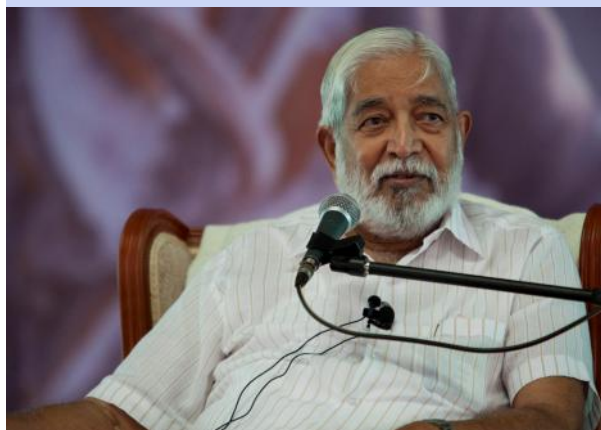




## Progress to Fulfill His Purpose



When we see the vast spectrum of life with all its enormous difficulties, differences, problems, successes, we wonder why it is so. Why is it that some have to struggle and some are born with so-called silver spoons in their mouth, and nowadays maybe even diamond spoons? When a child is born who is an heir to, say, a fortune of two thousand crores, four thousand crores, is it to its advantage or to its eventual disadvantage? Because money has nothing to do with it, property has nothing to do with it. What the parents leave you has nothing to do with it. Their duty is to give you what is good for you as a human being: good

training as a baby, good education (as much as they can afford), training in good manners, behaviour, etiquette which must become part of us, not put on, you know.

We must not be rude in one setting and very polite in another, which is only like washing our hands in soap before we are going to dine. Do these things become part of my nature? Can you say of this man, "He is well behaved under all circumstances"? Whether you curse him or bless him, he is well behaved; he says, "Thank you." Because, in one way of looking at it, a curse can be a very good thing. It can awaken us to the possibilities of what can be. Babuji Maharaj said, "A curse cannot work unless what is cursed is somewhere in your future."

*Excerpt from talk given by Rev. Master on Guru Purnima, July 25, 2010, Lucknow*

## Should I Complain *by C Pandirajan, Singapore*

We often make long trips only after proper planning and arrangements at our office and home. But this July, my trip to Lucknow, didn't really shape up until the very last minute. I had booked my air ticket to Chennai, but the train ticket was not confirmed until two days prior to the journey. Even after the confirmation, since it was a special train, we did not know the exact time and date of departure. Finally after 48 hours of travel, we reached the ashram late night on 23rd July.

Since we reached the ashram very late, all the tents were full. Many of the 1,500 abhyasis were accommodated wherever place was available, next to the general stores, dinning area, etc. I was put up next to the general store. Tired by the journey, I freshened up, ate some food from the canteen, and went straight to bed. I noticed there were lots of insects. Sometime later, I felt something on my neck. It was an insect. I was too tired after the long journey to get up and continued sleeping.

Surprisingly I still woke up at 4.00 am the next day and immediately rushed to the washroom. Even before I reached there, lots of brothers were waiting outside. True to the name of abhyasis, everyone stood waiting in queue for their turn. After freshening up and having a cup of coffee, I went straight to the meditation hall. I noticed the time was 6.00 am, better than the 7.25 am I normally enter the meditation hall in Singapore!

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After meditation and breakfast, I helped in the cleaning of the meditation hall. There was heavy rain, and the meditation hall was wet with no way to drain out the water. Some brothers immediately constructed a temporary drain around the hall and the sisters swept the murky water out of the hall. Overall the work did not feel like work, for I never felt any strain for the days that I was there.

Since the special train was leaving for Chennai on the 25<sup>th</sup> July, we had to leave that day. At the station, some volunteers were transferring crates of water bottles from the main entrance. We were requested to help carry the water bottles. Immediately a long queue of abhyasis formed from the main entrance, up the overhead bridge and down the staircase to the platform. We started moving the bottles, resembling a long line of ants transporting food to their anthill!



Despite all the inconveniences, I noticed people being helpful at the ashram and throughout the journey. I didn't care about my baggage neither on the train nor in my tent. I felt secure throughout the journey as there were volunteers patrolling the train. The train arrived late at every station, thus there was delay in supply of food. So the organisers arranged for bread. An abhyasi complained but the brother distributing the food just looked at him, smiled and moved on without any reply. No one here is paid to work, yet even though the brother's effort was unappreciated, he maintained a positive attitude. The journey would have been terrible, if not for the commendable job done by the volunteers.

Should I complain about what is not right? Or should I feel grateful for how lucky I am and how easy it is for me to do my practice? There were abhyasis who were physically and financially challenged, and those who did not have the support of their family members yet they made it to the celebration. I am sure for everyone I met, there were ten times more abhyasis who couldn't make it due to physical, financial or family challenges.

The weather was terrible, which made me wonder how people in this part of the country managed. Many of the enthusiastic volunteers were from the same region. For every inconvenience we came across, there were umpteen numbers of people who face it every day yet maintain a great attitude. Master goes through the same problems too. If travelling such a distance once is a problem for me, Master travels many times and many more miles, just for the sake of abhyasis.

Is it time to complain or time to contemplate? The theme of the celebration was "**Love and Gratitude**".

If anything this journey taught me, it is "be grateful for all you have" and become what Master wants us to become irrespective of the situation.





## A Journey Towards My Beloved *by Alain Desvigne, Korea*

For the most part of my *abhyas*, I must confess my approach to meditation has been very technical. My mind was very focused on the process of meditation or on the performance of its execution rather than on the real goal of the *sadhana*.

I must also recognise my whole approach to Sahaj Marg has been very religious in the past, especially in the context of the externalisation of my relationship with my Master. As a good Christian by tradition and education, I have been keeping my Master outside myself in the same way that I have been thinking of God as somewhere out there in the Universe.

It is only through the habit of reading the *Whispers from the Brighter World* on a regular basis that I have truly started to realise how each meditation is a rendezvous with my Beloved; how every single meditation is an opportunity to realise and cherish His Loving presence within my Heart, and ultimately to surrender to this Presence with a Heart filled with joy and gratitude.

These inner contacts have offered me the only real experiences of contentment, freedom and expansion in my life and also the only real opportunities to take refuge in moments of doubts, despair and distress. I do not see anymore the point of externalising an endless search and of losing myself in the process while I find Him right here, at the core of my existence. What remains now for me is the longing to be united with Him with the hope that this longing shall grow without boundaries during my journey.



## My Spiritual Family *by Julie Govila, Singapore*

During vacations or at least once a year everyone plans a trip to an ashram to unite with their spiritual family. Trips to visit Master and to be in the ashram atmosphere have become an integral part of our family too.

In February 2010, during the Chinese New Year holidays, we visited Manapakkam. The moment we entered the ashram, the kids were overjoyed as 'It is home away from home' for them. Here, they learn values of service, patience and tolerance naturally.

Almost every evening, Master went around the ashram in his golf cart and sometimes sat outside His cottage. It was a pleasure to see Master happy when He saw the excitement on the children's faces when they saw Him.

When we visit the ashram, we see many familiar and many new faces. Sometimes, we recognise a person's face but not the name, however, we are all connected through Master. One morning, Master asked a sister abhyasi if she was French. She replied, "No Master, I am Irish." She then told Master that He had asked her the same question earlier too. He replied with a smile, "You see, I have a very big family, I just get a little mixed up."

Surprisingly, when it comes to spirituality, we are taken care of individually by our loving Master. In such a big spiritual family, every abhyasi has his 'Unique' relationship with Him. It is like in Krishna-Lila, there is only one Krishna and so many Gopis. But every Gopi had her own unique relationship with Krishna. No matter who we are or where we come from, Master accepts us with Unconditional Love.





## An Invitation to Participate in Master's Work *by Jenny Ng, China*

It was by chance that Bro. Nitin requested that I visit Hanoi, Vietnam in June as there are no prefects there. During that trip, I conducted an open house in Bro. Harish's office and a couple of the staff took introductory sittings. In August, I visited Hanoi again with Sis. Li from the Xian Centre in China. We conducted open houses in Bro Harish's office, his home and at the Zenith Yoga Centre. We introduced nine new abhyasis.

As I am only able to travel to Vietnam once every two months like Bro Nitin, it will be of great benefit to Hanoi Centre if prefects from the neighboring countries could also make visits to fill the gap. Regular visits to a new Centre to nurture the understanding on Sahaj Marg is of great importance.

There are many budget airlines that fly to Hanoi at very affordable prices. As for me, I have to travel by coach for 8 hours, cross the causeway between China and Vietnam, and travel another 8 hours by train. The journey is indeed troublesome and tiring. But the pain is worth it when one works for the Master and the development of the Mission.

We welcome all brothers and sisters to participate in developing the Hanoi centre. For further details, please contact Bro. Nitin [nitin.govila@sahajmarg.org](mailto:nitin.govila@sahajmarg.org) or Sis. Jenny [jennyace@gmail.com](mailto:jennyace@gmail.com).

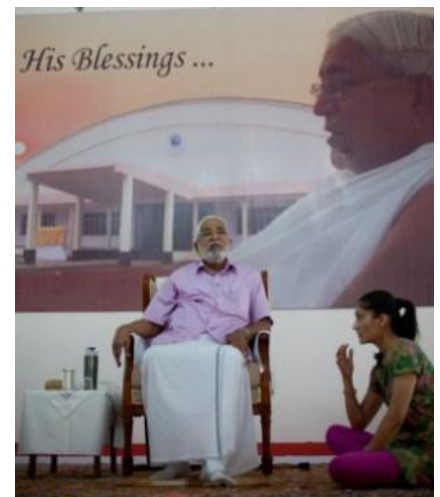


## Link with the Master *by Wendy Li, Hong Kong*

I joined Sahaj Marg in Shanghai, China in 2005. For the first two years going to India was still a novel idea. So instead I partook with the local centre for Master's celebratory activities and enjoyed the programmes.

During 2006 and 2007, together with the group from China, I participated in Master's birthday celebration. The experiences were totally different. I found my mind and soul completely clean and fresh. My condition lasted long after my return to Hong Kong. From that moment, a link with Master was made in my heart.

In the last two years, I haven't had the opportunity to go to India. I would describe my feeling as "feel so close in heart but miles away physically". Since my return, I sensed brothers and sisters in Hong Kong who couldn't meet Master this year, felt the same way. Closer to 24th July, we started to feel a bit down. But not wanting to carry on with such negative emotions, we decided to light up the fire of love and turned it into a motivation to prepare for the local activities. We were extremely focused and excited while preparing a photo slideshow. Thousands of photos about Master's birthday celebrations from 2007 to 2009, ISTP, service for Him in China, Universal Brotherhood, etc. were collected. While arranging the sequence, our wonderful memories were awakened. Each time I watched this show, I was moved once again. I know the link between Master and me is now stronger than ever.





## Centre Updates

### SINGAPORE

Master's birthday celebrations commenced with the morning satsangh. A reading from Master's biography served as a reminder to follow Him in His Footsteps. The presentations "Remembering Him Always" and "Role of the Master" emphasized the importance of a guide on our spiritual journey. There was a lot of enthusiasm while playing Pictionary, which was followed by an interactive session on "Change". Everyone enjoyed listening to Master's favourite songs. The celebration ended with the evening satsangh.



### PHILIPPINES

A two-day seminar was held to commemorate Master's birthday. Morning and evening satsanghs were held on July 24th and regular Sunday satsangh on July 25th. The satsanghs were followed by the screening and discussion of the videos titled "The Real Purpose of Bhandaras", "The Water of Life" and "Fulfilling Nature's Purpose".



### THAILAND

Four abhyasis from Thailand attended Master's Birthday in Lucknow this year. Br. Subhash was very fortunate to have the opportunity to travel with Rev. Master. He shared his experience with other abhyasis during the Sunday satsangh.

### MALAYSIA

A seminar themed **Be Outside What You Are Inside** was held in Penang at the Gandhiji Hall on 28th and 29th August with participants from Kulim and Singapore Centres. Abhyasis spoke of their experiences in **Approaching Master** and **The Practical Aspects of Sahaj Marg** as well as their personal experiences of the celebrations in Lucknow. **Character Transformation** was another topic of discussion and a video of it was shown. Members went on to share views on experiences on why we are unable to see Master in the ashram and stopped by our own brothers and sisters. Introductory talks were conducted for six new prospective abhyasis. Also presented at the seminar – **The Basics of Sahaj Marg** and **Growing The Link With Master**. **The Cosmic Energy** talk was an interesting eye opener.

## Singapore Outreach Programme

SRCM Singapore conducted a **Corporate Introductory Talk** at the Royal Bank of Scotland. Seven company executives comprising of four Indian men, an Indian woman, a New Zealander man and a Hungarian man attended it. The talk lasted nearly 20 minutes followed by some questions, and a 5-minute meditation session. We hope to have more of such talks and develop the Singapore centre.



**AUTUMN RETREAT 2010 Neba, Nagano, Japan****2010年秋のリトリート 長野県根羽村**

*Join us as we meditate and introspect to emerge refreshed with a renewed sense of spiritual vigor and purpose.*

瞑想と内省を深め、魂の英気と方向性を新たに、すがすがしく再生しましょう。ぜひご参加ください。

<b>Date:</b> 9th, 10th and 11th October 2010 (2 nights and 3 days)	日時：2010年10月9日、10日、11日（2泊3日）
<b>Venue:</b> Green House Morizawa, Nagano Ken, Shimoina Gun, Neba Mura, 208-1, Japan Phone: 0265-49-2310	場所：グリーンハウス森沢 長野県下伊那郡根羽村 208-1 電話番号：0265-49-2310
<b>Getting there:</b> Arrival Chubu International Airport. Arrangements for stay in Nagoya can be made for those abhyasis arriving on 8th October 2010. Nagoya to Neba: 90 Kms, 1 hour 30 minutes by Bus. Bus will depart Nagoya station at 11.30 am on 9th October and will return to Nagoya station at 2.00 pm on 11th October. <b>Cost</b> (per PAX both ways): Adult ¥4000 (USD 44), Child (3 years and above) ¥2000 (USD 22)	[交通アクセス] 名古屋から根羽まで（90km）バスで1時間半 バスは名古屋駅を10月9日午前11時半に出発し、11日午後2時に名古屋駅に戻ってきます。 [バス代] 往復 大人 4000 円 子ども（3歳以上）2000 円
<b>Cost for Stay and meals:</b> Adult: ¥10000 (USD 110) Child: 6 -12 years ¥3000 ( USD 32), 3 - 6 years ¥1000 (USD 11)	宿泊費（食費込み） 大人：1万円 子ども 6-12歳：3000円 3-6歳：1000円
<b>Last date for Registration:</b> 15th September	申し込み最終日：2010年9月15日
For registration, please contact sriram.subramanyam@srcm.org	登録については、お問い合わせください sriram.subramanyam@srcm.org

**ASIA SEMINAR****29th November (Monday) to 3rd December (Friday) 2010**

Rev. Master has graciously consented to host a seminar for the abhyasis from this region. All are encouraged to make every effort to avail this opportunity of being in His physical presence.

Venue details will be confirmed shortly.