

Master at Eighty-four

These are some subjective impressions- as one cannot be very definitive about what Master is! At 84, Master's health is not what it used to be. He carefully conserves his energy, allowing time for rest in between tasks and allocates his time and energy according to priority without seeming to be under pressure. At the end of the day, there are no arrears of work and we marvel at the way he replies to our emails the same day whether it is administrative work or a distress call from an abhyasi.

Master cheerfully undergoes a variety of treatments and medications - sometimes, it seems, more to please those who treat him. He wears dark glasses against daylight as he cannot tolerate the glare. Br. Satbir or Bhargav, Master's grandson, assist him in attending to emails and replying to them. Though his eyesight is affected, his inner senses seem to be at their peak as before. He senses the presence of individuals more than seeing them.

Master's diet is sparse as many things are forbidden to him. But he sits for his meals like an emperor, always with a few abhyasis at his table. He eats in silence (may be working on those present) and sometimes there is a lively conversation, witticisms with a meaning and repartees if there is someone who can provoke him.

Master's walks are occasional, but he exercises in his room with a walker. Whenever he is low in physical energy, Dr. Mohanaselvan is invited to perk it up with his wonder machine. Master also spends time with the dentist in Sahaj Medical centre now and then. But he never makes much of his health problems and is at his wittiest best when he is fighting his ailments.

Having presided over the exponential growth of the Mission, Master's work and responsibility have increased many fold. He goes round in his golf cart and manages to meet, greet and interact with those craving to meet him. Abhyasis from different centres in India have been encouraged to come and spend a few days in Manapakkam, Tiruppur or Kolkata when he is camping there. He is happy to be with large groups of abhyasis in our ashrams and likes to conduct satsanghs frequently.

Master's creations like Omega school, Satkhol ashram, the CRESTs and Retreat centres demand his attention as much as important ashrams and centres all over India. He manages to find time to visit them although at



considerable physical inconvenience. However, he has stopped visiting overseas countries as he cannot sit through long journeys by air. In India, he prefers to travel by road as much as possible.

Master gives particular attention to children whether they are students of Omega school or those who accompany their abhyasi parents. He stops to talk to them, names little babies, jokes with the older ones, touching them on their heads with the tip of his walking stick. Already a new generation seems to be marching into view thanks to over two thousand Sahaj Marg weddings Master has conducted in the last twenty five years.

Master is lively, humorous and young in spirit and his memory is phenomenal as usual. He has grown a beard, but it is shorter than Babuji's. In the beginning, some of us were put off by it, but now we find he looks as charming as before. Long back, Master told me that, when he was young, an aunt of his used to tell him, "You have some aspects (*amshas*) of Lord Krishna. Even if you become ninety years old, you will still be charming." Indeed, one is tempted to say, borrowing Shakespeare's expression, "Age cannot wither, nor custom stale, Thy infinite variety".

By Br. A. P. Durai





A Day in the Life of Master

Master's granddaughter Madhuri sums up Master's daily routine as she has seen it from close quarters.

On a typical day, **4.30 a.m.** - Master is up at the crack of dawn after a night of disturbed sleep. He is ready in no time for his morning meditation which begins immediately.

5.30 a.m. - Having just completed his meditation, He walks out to the verandah for coffee and to enjoy the light morning breeze. Abhyasis are up and ready, anticipating this time with Him and slowly begin to come in. He responds happily to their greetings and welcomes them to sit beside him.

6.15 a.m. - By this time, he is done with coffee and moves into his office to start the day's work. He begins with the Emails he receives everyday and answers all of them tirelessly.

7.00 a.m. - Takes up the work of preparing two prefects for work in different centers. Upon finishing this, he notices it is 8 o' clock and time for breakfast!

8.30 a.m. - Master finishes with breakfast and goes into his room. There, he meets with abhyasis who are present. He interacts with them and makes sure he meets newly weds, individuals with birthdays, children and people from afar before he goes back to his office. He promises those gathered a sitting at 9 o' clock.

10.00 a.m. - After the sitting, he goes back to the office and tends to work regarding center administration, ashrams, finance, new buildings etc and later has a meeting with some important officials.

11.30 a.m. - Does his Russian lessons on the computer for about an hour before lunch.

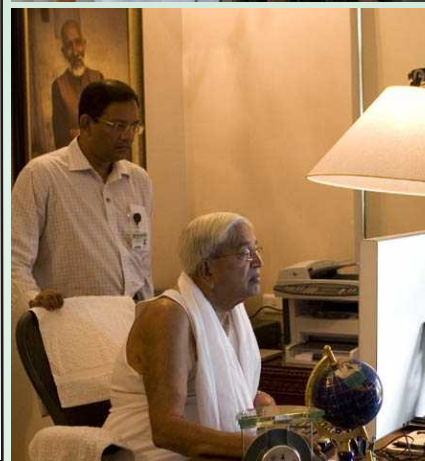
12.30 p.m. - Coincidentally, three Russians are invited to eat lunch with him. He practices the language and enjoys their company.

1.30 p.m. - Master now goes to watch a short documentary, mostly picks those involving animal life.

2.30 p.m. - Retires to his bedroom for his afternoon nap. Is read to for about half an hour from a book before falling asleep.

5.00 p.m. - He is up and finished with breathing exercises lasting half an hour and is ready for coffee. After this, he goes around the Manapakkam Ashram in his golf cart, meeting everyone on the way and checks the progress of the construction of the new auditorium block. Stops on the way at the canteen for a small bite with all gathered around him.

5.30 p.m. - Master sits outside in the garden with



abhyasis and talks about his days in Shahjahanpur with Babuji. He then gives a sitting lasting about 45 minutes and then it is back to the office for the evening's work!

7.30 p.m. - Having answered all his new Emails and updated his diary, Master goes for dinner.

8.30 p.m. - Time for the daily movie. He chooses one out of a selection brought by an abhyasi and watches it with others.

10.30 p.m. - Goes to bed after a wearying day for a much deserved good night's sleep.



Master at Tiruppur

Master went to Tiruppur Diamond Jubilee Park ashram on 16th April. On 18th, he conducted Sunday satsangh at 7.30 AM. with more than 3000 abhyasis present. In the evening, he visited the Yogashram at Chettipalayam. He appreciated the maintenance of the ashram and Master's cottage. After a short stay, he returned to DJ Park.

On 19th April evening, Master went to Kangeyam ashram, which is around 30 km from Tiruppur. The atmosphere there was very beautiful and Master gave a sitting to abhyasis in the shade of a neem tree, outside the meditation hall. Nearly 300 abhyasis from nearby centres attended this satsangh.

On 23rd April, Master conducted Sunday satsangh for the 3000 abhyasis gathered in the ashram. He used to sit in the garden every evening enjoying the breeze and scenery.

Arrangements for Babuji's birthday celebrations were going on rapidly while Master was staying there. Many volunteers from other centers were working to get the place ready for the celebrations. A big meditation hall with a capacity for 15,000 was erected.

Pujya Babuji's birthday celebrations from 29th April to 1st May went off well in a serene atmosphere. DJ Park looked very grand. The meditation hall with Master's dais was beautifully decorated with flowers. Master conducted satsangh for 9,000 abhyasis gathered there. After satsangh, he released books, CDs and DVDs.

On 30th evening, Master conducted the satsangh at 5.15 PM. He later met the abhyasis from Pune centre (Maharashtra state) and discussed the abhyasis' expectation for Master's attention towards them. Master

explained that one should be ego-less while being with the Master and should not expect anything from Him.

On 5th May morning, Master went to Coimbatore ashram and conducted satsangh at 9 AM. More than 1000 abhyasis attended this satsangh.

In the evening, he left Coimbatore and made a trip to Malampuzha. The climate at Malampuzha was hot and humid. Master arrived at the retreat centre with a plan to stay for one night and leave the next day after breakfast. The next morning, due to some elephant mishaps, the roads were blocked and traffic was cut off. Hence, Master had to extend his stay. He said, "My boss (Babuji) wants me to stay here".

On 7th May Master returned to Tiruppur and on 9th morning, he conducted Sunday satsangh for around 1500 abhyasis present at DJ park.

On 10th May, Master decided to invite abhyasis from various centres to come and visit him at Tiruppur. Hence, abhyasis from centres like Rajapalayam, Srivilliputhur, Hyderabad and all the centres of Madurai zone were invited and many abhyasis gathered at DJ Park from 11th May onwards.

From 11th to 16th May, Master conducted the 6.30 AM satsanghs. More than 1500 abhyasis from various centres were present on these days. On 16th, after the evening satsangh, Master thanked all the abhyasis for being present with him for the past few days and concluded the session with a speech in which Master requested abhyasis to preserve in their hearts, the treasure given through transmission, by doing the sadhana regularly and by following the ten maxims. At the end of the speech,

Master ensured that programmes like this (continuous satsanghs with Master) would continue in the future and blessed all abhyasis to come back with hearts ready to receive more and more.

On 19th, after a month long stay at Tiruppur he left for Coimbatore in the afternoon where he stayed in an abhyasi's home and conducted satsangh the next morning.

Malampuzha





Coimbatore



With LMOIS Students



Chennai

Back in Chennai

Master arrived in Chennai on the 21st of May at 11.30 a.m. The following three weeks saw him moving back and forth from 'Gayathri' and the ashram at Manapakkam. The abhyasis of Chennai centre were ecstatic to receive the first Sunday satsangh after a long hiatus, on the 23rd. During his stay at home, Master went to the Marina beach a few times with those present, to enjoy a quiet and peaceful evening.

The class ten students from Lalaji Memorial Omega International School had all scored well in the board exams giving the school a 100% pass result. Master visited the school on 28th May to congratulate the students on their excellent performance. The evening was marked by a sense of joy in the air and easy, smooth flowing conversation. As he addressed the students gathered about the importance of making the most out of life, Master said, "I always tell children not to come first in class. If you always come first, people expect more out of you every time. In my days, there were no ranks. The only thing that mattered was true knowledge of the subject." He went on to explain the need for living a full life, not just giving importance to one's academics and career, but also to charity, healthy relationships, good behavior and overall happiness.

On 6th June, Master solemnized eight marriages after satsangh and interacted with abhyasis during the day. Over 150 abhyasis from Kurnool centre in Andhra

Pradesh had arrived on the 7th to spend a few days with Master. As a change from his daily routine, he had dinner at Ruchi Cafe, the canteen in the ashram, with abhyasis gathered around him. The evening was one of discipline with everyone respecting his space and being with him simultaneously. The same orderliness was apparent when Master returned to the ashram from home and saw 1200 abhyasis from the south of Andhra Pradesh waiting patiently all around the ashram to greet him. During his evening rounds of the ashram, Master kept an eye on the new Auditorium Block's progress of construction. He conducted the satsanghs in the meditation hall frequently over the next three days for the benefit of those who had come to Manapakkam from afar.

On the 12th, Master received 60 abhyasis from Andhra Pradesh at home and patiently answered their questions and bade them goodbye after lunch. Over 5000 were present for the 7.30 a.m satsangh on the 13th, after which Master solemnized the wedding of two couples. In an informal conversation with abhyasis, Master spoke about the consciousness of the divine and said, "Each abhyasi has a different experience during meditation and all of them are right. It is because the divine tunes itself with us, sharing a unique relationship with us all. It is when all beings resonate with the divine, like a tuning fork resonates with the string of a veena in perfect harmony, that true divinity has been achieved." All were absorbed in the conversation which was followed by a sitting for those gathered.

New Responsibilities

Br. K. T. Manjunath	Director, Retreat Centre Panshet, Pune
Br. Dr. A. Perumal	Director, CREST, Bangalore

Zone-in-charge

Br. Seshadri Venkatadri	Karnataka South
Br. T.V. Vishwanath Rao	Tamil Nadu South
Br. Manoj Tiwari	Bihar & Jharkhand
Br. S. Prakash	Tamil Nadu North

Centre-in-charge

Br. Prabhakar Ravoori	Bangalore
Br. Shekhar Roy	Bhubaneswar

Regional-in-charges

Br. Prasanna Krishna	Oceania
Br. N. S. Nagaraja	Europe
Br. Sharat Hegde	The African Continent & the Indian Ocean Islands
Br. Nitin Govilla	Far East & South East Asia
Br. Vinod Mishra	China
Br. William Waycott	Latin America & the Caribbean
Br. Santosh Sreenivasan	Canada & the USA
Br. Sridhar Cadambi	Former CIS Countries
Br. Ashish Singh	South Asia
(Sri Lanka, Bhutan, Pakistan, Nepal & Bangladesh)	



A Peep into the Past

'India in the West' is the title of the book published through Master's meticulous notes that he had made, when he accompanied his Master, Babuji Maharaj during the first overseas tour in 1972. Here is a glimpse of that journey.

Egypt - Babuji left Shajahanpur on 16th April, 1972 for Delhi. On 20th April, he left for Bombay, accompanied by our Master, from where he left for Cairo, the next day.

Italy - They stayed at Rome for 9 days and met many abhyasis, visited their houses, gave introductory sittings to interested seekers, answered their questions and made new preceptors. In one of the local gatherings, our Master spoke on 'Religion and Spirituality in the Light of Sahaj Marg'.

France 29th April - They travelled to many places like Nice, Marseilles, Le Beausset and Paris. One evening, Babuji was absorbed in discussion with a French gentleman who, several years ago, had spent a few years in Tibet under a living lama, and had undergone the prescribed operation for having his third eye opened. Babuji asked him to study him and give his finding. The gentleman said he found that Babuji's Master was always with him. Babuji agreed with this. Then this person transmitted to Babuji, which Babuji confirmed he could do so. Babuji was very impressed with him because of his sincerity and his true regard for his own master and spoke highly of him repeatedly.

Denmark - Babuji and Master arrived at Copenhagen and were given a grand reception by the abhyasis.

On 12th May, Danish radio interviewed Babuji in which our Master also has clarified some of the answers. Many abhyasis from other countries came to Denmark to see Babuji. Public meetings, advertised in local newspapers, were held in Copenhagen to give an introduction to Sahaj Marg, in which more than 300 people attended.



VBSE Training Workshop, Chennai

A 3 day workshop for our abhyasis from the southern zones was conducted during the last week of April at Babuji Memorial Ashram, Chennai. About 75 abhyasis, among whom there were more than a dozen teachers and 3 principals of schools attended the same with a lot of enthusiasm. The new syllabus which is being prepared by the LMOIS and SMRTI together was discussed and the participants were requested to give their ideas on the modules, assessment sheets for the students and the feedback forms prepared for parents. It was a very fruitful exercise and lots of inputs were given by the participants.

The syllabus is getting ready and it is hoped that the Primary School syllabus would be ready soon.

VBSE Summer Camp, Bhopal

Bhopal centre organized a two day VBSE summer camp from 8th 9th May, 2010. 76 children registered for the camp, out of which 26 belong to non-abhyasi families.

On day one, children were given a warm welcome with roses. This was followed by self introduction under the activity "Express Yourself". A mock role play which was based on good and bad habits of a child was presented which was deeply observed by the children. The concept of God, Guru and existence of god within us was shown by some small activities. The children enjoyed boat making and origami exercises.

On day two, the theme "Close to nature" was practiced in which five basic elements of life- Air, earth, fire, water and space were described. There were activities on time management, purification of mind, dealing with different situation through puppets, origami toys and value insight, presentations on water conservation, brotherhood, and also recognition of human values within different articles. To ensure the participation of every child, they were asked to present some skits, rhymes, songs, group songs etc. Children were also asked to offer Mission prayer every day in the morning and at the bed time. The camp ended with a valedictory speech by Br. Prabhakar Das, CiC and the distribution of mementoes among children.





VBSE Activities

From 12th to 17th April, several VBSE and Open House Programmes were conducted at various places of **Muzaffarpur** centre. The organizing team comprised of Mr. R.S. Chauhan, Lt. Col. Dr. Manu Chopra from Dehradun, Sis. Chandrakanta from Ghaziabad, Mrs. Madhu Rohilla, Col. Anil Kumar and Br. Sanjeev Bharti, CiC, Muzaffarpur. To have a greater impact, the team interacted with the college professors, teachers and the army personnel.



The series of VBSE sessions began with a program at Patna centre on 12th April in the presence of Br. G.M. Bhatnagar, ZiC, Bihar and Jharkhand. The session was attended by around 50 abhyasis from different centres of Bihar.

The team then moved to Muzaffarpur centre and conducted a program at Dayalu Singh College on 13th April.

An open house was conducted at 151 INF Bn (TA) JAT, Muzaffarpur on 14th April where Sis. Chandrakanta and Sis. Madhu Rohilla explained the importance of VBSE with the help of demonstrations. The programme was attended by more than 125 participants.

On 15th April, the team had a very interesting and fruitful interaction at the Holy Mission Senior Secondary School with the teachers. Col. Anil Rohilla explained the meaning of spirituality to the audience.

On 16th April, a VBSE Programme was conducted at DAV Public School, Malighat which was attended by around 50 teachers.

On 17 April, an open house was organized in Madhubani which was attended by 60 teachers who are attending the VBSE training classes as well. Madhubani is approximately 110 Km from Muzaffarpur.

Jamnagar centre organized the third one - month long VBSE Workshop, starting from 5th May for the children in the age group of 5 -13 years. 80 children participated in the workshop, amongst which 40 were the regular attendees. The workshop covered various subjects like guru, God, love, prayer, discipline, and politeness. Everyday after saying the prayer, the children were motivated to play a game of their choice.

On the last day of the workshop, the parents of the

participating children were invited for the concluding session at the meditation hall. More than 100 people gathered to watch the various presentations prepared by the children. The participants were gifted rose plants, a symbol of beauty and care. The parents have observed that the children reduced the time spent in watching TV after attending the workshop. They have also learnt to pray in the morning, before having their meals and before going to sleep.

Vidisha centre of Madhya Pradesh organized a two-day VBSE summer camp on 15th -16th May, 2010. On the first day, the topics covered were 'God and Guru' and 'Be Humble and Respect others'. Sis. Anjali and Br. Pramod with a volunteer team organized various skits, games and science experiments communicating these values. On the second day, the focus was on the topic 'Discipline' which was explained through various activities. The children were also taught yoga in order to explain the need of being physically fit.

Jaora



A VBSE program was organised at Jaora, Indore on 12th-13th May for children as part of a 9 day residential camp organised by the Jain Youth Group.

The VBSE program was on the last two days of the camp. A team of ten volunteer brothers and sisters conducted the program which was divided in five sessions; focusing on five values namely, Love, Respect, Communication and Listening, Co-operation and Sharing. The values were dealt in three sessions based on the themes as 'Relevance of Values with Respect to Oneself', 'With Respect to Surroundings' and 'With respect to Him'.

There were 40 children in the age group of 13-16 years. The first session handled by Sis. Yamini Karmarkar and Br. Rajesh Raverkar was full of examples and experiments. At the end the children said that it was values that take us towards growth, joy and lightness.

There were practical sessions were on understanding the communication of the body and acting accordingly for good health, right attitude, failures as a stepping stone to success and developing moderate approach, respecting elders, communication, cooperation, concern for others



and sharing. Br. Shekhar Sharma, Sis. Priti Sharma and Sis. Vinita Raverkar did this with the help of stories, small plays, scientific experiments, etc. The session was full of laughter and tears but the message was communicated.

The third session focused on values with respect to the almighty. As He resides within us, respect and love for Him must be reflected in respecting and loving our fellow beings, respecting and right utilization of natural resources. Finally the participants were divided in four groups to present their feelings on some given topics. The session was handled by Br. Vinod Sathe, Br. Sriram Drawid and Br. Rajesh.

The children were asked to make a list of changes they wish to bring in their lives. The points were small but very practical. The response from the children filled the volunteer team with happiness. The openness, flexibility and divinity given by our Master through VBSE, touched their hearts.

In the valedictory session in which the members of their organizing committee and other social workers of the city were invited, a small presentation on our Mission was given by Br. Rajesh.

New Centres of Light

Kasargod, Kerala

The inauguration of the meditation hall at Kasargod centre was held on 2nd May, 2010. Kasargod center was established in January 2007. It is located in a rural village, Bela, about 16 kms from the city of Kasargod, which is the northern-most city in Kerala. The meditation hall is situated in the centre of the eye hospital, with most of the hospital staff members being abhyasis.

Br. T.V. Kunhikannan (CiC, Payyannur) conducted satsangh at 7:30 AM attended by about 60 abhyasis. He then unveiled the inauguration stone followed by a short program which included speeches by delegates and a cultural program by children and staff.



Br. Kunhikannan highlighted the fact that the center is an example of balance between materialism and spirituality. Br. Neelakantan, Chairman of the hospital, spoke on the importance of proper living, importance of sanitation and environmental morality. Br. Jayasankar IRS, Add Comm. Income Taxes, Nagpur, spoke on the importance of service in human life. Br. Umesh, Director, Dr. N. Sunil, preceptor and Medical Director of the hospital, Dr. K. Narayanan, Medical advisor and Mr. Philipose, Chairman, Sevana Trades, also spoke on the occasion. Master's love and blessings was evidently pouring on all throughout the occasion.

Titodi, Saurashtra



By the grace of beloved Master, in the last 2-3 months, the Mission's activities have grown in Saurashtra region, notably in Jamnagar to Dwarka belt. On Sunday, 13th June, Br. Rajesh Agarwal, ZiC, Gujarat visited Titodi located near Khambhalia. There were only 7 regular abhyasis at that time in Titodi centre. The abhyasis were requested to contact those who were irregular. By His grace, 20 abhyasis are back to attending Sunday satsangh. Br. Bhavin Patel CiC- Khambhalia, in the presence of ZiC-Gujarat and around 25 local abhyasis inaugurated the new meditation hall. Titodi is a small village in Saurashtra which is a centre of the Mission since three years. The population of this village is around 2500.

Tree Planting on World Environment Day, Jamnagar, Gujarat

On 5th June, the World Environment Day, young abhyasis studying in the Medical College of Jamnagar took the initiative of planting trees. They planted trees in their college campus in the presence of other abhyasis and Br. Sachin Vyas, CiC, Jamnagar centre. In the evening, members of Jamnagar Municipal Corporation - Mrs. Harshida Pandya, Mrs. Sahara Makwana and Sis Sagoya were invited. More than 40 children and their parents were present to encourage the event.





Abhyasi Training Programmes

Gwalior



By Master's grace an ATP was organized at Gwalior centre from 14th - 16th May and was attended by 31 abhyasis from Gwalior and nearby centres.

The trainees gathered on 14th May and prepared themselves by taking individual sittings. The evening satsangh was conducted at 7:00 p.m. followed by a welcome speech and a play showing the purpose and guidelines to the abhyasis for the training program.

On 15th May, the first session included lectures on 'Importance of Fixing the Goal' and 'Meditation and Group Satsangh'. This was followed by group discussion and question-answer session on the presented topics. The second session included lectures, group discussion and question-answer session on the topics 'Cleaning' and 'Diary Writing'. The third session was on 'Ten Maxims' and included a lecture and an interactive session. This covered the first three maxims.

On 16th May, the first session was continued from the previous day's session and included the last seven maxims. The second session included lectures, group discussion and question-answer session on the topics 'Prayer' and 'Constant Remembrance'. The third session included a lecture on 'Love and Gratitude'.

On all days, the mornings started at 4:00 a.m. with morning meditation, introspection, literature reading and silence. The evenings had individual sittings, cleaning, universal prayer and bhajans.

Delhi

ATP Level-I was organized at RK Puram ashram, Delhi centre on 23rd May, 2010. A total of 36 abhyasis from Delhi and Gurgaon centres participated in the programme. Br Gyan Sarin was the presenter. The session started at about 9:30 a.m. after Sunday satsangh and went on upto 2:30 a.m. It was very well received the participants expressing that it was useful in giving them a very comprehensive understanding of Sahaj Marg in a short duration module. The design of the presentation was also appreciated.

Mirzapur, U.P.

The ATP was conducted for the first time at Mirzapur centre with the special efforts of the ZiC Br. Shyamji Mehrotra, on 6th June at the residence of Br. Suresh



Kumar Tripathi, Preceptor in which 32 abhyasis of Mirzapur centre availed spiritual benefit by attending it. Sis. Anju Srivastava of Kanpur Centre and Br. Sulabh Soni of Lucknow centre were the main presenters of this program. Members of the youth wing actively participated in this program which was organised to meet the needs of trainees who are new to this system and are keenly interested in the functioning and methodology.

Special discussions on topics related to sadhana, cleaning and constant remembrance were focussed on so that the abhyasis were clear about every aspect of the system, which was helpful in self evaluation.

Program for New Abhyasis, Indore, M.P.

A program for new abhyasis was organized at Indore center on Sunday, 23rd May. About 25 new abhyasis attended the program. The participants were divided into groups. A team of preceptors/faculties played the role of coordinator for each group. The common problem noted was that abhyasis wanted to understand the subtlety of different aspects first, before obeying it. At the end of the session there was a need felt to bring oherdience into our practice. Questions raised on cleaning and meditation were answered. Attention was given to understanding the ten maxims, and there were discussions at length on it. Over and above all, the fact that it is Master's help that is important, was also shared with the participants.

Workshop on Sadhana, Tenkasi, Tamil Nadu

A workshop on 'Sadhana of Sahaj Marg' was organised on 13th June, at Tenkasi located in Tirunelveli District of Tamil Nadu. Although Tenkasi is a small centre, 21 abhyasis including 6 abhyasis from Puliyangudi participated. Abhyasis were divided into 4 groups and each group was given a topic based on sadhana and spirituality to explore upon. In the end, all abhyasis felt that they were immersed in the infinite grace of Master throughout the session. It was proof of what Babuji Maharaj has said in 'Whispers' that, "Joy attracts Grace". It was a thought provoking workshop for all the abhyasis.



Preparations for 24th July Celebrations, Lucknow

Get-together at Chikmagalur, Karnataka



Preparations for Master's 84th birthday celebrations in Lucknow on 24th July, 2010 are in full swing. The sprawling Lucknow ashram campus is full of construction activity. Tents for accommodation, kitchen and other stalls have started coming up. A new meditation hall has been constructed. Roads are in final shape and construction for a new wing of dormitory is almost complete. A huge entrance gate has been constructed giving an attractive look to the ashram. Keeping in view the large number of abhyasis that are expected, hectic construction and developmental activities are taking place. Teams of volunteers are working overnight to ensure that the planned work is completed well in time.

First Anniversary Celebrations

Chikkanayakana Halli, Karnataka

Chikkanayakana Halli and Huliya centres of Karnataka state celebrated their first anniversary on 13th June, 2010. At present there are 35 abhyasis in Chikkanayakana Halli centre whereas Huliya comprises of 20 abhyasis. A full day program was organized by the local abhyasis to celebrate the occasion. About 70 abhyasis from various centres like Tumkur, Tiptur, CN Halli and Huliya gathered together in CN Halli centre for this occasion. The topic "Sahaj Marg A Way of Life" was covered, in which different aspects of sadhana were highlighted. This was followed by an experience sharing session by the newly joined abhyasis. The program ended with evening satsangh and in the remembrance of our Beloved Master, all of us left back to our respective centres.



On 8th April, preceptor Br. R.S. Satyanarayana arranged a get-together at his residence for around forty abhyasis of Chikmagalur. A message from Whispers from the Brighter World, translated into Kannada was read.

Post lunch, Sis. Nagaratna, Br. Ramachandra, Br. Dinesh Gokhale, Br. Dr. Satish, Br. Devaraj, Sis. Parimala and Sis. Rajamma spoke from their experience of how Constant Remembrance and proper practice of sadhana has helped them in their lives. The get together ended with participants giving suggestions to develop the centre. The program ended at 6:00 PM and no one noticed how the time flew.

Sports Day at Vadodara, Gujarat

A sports event was organized by Vadodara centre volunteers for the children of abhyasis on 30th May 2010. The event was held on the lawns of Vadodara ashram during the satsangh time. 25-30 children in the age group of 3 years to 15 years participated in the event. The children were divided according to their age groups. Potato race (children below three years), 100 meter race (children from 5-10 years) and spoon and lemon and rucksack race (children more than 10 years), was conducted. The children thoroughly enjoyed all the games. The event aroused a feeling of togetherness, fun and healthy competition amongst the children. Parents as well as volunteers enjoyed the program.





"You are the experiment, you are the experimenter and you will be the result of that experiment. Any commitment you think you are making to your Master, to the Mission, is foolish. There is no such commitment, it is always a commitment to yourself. Anybody who remembers this, will behave sensibly in the future. For those who will not remember this and behave foolishly, I am sorry to say the future will be very bleak."

Guwahati Ashram:

Guwahati is the capital of the northeastern state of Assam. The ashram here is a recent development while Tinsukia ashram is an old one which has been graced by beloved Babuji's visit.

Guwahati centre was fortunate to receive our Master from February 10th to 12th, 1993. During this period, satsanghs and various gatherings were held at Kalyan Bhawan. Master repeatedly mentioned that Assam was not new to him and he had walked for miles and ridden on horses and elephants around Assam during his boyhood days when he visited his uncle Shri Bhadran who was serving in the Indian Forest Service. He fondly remembered Guwahati to be a jungle and having a huge river. He also said that wherever he had traveled during his youth around the world, Babuji's work was happening in full swing and Assam was no exception. He stressed the importance of our abhyasis from outside learning the local language and getting local people to join the Mission to fulfill the promise given to Master.

A modest piece of land measuring 6500 sq ft. was partly donated and partly bought by the local centre in 1998, on which a beautiful temporary hay and bamboo hut was built. Earlier, satsanghs were held in an orphanage in Maitri Mandir.

In 2009, a semi permanent structure was built and the ashram now has a relatively spacious 1600 sq. feet meditation hall which comfortably accommodates the regular Sunday satsangh attendance of around 100 abhyasis. It has a well furnished room for Master, a big kitchen, children's corner, caretaker's room, visitor's room and a beautiful garden on three sides.

Its location gives it the advantage of being utilized for mission's celebrations and abhyasi training programmers at the Zonal level. We have also had mission's functionaries such as Br. U.S. Bajpai extensively touring Assam and Northeast in 2004, Sis. Seetha Kunchithapadam who conducted a VBSE workshop for Assam and Northeast in 2007 and Br. A.P. Durai who conducted a meditation training programme in Guwahati Refinery in 2008.

Though the present ashram is more than sufficient for the current strength of abhyasis with room for growth too, a huge area of land has been bought near the airport in 2009, foreseeing the future growth of the mission and also the possibility of a Zonal ashram complex for Assam. The Zonal ashram land has been approved with a housing society which Master has lovingly named 'Sahajpuram Society'.

There are miles to go before the Zonal ashram becomes a reality and we wish the local abhyasis speedy success in this endeavour.



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