un avant, et il y a désormais un après séminaire d'Océanie.

La semaine à Chennai et la rencontre avec le Maître incarné resteront pour moi des souvenirs impérissables d'une force agréable et subtile.

La pratique spirituelle a pris tout sons sens et le Sahaj Marg est bien la "voie naturelle"!

Translation:

For me, it feels like there is a distinct difference in my state of being prior to the seminar and after it.

The week in Chennai, the powerful and subtle meeting with the living Master will remain engraved in my memories.

The practice has now a new meaning to me and Sahaj Marg being indeed the Natural Path!

- Jean-Yves Kerleguer (Noumea Centre, New Caledonia)

Chennai was a really wonderful experience. As a new abhyasi, I was able to find out more about the spiritual way and that it should be a part of everyday life and thoughts. The atmosphere in the ashram was one of love and subtle vibrations. We learnt to be very patient towards others and step away from our overly material lives. More importantly, we were able to grow spiritually in the presence of our master and brothers and sisters who helped us in being in constant remembrance of the divine.

- Mounavi Vemula (Brisbane, Queensland)



My first trip at the ashram was very memorable. For the period there, we seemed to have stepped into another world, leaving behind our troubles, responsibilities and usual thoughts. Constant remembrance was never so strong as our thoughts were always centered around Master, making the experience that much more intense. The atmosphere was of serenity, embedded with a special energy which helped us disregard the mosquitoes, bathrooms and anything out of our comfort zone. I was there for two weeks, and had the opportunity to meet a lot of abyasis and learn many things. More than anything, I think the trip instilled in us the importance of our sadhana, and the responsibilities we have as Abyasis. It was an amazing experience and I hope to visit again.

- Mousami Vemula (Brisbane, Queensland)



“My Mission is my Master’s Mission. To offer to a suffering humanity a simple, universally acceptable, easily practicable system of practice which, in a short space of time, will enable them to find within themselves what they have been desperately, stupidly, unsuccessfully seeking outside. ”

- Chariji

Oceania Seminar: 7-12 January 2014

Pictures courtesy of Sameera Bojanapati

