



Dear Brothers and Sisters,

Pranams,

Thank you for the overwhelming response we received for the first issue of the Newsletter. Please send us your feedback and suggestions, as they are very vital in improving the quality of the Newsletter. Master's travel to Hyderabad, Basant celebrations and a feature on the Kolkata ashram are some of the highlights of the current issue.

The last date for receipt of news articles for the May issue would be 15th April 2008. Please route the news write-up along with a photograph of the event through your respective zone-in-charge.

Regards
Editorial Team.



Pongal Celebrations at Chennai

Pongal, a major South Indian festival that is traditionally celebrated at harvest time is a celebration of the prosperity associated with the harvest. Expecting Master to be at Chennai during this period abhyasis from all over the country arrived for the Pongal celebrations.

On the day prior to Pongal, Master released two audio CDs after morning Satsangh.

On Pongal, Master conducted the morning satsangh, with over four thousand abhyasis attending the celebrations. In the evening there was a flute recital by Br. Shashank which Rev. Master watched and immensely enjoyed.



Rev. Master in Hyderabad

Master embarked on a brief tour of Kolkata and Hyderabad after the Pongal celebrations. He visited Kolkata from January 18 to 25, and Hyderabad from January 25 to 28.

At Hyderabad, Rev. Master drove to the ashram at Thumukunta, where He was welcomed by several thousands of abhyasis. On Sunday the 27th, he solemnized four weddings after the morning satsangh and laid the foundation stone for a 'Childrens' Centre'. Talking to the children present, He urged them to study well, be truthful, obedient and loving towards all.

Rev. Master was quite relaxed and happy and spent over an hour each day sitting outside his cottage with abhyasis, providing clarifications on various vital aspects of Sahaj Marg Sadhana. In all, over 7,500 abhyasis participated in this long-awaited visit of Master to Hyderabad.

Rev. Master returned from Hyderabad in the evening of 28th. He drove straight to the Babuji Memorial Ashram in Manapakkam.



Basant at Chennai

The birthday celebrations of our Rev. Adi Guru Lalaji Maharaj, was celebrated at Chennai. On the eve of Basant, Master conducted the morning satsangh and solemnized twelve weddings. Around three thousand five hundred abhyasis participated. On the festive Basant day, Master conducted the morning satsangh with more than four thousand abhyasis assembled in the ashram to be with Him. The evening satsangh was conducted by Br. Ajay Bhattar. There was a Carnatic vocal musical concert in the evening by Sis. Priyanka Raman.

Rev. Master graciously released the Kannada version of 'Spider's Web - Volume 3'. On the occasion, Br. Y. K. Viswanath of Bangalore expressed his gratitude for having been blessed with the work of translation of all three volumes of 'Spider's Web'.



Satkhol 2008 Summer Batches

We are happy to announce that Satkhol Applications for the Summer Batches for the year 2008 (Batch 220 to 231) are now available online at

http://www.srcm.info/satkhol/satkhol_home.htm

Note that it will not be possible to apply for batches other than what is posted. Applications will be processed on a first come first served basis.

Please go through the Guidelines carefully BEFORE filling out the application form.

Those who have no internet access, may contact their centre-in-charge for assistance. You may also contact the Satkhol Admin Office at +91 44 2252 1099 or +91 44 4217 1111; ext. 218, between 10 am to 12 noon or between 3:00 pm to 4:30 pm for any queries.

'He The Hookah And I'

Based on requests from many abhyasis, and Rev. Master's approval, another round of production of this DVD set is now in process. Distribution will start immediately after fresh stock is received.

Abhyasis who would like to subscribe for this special publication may please contact their local centre co-ordinator.

Kindly email www.publications@srcm.org if you need any further clarifications.

'He, the Hookah & I' in Kannada

It has been decided to translate 'He, the Hookah & I' and publish it in a book form in Kannada, so that the Kannada speaking abhyasis may benefit. As this is a special, one-time publication, this book will not be distributed to the Corpus Members. It will be released, during the ensuing Birthday Celebrations of our Master on July 24, 2008.

The price of the book is kept at Rs. 200.00 and the last date for receiving the advance is April 30, 2008. For those who pay on or after May 01, 2008, the price of the book will be Rs. 300.00.

Rev. Master's 81st Birth Anniversary Celebrations

Lucknow, UP, India, July 23, 24 & 25, 2008

We are blessed to commemorate this joyous occasion once again at the city of Lucknow where we shall all gather to celebrate the auspicious occasion of our Rev. Master's 81st Birth Anniversary and be blessed to be in His Divine & physical realm.

The Celebrations Committee on behalf of all the abhyasis world-wide thank our beloved Master for granting us this wonderful opportunity to bask in his Divine presence and hope that a large number amongst us will participate in this utsav.

The celebration is being held under the auspices of Shri Ram Chandra Mission (SRCM) and Sahaj Marg Spirituality Foundation (SMSF). All abhyasi sisters and brothers are invited to attend this grand celebration and partake of His love and grace.

Yours affectionately,

Members of the Celebrations Committee

Please contact your local centre or Preceptor for more details regarding the celebration. The circular for this celebration, forms & information are also available at the Mission's website at:

[Http://www.srcm.org/members/24july2008/index.jsp](http://www.srcm.org/members/24july2008/index.jsp)

New MP3 CDs Released

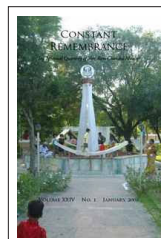
The following Mp3 CDs have been recently released and will be available for distribution to Audio Video corpus members through their centre coordinators.

They are also available for sale from the bookstore at the Babuji Memorial Ashram, Manapakkam, Chennai, India or through your centre coordinator.



1. **Collected Talks of the Masters**, MP3 Series - Volume 5 1989
Continuation of the chronological series of talks given by Shri. P. Rajagopalachari. Contains twenty-seven talks given by Master during 1989 in India and on his visits to Europe and USA.
2. **HeartSpeak 2005**
Contains twenty-two talks given by Master during 2005 in India, and on his visits to UAE and Denmark.

Constant Remembrance January 2008



The first issue of the 2008 edition of Constant Remembrance was recently released and is currently being distributed to subscription members.

Open House at Neyveli



Neyveli is the home for the Neyveli Lignite Corporation (NLC), which operates large open-cast coal mines and generates a large share of Tamil Nadu's power supply. The town of Neyveli is almost entirely made up of living quarters for the 18,000 employees who work at NLC and their families. Life in this 'colony town' moves at a leisurely pace and lends itself well to participation of the locals in social and cultural activities. Given

this atmosphere, it is no wonder that this town has been witnessing a spurt in activities of religious and spiritual organizations over the last couple of years.

The SRCM center at Neyveli meets every Sunday at a school, with about 50 abhyasis participating in satsangh. An

open house was organized at the Telugu Samithi on Saturday, the 26th of January 2008, with abhyasis inviting their friends and relatives.

Br. C. Rajagopalan spoke in Tamil for 50 minutes on what Sahaj Marg offers, dwelling on the unique factors that make Sahaj Marg efficacious namely, cleaning, transmission and the help and guidance of the living Master. The nature of the questions asked by the audience which were direct and focused on the relevance and application of Sahaj Marg in their lives, evinced how well the session was received. The poise, conviction and the depth of insight and experience in answering the questions was a highlight of the session, endearing the speaker and drawing the participants further into the subject. Forty of the sixty people who had turned up for the session started the practice the same evening. It was heartening to note that, while the members of the audience went home for dinner, every one of them came back to take their first sitting and were willing to wait late into the night for their turn. The heart-warming response to this well-organized event in this coal-mining town renews our hope that more and more human hearts are aspiring to sparkle and shine like diamonds.

Sriram Raghavendran, Chennai

Long Term VBSE Implementation Program

Air Force School Bangalore (2006-2008)

The VBSE team in Bangalore after conducting 1-Day VBSE training programs in several schools in the city started planning for a long term implementation program that involved active participation of both teachers and Students.

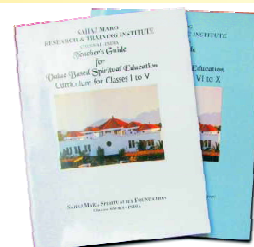
The VBSE program at Air Force School (ASTE), Bangalore started off in 2006, due to the initiative by an abhyasi who was an English teacher at that school. After the Introductory program and further follow up, the implementation started for Primary classes 3 to 5 for the academic year 2006-2007. It was decided that volunteers would handle the sessions for 3-4 months and hand over to class teachers who would then further continue the VBSE implementation. SMRTI VBSE guide books were taken as reference and every class had a VBSE volunteer along with the class teacher who was an observer.

The classes were made interesting through illustrations and activities. Children were given an opportunity to express themselves which they enjoyed a lot. After four months the sessions ended with a 'Value based science exhibition' by students, who exhibited many themes to their parents and teachers.

In the next academic year i.e 2007-08, VBSE implementation was done for classes 6 to 10 for about three months. Every class had a VBSE volunteer along with the class teacher who was an observer. This time the class teacher was asked to take classes along with the volunteer after a few sessions so that they were also trained. The highlight of the classes was open ended discussions with students along with a variety of hands on activities.

At the end of the academic year, a session is exclusively planned for parents so to make them aware of such a drive in their school.

Tulsi Arora, Saroja Srinivasan and R. Madhuri, Bangalore



Open House Sessions

**Chandana Village**

There was an Open House on 25th December '07 at Chandana village which is 140km from Raipur. This village is in a remote area with no practising abhyasis. Forty people attended the program and thirty-nine among them joined the system.

There was a small gathering on 25th December 07 at Basana village which is 20 km from Chandana. Eight people gathered and six people joined the system.

**Bilaspur Center**

An Open House was conducted on 1st December '07 at Bilaspur Center. A hundred and fourteen people attended. Six people joined the system after the Open house.

Rajaam near Visakhapatnam: Open house for the local advocates was organized. About forty-five advocates participated.

Thuni near Visakhapatnam: Open house was organized and there were sixty participants including local merchants.

Kurnool: Open house was organized in the girls hostel of the local Engineering college. Over hundred and eighty people participated.

Mandamarri: Open house for youth was organized and there were forty-three participants.

Karimnagar: Open house was organized in Ragadu in Sircilla Mandal, where fifty-five villagers participated.

Godavarikhani: Open house for local teachers was conducted. About twenty teachers participated.

Ananthapur: Public meeting was organized at Sanghamitra picnic center and over twenty people participated.

Request for Doctor Volunteers (Allopathy only)

Free Medical Centre, Babuji Memorial Ashram, Manapakkam, Chennai

The Free Medical Centre has been functioning since 1999 and it moved to a spacious portion in the new administrative block on 14th January 2005. Since then we have been catering to the medical needs of not only our abhyasis but also to the people in and around Manapakkam, who wish to avail of our services. We have been seeing around 100 patients a day.



We would like to have volunteers at the Free Medical Centre on a continuous basis. There will be an orientation programme where the volunteers would have first hand knowledge of the working of the FMC which may be useful for them to implement the same at their respective centres eventually. To accommodate the practical difficulties faced by the professionals, we have decided that they can come, stay and offer their professional service for a minimum of 15 days and a maximum of one month.

The following are the requirements of the volunteers:

1. You must have been practicing Sahaj Marg for at least two years.
2. You have to be willing to stay in the ashram and the travel expenses are to be borne by you.
3. Each month will be divided into two halves and the willing volunteers are expected to give their preference along with the a brief biodata which must include their name, address, qualifications, contact details, email id and experience in the profession.
4. During the period of your stay, you will be expected to work under the guidance of the ashram management and will be expected to do the volunteer work at the free medical centre only.
5. Please specify the dates on which you would like to volunteer your service at the time of submitting the application i.e., The first half or the second half or the whole month.

We intend starting this programme from 1st April 2008. All queries/reply/application are to be sent to the undersigned at the earliest.

Dr. U. Ravindran.
Co-ordinator, Free Medical Centre,
Babuji Memorial Ashram, Manapakkam, Chennai – 116
Ph:-42171111/9382877974(M)
Email id: druravindran@gmail.com



"Work is never given. I believe that it is taken. This is one of the secrets of work. I have never known Master calling anyone and giving him any work. But whenever anyone volunteered to do some work, then my Master gave him the work, and also the power to do it, and if he continued to show interest in service, he was given more and more important work.

This, I repeat, is the secret of work, at least in the field of spirituality!"

P. Rajagopalachari
Spiritual Flame, The Spider's Web, Vol. 2, p. 341.

Basant Celebrations

The birthday of Rev. Grand Master Lalaji Maharaj was celebrated with a lot of devotion, love and faith in all centers and sub-centers of the country. In many states, like in Orissa, all abhyasis celebrated the birthday function in one place. Similarly in many large states of the country, abhyasis from many districts congregated at one place to celebrate the function.

The celebrations were marked by satsanghs in the morning as well as in the evening. Talks on the life of Lalaji Maharaj, playing of the 'He Hookah and I', and bhajans were some typical programs that followed the morning satsangh. Since the following day was a Sunday, the celebrations were extended to the next day at many places.

At Gola Gokanath in Uttar Pradesh, the kitchen block of the ashram was also declared open. A two day Basic Abhyasi Training Programme followed the celebration. The program

was attended by four hundred abhyasis representing forty two centers. The training program evoked warm and appreciative feedback from the participants.

The Indore centre played host, for the Basant celebrations, to the surrounding sub centers like Mhou, Dewas, Narmadanagar, Sanwer, Dhar and Mandu. About five hundred abhaysi brother and sisters were present in the satsangh. After tea a music drama on the life of Meera was presented by the children of the center.

On this pious day, the abhyasis attending the celebrations at different centers felt the atmosphere to be very special, as if they were under a divine umbrella. While departing from the celebration, a feeling of gratitude for our Beloved Master was present in their hearts.

Vikalp, Shekhar Roy, Prabhat Kumar

Paithan Centre Meditation Hall

February 1st 2008 was an important day in the growth of Paithan (formerly Pratishtana) SRCM centre, with the inauguration of the meditation space in an abhyasi brother's home.

Paithan is a small town, situated 56 kilometers south of Aurangabad on the Godavari in Maharashtra. Paithan is not only a historical town but also a place graced by many saints. Centuries ago, the famous Marathi poet saint, Eknath lived here, and is also the birthplace of saints Bhanudas and Mukteshwar.

Aurangabad is the closest railway station and airport from Paithan. Aurangabad is well connected by road to Paithan. The meditation hall is a kilometer away from the city centre. The meditation hall can accommodate around 80 abhyasis. The Maharashtra zone-in-charge Br. S. V. Vaidya conducted the first satsangh in the meditation hall. Talks, which followed the satsangh, centered around the role of an abhyasi in the development of the centre.

They also expressed their wish that there would be a 'Sahaj Nagar' developed in this centre in future.



Youth Work-Shop at Sewashram, New Delhi

A one day program on "Inner Awakening" was held on 12th January for the youth of the New Delhi centre. The stage for the workshop was set with a talk on the spiritual need in human life and the inner awakening is done by a capable Master. The workshop touched upon topics like, 'How Master brings about a silent revolution by changing our hearts' and our prime responsibility to develop character.

The abhyasis were divided into groups, and each group presented their thoughts according to the topic given to them. There was a question and answer session followed by a treasure hunt. A quiz on Sahaj Marg was another interesting part of the workshop. The program was invigorating and provided a good learning experience for the youth of Delhi.

Vijaya Vittal, New Delhi



Centres of Light ~ Babuji Memorial Ashram, Kolkata

"The Mission is spreading its wings in all directions and this ashram is just a feather in the cap.... Architectural beauty, big and imposing buildings are like hollow bricks, which are superficial, if the real LIFE is missing. An ashram should be made a place where we can get ashray, where the soul can be at peace, trying to commune with the highest."

These are the words of Br. Ajay Bhattar at the inauguration of the Babuji Memorial Ashram in Kolkata, and it was built as much by the love and devotion of countless abhyasis as with cement and bricks. The foundation stone was laid by beloved Master on the 17th of March 2002 but the actual work at the ashram started only on the 15th of November and was completed in a record time to be inaugurated on the 25th December, 2003.

The ashram is located in the eastern part of the city behind the Ruby Hospital. It is around eighteen kilometers from the airport and around twenty-one kilometers from the railway station.

With a constructed area of around 48,000 sq. ft, the ashram has two building blocks which house the administrative rooms, kitchen and the dining hall opposite the kitchen on the ground floor. Abhyasi rooms on the other floors in addition to a beautiful



Master's Cottage and the grand Meditation Hall. Abhyasi dormitories are situated below the Meditation Hall and there is a separate block of toilets for sisters and brothers. Although in comparison to some other ashrams, the total area of the Kolkata Ashram is not very large but with judicious designing, the buildings are surrounded by lush lawns with a part of the lawn becoming the children's play area with slides, swings and a basketball court !

The meditation hall has two entrances, one from a stairway and another from a ramp. It is symbolic of the path (Sahaj Marg) on the Mission emblem which cuts through mountains of difficulties and obstructions, reaching higher at every step till we attain the highest point of approach.

The Master's Cottage has been very tastefully made with a spacious verandah attached to Master's bedroom on the first floor. Much to the delight of waiting abhyasis below the cottage and in the dining hall opposite the cottage, Master sits out in the verandah quite often and interacts with the abhyasis from there.

A marble statue of Rev. Babuji Maharaj in a lawn near the meditation hall is a recent addition and a fitting tribute to the Great Master in whose loving memory this ashram has been dedicated by Beloved Master.

In Rev. Master's words, *"A visible, tangible sign of this vast expansion (of the Mission) is this Ashram at Kolkata.... Our Mission will shine forth over the whole earth from such points of light, which cannot be concealed."*

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