



## Master's News

Reported by participants and excerpts  
Echoes of India Vol3. Issue2

### From Kolkata

On 4th February, Master arrived at Kolkata airport accompanied by over 100 abhyasis (including more than 90 overseas abhyasis) and went straight to the ashram. On the morning of 5th February, he conducted satsangh, attended by about 800 abhyasis.



On 6th February, after satsangh, a question-answer session was conducted by Br.N. Prakash and Br. Patrick. It was a wonderful and clarifying experience and Master's presence was felt throughout the session. Before commencing satsangh on 7th February, Master gave a speech and once again, stressed the importance of discipline. He said that satsangh is very important but the only thing more important than satsangh is daily sadhana and it should not be missed at any cost. He said that the ten maxims also need to be inculcated in our daily lives in such a way that they are followed under all circumstances. He urged everybody to make a clear distinction between expectation towards their material and spiritual lives. A number of people leave the mission when something untoward happens to them. This should not happen because, whatever experiences we have in our material life, including joy and suffering, it is only due to our samskaras. The entire speech "Understanding Sahaj Marg" can be read and listened to at

<http://www.sahajmarg.org/literature/online/speeches/understanding-sahaj-marg>.

Later Master proceeded to Br. Ajay Bhattar's house and spent the next 3 days at his residence. During his stay there, he met abhyasis, attended to administrative matters and conducted sittings. Master flew to Chennai on the 10th morning.

### To Manapakkam and Trichy

He stayed at Manapakkam till the end of February, going on with his administrative and spiritual work. "Holi" (the feast of colours) being on 1st March,

many abhyasis took the opportunity to come to Babuji Memorial Ashram. Master invited a group of about 500 abhyasis from Mumbai from the 25th February to 1st March. He conducted satsangh every morning and a big meeting was held in his presence on Saturday afternoon. On Monday 1st March, Master left for Trichy where he rested at Janaki farm till 7th March. He returned to Manapakkam and from there flew to Kolkata to spend time with Iranian abhyasis at CREST at Kharagpur for 10 days.

### Administrative Bulletin – Tues. 30 March 2010 Revised Travel Request Form and Procedure

Please refer to the revised information and form located at: <http://www.sahajmarg.org/smww/bma-request-to-visit>

Kindly note the following points:

This form needs to be filled out to get permission to visit the Manapakkam ashram as well as to travel with Master.

b. RIC/RC signatures are not needed if forms are forwarded by them to [travelrequest@srcm.org](mailto:travelrequest@srcm.org) by email.

c. Registration for Bhandaras requires this form only if they are planning to come before or after the Bhandara dates to visit an Ashram or travel with Master.

d. The third page of the form needs to be filled out at the time of check-in at the Ashram though they can always send it prior to check-in.

e. Undertakings have also been revised along with the "check boxes" to make sure they are read and agreed upon.

f. Fill-in the requirements for stay at the ashram at transit points, if any, in the form so that those ashrams can also be informed.



## **Rev. Master's 84th Birthday Celebrations Lucknow 20-26th July**

Dear Brothers & Sisters

Pranam! In Master's words, "it (a *bhandara*) is like bathing in the most fragrant and cool waters of a *sarovar* [lake], which makes possible a spiritual renewal of the abhyasi bathing in it, indeed drowning in it, if that can be made possible." We are grateful to our beloved Master for giving us another opportunity to drown ourselves in the vast expanse of His infinite grace on the joyous occasion of the 84th Birthday Celebrations of our beloved Master. The *bhandara* will be held between the 22nd and 26th of July in the city of Lucknow and we will also celebrate the auspicious occasion of *Guru Purnima* on the 25th of July in the divine and physical realm of our beloved Master

May each moment that we live and each breath that we take become an utterance of our gratitude to our Divine Master for the existence that He has permitted us to lead. Let us all get together in large numbers on this auspicious occasion with a heart full of love and gratitude and immerse ourselves in this very special *sarovar*.

Affectionately, Ajay Bhatler

The invitation and details about registration, travel to Lucknow, etc. are available at the Mission's website at:

<http://www.sahajmarg.org/24july2010/index.jsp>

Kindly visit this page for periodic updates and information pertaining to the celebration. Abhyasis are requested to register themselves as early as possible, preferably before **15th May 2010**. For any clarifications, please contact

[24july.registration@srcm.org](mailto:24july.registration@srcm.org)

[24july.helpdesk@srcm.org](mailto:24july.helpdesk@srcm.org)



### **Master's Birthday Celebrations, Lucknow**

*As already informed, it is requested that all abhyasis coming from Europe for the celebrations should come directly to Lucknow around the 20th. Rev. Master will be meeting the Russian abhyasis at Kharagpur and due to accommodation constraints no one else will be allowed. Please conform to this. Regards, Ajay*

### **Comfort Dormitory Lucknow Rev. Master's 84th Birthday Celebrations July 20 - 26, 2010.**

We have been informed by many brothers and sisters that due to age, health, and other reasons they often find it difficult to stay in the general tents. Therefore, for the convenience of such participants, it has been decided to provide separate "Comfort Dormitory Tents" at the celebrations venue. These independent arrangements will be limited in number and available on a per bed charge to all on a first-come-first served basis. Kindly note these facilities are provided within the celebrations venue and offer a moderate level of comfort. Individuals are still urged to take necessary health and safety precautions while at the venue. The facilities at the *Comfort Dorm* will include tents with cots, beds, and pillows. Wifi internet points are provided on a chargeable basis. These tents will also be in close proximity to toilets and bathrooms for convenience. The charge for this accommodation will be **A\$140.00** or equivalent per person for the duration of the celebrations. In order to register for the Comfort Dormitory, the participants are requested to follow the guidelines below:

1. Fill out the accompanying XLS form for all members of your group, and send it to the respective regional coordinator as listed below.
2. The payment for the comfort dorm will need to be made in **CASH ONLY** at Lucknow upon arrival. Kindly ensure you bring the exact amount. Personal cheques and traveller's cheques will not be accepted.
3. Carry the confirmation email from regional coordinator / Lucknow team to the venue.

Note: 1. The reservation requests should be given before **30th April**. (first-come-first served basis)

Note 2. The reservations / bed-allocations are non-refundable and non-transferable.

Note 3. Only children below the age of 8 yrs can sleep in the same cot with the parent and will not be charged separately.

Note 4. Once allocated, there cannot be any exchange or changes for security reasons.

Note 5. Any queries should be addressed to the respective regional coordinators.

Note 6. The regional Comfort Dorm Coordinator: **Oceania Br. John Smith** [au.vp@srcm.org](mailto:au.vp@srcm.org)

## **Personal Articles**

### **Interiorizing Master** *Vikas Sharma*

I went with my family to India in mid-December for 6 weeks and this included a visit to Master at the Manapakkam ashram scheduled in the first week of January for 10 days. As the days for my departure came closer I felt an intense throbbing in my heart. I could barely wait to see Master.

The appointed day came and I reached the ashram from the airport and quickly went to the room assigned to me. Once I had settled in I went to the gate of Master's cottage and expectedly found a crowd of abhyasis just outside the gate. However, the atmosphere was so incredibly subtle that I simply did not feel the need to be near Master's cottage gate. Wherever I was in the ashram was just fine. I could barely keep my eyes open and knew work had started on me. The first 3 days at the ashram I felt very subtle but intense cleaning taking place. We were fortunate that Master was present during the entire 10 days. HE also conducted a few satsanghs, but for me the overwhelming feeling was that Master is indeed in my heart. It mattered not if I could not see HIM physically, face to face, for HE knew exactly what was happening to me and needed to be done. Attending 3 satsangh's each day for 10 days was an amazing experience. On the 2 or 3 occasions that Master conducted satsangh, the only thing I knew was that HE has given me a lot and it was going to take time to digest whatever it was that HE has given to me and it made me realize the need for all abhyasis to adequately prepare themselves before going to visit Master. We witnessed the conclusion of the scholarship training program and abhyasis who had been made prefects were in turn assigned to conduct the 6:30am satsangh. At the conclusion of this program all the scholars sang a beautiful song for Revered Master.

I came across sisters and brothers from Australia and this was an amazing experience. We quickly formed a group that represented initially "Australia" and then "Oceania" and there was never a division like Sydney/Perth/Melbourne, just a oneness between us. We really appreciated the help and assistance that was given by Brother Kamlesh Patel who managed to take a few of us inside the cottage and on one occasion took our children with him to see Master. The atmosphere inside Master's cottage is just something else and for the very first time I truly felt the love that exists between Master and Babuji Maharaj and it moved me tremendously. When I entered the cottage for the first time I saw on the table a marble replica of the Shahjahanpur ashram and on the wall Babuji's photos. But more than that was the vibration of love that pierced me through and through. Master would typically be in HIS room when I was in the cottage and yet while sitting down on the floor waiting, I felt clearly that I was given a 10 minute sitting and the

work was done. Again, there was no real need to physically visit Master because HE knew exactly what was inside me and what needed to be done. Hence, I considered it icing on the cake if I did manage, which I did on at least 2 occasions and to be near HIM was an incredible experience. There were simply no thoughts at all, the feeling was of total and absolute nothingness. Seeing Master, it was evident that HE was not physically well and we abhyasis must respect this fact and interiorize HIM to such an extent that the inner communion is always active, which happens when we are regular and sincere in our own practice.

At the end of 7 days I knew that whatever work had to happen on me it was completed and the remaining 3 days were an added bonus. As I left the ashram to go back to Bombay I felt as though I carried Master in my heart and we went together and are together. HE had lit an intense flame inside me and I must share it with as many sisters and brothers as possible so that flame may be spread, HIS message of love. I would strongly recommend making a 7 day trip each year to Manapakkam ashram each year if feasible. It is amazing not just for one's spiritual progress but being in the ashram when Master is there is a totally different experience. The seed will turn into a beautiful flower very quickly and its fragrance will spread to other budding flowers. And that fragrance will be love, divine love. I pray that all abhyasis experience this feeling and each emanate this fragrance from their own self.



### **The Splendour of my magnificent Infinite Guru** *Neelima Sharma*

I have the opportunity to write some thoughts about HIM. Though, it seems difficult to write anything as HE is beyond everything as far as our worldly knowledge goes. First time we met in March 2004 in Sydney where He blessed us with HIS Grace and opened the opportunity to work for HIM.

After five years of Sadhana a stanza comes to mind written by poet Shri Jai Shankar Prasad in his epic Kamayini (AshaSarg) which says: "O infinite! Wonderful? How should I express who are you? How are you? And how should I express the magnitude of your grandeur. The Oceans ask in the same calm, serene and patient melody "Who are you"? And in conclusion I can only hope to merge in HIM as rivers merge in to the sea.

**Message from Publications Department:**  
Private Circulation of Unofficial Version of Master's  
Talks / Transcripts

Dear Brothers & Sisters,

It is observed that Abhyasis circulate transcripts of Master's formal / informal talks through emails, which in turn, are being forwarded to more Abhyasis and so forth, resulting in chain mails. Such content is prone to errors, and contain perceptions and interpretations instead of EXACTLY communicating what Master has said – and, as such, pose a risk to our organization.

Please note that circulation of such unofficial versions are NOT permitted / authorized. All Abhyasis are hereby requested to desist, discourage and stop any activity related to private circulation of unofficial transcripts. Any instance of such circulation may also be immediately reported to [publications.print@srcm.org](mailto:publications.print@srcm.org).

The official version of Master's talks are published on the Mission's web site ([www.sahajmarg.org](http://www.sahajmarg.org)) typically within a few days of the event. These are available for one and all for any reference.

The Publications Team

## **To Spirituality through Sahaj Marg**

*Sharmin Poonawalla*

A Journey on which I embarked a few months ago. The Journey onward to my Spiritual growth to discover that inexplicable feeling of "ONENESS WITH GOD". I chose Sahaj Marg as a medium to that goal and connected myself with the Shri Ram Chandra Mission. The 3 great M's of Sahaj Marg, Master-Method- Mission through a well-balanced, peaceful mind for one & all, and all at only one cost – MEDITATION.

What endears me to this beautiful system is that in this age of caste & religion, status & power, funds & donations;, it asks me only of my time, my sincerity in practice & faith in the system. And all this, so that I may achieve the highest possible spiritual evolution.

To put myself in the hands of another, was difficult to begin with being the person I am but I entrusted myself to My Master, because in all humility I say that I found in Him, all the qualities of a divine person & a true role model.

And I thank the Lord for His divine Help and to my Preceptors, go my heartfelt gratitude & praise for their selfless service & guidance. My Journey continues and I strive, as I realize that self-realisation & 'onenesswith God' is the ultimate goal of all mankind.

To conclude I quote "The value of a person resides in what he/she gives, not in what he/she is capable of receiving" and this i have found the people at Sahaj Marg so well practice what they preach.

### **United Nations Events 2010**

Again this year, we **will** be conducting prayer programmes in our respective centres to commemorate the following UN Days. Please invite family, friends & the general public

International Day of Families	suggested Sun 16 May
International Youth Day	suggested Sun 15 August
International Day of Peace	suggested Sun 26 Sept.
Universal Children's Day	suggested Sun 21 Nov.

## Ashram News



Our Ashram

It has been an interesting three months. The DA advertising period initially ran until 10<sup>th</sup> February to which there were only one or two submitted objections. 22<sup>nd</sup> February we received an email from Liverpool Council regarding a submission from a Town Planner on behalf of 40 residents living in the neighborhood. They cited many issues of concern such as traffic, noise, possible flooding to neighbors etc. We arranged a meeting with our Town Planner and consultant to see what impact, if any, these may have on our application. We discussed the points of objection and were advised that most were unfounded because our consultants' reports show that most of these issues will not impact significantly on the surrounding neighbors or the rural environment.

Council has told us that we need not do anything at this stage, and that they will write to us in due course.

24<sup>th</sup> February we were advised by Council that the State Water Body wished to see the full application which means the advertising process was to be extended for a further 30 days, to expire on 6<sup>th</sup> April. Council was also waiting to hear from some of their internal departments in regard to the application.

After the expiry of the advertising period, Council will notify us if they have any concerns for the development, hopefully in the next week or two.

### Other Developments

5<sup>th</sup> February, we received a letter from Council informing us that even though we have submitted an application for "Place of Public Worship", until such time as that consent is given, we are to use the premises only as a residential site.

The AMC continues to meet regularly and discuss maintenance issues with meetings held, 3/01/10, 7/02/10. Some developments have been; improvement in the area for cleaning up and storage of food items, electrical conduit laid from vegetable garden shed to the dam so the pump can be placed by the dam once the power point has been fixed, covering of the pipe work outside the bathroom/toilet area, a 'drip' watering system set up on the fruit trees and attached to a timer on the rainwater tank behind the garage.

Recently there have been a couple of incidents of vandalism. We are encouraging as many abhyasis as possible to spend time at the Ashram to assist in preventing such things. You will also benefit spiritually by staying in a beautiful spiritually charged environment. Volunteers are required for the continual maintenance at the Ashram. All requests for staying at the Ashram must be sent to Br Venkat [svmurthy123@hotmail.com](mailto:svmurthy123@hotmail.com)

*John Smith, Vice President*



Our ashram dam

*I remember Babuji telling me that Lalaji used to call an ashram, "a doorway into eternity." So I hope this ashram will be one of the first doors outside India, and in due course many such doors will come up so that people of Europe, people of the West, the Occident, will find it possible to slip, very easily, from this life into the next life with ease, with facility and without having to undergo all the old tortures of body and mind that the ancient ones had to undergo.*

*We must be grateful to the Master for providing to us, today, such a simple way, you see, where without much effort, much meditation, much cleaning, I mean, much of anything, were able to achieve that glorious goal. And I hope all of you will at least put in the minimum effort and help Him to help you.*

*P. Rajagopalachari, Principles of Sahaj Marg, vol. 3 P.190*

## Centre News

### New Zealand

#### Auckland

#### February

Abhyasis of Auckland centre gathered at Bharathia Charitable Trust (a hall) to celebrate our Grand Master Pujya Shri Lalaji Maharaj's Birthday. DVDs of Master speeches, 'Journey of the Soul' and 'Inner tranquilly brings peace', were watched by abhyasis after Morning satsangh.

#### Highlights

Bhajans sung by Sister Laxmi, Shiksha and Brother Sridhar's parents, also Sister Neeraj and Br Sanjay sang songs. A skit (Evolution of Soul) was performed by VBSE learner kids. The skit and performance of the kids sent a message to all. All enjoyed an SRCM related game organized by youth of Auckland and then dispersed after the evening satsangh.

#### Basant

Morning & evening satsanghs were conducted at Br.Ram's house



Abhyasis at Timaru Seminar

#### Timaru Seminar *Mary Butler*

Finally, after many attempts, ten brothers and sisters from Dunedin and Christchurch managed to meet in Timaru for the day at the Community Centre. Rohan came all the way from Wellington to make eleven. It was an ideal venue. We shared food, satsangh, wisdom and friendship. At the end we made a date to meet again in two months time on May 8th. Even those who did not come sent food, and we felt that they were with us.

The theme of the day was "the power of love". Suzanne prepared little bookmarks, which people chose and each of them addressed one aspect of the theme. Judit spoke about love from a book of abhyasi notes from the intern programme at Vrads. One of the themes that came through was that with love "the more you give the more it comes back". Brothers and sisters shared how these thoughts applied in their lives. Yugaraj told the Indian story, also known as the story of King Solomon's wisdom: the real mother said "I want the child to be whole, even if I cannot have him". A strong theme of the day was

about how Master's love makes us whole, in a world that compartmentalises.

Suzanne led us in a guided series of meditations on readings about love. From this there were thoughts about living without attachment, as though we are guests. Yet at the same time we may be attached to the three Ms (the method, the mission and our Master). Janine gave us an overview of some of the chapters from Revealing the Personality: discipline and love go together and how correction can be an expression of love; what you think and do affects everyone; the most benevolent gift of nature is the human heart.

We left as the sky was lit with glorious colours, to travel over two and a half hours to Christchurch and Dunedin. The distance felt like nothing after such a wonderful day of feeling Master's presence being together.

#### NZ Annual Youth Seminar – 2010

The second New Zealand Youth seminar took place 20th and 21st February, 2010 in Auckland. 12 youth abhyasis from various centres (Auckland, Hamilton and Wellington) attended this special gathering. All Auckland young at heart abhyasis were in attendance and played an excellent motivational role for the youth abhyasis. The objective of this seminar was primarily to provide a platform for the NZ youth to congregate in universal brotherhood and imbibe the key features of the Sahaj Marg System, and to be motivated to participate actively in the mission's activities.

The day started with satsangh followed by a reading. The full day's program was laid out, to let the youth speakers share the key features of Sahaj Marg to an enthusiastic audience, in a tightly packed 10 hour schedule. All youth members had volunteered to present a topic and came prepared with their respective subjects. Discussions started with why Sahaj Marg is so important and we streamlined it further to, what is the importance of youth in the system. Experiences on Voluntary work in the mission were shared, stressing the need and importance. We also discussed the duty of an abhyasi and what Master exactly means when he says change is eternal and we need to grow but only to go back to the origin. Interesting thoughts came up when we touched on the topic of the Inner Master being everything, as we often feel the craving to meet the physical Master. Youth was also reminded of Master's New Year message of "Do not waste time", as abhyasis the need to spread brotherhood in the mission, and how practicing Sahaj Marg helps in our Character Development.

Each discussion led to question and answer sessions which drew out the unspoken thoughts of the participants and helped us to engage in a serious understanding of the goal of human life in the journey of the soul. These sessions were all the more special as we youth members used the occasion to speak straight from our heart about our practice, vulnerabilities, temptations and the obstacles that we overcome in our daily life.

A youth from Auckland who had recently visited Cambodia for voluntary work, shared her views on how Cambodians follow Maxim 4 “Be plain and simple to be identical with Nature” in their daily life. It helped all the youth team to introspect on their daily needs, wants and desires of life. An informal session was organised, where all youth shared their meeting with Rev. Master. Master’s spiritual presence was felt throughout the session and demonstrated our youth’s love for Master.

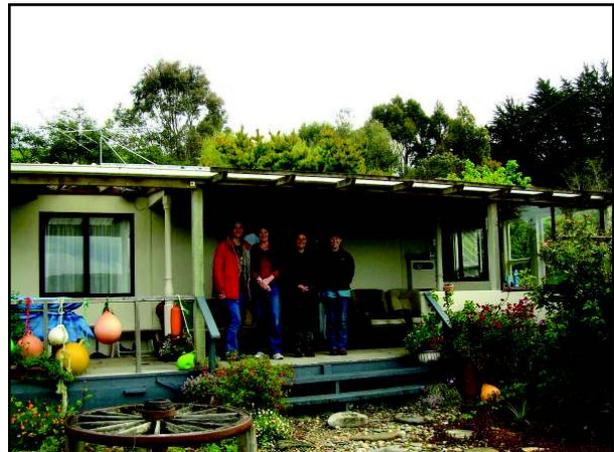
After evening satsangh, a discussion was organised following Master’s video on the Power of Suggestion. All Auckland abhyasis participated along with the youth team. The key points of the discussion were “We create our own reality, thought is a potent force and should be used wisely, always make positive suggestions, be always giving and then nature helps to give more. 9 pm Universal Prayer is a suggestive positive process to increase Love, Faith and Devotion among brothers and sisters. Constant Remembrance is neither a positive or negative thought. It’s a subtle thought to create love for Master.

The first day session ended with a bollywood movie night. On the second day, after satsangh, an outdoor recreational activity was organised at the beach and the one and half day session concluded with a discussion on the Sahaj Marg way of Life, where emphasis was laid on living every present moment as if we are going to die in next moment, and to be serious with our regular practise.

As Master says, youth is a time when we have to change from the ignorance of childhood, the innocence of childhood to the knowledgeable of the school age, and ripen that into the wisdom of youth. Then we have a successful future — a success not because of events but because of our ability to plan our own

future.

This Youth Seminar assisted us to mould our



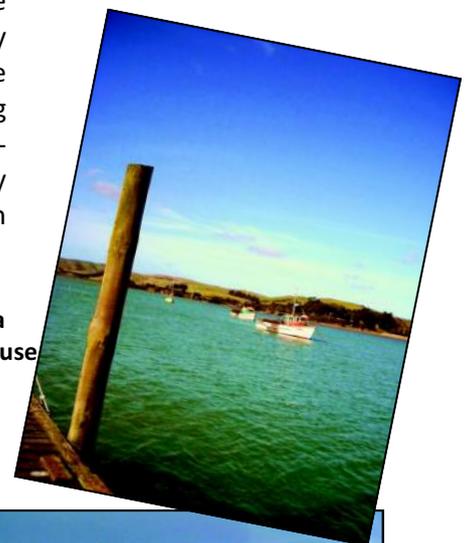
Abhyasi retreatants on verandah of retreat house

thoughts and actions towards spiritual progress.

### **Retreat at Waikawa**

From 18 - 24 March abhyasis from the Dunedin centre went on a five day silent retreat to Waikawa, two and a half hours south of the city. This was the second silent retreat for all those taking part. It seemed a lot more natural to go into silence and immerse in the inner work this time. Master's presence was felt strongly throughout. There was also a strong feeling of brotherhood. All felt they had gained a lot from the experience.

**Retreat at Waikawa**  
Views from retreat house



## **Nooumea**

The end of the year was a little special for our group : Bernard Fadda our preceptor, and his wife left New Caledonia to go to La Reunion, for Bernard's new job. The summer was a very quiet time but abhyasis enjoyed time together at Satsangh, Thursday nights and Sunday mornings. With the arrival of our new preceptor, Thierry Chanson 14th February, our motivation increased and we all took a sitting with him and experienced more calmness and peace. Now, after the end of the summer holidays, the year is beginning with joy!



Bernard and Yvette and Bernadette in Kharagpur

## **With Master in Kharagpur**

*Bernadette , Noumea*

During my visit to India in March 2010, I was fortunate to be allowed to go to Kharagpur, and so meet Master, for the first time. It was a wonderful and unforgettable moment for me and for all abhyasis present!

When I saw his eyes, the 3 times, they reflected my thoughts of the moment, I shall never forget those moments. No! Thank you Master!

I also met abhyasis from other parts of the world: Russian , Iranian, Irish and abhyasis from La Réunion . Our last Préceptor and his wife Bernard and Yvette Fadda ...Such wonderful memories !



**Fiji abhyasis Lalaji's Birthday**

## **Fiji**

### **Lalaji's Birthday Celebration**

**Lautoka** the morning satsangh was attended by 12 abhyasis and HIS message from the Whispers was read. 17 abhyasis participated in the Utsav in the evening. After meditation the abhyasis silently read through power presentation on Lalaji lovingly put together by abhyasis in Europe and shared through the Australian Centre. The presentation - from Family Life to Realisation consisted of excerpts taken from Complete Works of Ram Chandra – Lalaji, Book1, Vol 2. The presentation was silently absorbed by abhyasis as they meditated on the session. Later the presentation was discussed and abhyasis shared a meal before they departed for the evening.

The Utsav was also attended by an abhyasi from Europe Nicolleta Pascal who was visiting Fiji at the time. She joined the satsanghs and interacted with abhyasis while getting adjusted to Fiji .

**Suva** five abhyasis got together in the evening for satsangh. After satsangh and discussion on the life of Lalaji Maharaj, the abhyasis had a meal together.

*In the months Jan – Feb 2010, 6 new abhyasis were introduced into Sahaj Marg system in Lautoka centre.*

### **Fiji abhyasis Lalaji's Birthday**



## *Australia*

### **Brisbane**

#### **February**

2<sup>nd</sup> Lalaji's Birthday Celebrations held at the home of Danielle & John in Brisbane: morning Satsangh at 7.30am followed by a reading on some family aspects of the life of our Adi Guru. Early afternoon the program began with individual sittings, then at 5.30pm, a power point presentation was shown about Lalaji *From family life to Realisation*. It was a way of keeping the focus on the Great Personality and make Master's wish come true, to engage the mind and heart remembering the One that we were here to celebrate, reflecting on our own commitments towards our progress. After evening Satsangh, the focus was on some of His teachings. We shared dinner and a group of adults and children then all sat for the 9pm prayer before dispersing. During the month, our preceptor from the Sunshine Coast, Sister Helen Wood and family moved to their new residence further north, in Gympie. We wish her and her family all the best settling into their new environment and hope that her presence there will spread the word of Sahaj Marg.

#### **March**

Monthly gathering was held at Sr Vani's residence in North Booval. After the group meditation and brunch a SMRTI abhyasi training session was conducted with 8 participants who gave positive feedback on the use of such training. Youth also started preparing their contribution for UN Day of Families in May, with plans for doing Posters, and a Rap song.

Br John has started an introductory 7 week course at the University of Queensland, St Lucia *Introduction to raja yoga* with 10 participants at this stage.

### **Melbourne**

#### **January**

During this month we focused on creating a sense of Brotherhood and involvement of our youth by way of presentations and sharing experiences of following the practice. The intention is to encourage an opening up and to allow the practice to deepen.

10<sup>th</sup> *Sahaj Marg family and brotherhood* presented by the youth

17<sup>th</sup> Abhyasi training re Bhandaras, in preparation for

Basant.

#### **February**

2<sup>nd</sup> Basant. After morning satsangh there was a discussion on the qualities of Lalaji and in the afternoon there were video talks of Master as well as discussion relating the qualities and HIS life story with maxims, examples for us to emulate. Before evening satsangh a discussion and Q/A on the basic practice of Sahaj Marg

7<sup>th</sup> our first satsangh at the Brighton Community Hall where our children presented a short program on the theme *Superheroes*.

21<sup>st</sup> short session on the importance of diary writing

28<sup>th</sup> Master's talk titled *Go Deep within Yourself*.

#### **March**

We began the month with our children talking on the theme titled Harmony. Pranav and Tanvir did a short and beautiful presentation on quotations relating to the theme while Rewa spoke of what Harmony meant to her and how it helped in her day to day life.

14<sup>th</sup> youth gave a beautiful presentation titled *Being Guided*.



New meditation venue for Melbourne



## **Perth**

### **January**

Study session held at the centre *Practice of Sahaj Marg*  
24th A Youth Wing event was held at the home of Br Michael and

Sis Rebekah Light. A small group of young abhyasis gathered to share dinner and discuss their experiences in Sahaj Marg. They allowed abhyasis to really open up and speak about themselves and how they have changed since starting the practice. A number of interesting ideas were brought up, such as the desire to make non-abhyasis aware of the practice, the potential for the youth to contribute more to the activities of the mission (such as the values-based education program), and a suggestion that the youth could contribute more to the community at large. The evening concluded 9pm with the Universal Prayer.

### **February**

Study session presented by Br. Athman *Reality at Dawn*.  
27<sup>th</sup> Feb to 1<sup>st</sup> March retreat held at Jarrahdale (see report)

#### *Other activities*

VBSE activities are held on alternate Fridays at the centre in Willetton. The response is very good. About 10 children [including children of non-abhyasis] participate regularly.

## **Donnybrook & Busselton Centres**

### **January**

Abhyasis from Donnybrook Centre visited Master in Chennai and had a wonderful spiritually uplifting time.

### **February**

Abhyasis from Busselton Centre attended the Jarrahdale retreat in Perth, it was a lovely setting to spend time together.

Preceptors from Perth Centre came to visit both regional centres and exchange sittings and Satsangh which was very welcome.

Study sessions continue to be held weekly after Satsangh at Busselton Centre

### **Retreat at Jarrahdale Srikrishnan**

The Retreat was held at Grassroots Haven, Jarrahdale 27th February to 1st March with the theme *Love All Whom He Loves*. A wide range of topics around the theme was discussed and presented by various abhyasis. Kids participated in a drama act based on a part from the epic of Mahabharata while the older kids presented their thoughts on the maxims. About 19 abhyasis came along with their family making it a lively start and the

programme started with Satsangh, followed by a discussion by Sister Lulu (accompanied by Krithika) on the purpose of a "Retreat". It was a very stimulating session in which abhyasis shared their views, but the most interesting part was when the children presented their views, we could.

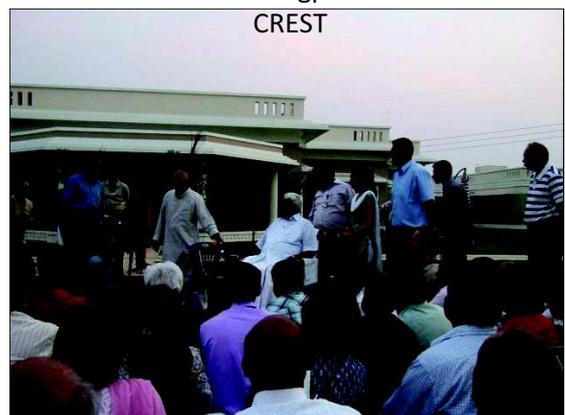
About 25 abhyasis were present for Sunday satsangh and after the tea break Uncle Amiya presented a topic on Love, again the place was filled with joy and love and everyone was talking about it.

The next session was very interesting when the children enacted a small part of Mahabharata. It was very absorbing and delightful to watch them "act". All of us thoroughly enjoyed the play and we think they did a wonderful job. To add a touch of pastel, some sister abhyasis joined in the dance part! After the play, Sister Latha took over the session for a thought provoking Bingo game on Sahaj Marg philosophy. By this time, the kitchen was busy preparing food for the abhyasis who were obviously restless to see what is in store for them (especially the sister abhyasis)

The youth deserve a pat in their back for serving some delicious yet simple food, the most commended being the hygiene maintained all through the process. During lunch, it was interesting to see that everyone took part discussing their experiences in Sahaj Marg, the atmosphere resounded the theme of Love.



Kharagpur



CREST

## Sydney

### January

On Saturday 2<sup>nd</sup> Jan abhyasis gathered at the ashram at Bringelly to do cleanup of the ashram which included lawn mowing, vacuuming of sofas, carpets etc.

15<sup>th</sup> – 17<sup>th</sup> Br. David Todd and Sis. Elizabeth Denley facilitated a youth weekend at the ashram. 6 abhyasis from Melbourne and Sydney were present. Visit to local National Park reserve, Bent's Basin was one of the highlights. Br. David read passages from Eckhardt Tolle's 'New Earth' and discussion around ego and its tricks. The movie 'A Beautiful Mind', with some discussion of how samskara can become heavy without cleaning of the mind was another. Youth are wanting more of these sessions on a regular basis.

### February

2<sup>nd</sup> Rev. Lalaji's birthday was celebrated at the ashram. Highlights, Total attendance 7:30 AM satsangh 46 and for the day 69.. Abhyasis from Newcastle, Wollongong, and Blue Mountains were present as well as 3-10 kids. Sessions on, 'Attitude towards Sadhana ( practice), 'Cleaning & Individual Sitting ( Q & A )' were conducted.

7<sup>th</sup> Monthly gathering First aid First Aid and Emergency Procedures , Sis Kerrie.

13<sup>th</sup> Workshop in Blue Mountains on 'Towards a Better Understanding of the Ego' presented by Br. David Todd. Quote from the workshop "*The quicker one attaches labels, the more lifeless is your reality*". 14<sup>th</sup> satsangh venue has been moved from Bringelly ashram to North Epping Scout Hall due to some objections from Liverpool council.

14<sup>th</sup> Ashram cleanup

### SMRTI Training Central Coast



### March

7<sup>th</sup> Monthly gathering Sis. Elizabeth Denley gave a presentation on Maxim 8.

### From the children in Sydney Centre

We would like to inform you about

1. Ideas we have come up with for fundraising and
2. Our newsletter which we would like to send out to other children in other centres to see what they are up to.

If you need some questions answered don't hesitate to type back to this email ([nivi1\\_2006@hotmail.com](mailto:nivi1_2006@hotmail.com))



Ego workshop in the Blue Mountains.

**SMRTI TRAINING – CENTRAL COAST** Kerrie Anderson  
28 February Br. Dharmin conducted SMRTI Training at Holgate Central Coast. 18 people were present, including 3 children. It was a wonderful session, with a number of relatively new abhyasis present from Sydney, as well as others who have been practicing for some time

The SMRTI Training has been designed to help minimise any deviation from the prescribed manner of conducting our daily practice, often quoting the words of our Masters' directly. The content is frequently delivered directly by our beloved Master on video footage.

There was a lovely feeling of brotherhood throughout the session and a meal was shared at the conclusion of the training.

## Oceania Calendar of Events

Date	Activity	Centre	Contact
<b>April</b>			
22	SMRTI abhyasi training 3-7pm	Bringelly Ashram	rklal@optusnet.com.au
25	Sunday satsangh	Holgate Central Coast	
25	Preceptor Workshop	Donnybrook	skmenon.au@gmail.com
30	Babuji's birthday celebration	All Centres	Centre coordinators
<b>May</b>			
2	Maxim discussion	Wellington	<a href="mailto:ravi_ravendran@moh.govt.nz">ravi_ravendran@moh.govt.nz</a>
2	Sunday monthly gathering. Maxim 9	North Epping Scout Hall ,Sydney	rklal@optusnet.com.au
2	Sunday extended programme	Lautoka	sashifj@yahoo.com
7,8,9	Character Development session	Bringelly Ashram	edenley@internode.on.net
9	Sunday satsangh	Valentine Central Coast	dixie@optusnet.com
9	Abhyasis training	Suva	sashifj@yahoo.com
15	Ashram cleanup	Bringelly Ashram	rklal@optusnet.com.au
16	Full Sunday - International Families Day	Wellington	<a href="mailto:ravi_ravendran@moh.govt.nz">ravi_ravendran@moh.govt.nz</a>
16	Sunday satsangh	Holgate Central Coast	dixie@optusnet.com
16	UN Day of Families 9.30am-12md	North Epping Scout Hall Burwood E.,Melbourne Perth	rklal@optusnet.com.au vsharma4@gmail.com skmenon.au@gmail.com
22	SMRTI abhyasi training 3-7pm	Bringelly Ashram	rklal@optusnet.com.au
23	Open Day	Busselton Centre	lorained@iprimus.com.au
30	Study Day	Donnybrook Centre	lorained@iprimus.com.au
29,30	Preceptor visit	Canberra	dharmin01@hotmail.com
29,30	Open House	Suva	wac@connect.com.fj

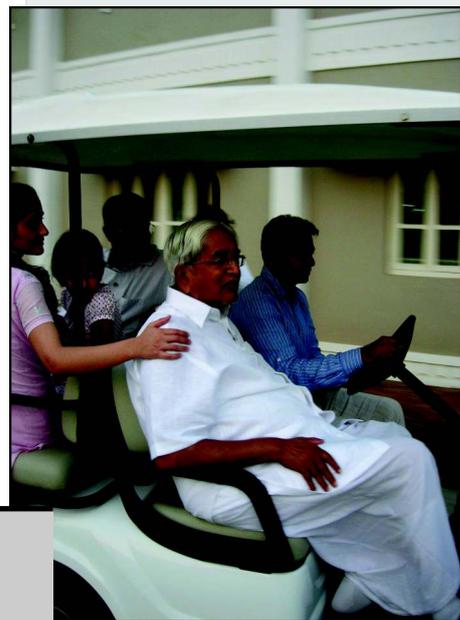
### Training the Trainer Program "What are Values"

To be held in Sydney weekend 10-11 July and will be run by Srs. Elizabeth Denley and Dominique Descartes from Switzerland. Half the VBSE program will be for kids and half for adults (i.e. not for parents of children, but for all adult abhyasis to work on their character development).

The program is for all functionaries and those who are willing to do or learn more about VBSE programs. Please kindly email myself <[au.vp@srcm.org](mailto:au.vp@srcm.org)> and Sr. Elizabeth Denley <[edenley@internode.on.net](mailto:edenley@internode.on.net)> with your confirmation to attend by Friday 19<sup>th</sup> March or if you require further information. (Those who have already confirmed no need to re-confirm)

**Oceania Calendar of Events cont.**

June			
4	Regional Seminar	Wellington	<a href="mailto:ravi_ravendran@moh.govt.nz">ravi_ravendran@moh.govt.nz</a>
6	Sunday extended programme	Lautoka	sashifj@yahoo.com
6	Monthly Gathering Maxim 10	North Epping Scout Hall	rklal@optusnet.com.au
11,12	Youth Weekend	Bringelly Ashram	edenley@internode.on.net
12	Ashram cleanup	Bringelly Ashram	rklal@optusnet.com.au
13	Open Day	Donnybrook Centre	lorained@iprimus.com.au
13	Abhyasi training	Suva	wac@connect.com.fj
13	Maxim discussion	Wellington	<a href="mailto:ravi_ravendran@moh.govt.nz">ravi_ravendran@moh.govt.nz</a>
19,20	Retreat weekend	Bringelly Ashram	rklal@optusnet.com.au
20	Full Sunday Programme	Wellington	<a href="mailto:ravi_ravendran@moh.govt.nz">ravi_ravendran@moh.govt.nz</a>
26,27	Preceptor visit	Canberra	<a href="mailto:dharmin01@hotmail.com">dharmin01@hotmail.com</a>
*Every Friday	VBSE for Children	Perth Centre	skmenon.au@gmail.com
*Every Tuesday	Discussion session 3.30-5pm	Lautoka	Neeli-masharma_50@hotmail.com



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