

SMSF Newsletter

Volume III No.1-2008

SMSF Newsletter is a quarterly newsletter that will provide updates, announcements and notifications on SMSF activities and events.

In words of our Rev. Master,
"This publication will essentially focus on the spiritual needs of human beings, how they are being or trying to be fulfilled by the Sahaj Marg philosophy and practice ..."

Archives of these newsletters will be available on SMSF website
<http://www.sahajmarg.org>

For suggestions on the newsletter, contact
Smsf.newsletter@sahajmarg.org

Featured in this issue

Retreat Centres: We feature the inauguration of Malampuzha and Panshet retreat centres by Rev. Master. We also feature the SPURS ranch retreat centre.

Health: We cover the medical centre activities organized by Free Medical Centre of Manapakkam.



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(above) Rev. Master at the inauguration of Malampuzha Retreat Centre

Inauguration of SMSF Retreat Centre in Malampuzha

On March 3, Rev. Master travelled by road from Tiruppur to the Sahaj Marg Spirituality Foundation Retreat Centre in Malampuzha, Kerala which is about 95 km from Tiruppur and 50 km from Coimbatore. He laid a foundation stone for the meditation hall and inaugurated the dormitory block at the retreat centre. After satsangh, He gave the following brief talk to announce the opening of this retreat centre:

Talk Given By Shri P. Rajagopalachari on March 3, 2008 at Malampuzha, Kerala

To Dear Brothers and Sisters of Shri Ram Chandra Mission and Sahaj Marg Spirituality Foundation worldwide:

Today, the 3rd of March, 2008, the dormitory facilities in the retreat centre in Malampuzha, very near Palakkad in the state of Kerala, has

been inaugurated, and a foundation stone laid for the meditation hall. It is proposed to open the facility for those who wish to commence retreats here, on the **14th of April, 2008** which is the Kerala (Malayalam) New Year, and we invite all of you to register your names, for the moment, with sister Lalita in Manapakkam [email address below], so that we can prepare a list for future use. There are 24 rooms - each capable of accommodating up to 3 persons and no more. Toilet facilities are centralized and just behind the dormitory within a few meters, there is the kitchen and dining facility.

The retreat is available to all who want to retreat for periods of 5 days to 30 days, and it is proposed to have a preceptor couple living in this facility to give sittings when necessary. Please note that this is not an ashram, and

Applying for Retreats

Abhyasis who wish to apply for retreats either at the **Malampuzha** or **Panshet** centres may send an email to retreat@sahajmarg.org providing the following information:

- SRCM ID number
- Full Name
- Centre
- Age
- Sex
- Contact Information
- Date of Joining Sahaj Marg
- Preceptor's Name
- Proposed Date of Arrival
- Proposed Date of Departure

Note:

- Abhyasis may be allocated to either retreat center based upon availability of accommodation.
- Applications will be processed on a first-come, first-served basis.
- A printout of your email confirmation and your SRCM photo ID card will need to be produced at the retreat centers upon arrival.

there will be no daily meditation and things like that, since this is essentially for you to retreat into yourself, introspect, brood over your condition as Babuji Maharaj has advised, do some writing if you wish, and go back into life spiritually fresh, mentally refreshed, and fit in body and mind.

The facility is of course free of all costs, as everywhere else in Shri Ram Chandra Mission, but of course, you have to pay for your own transport, and such other facilities as you may need personally with you. Telephone facilities will be available on site for limited use. There may not be an extensive library for reference initially, but it will be the Foundation's endeavour to build up a library slowly as it has done in CREST, Bangalore.

Please note that Malampuzha is in the Western Ghats (mountains), at an elevation of about 600 feet. It is hot in Kerala throughout the year. In June, July & August there will be heavy rain, and the rest of the year, it will be

moderately hot to very hot, and always humid! Since this facility is located within a forest in the Western Ghats, be prepared to bring your mosquito curtains, mosquito lotions, etc. with you, though there will be adequate medical facilities here if and when necessary, which we hope not.

I hope you will all have a wonderful retreat, whatever be the period of your stay. Please dedicate yourself to it from the very beginning, for retreats are not meant to be holidays nor escapes from life, but escapes from yourself into your Self, with a capital "S", where lies the Manasa Sarovar - the lake into which you have a dip, and come out clean, fresh, bright. Thank you.

For further clarifications, please send an email to malampuzha@sahajmarg.org

Source: Sahaj Sandesh No: 2008.9 - Tuesday March 4, 2008



(above) A view of Malampuzha Retreat Centre

Inauguration of SMSF Retreat Centre at Panshet (Pune)



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(above, below) Rev. Master at the inauguration of Panshet retreat centre

On March 14, 2008, Rev. Master inaugurated the second SMSF retreat centre in India, located in a picturesque setting in the outskirts of Pune, Maharashtra. This retreat center is located on the banks of the Khadak Vasla lake near the Panshet Dam, with rolling hills surrounding the area. The facility includes a meditation hall,

kitchen & dining area and dormitory block. Similar to the retreat centre in Malampuzha, Kerala which was inaugurated recently, this facility will be open from April 14, 2008 onwards to abhyasis who wish to commence retreats.

Source: Sahaj Sandesh No: 2008.10 -
Wednesday, March 19, 2008



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The information on SPURS is available on the web at: <http://www.sahajmarg.org/spurs>.

Abhyasis may now submit the participation requests online at <http://www.sahajmarg.org/spurs>. Once the requests are processed, the abhyasis will receive a confirmation along with a welcome package that contains detailed information on the program and the facility

- The Retreat Program is open to abhyasis who have maintained regularity with their practice for 2 years or more
- The retreat will accommodate up to 20 abhyasis at a time.
- The batches will be separated by Men and Women.
- The months for Men are Jan, Mar, May, Jul, Sep, Nov
- The months for women are Feb, Apr, Jun, Aug, Oct, Dec
- Abhyasis may stay from 3 to 30 days.
- Abhyasis coming for the 3 day program will do no activities at the ranch.
- Abhyasis who wish to make donations may do so via cheques to SMSF on arrival at SPURS.
- Transportation to and from the Airport to SPURS may be requested in the participation request form.

Please e-mail austin@sahajmarg.org for any questions or information.



(above) Rev. Master at the inauguration of Panshet retreat centre

SPURS Retreat Ranch for the Americas, Austin, TX

Report of activities at Spurs Retreat Ranch for January 2008.

Seven brothers came to retreat in January—two from Texas and one each from Florida, Pennsylvania, British Columbia, Canada, and Andhra Pradesh, India. All of them wish to return for another retreat at some time; this is true for everyone who has come so far. And some were reluctant to leave when the time came to depart.

Here are some of the thoughts reported by the brothers here this month in their closing interviews with us:

“At some point I felt like I was laboring in my retreat. And then suddenly it went by very quickly. At a gathering, a lot happens outside yourself. Here, in retreat, everything happens *inside*! This is what I discovered.”

“When I first came, I thought, I am all alone. What will I do? How can I meditate? There is no program. But right away I sat in meditation and I had a wonderful feeling; it was very good. And after that there was no worry about being alone.”

“One thing though, not long after I arrived here my goal for the retreat changed—in the first sitting what I really needed to address came up.”

“The kind of concentration possible here for doing the practice was new and I don’t want it to end.”

“My taste for food was lessened, for example. Taste is not so important as just nourishing the body with simple food.”

“There is purity here. I see here that maybe I’ve put too much emphasis on the stress of the world. I feel that by being here that I will be able to not get distracted by the so-called stress.”

“In the first five nights or so I had so many dreams, some of them very scary and I would be awake. But in the last nights I had absolutely no dreams, or none that I remember, and I slept so well. The sanctuary is amazing—there’s something really special about that room. If my thoughts are not okay, I clean a bit and then go into that room. There was sanctity there!”

The plan for the library is complete except for some aspects of the book classification which has to be adapted to the needs here.

Source: Tom and Mary Lou

Medical Centre News

Free Medical Centres (FMC) at Manapakkam, Satkhol and Allahabad have been undertaking many activities towards imparting medical services to the needy. Medical Camps are regularly held in Madurai.

Sahaj Marg Physicians Group (SMPG)

SMPG is an initiative involving physicians, medical students, residents, nurses and others in the medical community to offer medical services to the needy through SMSF Medical Centers. As part of this initiative, a database of names of the physicians from all branches of medicine has been completed. A group email address has been set up - smpg@sahajmarg.info.

Source and SMPG Contact is Murthy Gokula (rgokula@hotmail.com or murthyg@msu.edu).

Activities of Free Medical Centre, Chennai from Oct 07 to Feb 08.

FMC has served 2793 out-patients and 10 in-patients in January 2008. Among the outpatients, abhyasis are 1660 and others are 1133. In February 2008, FMC has served 3293 out-patients and 6 in-patients. Among the outpatients, abhyasis are 1692 and others are 1601.

Internal medicine

Department	No of Patients	Panel of Doctors
Internal medicine	Jan - 2216 Feb - 2748	Dr. U. Ravindran Dr. R. Sulochana Dr. K. Sudheshna Dr. G. Raja Amarnath

Speciality Clinics

Department	No of Patients (Jan)	No of Patients (Feb)	Panel of Doctors
Dentistry	111	82	Dr. Swati N. Bhagat Dr. Jagadish Kumar Dr. T.S.R. Anjaneyulu Dr. Ilancheziasn
Dermatology	37	19	Dr. M. Jayaraman
Gastro-enterology	2	13	Dr. Manimaran
Gynaecology	50	34	Dr. ThripuraSundari
Homeopathy	272	289	Dr. S. Balaji Jayasankar Dr. Malathy Mohan Dr. S. K. Ram Subramaniam. Dr. Sudha Jagadish
Ophthalmology	62	30	Dr. Harshitha Bakshi
Paediatrics	20	20	Dr. B.I. Sasirekha Dr. Natwar Sharma
Physiotherapy	5	0	Br. N. Siva Subramaniyan
Pulmonology	6	0	Dr. I.M. Palaniappan
Orthopaedics	12	40	Dr. P. Sivaiah
Total	577	545	

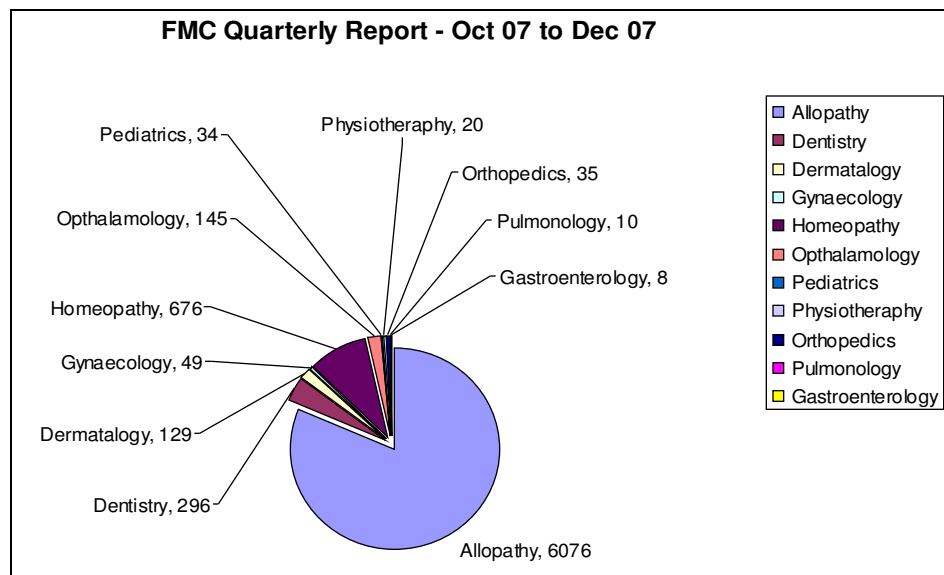
Team Members

Staff	Trainee Nursing Assistants	Volunteers	
S. Thangam	E. Vedalakshmi	V.Rajapurna	Ammukutty
	P. Nalini	A Radhakrishnan	Rajeswari
	R. Rathi	Senthil Kumar	

FMC has served 7478 out-patients and 20 in-patients for the quarter- October 07 to December 07:



(above) Registration counter

**Third Year of Free Medical Camps at SRCM Madurai**

The Free Medical Camp organized by S.M.S.F at S.R.C.M MADURAI steps modestly on its third year of humble service. The camp for Jan 08 was conducted on 20th January 2008.

Details of Beneficiaries:

Cases	Males	Females	Children	Total
New	18	52	30	90
Old	78	159	63	300
Total	96	211	93	390

Source: Ravindran Ulaganathan [druravindran@gmail.com]



(above) Waiting hall