

SMSF Newsletter

Volume I No.3-2006

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

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

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

Featured in this issue

Education: Rev. Master has inaugurated a new block at Lalaji Memorial Omega School

Spiritual training: CREST Bangalore is getting ready to receive first batch on Aug 9. We also cover an update on the participants in the recent Scholar's training program (STP).

Health: New medical center is operating in Allahabad, India. We also cover the medical camps organized by Medical Center, Manapakkam at Madurai.

In this issue, we also cover SMSF activities in Europe



Rev. Master speaking on the occasion of inauguration of the residential building and learning centre at Lalaji Memorial Omega School, Chennai on 18th Jun 2006

LMOS – Rev. Master inaugurates new block

Change is permanent and when it is in the form of evolution, it is inspirational. The Lalaji Memorial Omega School commenced its second academic year from Wednesday, 21st June 2006.

In Rev. Master's words, "the foundation is now sharply focusing on the need, the essential need, to bring children up in the true values of human life such as truthfulness, honesty, friendship, a common brotherhood where all are one and one live for all. I hope that with my Masters blessings all these values by the children will be realized in the Lalaji Memorial Omega School".

The residential building and learning centre were inaugurated by Pujya Shri P. Rajagopalachari, on Sunday, 18th June 2006 with a Satsangh.

Two more floors have been added to the primary block, thus making room for the significant rise in the number of

students. The school had 160 students in the first year while this year, it is committed to educate 540 children. Not only has the School extended classes to std. VIII, most of the classes have strength of two sections. Among these, 110 will be housed in the hostel – 82 in the boys' dormitory and 27 in the girls'.

The Residential building is an expansive structure with reception, kitchen and dining hall on the ground floor; Principal's and Managing Trustee's offices on the mezzanine floor and two dormitories for girls and boys on next two floors. The spacious dining area with a modernized setting stimulates children to eat wholesome and nutritious food. The well-equipped spick and span kitchen provides hygienically prepared vegetarian food, blending tastes of North and South India.

On the first day of school, the sprawling infrastructure delighted the bubbling



New Administration Block

Kindly visit LMOS website
<http://www.omegaschools.org>

children who were eager to explore. The teachers spent time with their class students to break the ice and make them feel comfortable. They got familiarized to the school routine and new ambience. Each class was a mixture of boarders and day scholars, coming from various parts of the country, united by the subtle bond of universal Love.

Just as Pujya Shri P. Rajagopalachari had said, these children are exceptional and one can already witness the makings of tomorrow's world leaders. LMOS will continue to set records in the field of education and live up to the motto: Education to inspire Excellence.

Source: Sis. Suchita Subramaniam, LMOS.



Activities in progress at LMOS, Chennai

SMSF in Europe

In Europe, Sahaj Marg Research and Training Institute (SMRTI) had been functioning for many years before the registration of the Foundation. According to SMSF statutes, SMRTI is now part of this Foundation from which it receives full financial support for its activities.

SMRTI is involved in the training of abhyasis and preceptors and the writing of related books and polycops. Other productions of SMRTI are the volumes of "The Sahaj Marg Educational Series" such as "Meditation", "Love", "Cleaning", the "Index of Sahaj Marg Literature", which is constantly being updated, the new series "Proceedings of Seminars conducted by SMSF for SRCM" such as "Body, Mind, Soul and the Transmutation of Love", the polycop "The Abhyasi and the Practice".

Seminar modules are developed, tested by SMRTI and then proposed to the local SRCM for implementation under their supervision if they find it suitable. For example, in 2005 two seminars have

been tested in French: "The Abhyasi and the Body" and "Development of the Link with the Master". All research works, projects development and books writing are directly referred to Master and submitted to His final approval when completed. The polycops are proposed to brother Krishna, Region-in-charge Europe and SMRTI director.

The main activities and projects in the pipeline are: three volumes of the "Sahaj Marg Educational Series", the first three volumes of the series "Proceedings of Seminars conducted by SMSF for SRCM", translation work of existing books and polycops, three new seminar modules are being developed and will be tested in due time.

A small team of experienced, motivated and dedicated abhyasis runs these activities and avails itself of the help and expertise of many other brothers and sisters abhyasis.

Source: Br. Alberto Lafranchi

For any further information regarding of SMSF and SMRTI in Europe contact:

Alberto Lafranchi,
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 and Pierre Studer,
ch.tr@sahajmarg.org

Medical Center News

Volunteers - Allahabad centre

Allopathy - Dr. V. K. Agrawal, Dr. Nalin Misra, Dr. Alka Das, Dr. Kavita Agrawal, Dr. Mukesh Tandon, Dr. Mrs. Amita Tandon, Dr. Rajesh Mishra, Dr. Mrs. A. Mishra, Dr. Yadav

Homeopathy - Dr. P. N. Malaviya, Dr. Rajesh Malaviya, Dr. Shukla

Acupressure - Dr. S. C. D. Goel

Volunteers - Madurai Camp

Paediatrics

Captain Dr. S. Muthukannan, Dr. S. Revathy Srinivasan

General Medicine

Dr. M. Angu Vijayam, Dr. C. Chellaperumal, Dr. K. Karthik, Dr. S. Ramu, Dr. Revathy Radhakrishnan, Dr. Lakshmi Kiran Mayi, Dr. P. Suresh Kumar

General Surgery

Dr. C. K. Gokulnath Premchand, Dr. D. Soundararajan

Family Physician

Dr. M. B. S. Krishnan

Ophthalmology

Dr. S. Srinivasan

Ortho-surgery

Dr. V. Pugalendhi, Dr. Bulli Reddy

Anaesthesia

Dr. Meena Soundararajan, Dr. C. Ravi Shankar

Diabetologist

Dr. S. Pandian, Br. K. Krishna-moorthy

Dental Care

Dr. C. Rajasekaran, Br. Raksha Rajasekaran, Dr. V. R. Balaji

O & B

Dr. R. Kavitha Ravi Shankar

Paramedical Services

Co-ordinator- P. Sevuganathan
General Supervision - S. Murali, S. Krishnan

Health and Hygiene - S.

Pandiarajan, G. Thillaimani

Registration - K. Deivanai, Vijaya Manoharan

Records - K. Ramalingam

Analyst - Sundari Ramakrishnan

Pharma - Lakshmanasamy,

Jegadeesan, A. Gomathy

Drugs Control - A. Raja, J. Kalpana

Laboratory - A. Sangili Raman

Ultra-Sound & Photography -

S. Krishna Bharathy

Sanitation - M. Pandiarajan

Medical Centers at Manapakkam and Sathkol have been undertaking many activities towards imparting medical services to the needy. Medical Camps are regularly held in Madurai. An initiative is underway to build a database of physicians to better serve this cause - Sahaj Marg Physicians Group. (SMPG Contact: Murthy Gokula (rgokula@hotmail.com or murthyg@msu.edu)

New Medical Center at Allahabad

A new Medical center has now come up in Allahabad. It was inaugurated on 07th May 2006 at SRCM Allahabad by Bro. U. S. Bajpai. This proves another milestone of achievement of our benevolent Master's silent construction activity aimed at universal brotherhood.

Health centre, Allahabad runs all days of the week and has 3 wings - Allopathic, Homeopathic and Acupressure. Each wing has dedicated doctors who are doing their duties with true love and dedication from 16:00 to 18:00 hrs Monday to Saturday and 10:00 to 12:00 hrs on Sunday.

A portion of the accommodation in Ashram complex has been modified for our use, and is sufficient for the present requirements.

Strength/Attendance of Patients

Month	Male	Female	Children	Total
7 - 31 May 06	45	55	10	110
1 - 30 June 06	130	345	90	565
1 - 16 July 06	78	317	60	455

Unmindful of the preciousness of their time, all doctors do their duties as a family in the remembrance of Rev. Master. The services of all doctors are properly utilized by rotation. A few volunteers are also assisting doctors for smooth functioning of the Centre. The bliss-sharing blessing of our beloved Master enables all the contributors of

service for the successful conduct of the Health Centre in HIS remembrance inculcating the human nature to become Divine, besides taking the loving message of the Master to the local population and others.

Source: Br. Col. S. K. Sharma, Health Centre In-charge, Allahabad

Medical Camps at Madurai

Free Medical Camps are held at Madurai on 1st Sunday of each month between 8.30a.m to 12.30p.m. "I am happy to approve this project, to be operative on one Sunday each month, but only with regular qualified doctors from our Mission. This can be commenced from the month of January, 2006, regulating to say the first Sunday each month. Love to all" - these words of blessings of our beloved Master

On 11th of June, the II Eye camp was conducted. Since Jan 2006, six General and two Special (Eye) Camps were conducted. All the doctor brothers and sisters, numbering 23, are all well qualified with rich and ripe experience in their specialized disciplines of eminence. Paramedical staff numbering around 17 evince keen interest in discharging their allotted assignments in a pleasing manner. Besides, 45 volunteers are assisting the doctors and Paramedical Staff in conducting the camps smoothly. Some of them are given training in Handling B.P. Apparatus, Glucometer, etc. Free Scanning arrangement is made with the Scanner etc., freely offered, arranged and conducted by Dr. D. Soundararajan, and Dr. Meena Soundararajan. For Eye-care, Dr. S. Srinivasan is very much earnest in bringing his own ophthalmology equipment, along with availability of free service by his own personal trained staff.

Exhibition: An exhibition is arranged depicting and educating the beneficiaries to maintain a healthy, hygienic and happy life. Various lessons on food habits, preparation of simple

but rich food, etc., are taught. All the exhibits have been collected and prepared by our abhyasis.

Availability of Space: With the limited but well protected space available just in front of "Master's Chamber" is now put into proper use for running the camps. The two dormitories just nearing completing - situated near the main entrance on the main road - shall be utilized for organizing the camps with more precision and perfection.

Considering the importance of keeping a hygienic atmosphere and privacy in therapeutic measures, necessary arrangements are under proposal and sanctioning.

Details of Beneficiaries:

	Men	Women	Children	Total
General	417	1031	421	1869
Eye	105	226	26	357
Total	522	1257	447	2326

Source: Br. P. Palaniappan

CREST, Bangalore getting ready to receive first batch

CREST Bangalore is getting ready to receive the first batch of about 70 Abhyasis on August 9. CREST Centers are resident schools where abhyasis in batches of fifty to hundred will undergo intensive training for one month. The training will cover subjects ranging from essence of religions and spirituality to psychology and our civic responsibilities as citizens of this planet.

slowly and steadily from the world to the Divine. Remembrance, just remembrance becomes frequent remembrance and deepens to Constant remembrance. The Grace of The Master steadily deepens the constant remembrance. The ordained purpose of life is achieved. That is the way the Masters of the world have shown humanity."

In the words of Br. Jagannathan, Director, CREST, Bangalore "The goal of life is merger with the Divine. The purpose of life is to experience the Divine Love. So says Sahaj Marg. Our Masters have given us a method to achieve this. Our mind and heart is now focused on enjoyment of life. In the process, we have been creating around ourselves a bundle of impressions. The object of enjoyment is slowly becoming the object of suffering. We start craving for a release from this bondage. When you look for it, the Way opens. The Master is the way, The Living Master. The Divine itself descends to show the way in the form of the living Master."

"The way to the Divine is to focus our attention fully and deeply on the Divine. The mind should be freed of its vacillating doubts. The heart then becomes rock steady. The will should be applied to make the practice a dynamic habit. To achieve this, it helps to withdraw ourselves at times from our daily concerns and intensively train our attention to the Practice and contemplation on the Divine."

"The Divine has been the most fascinating subject in human history. In various climes, men and women have thought about the Divine and sought to experience Divine Presence and Love. Seeking to know that itself becomes a contemplation on the Divine."

"The method is prescribed by the Master to turn our attention slowly and steadily from the world to the Divine. If you turn you attention to the Divine the Divine turns its attention to us. If we become the object of divine attention, the work has been done. This is not an easy way. The Master and The Mission are here to help us. The Master is the impulse. The Method is the way and The Mission is the supportive group. The practice of the method makes us to turn our focus

"Our Master has created a place and time to do that. A sylvan setting, a life with a comfort level that does not distract your attention by its wants or opulence, a spiritual charge by the divine presence of the Master - that is CREST - the Center for Research, Education, Sadhana, and Training. The Crest course will be a turning point in the life of an abhyasi. So may Master bless".



Meditation hall at CREST



Master's Cottage at CREST

Growth of STP – 2002 to 2006

3 Scholars: 2 Countries
STP 20027 Scholars: 7 Countries
STP 200317 Scholars: 13 countries
STP 200430 Scholars: 22 Countries
STP 200540 Scholars: 26 Countries
STP 2006

Scholars Column - STP 2006

This section has updates from Scholars who were part of STP-2006. Scholars Training Program (STP) is a program under SMSF to spread the Sahaj Marg message around the world. Rev. Master guides chosen Abhyasis by spending personal time with them, giving them special speeches and taking them in His tours. Many scholars have now become prefects and center-in-charges.

NEWS FROM BRAZIL

Meetings in Americana

Americana is a city located 130 km from the city of Sao Paulo, which is the capital of the state of São Paulo, Brazil, with more than 180,000 inhabitants. Its name comes from the American families who moved from USA in the 19th century, after the American Civil War, and established themselves there.

Among other natural beauties, there is a dam in Americana which is surrounded by recreational places. It is in one of them that abhyasis gather once a month and these gatherings are known as "Meetings of Americana". People come in the morning from nearby cities, and participate in the spiritual program that includes individual sittings, morning and evening satsanghs, studies and recreation time. Lunch is followed by a break during which abhyasis rest, talk to each other and go for walks around the place. After evening satsangh, abhyasis go back home with hearts full of Divine Energy from our Beloved Master.

It is in this place, which belongs to Felix and Silvia, that other spiritual gatherings are also held, such as courses for abhyasis and preceptors. Last March, we had the great pleasure to receive our brother Bill Waycott. To make the most of this opportunity, the meeting lasted two days and had a very good attendance. Besides doing our spiritual practice, talking to Bill is always wonderful and inspiring. Saturday night, with the fall in temperature, he and a small group of abhyasis gathered around a campfire in front of the dam and had a wonderful conversation. It reminded

me of how Master's informal talks develop, either in India or other countries that He visits. From what I heard, they seem to be unforgettable and amazing moments. And in that moment we were there together, reproducing on a smaller scale something that our Beloved Master teaches us: to undo language and nationality barriers, to promote the good living between people, and to enjoy nature, in short, to love all and everything.

The following day, after morning satsangh conducted near the dam, Bill gave us a message from Master: Master would like all abhyasis to write to Him. He's like a father who likes His children to tell Him what is happening in their lives, hear about their joys, their sadness, successes and failures, wanting them to communicate with their hearts. It was a very touching moment that confirmed that although Master is physically so far away from Brazil, He loves us with His Heart and only expects a simple letter in return. Brother Mauro and Sister Vanessa, who just got permission from Master to work as preceptors, spoke of their experiences in India. They spoke with much enthusiasm about being with Master, and how they felt privileged for having been with Him in Tirupur for so much time, traveling to a lot of different places. After this meeting we returned to our homes feeling more confident in the Master, as I heard from a lot of abhyasis.

By Br. José Luis Cardieri
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NEWS FROM BURKINA FASO, AFRICA

I have just returned from a trip of 18 days spent with Nana Siméon, at the village of Yaïka, in Burkina Faso. Also find enclosed a photo of the current group of abhyasis – unfortunately incomplete. It is difficult for everyone to get together at this time of year, as it is the "time of funerals", or ceremonies for the people who have died over the past year.



Siméon with current group of abhyasis, Burkina Faso, Africa



Abhyasis from Romania in Vrads

When I arrived on 23rd January, I discovered a small group of 12 abhyasis. Right away, we started having discussions about Sahaj Marg with both abhyasis and non-abhyasis. There were a lot of questions; many of them revolved around what people had lived or experienced before coming into the Mission – their practice of another religion, Catholicism, Protestant or Islam. All sought a real understanding of the differences between these religions and Sahaj Marg. We had above all a lot of young people who came in the evenings to participate in these question-and-answer sessions. Not everyone spoke French and we really needed a translator.

Questions were very diverse, from “Do we need to go to India like the Moslem goes to Mecca?” to “Why do we need to progressively stop consumption of meat and alcohol?” We also addressed the necessity and the good fortune of having a living Master as a guide. The questions had a firm basis in their everyday reality, their daily living; and all were anxious to know what was the “more” that meditation could give them. Of course, there were difficulties especially in translating into local dialect; certain notions do not even exist in their way of speaking. Another difficulty was how to render appropriately the Sanskrit words, such as samskara, sadhana and satsangh.

A big celebration was organized for Basant Panchami on the 2nd of February, for which some 150 people gathered (including children). A special meal had been prepared by our sister abhyasis, and guests of all confessions were fully satisfied. Afterwards we projected a short film I had put together in Manapakkam, when Siméon had taken part in the scholarship programme in 2003-2004. The atmosphere was light; everyone was very attentive, as if turned inward. Accompanying remarks were made by Siméon. After the movie, there were lots of questions.

The full impact of this day was not long in coming, and in the days immediately following Siméon and I proceeded with

six introductions. This brought the number of abhyasis up to 18, and others will be introduced soon. Except for two or three persons who have difficulty giving up the local beer (made from red sorgho), I was pleasantly surprised by the seriousness with which these new abhyasis have taken up their daily practice, their desire to work in favour of the Mission, and to talk about it to those around them. Some try to read the Mission literature which is available here, but reading is not a usual pastime in this village located in the scrub brush, without any electricity!

What we have here is a “rural” Sahaj Marg, rather unique, with very little means, whereas most groups are generally located in cities. People from other villages, even the Chief of Zorgho, the head village of the Provinces, have shown an interest in meditation and expressed the desire to know more about Sahaj Marg.

So this is the latest news from Yaïka and development of the Mission in this little corner of Africa, where the Grace of the Master seems to be particularly present. In Ouagadougou, we had the joy of meeting up with a couple of abhyasis from the Congo (Brazzaville), Edouard and Agathe, and gave them sittings. They had been invited to Yaïka on Sunday, February 19, to meet the group there.

Br. Nana Siméon and Br. Dominique Mercier

NEWS FROM CHINA

Upon my return in 14 February 2006, I was busy looking for a suitable apartment for accommodation and also to hold Sunday Satsangh. On March 10, I moved into an apartment. Since then every Sunday Satsangh, we have about 15 to 20 abhyasis. The numbers are growing and we are also conducting simple workshop to deepen the knowledge of our system. We really hope to cultivate quality abhyasis and not quantity. China is big, there is no worry not getting the numbers! But faith in the system is most important.

The enclosed photo was taken in April, it



Sis. Jenny in China

was a beautiful day especially enhanced by the cherry blossom in full bloom.

Sis. Jenny, Shanghai, 11th of April 2006

NEWS FROM BELARUS

I with great pleasure recollect those blessed days we have had together. With the Master's grace it was so great, that there are no words which would describe it. Do we know, what we have received, what we have studied, what we have learned, what has been opened in our hearts! Probably, it is necessary to put the effort, the will, the desire, so that everything that is put inside us is revealed and starts to give illuminating light.

After my return, owing to work of the dear Master, four new abhyasi have joined us in Gomel, two more have received introductory sittings, but, unfortunately, for the different reasons could not continue practice.

I wish to share with you some experience of my work as a preceptor. As it has appeared, practicing abhyasis for some years have not paid attention to "trifles" in their practice. For example, it is very important in the beginning of meditation to assume the presence of divine light in

the heart, and then to direct the internal attention on it. If you make it on the contrary, the concentration on the heart is carried out instead of meditation. It is very difficult for the abhyasi not to use the will during meditation. I ask them how they meditate and even if an abhyasi says, that he does not use the will, nevertheless his words with which he describes the meditation can reveal his mistakes. To my surprise quite often I hear words: I concentrate, I trace, I study, I try, etc. – words which reflect activity which reflect presence of will. Therefore I repeatedly try to explain in detail, how to meditate, do cleaning and prayer-meditation. And I hope it will create necessary benefit for abhyasi.

9 abhyasis from Gomel have participated in Babuji's birthday celebration at a seminar of the CIS and Baltic countries near Lake Naroch not far from Minsk. All had bright experiences; everyone has understood and has realized something new, innermost for himself. 2005-2006 scholars Andrey Kovalenko, Jury Koroljuk and myself have participated on a seminar. We were very happy to see each other and to spend such remarkable days together again.

Br. Sergey Bondarenko, Gomel, Belarus, CIS.



Br. Sergey with Abhyasi brothers from Belarus

Heart Eternal – Master's Address to Scholars of STP 2006

All my sisters and brothers who are here, I am delighted to have had you for a month. But I am sorry it could not have been longer. It has been so wonderful that I wish it would last forever like this. But in this word, nothing lasts forever, you know. Except the heart – core, core in Italian. "Con core" (singing), "L'amour con core"! "Amore con core" (love with the heart), no?

So, you know, we have a tradition in one part of India, when a person dies, in India we cremate them, on fire. It is the heart which burns last. The skull, the bones, everything disappears. But the heart will not burn. Yes, I have seen it myself so many times. And then what they do is, they take a little clay, cover the heart with the clay and put it into the river. It goes into eternity. The heart is not destroyed at all. So the heart is indestructible. And because love comes from the heart, or should come from the heart, true love is indestructible. It is immortal, it is eternal. And therefore we say, such love is divine love. L'amore divino, is it correct in Italian?

That is the sort of love we are trying to create in our abhyasis, and through you into people in your countries so that, in a not very long time, maybe ten years,

the world will know what is true love. There will be no betrayal of love; there will be no divorces, because marriages will be from the heart, not from the head. That is only the smallest benefit! The larger benefit, there will be no human hatred; there will be no antagonism between people, between colors, between religions.

And we hope, by His blessings, His grace, that we shall have a united world. Not united politically or economically, but united through the heart of humanity.

We may different but we shall be one. Like the light you put through a prism, you have seven colors, but when we put through a prism only. So the world is broken up through artificial things into races, into cultures, into nationalities, into languages. They divide us. When we say, "Ah, I'm proud of my language", we are making a big mistake. We should use language, not be proud of it. Similarly we should use politics to give good to everybody. What is good in your country, you should give to our country. What is good in our country, we give to your country, so that goodness increases and badness goes.

So Sahaj Marg has a big agenda, as my son always says, "agenda"; what is this agenda? Remaining what we are, we shall be one. Because we don't want people from all over the world all looking the same, all the same height, all the same color; that is no good. Variety in unity, all with the same heart! Whatever the brain may say. You know, like you have so many computers, different makes, you have Apple, you have IBM first, sharp differences, then you have Acer and I don't know what else. Similarly we must have humans, white, black, yellow, blue and I don't know what else, but we must all think of the same goal, our hearts must support us in the same way, we must all be brothers and sisters, no more Christians, no more Muslims, no more Hindus, no more Buddhists, we are humans, we are all one, within one world, united, again I say, not politically or economically, but through the love that we shall have for all of us.

I hope that such a world will come into being. We see a small sample here, a very small sample, minuscule, atomic, but remember that the world is made of atoms and molecules; everything in this universe is made of atoms. So we should not laugh at atoms, or be depressed that, "Oh, this is only an atomic example." From one atom will come two, and then become a molecule, then become a super molecule, and voila! we have the world.

*I present to you the possibility of such a world provided you all cooperate with your heart in this magnificent, desirable venture. Thank you
All of you will be going home, bon voyage. Wherever you go, may you have a happy journey back to your families, may you spread the light that you've got here, to your people, without bias and without reserve. Don't think it is something strange. The heart is the same everywhere, all over the world. It is the heart which suffers, what it is suffering about is not important. You go to a doctor, he does something, you are OK, but when this (the heart) breaks, the human being is dead!*

So please help people to preserve their hearts. Love them not with your heads but with your hearts, love them forever because the heart does not love for a second or for a day or for a year, but when it loves, it loves always!

Thank you for having me for lunch, and may Master bless all of you!