



Diving into the Heart

From 27 November to 1 December 2012, hearts from all over East Asia and Southeast Asia congregated at the Babuji Memorial Ashram for the annual Asian Seminar.

The seminar carried the theme 'Dive Deep Within'. Over four days, more than 150 abhyasis inculcated this theme, attending satsanghs three times a day,

absorbing the speakers' messages, chatting over chai, volunteering, joining meetings and most importantly, listening to their hearts and listening to Master.

The participants flew in from several countries: Japan, Thailand, Indonesia, Malaysia, Philippines, Singapore and Vietnam.

Br B. Rajesh gave the first talk titled 'Resonate with Master'. He cited how Chariji was very attuned to Babuji. "As abhyasis, our primary work is to work upon ourselves," he stated. "Let us give our fullest effort to our work."

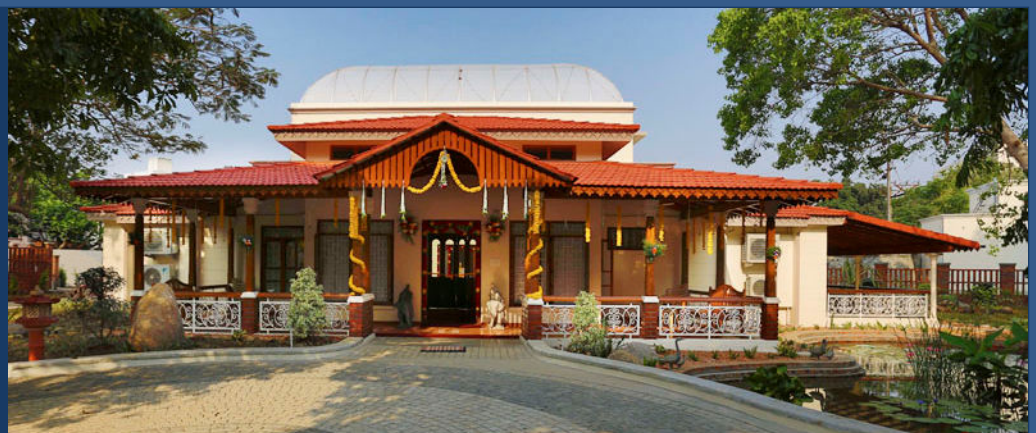
In the morning of the second day, Br Kamlesh Patel walked into the hall. The first words he uttered were, "Master is coming." Faces lit up. One could feel the excitement in the air. A personal visit from Master was much more than everyone had hoped for, given Master's health in previous months. Surely enough, Master arrived after a few minutes. He simply smiled and greeted everyone, and let Br Kamlesh deliver his speech.

Br Kamlesh put emphasis on meditation. "Our preparation for meditation should start the night before, with prayer," he said. "We have to wait for him as if for a special VIP. Then the quality of meditation will change. Our heart has many holes created by different desires. Have a cheerful heart. Only a cheerful heart will be able to receive his grace."

Right after Br Kamlesh's talk, Master again surprised everyone by giving a 30-minute satsangh.

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On the third day, Sis. Jaya Naraindas gave her insights on the seminar theme. "Going deep is something we don't decide to happen," she said. She also quoted from *Heart to Heart Volume 1*: "The higher you rise, the more perspective you get."

On 30 November, Br Rajagopalan discussed Sahaj Marg and Service. He said "Be enthusiastic. Put God in yourselves, in all your activities. Joy attracts grace... Learn to enjoy silence. Master's signature when he gives a sitting is its stillness... All selfishness is materiality; all selfless is spirituality."

For the abhyasis who were still at Manapakkam on 2 December, the privilege of meeting Master did not end with the satsangh he gave on 28 November. On the first Sunday of December, a number of abhyasis who had arrived early for satsangh hurried to the Meditation Hall, saying, "Master is giving the sitting!" Much earlier than 7:30 a.m., Master went up to the platform—walking. The sight of Master walking on his own and placing flowers on the images of Lalaji and Babuji brought tears to many eyes and invoked thunderous applause. The Asian Seminar could not have ended in a more blissful way.



Facilitation Demonstration Programme (FDP)

30 November to 2 December 2012

Following the APAC Seminar, the FDP was another blessed opportunity for interested abhyasis in the region to volunteer their time and services for their centres' development. In this programme, abhyasis were trained to facilitate and deliver the Grounding in the Practice modules in the centres. Eighteen volunteers from the APAC region participated. The three-day programme was packed with practical and interactive sessions to help the participants understand the nuances of facilitation from trained coaches. The programme also offered a chance for practicing facilitators to learn to become coaches.

Modules on the fundamental topics of meditation, cleaning, prayer, and diary writing have been delivered at Manapakkam every weekend in the current and last quarters to ensure participation from all abhyasis. Modules have been delivered in Tamil and English.

It is really a wonder to see how the profundity of the Sahaj Marg practice can be conveyed effectively and soulfully using a combination of training methodologies varying in subtlety.



Feelings and Discoveries

By Jaya Naraindas, Jakarta, Indonesia

In July 2012, I went to Chennai to send my son off to the Lalaji Memorial Omega International School. So going for the Asian Seminar 2012 was initially a no for me. I felt very sad as if torn from inside. Moreover, I wanted to attend the three-day prefect seminar also.

Not many from Jakarta were going to the seminar, so I told my husband it was my duty, I couldn't miss it. Let's forget about the money matters.

Something in me was saying *change* would be the outcome of this seminar. I was determined to take it with me and be the difference. Enough of this old Jaya. I needed a new me with a capital M. A new me with all the goodness, humanness.

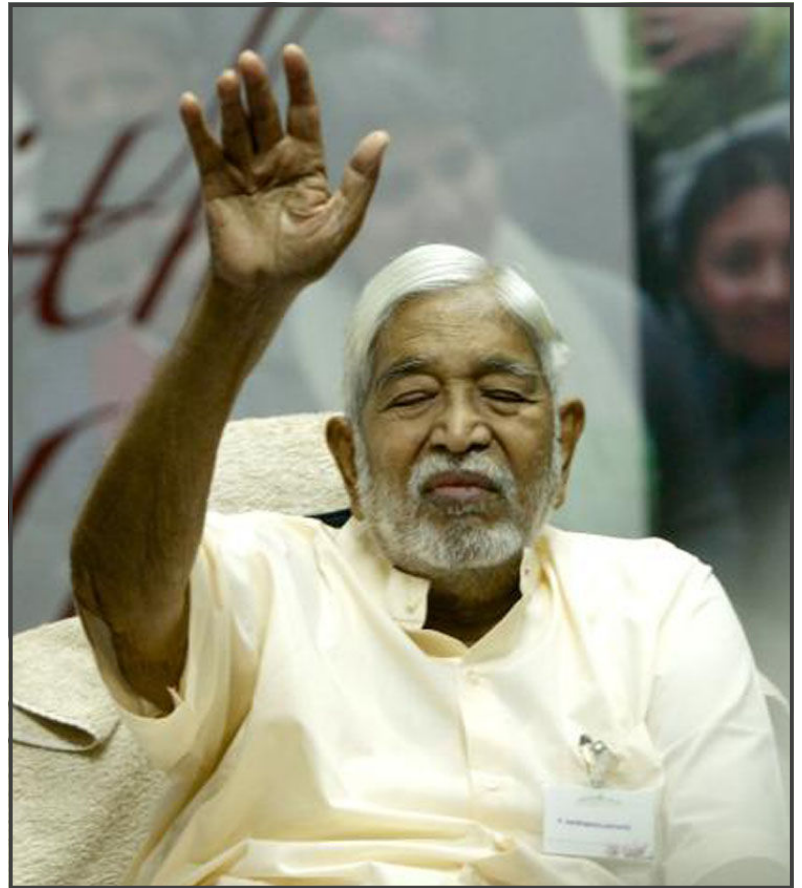
The first highlight was the meeting with Master before the Prefect Seminar started. Master was so eager to know when it would start and seemed so joyful.

Master said, "Love your work." His words went right to my heart and made me understand the vital role we preceptors have to play. We have a responsibility towards Master and towards ourselves, too. Such a great and a noble job Master has given us.

By removing all the unnecessary things we carry along life after life, we rediscover our true self. The dormant Self has finally awakened. If we look back, we feel happy and grateful that amongst so many souls waiting to be picked like beautiful flowers, we have been chosen.

All are welcome. No discrimination. I myself have been in this miracle for so many years, but I have not done it to my satisfaction. Master has given us the tools for our growth – meditation, cleaning, prayer, and constant remembrance. The main reason for not changing, I would say, would be lack of cooperation. Each one of us should introspect and find out if changes have occurred in us or else ask help from our Master.

We are here in a sense to participate in Master's vision – a world full of humans with a *heart*, not merely humans but divinised human beings. How come we realise these things only when we attend



these seminars? Maybe because we treat spirituality as a subject like Mathematics or Geography, used only when needed. After everything is over, we "lock" this subject in a cupboard and forget about it. I feel spirituality must never be a subject in our life but a constant reminder that we all carry in us the spark of divinity.

Let us become what we ought to be. But we must will it with a heart full of love and ask Master to help us in achieving this miracle. Let us all stretch our arms towards Him and surrender to His will.

This seminar has given me so much that I thought it should not to be kept to myself. Talk about it, let everyone feel what I felt. Let everyone know that we are and must be the torches that should remain ever lit to show the path to others.

May we all make our Master happy by bringing about change in us.

The Far East and SE Asia's Prefect Seminar

24-26 November 2012

Just before the Asian Seminar, around thirty-six prefects attended the first seminar for prefects from this region with a lot of anticipation on what was going to happen. The seminar focused on the responsibility of being a prefect, attitude towards work and how to do the work better. The seminar got the right kick-start with Master addressing all the prefects.

Dear Master: The APAC Prefects' Seminar

By Gertrudes J. Sapitan, Manila, Philippines

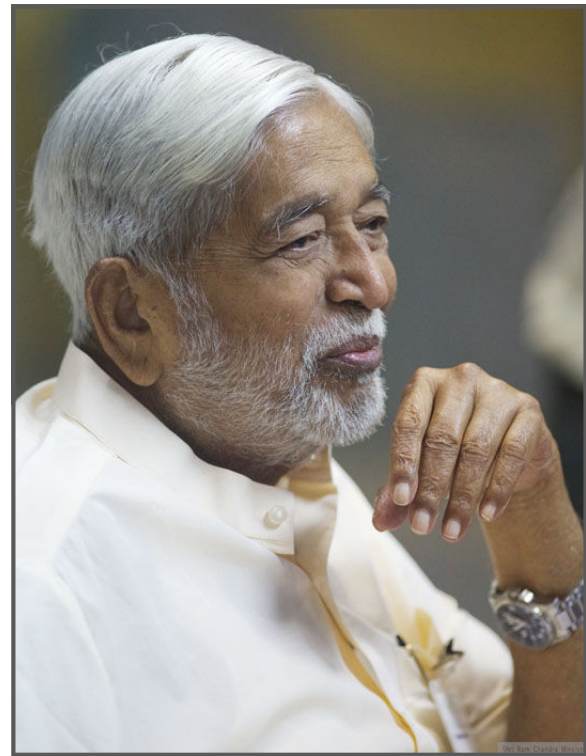
Prefects from Indonesia, Japan, Malaysia, Philippines, Singapore and Vietnam attended the three-day Prefects' Seminar. Guided by the theme 'Dear Master', the prefects were made to look deeply into their attitude towards their work as Master's representatives in their countries. Through pre-work readings, plenary sessions, group discussions and individual assignments, the prefects asked themselves:

- Why did I volunteer to do the work?
- Does my purpose for doing the work match the purpose of the Mission?
- What needs to be changed in the way I conduct my work as a prefect? As an abhyasi?
- How will my attitude affect my centre?
- What take-away will I bring home which will benefit my centre and myself as an abhyasi?

The seminar was beneficial in two ways: first, for the prefects who have been doing the work for years, it gave an opportunity to revisit their *raison d'être* in taking on this responsibility. Second, for new prefects, the seminar served as a means to help strengthen their understanding and commitment to the work.

At the start of the seminar, it was emphasised that love is a vital ingredient in a prefect's work. The prefects were asked to look within and question if love for the Master and the work remains in their hearts. This hard look at themselves allowed them to empty their hearts of whatever burden they carried and replenish it with Master's divine grace.

For some, three days was not enough. For others, the activity provided a springboard to reverse whatever ails their centres. The seminar was deemed as three days of a renewal of commitment, of love for the work, and for Master.



Strength and Softness

By Asuka Nakazawa, Kyoto, Japan

The environment of the Asian Seminar 2012 was peaceful, soft and restful and where Master resides was special as usual. It was also joyful to attend satsangh thrice a day and to interact with brothers and sisters from nearby regions.

Br Kamlesh in his talk said our heart is like a package with many holes and which is full of water in a well. However, the water goes out so quickly when the package is taken out of the well. What he had said struck me. I realized that certainly I should change something in my daily life.

On the last day of my stay in India, I became afraid that something precious that Master had given me during the seminar might be lost quickly after leaving. Luckily I had a chance to ask Master how I could keep strong and soft even after going back to my country. He said, "Keep Master in your heart because the heart is the safest place. Also, spend time with prefects and abhyasis in your area."

Although I stayed in Manapakkam for only three days, it was a big process for me to go through. At the end, Master gave me clear and specific guidance too. I have still been struggling with the busyness of my daily life, but remembering Master is always giving me strength and softness.

Become like Him

By Saurabh Abhishek, Singapore Centre

I was looking forward to attending the St. John's Island Retreat from 8 to 10 March, as I had been there before. This would be my second chance.

We reached the serene environment of the island on a Friday evening. After the evening satsangh, dinner was announced. The excellent dinner was a reflection of the selfless attitude of service of the abhyasis.

After morning satsangh the next day, the programme started with a short but effective icebreaker. By the end of the session, we surely knew each other's name well, which was immensely helpful during the course of the programme.

After the icebreaker, we had a reading session, which had some remarkable excerpts from Revered Chariji's life. I found it very illuminating and inspiring.

However, the part of the programme I liked the most was the "rapid-fire" questions round. Though it sounded simple, it somehow made us examine our lives and see where we had left our true selves. Nothing is impossible. There are no limitations. Everything is within us. We have only to look for it to rekindle it.

In conclusion, St. John's Island Retreat was a rare opportunity to detach oneself completely from the gross materialism and mindless flurry of the city, and to just spend some quality time to ponder over one's spiritual condition. I want to convey my heartfelt thanks to the organisers. The retreat was a spiritual escape I would like to take again and again.



Preparing for Bhandara

By Dr Aloke Mullick, Indonesia

That blessed time is here again when we go and bathe ourselves in the ocean of bliss and grace which flows from the Masters! Maybe that's what ancient pilgrimages were all about.

In bhandaras, we have experienced that divine stillness touch the very core of our being. Many of us have cried upon reaching the bhandara location and at the moment of leaving it. To get the maximum spiritual benefit from attending a bhandara, we need to prepare for it.

During a bhandara, the purest and subtlest grace showered by the Masters – both our living Master and all the past Masters – create an atmosphere conducive to inconceivable inner growth. To tune into this subtle shower of grace, we need to empty ourselves, as much as possible, of all the grossness that engulfs us in our daily lives. We need to settle, more and more, into the stillness of the Being, where the mind remains silent, unless it has to reveal something. This inner stillness, cultivated through proper meditation, cleaning, and individual sittings, is that inner life that expands and feeds on the grace available during the bhandara, and grows till it permeates our every particle. We experience oneness with Him, and we come back with Him. And when that happens, we don't cry on leaving the bhandara, since we are coming back with Him.

Someone once asked Master how to maintain such a condition later. His answer remains one of my favourite quotes from him: "Don't try to remain in the condition," he said. "Let the condition maintain you."

So, dear brothers and sisters, let us empty ourselves and maintain silence within and without during the bhandara, meditate often to digest the abundant grace entering us, and come back with him. Thereon, let him and the condition he gave maintain us the rest of our incarnate lives, so each subsequent day of our lives becomes a bhandara – a celebration of the Divine within us.

Updates from the Region

Japan

The Japan Centre had the pleasure of receiving Br Nitin Govila, region-in-charge, on 17-21 February 2013. He visited the centres in Tokyo (17 February), Nagoya (19 February) and Kyoto (20th February). He met with many local abhyasis to kick-start some important tasks for the development of the Mission in Japan.



On 13 January, the Kyoto centre held a day-long meeting. Ten abhyasis from Kyoto and Shiga prefectures gathered to discuss the topic of cleaning, shared a potluck lunch and held two satsanghs.

The centre was also very pleased to receive a visit from Br Nitin Govila on 20 February. Abhyasis gathered from Kyoto, Shiga, and Nagoya for evening satsangh with him.

Outreach activity during this period consisted of two open houses held at the Kyoto International Community House.

Manila

The Center celebrated Lalaji's birthday on 2 February with morning and afternoon satsanghs, each satsangh followed by a video showing.

The Center has also successfully conducted monthly Open Houses in Makati City and Mandaluyong City, Metro Manila.



Indonesia



Since September 2012, the Jakarta Centre has been conducting Sunday satsangh in a new location. It is a *ruko*, that is, a shop and house combined. Satsangh is held on the second floor. The hall was kept empty, so it was given free of charge for meditation and any activity related to Sahaj Marg. Sittings and open houses have been held there as well.

The abhyasis in Indonesia are all glad to have a centre location where they feel a sense of belonging. They are also planning to register the Mission in Indonesia.

Bali also has a centre with two prefects and about ten abhyasis.

Retreats in Japan

The Japan Centre has been conducting Spiritual Retreats every year since 2005. In 2012, the Centre had three retreats: one during spring (April), one in the summer (June), and the last one in autumn (October).

In spring 2012, abhyasis from all over Japan gathered in the picturesque city of Uji, located just south of the ancient capital Kyoto. The abhyasis enjoyed three days together in a YMCA retreat



Spring Retreat 2012 from 31 March to 2 April 2012 ▲
at YMCA Uji near Kyoto.

center in the mountains, discovering signs of the unfolding spring season. The focus of the retreat was Goal, and sessions were held on the importance of having a spiritual goal, the nature of the goal in Sahaj Marg, and how to advance toward the goal. The centre was fortunate to be joined by Br. Nitin Govila in these activities.

Autumn Retreat 2012 — 8th to 10th October 2012
at Otome Shinrinkoen camp near Shizuoka.



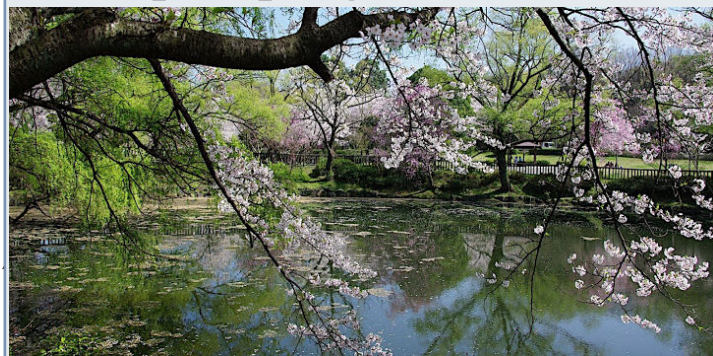
The Summer 2012 Retreat was a first for Japan, as the centre had previously held only Spring and Autumn Retreats. Some fifteen abhyasis gathered in the town of Gotemba near Mt. Fuji for two intense days of reflection and meditation.

The Autumn 2012 Retreat was held in pleasantly cool weather at the Otome Shinrinkoen camp in Shizuoka Prefecture, located between Tokyo and Nagoya. Sessions were held on two aspects of Sahaj Marg practice - meditation and cleaning, as well as on the topic of service. Twenty-six abhyasis attended, including several from Chennai.



▲ Summer Retreat 2 - 3 June 2012
at Yamano no ie Gotemba near Shizuoka)

Japan Spring Retreat 2013



The Japan Centre is pleased to announce that it will have the 16th All Japan Spring Retreat 2013 in Shiga Prefecture.

Woody Pal Yogo
260, Nakanogou, Yogo City,
Nagahama, Shiga Prefecture

Date: 3 - 5 May 2013

Abhyasis from other parts of Asia are invited to join. For more details please contact:

Br Nat Preston nat_preston@yahoo.com

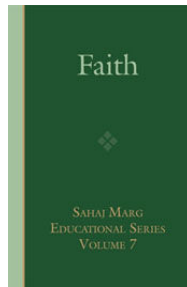
Sis. Asuka Nakazawa acc41asuka@hotmail.com



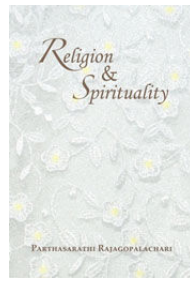
New Publications



Sahaj Marg Meanderings
English



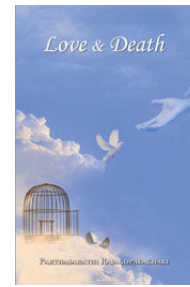
Faith
English



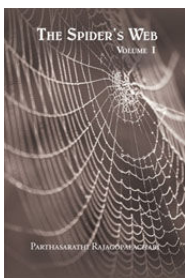
Religion & Spirituality
English



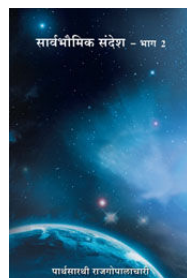
HeartSpeak 2006
Hindi



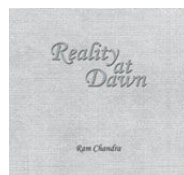
Love & Death
English



The Spider's Web
English



Messages Universal
Vol 2—Hindi



Reality at Dawn
Audio Book



Down Memory Lane
Vol 1—Telugu



Down Memory Lane
Vol 1—Tamil

Library Facility in Hong Kong

A library containing many books, CDs, and DVDs related to different topics of Sahaj Marg practice is now accessible to every abhyasi at Kwai Fong Centre.

The address is:

8A, Kwai Chung Plaza, Kwai Fong,
Kowloon, Hong Kong.

Whispers from the Brighter World – A Fifth Revelation

Dear Sisters and Brothers,

As you are aware, 'Whispers from the Brighter World – A Fifth Revelation' will be released on 30th April 2013 during revered Babuji Maharaj's birth anniversary celebrations at Tiruppur. The pre-booking for this very special publication has already started and as there is very little time from now and the release date, it is requested that abhyasis pre-book their copies at the earliest to ensure that they receive them on time.

To download or subscribe to this newsletter, please visit <http://www.sahajmarg.org/newsletters/south-east-asia-far-east> For feedback, suggestions and news articles please send email to echoes.fareast@srcm.org

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