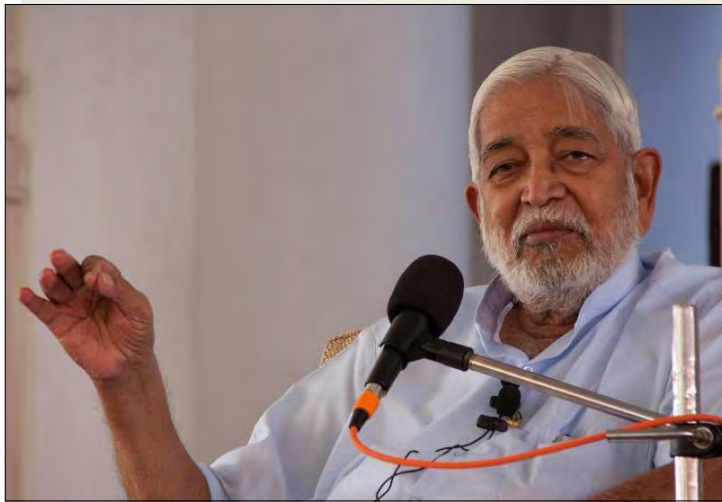




Master's News.....



Update on Master's health – Message from Br. Kamlesh

19th April 2013, Friday - Manapakkam.

Respected Elders, dear sisters and brothers,

It has been a few months since we communicated with you all about the health condition of our beloved Master. Rev. Master made outstanding recovery up until January 2013. Since then He has been complaining of pain in the right shoulder and hip, and extreme fatigue.

The PSA value, which is the health indicator of Prostate gland, has also risen sharply in the last few months.

The recent MRI taken on 16th April showed the femur and visceral area to be greatly affected. The pain in the right hip and shoulder is, it seemed, not arising from muscles, but from the bones.

Based on fresh MRI and CT scan tests done today, these findings have been further verified. Master has been put on localized radiation therapy. This increases His susceptibility to infections, and therefore He needs to be protected in order to prevent any infection.

The femur is very vulnerable and prone to fracture if Master remains mobile. He has been strictly advised not to put weight or any force on the legs and hence his movements have to be restricted.

Under the circumstances, He has been strictly advised by the panel of Physicians not to take on any travels. This means, unfortunately, that He cannot be with us physically during the Babuji's Birthday Celebrations at Tiruppur. It is our Master's desire that the Celebration should go on as planned. He requests everyone NOT to come to Manapakkam either prior to OR after the celebrations.

Rev. Master has instructed me to de-centralize the 24th July 2013 celebrations.

Let us join together and offer our prayers for the fast recovery of our Beloved Master.

Prayerfully,

Kamlesh D. Patel

Inauguration of the renovated cottage

Master was staying in Gayathri since the beginning of March while work on the cottage was nearing the final stages.

On Friday March 22nd, he came to the meditation hall by 8:20 a.m.. Many abhyasis were still assembling and he patiently waited for about fifteen minutes then conducted the satsangh for about fifty minutes. After performing an engagement, Master released three new books. He then went to the cottage and as he entered he said, "It has been six months since I moved out of the cottage." He cut the ribbon and lit the lamp in the middle of the hall. He walked first to the kitchen then went into his bedroom and offered *prasad* which he distributed to everyone present. Master was eager to look around and came to his office room. He sat there for a while with abhyasis assembled around him. The new cottage has two guest bedrooms, one of which will be for Br. Kamlesh to use.

An abhyasi who was visiting from the USA asked, "Master, how can I handle the physical separation?" Master said, "Whenever you are alone, think that the Master is sitting right in front of you." The abhyasi said, "I can think like that but I begin to doubt whether it is real." He said, "*This is the problem with the western abhyasis. The doubt arises from the intellect. When the scientist says that atom exists, you will believe it. Why don't you doubt that? Have you ever seen an atom? This is the schism between science and spirituality that we will believe what science says but we doubt spirituality.*"

An abhyasi narrated an incident where he had not behaved properly and Master said, "*You need to have more self-control. It shows your inner and outer is not balanced. You need to work more upon yourself. These incidents are tests in our lives as we progress in spirituality.*"

Ashtanga Yoga and Sahaj Marg

Wednesday March 27th was Holi. Although Master was quite tired he cheerfully met with a lot of abhyasis. His family came at around 8:00 a.m. as it was Bhargav's birthday and Master offered *prasad* and conducted satsangh in his office. In the afternoon, he watched two episodes from the new TV series, *Upanishad Ganga'* and then there was a discussion on how Sahaj Marg had evolved out of the traditional eight steps of yoga.

Master said: "*Yama and Niyama are to be learnt at home from parents and at school from teachers. Asanas and Pranayama—when we meditate, breath regulates itself naturally. When you are in profound meditation sometimes, you don't breathe for two to three minutes. So, it is automatic. Then, giving up, achieving, everything goes. Dhyana, we are doing. Samadhi is not the samadhi of the yoga which says a stone-like state you see, but an inner state which was at the beginning. Beginning means, 'All time beginning'. So, that is what Sahaj Marg teaches. And, when you go deep into meditation, you feel it. For instance, this morning meditation, I was out instantly. When I said 'Please begin', I was out. As I was telling,*

Master's News....cont.

now I understand what mahasamadhi means, because, in meditation, you would go off, never to come back. It gets more and more difficult to come out of it. Sometimes when I start sittings, one hour goes and I think it is only a few seconds. And on two or three occasions, I was confused whether to say 'That's all' or 'Please begin'. So, I opened my eyes and I saw everybody meditating and I said 'That's all'."

For the first week in the new cottage, Master was making the effort of going to the dining hall to have his meals. He has been having leg pain especially when he turns during walking and the pain is severe in his knees.

Sunday March 31, 2013

Master woke up quite early and then got ready to go and conduct the satsangh. He went to the kitchen area to look at the sheet covering, which needed to be replaced and then went to the meditation hall to conduct the satsangh, which lasted for about 50 minutes.

It was a very busy day for Master, being the last day of the financial year. After lunch he immediately went to Gayathri. He is going to stay there for a few days as some things needed to be fixed in the cottage. As his grand-daughter Madhuri was in Chennai, Master decided to spend some time with her. However busy or tough his schedule might be, he shows us an example of how to live a balanced life and his attention to his family is an example for all of us to follow.



Whispers from the
Brighter World

Fifth Edition

released April 2013



Master's renovated cottage



Ashrams are not built of mud and stone and bricks and cement; they are built of human hearts, hearts full of love, hearts filled with the same aspiration to rise beyond the human condition into the spiritual condition and become divinized.

Taken from the Book Heart Speak 2005,"Chapter Dedication, Devotion and Love,"pg. 59, by Revered Chariji



Babuji's Birth Anniversary

29th April—1st May, 2013, India.

Our Beloved Master once again showered on us His eternal love and took the Mission across yet another milestone in the recently concluded 114th birth anniversary celebrations of Pujya Babuji Maharaj at the Diamond Jubilee Park, Tiruppur.

Br Kamlesh arrived in Tiruppur on 26th. He inaugurated some of the facilities that were ready. There were three satsanghs a day at 6:30 a.m., 11:00 a.m. and 5:30 p.m. until the 29th. There were also special satsanghs for all volunteers at 9 p.m. on 27th and 28th. On Sunday 28th May, Br Kamlesh conducted five weddings after the morning satsanghs.

Abhyasis had started flowing in from the 26th and joined volunteers in ensuring that all the facilities were in place for the actual celebrations. Tents, dining, kitchen, security, water supply, sanitation, canteen, children's centre, publications stall, etc. were up and running and catering to the various needs of abhyasis. Abhyasis were found pitching in wherever they saw the need and as a young child put it, "I saw volunteers working from their hearts."

Our bhandaras are events of spiritual splendour. They teach us to live a life of spiritual grandeur and material simplicity. Br Kamlesh Patel's address on 29 April, the first day of the bhandara, emphasised this aspect. He read out two of Babuji's messages from the Whispers and explained the role of the abhyasi in the grand plan of regeneration of humanity.

When the announcement was made on 29th about Master's expected address the next day through video telecast, the rejoicing of abhyasis was palpable. From then on, time started moving towards that moment when Master would appear on the giant screens in the meditation hall. When he finally entered the meditation hall at Babuji Memorial Ashram, Manapakkam, hearts were filled with love and eyes welled up. It was a moment of love and gratitude. The ensuing satsangh and a special message from Babuji Maharaj later that day, reminded us all of the divine care which the Mission and all the abhyasis are entrusted to. Babuji in his message said, "Only the total commitment of the heart, supported by a non-strenuous but regular practice, elevates the spiritual heart to its highest destiny."



In addition to the weddings

on 28th, Br Kamlesh conducted four weddings on 29th, three weddings on 30th and four weddings on 1st. These weddings in the Sahaj Marg way, stand for simplicity and a way of integrating families across the boundaries of cultures and languages.

33,000 abhyasis and children took part in this year's celebration. A family of this magnitude lived joyfully for three days thanks to a dedicated team in the campus whose Master was hundreds of miles away directing them from heart to heart. How would one explain a kitchen that cooked for

25,000 people on an average, thrice a day, yet managed a near 'zero wastage'? The campus had twenty-three security posts from where our abhyasi brothers were working in three shifts a day. The brothers and sisters in the accommodation team, who were the first to start work nearly two months ago, made our stay comfortable within the confines of our limited resources. It was hard to miss the absence of flies in the campus, especially in the kitchen and canteen. The hygiene house, sanitation and housekeeping teams worked in unison to give us a healthy and comfortable stay. They spent sleepless nights while ensuring our comfort and spent their resting time amidst barrels containing organic septic tank dousing solution, sanitisers and segregated waste. The result of their hard work is evident from the fact that in the 2012 bhandara, 202 cases of gastroenteritis were recorded at the medical facility.





114th Birth Anniversary of Revered Babuji Maharaj cont.

This year it was only 102 cases of travel diarrhoea and no case of on campus occurrence. Another reason for this was the drinking water treated in the RO plant. Given the hot weather of Tiruppur, 6 lakh litres of RO treated drinking water and 24 lakh litres of water for other useage were consumed in these three days. None could have missed the wi-fi enabled travel desk consisting of twelve counters which catered to the travel needs of abhyasis.

Several new publications were released during these celebrations. Some special releases, some new books and videos as well as some reprints in several languages were part of this release. There was an overwhelming array of Mission publications to choose from. A photo gallery extended this with beautiful framed photographs of our Masters.

While the adults attended satsanghs and other programmes, children were kept busy with activities based on their age groups. This was also the first time that activities were planned for children from twelve to seventeen years. They were also taken on a tour of several departments around the campus to see their working and get a behind the scenes look at how the bhandara happens.

Br Kamlesh addressed the meeting of ZiCs and some CiCs and the Archiving team. Several volunteer teams also found this an ideal opportunity to meet and discuss their plans for the next few months. There are numerous others who worked day and night to make the stay comfortable. The fact is that, all that happened in the celebration cannot be contained in mere words. Br Kamlesh in his concluding address, thanked all such agents of the divine who work in silence without attracting any attention and fulfill the will of the Master. The added bliss came on the last day when it was officially announced that beloved Master's birthday celebration will be held at Tiruppur this year. Time has once again started ticking towards that occasion, when the beloved would fill our hearts with love.



But Br. Kamlesh just sent us the following message (see Sahaj Sandesh No: 2013.22 Thursday, 9 May 2013).

"Knowing our Master's health condition, even if he chooses to come, I feel we will not be able to forgive ourselves for allowing our Master to come to the celebration site taking so much of personal strain. (...)

Keeping this in mind, I shared my feelings with our Master this morning. His guidance was to cancel the 24th July 2013 celebration in Tiruppur. I therefore request that the celebration be de-centralized at the respective centres for one day, maintaining the same enthusiasm and fervor."





Babuji's Birth Anniversary, India cont.

It is a long way to go for just four days, from New Zealand to India and back in a week. Further more, our beloved was not going to be there physically.

Seven abhyasis from Wellington made the trip and what a Bhandara it was. His presence was so evident. Brother Kamlesh conducted the Satsanghs and gave heart felt insight into what we needed to do. Days merged into each other and soon it was time to return. The heat is a distant memory now. His love that we felt and the urge to return soon only remain. It is only 10 weeks before we will be with Him again. Ravi Ravindran

In local centres

Perth: In Perth, this birthday celebrations was really special! We felt such intense love and lightness in the atmosphere all the day through! There was laughter, smiles, and a certain sweetness as all hearts united in gratitude to the great Master who had given us this amazing system. Apart from 3 satsanghs, that enriched us- we were also excited talking and discussing the programme for the upcoming retreat in Perth. We watched and reflected upon several DVD's of Babuji Maharaj and Master and there were several opportunities to remain within-either in quiet meditation or by simply reading a book!

The joyous day concluded with children's programme, dinner and the universal prayer. Lulu Ananth

Brisbane: April 30th 2013 dawned with a stillness and the grey colour, that Babuji speaks of in the DVD "Now I am Telling You." After our 6.30 a.m. satsangh, we listened to a special Whispers message, then sat in complete silence and watched a presentation slideshow: "Selected Photographs and Words of Babuji." It complemented the beautiful satsangh.

Our first morning session was the Life of Babuji, part 1. We viewed a presentation that covered the early life of Babuji as well as his adult life and employment, including some interesting experiences that Babuji had as a child and as a working family man.

Afterwards, we had our 10 a.m. satsangh. My experience of the satsangh was deep, so deep, caressing my heart, coaxing it out and up.

Following the reading of a special Whispers message, we viewed the presentations "Sampler of the Masters – Babuji" and "Babuji's Counsel" and after lunch viewed the video DVD, Now I am Telling You. It

was wonderful to see Babuji so animated, to peer into his beautiful eyes, and to listen carefully to his words.

After some time for reflection, we viewed the presentation, Life of Babuji – Part 2. The presentation covered topics including: Babuji - at the feet of Lalaji, Babuji's teachings, Babuji's travels, the hookah, obedience and Babuji's choice for successor – Chariji.

After a break for afternoon tea, we viewed the presentation, Babuji – Selected Diary Entries.

After some time for reflection, we focussed on Reality at Dawn – Ways and Means. We listened to the MP3 while simultaneously viewing the E-Book, Reality at Dawn found on www.sahajmarg.org.

There was a large crowd of abhyasis for the 6 p.m. satsangh. It felt like the finish to the day's work. It was very subtle, and deep, and like the icing on a cake. I was feeling so grateful just to be able to sit in the presence of that grace.

Following satsangh, we viewed the video Satsangh in Manapakkam Ashram - April 29, which had just been released. It was so wonderful to see Master giving satsangh, my heart jumps for joy to see him. At the same time it is heart-wrenching to see him struggling so much just to be there. Master just gives and gives to all of us.

Afterwards, we shared a sumptuous dinner before heading to our homes, departing at the end of a magnificent day. I slept soundly with a lightness in my heart. Thank you to the masters for such a special day. I am full of gratitude, just to be able to attend such an auspicious occasion. It was a Special Day. Elizabeth Scott



Our Regional in Charge visits Oceania

Fiji

It may have been raining outside, wet and miserable but for the Suva abhyasis who came to meet with Brother Prasanna and Sister Libby the weather made no difference. A wonderful opportunity for satsangh and information in equal doses was appreciated by the eight or so abhyasis from Suva and Rita, Sandy and Sashi from the West.

First we spent the evening together starting with satsanghs, then a meal and questions and answers, giving people time to get home and be prepared for an early session the next morning. Again the weather was cold and wet but our hearts were warm and light. Satsangh was followed by breakfast and then serious discussion around the practice. An important aspect no matter how long you have been practicing, is to check that you have not picked up any bad habits. The session went on all morning with a satsangh to finish and send us on our way.

From Suva, Brother Prasanna and Sister Libby went on to Labasa and then to Lautoka and Nadi. Suva abhyasis were delighted to have experienced this visit as we reflect on ourselves and our practice and work on increasing the numbers. Much of the evening discussion was centred around the problem /conflict of religion (Christian and others) and spirituality in the form of meditation and how this can cause problems in places like Fiji. Brother Prasanna reminded us that Fiji is not unique in this way, many people are frightened of change and we need to be firm in our right to practice, particularly if it is good for us and this is what we need to advise those who do not agree or do not wish us to practice, that it is good for us therefore we should be allowed to practice it. We should also show respect for those who follow a religion so we cannot be accused of discrimination or disrespecting their beliefs, which also gives us the right to be respected and our beliefs to be acknowledged.

That is just one of the many ideas and thoughts that Suva abhyasis have been left with thanks to this short but important visit from Brother Prasanna and Sister Libby. Many thanks.

Peni Moore



Suva abhyasis watch Master's DVD with Prasanna



Labasa abhyasis and potential abhyasis



Farewell from Labasa-Isa Lei (farewell song)



Holi at Labasa

Balancing the Scale

The question as to what is so different about Sahaj Marg was answered in my head with one word—*Balance*. Listening to Brother Prasanna explaining to our little group gathered around him and Sister Libby in a hotel room in Nadi, that Sahaj Marg does not claim to be the only way and all abhyasis should respect the views of those around them in the pursuit of their own spiritual journeys, I felt a sense of new understanding about the system. Although from my readings of Sahaj Marg literature I had earlier gathered that the system was a step up from religion, spirituality starting where religion ends, I felt I had found a better way to explain Sahaj Marg as a system to balance the scales of our spiritual search in which religion tipped one end of the scale and Sahaj Marg the other. Despite all consensus of God's omnipresence most religions place God on the outside of self, to an extent where for most God is present only in churches, temples or other designated places of worship. Sahaj Marg encourages the exploration of God's presence deep in the realms of one's self. Brother Prasanna's words also made sense when he said it is our various religions and belief in God that has brought the community of abhyasis together and as such religion has its own role in our quest for spiritual knowledge. My own understanding of the talk was that God is present as much beyond self as it is within self.

Fiji cont.

Farewell at the airport

As farewells dragged on after the last scheduled satsangh, a small group of Fiji abhyasis seemed to hang on to final words from Brother Prasanna and Sister Libby before they retired for the night. Then Brother Prasanna asked who was staying back at the hotel. While some were all ready to leave for their homes that night, nine people piped up and the group was overjoyed at the proposal of an early morning satsangh before the visitors were to be dropped off to the airport for their flight back to Sydney. "A lovely satsangh at 5.30 a.m., a hurried breakfast and a dash to the airport was how the visitors ended their trip to Fiji. At the airport, I asked Brother Prasanna to come back again much sooner than before as he brought much fresh energy with him. He responded saying he too wanted to come earlier but Master had asked him to "let the rice get cooked first". I asked him if his visit means it is cooked yet and he smiled saying that "it's nearly done" before walking towards the restricted immigration doors.

Sandhya Narayan



Holi in Lautoka



Wonderful Fijian meals on the way!

Australia



Prasanna talks to Sydney abhyasis



Lunch on his travels

Sydney

It was a joyous time spent with Prasanna in the Sydney Centre. I felt he was supportive and very encouraging to us about the simplicity of the practice. I always enjoy hearing about the human side of my Master. Thank you Prasanna.

Wendy Wilson.

After a day and a half in Sydney it was off to Canberra. Prasanna drove to Canberra with an entourage of a number of cars and a bus seating ten. All met up en route for breakfast then on to Canberra where a delightful day was had with three satsanghs, talks, and Q and A sessions All present were beautifully hosted by the local abhyasis.



Sydney youth and littlies sing for Prasanna



Canberra abhyasis hard at work preparing lunch

Australia cont.

Perth

It was with great joy we welcomed brother Prasanna who won us over with his deep understanding of the system, humility and gentleness. His presence and talk were inspiring where he stressed the importance of being 'human' and building relationships with each other. He also patiently answered many queries and doubts put forth by abhyasis and brainstormed ideas on building closer bonds between abhyasis. He also suggested that we project Whispers before satsangh to enable abhyasis to get into the space which has indeed produced wonderful results in our centre!

We had three satsanghs that day and a short walk by the riverside in between the satsanghs for respite!

It was a short flying visit and ended far too quickly and kept us longing for more!

Lulu



Prasanna talks with Perth abhyasis

Brother Prasanna Krishna visited Perth centre on 23-24 March. On Sunday there was a whole day program which included three satsanghs throughout the day, watching Master's video "Becoming Visionaries and informal discussions with Br Prasanna.

When asked about how he first joined the Mission, Br Prasanna started by narrating the story of how he had known about Sahaj Marg through his relatives for at least ten years, but joined only after he got married to an abhyasi girl. His photo was shown to Master and Master approved the marriage. However, he also added that each one of us have come into this system in various ways and, having come into the system, being in it for several years, are we better than when we first came in? Do we ask ourselves the question, "Why am I not seeing any change in myself after years of practice?" In other words continuous introspection is important and every abhyasi should practice it.

Throughout his discussion Br Prasanna emphasised the fact that every abhyasi should try to become a better human *being* first before they talk about meditation, cleaning and prayer. He also made the observation that our centre like all other centres in Australia is predominantly Indian. The few abhyasis in the audience who were of non-Indian origin were asked for suggestions and ideas for bringing about a change in this trend. It was agreed by all that the only way we can attract willing hearts is by opening our hearts and being sensitive and respectful to other cultures and people. As an

example, one abhyasi sister mentioned that Indian abhyasis should try to avoid speaking in an Indian language when there are people in a group where others do not understand the language. Others suggested that we should have more informal get-togethers and retreats so that we can mingle with each other. Sis. Loraine from Donnybrook had a number of good ideas and suggestions for the retreat and hence was requested by Br Prasanna to take responsibility for organising this year's retreat. Everyone also unanimously agreed to the suggestion of organising breakfast after every Sunday satsangh like most other centres around the world. This will give an opportunity to get to know each other better at a social level. Br Prasanna added that in such social get-togethers it is better not to talk about Sahaj Marg, but keep our interactions light and informal. He condensed it in a few words by saying that, "We need to be more like a family". Displaying messages from Whispers on the screen just before satsangh was suggested by some abhyasis and Br Prasanna and other abhyasis embraced the idea. When asked about the importance of reading Sahaj Marg literature and how to encourage reading, Br Prasanna suggested playing the two videos where Master speaks about the same topic.



When asked about why abhyasis leave the mission and how we can prevent this, Br Prasanna mentioned that in most cases it is noticed that abhyasis leave after two to three years of practice. They complain that they don't feel any-

thing happening and basically reach a state of stagnation. This, he said is a common phenomena and happens as the abhyasi progresses from one point to the next. When an abhyasi moves to a higher region new samskaras at that level appear and need to be cleaned. As a result, initially the abhyasi feels gross but slowly this disappears with regular practice.

Lastly Br Prasanna touched on the topic of pain and suffering. He mentioned that suffering in our lives is important for spiritual growth. Many times apparently what seems to be suffering or loss helps in spiritual evolution. In this context he mentioned the story of Narada; old man and the cow that Master has narrated. Bhoga is needed for cleaning of samskaras. He gave the example of a child that has to cry before its mother comes and picks it up. However, pain and suffering are not the same, he said that you don't have to suffer due to pain.

Mahua Singh



Australia contd.

Albury

Enlightenment comes through spiritual experience. We are all on this beautiful journey finding the true essence of our existence through surrender, discipline, faith, devotion, constant remembrance and sincere practice.

Br Prasanna's visit to Albury reinforced our purpose and spiritual objective of god realization. His visit was enlightening to our small group of abhyasis who have for the first time been able to participate, meet other preceptors, abhyasis from other regions and experience true brotherhood.

Br Prasanna's visit not only instilled confidence and motivation into us but has been able to make us realize the deeper purpose of our existence. With Master's blessings and grace we have all benefitted spiritually from Br Prasanna's visit. May we maintain this condition and continue on our spiritual journey.

Paresh Ramjee



Prasanna meets local Albury abhyasis

Albury and Shepparton abhyasis

Adelaide

Our visit with Prasanna was such a special time. I flew over from Adelaide to Melbourne and had contacted local Adelaide abhyasis to see if they also could come. For one of our abhyasis, it was his first experience as he is relatively new to Sahaj Marg. He came and found it very informative and full on. The notes I took and our experience will all be discussed when we return to our local group!

I found Prasanna was very sensitive and loving which was lovely. I had questions for him, but intuitively he answered my questions without my needing to ask them. A very enjoyable visit.

Diane Milburn

Brisbane

Five of us from Brisbane travelled from centre to centre with Prasanna starting with the Easter seminar in Sydney which was already so profound spiritually, then to Canberra, Albury, Shepparton and Melbourne, steadily preparing ourselves for the glorious finale in Brisbane on 11 and 12 April 2013.

It was a learning and uplifting experience for all to dive deep into the inner Self again and again, day after day, and find the ever present beauty of the divine presence. We experienced heights that such a spiritual focus brings in privileged moments and we also grew closer to our brothers and sisters.

In Brisbane, forty abhyasis joined for the programme throughout the day including three group meditations. Our youth had an open session allowing abhyasis and not yet practising ones, to address their questions to Prasanna and receive guidance about how to live and perform in life. They were requested in turn to express their thoughts regarding a situation expressed in a letter to Master from a young girl. Prasanna observed that for youth, it is part of developing their relationship to write to Master.

We moved to our hall for an interactive session with abhyasis which lasted for one and a half hours and was followed by evening group meditation. An open house followed and was attended by many recently introduced abhyasis who shared their impressions and feelings with newcomers. We are now introducing one very keen lady who is travelling an hour and a half hour from the Gold Coast for her introductory sittings and is avidly reading *My Master*. Friday morning after the early group meditation, we listened to an awakening talk of Master's. Another interactive session followed before the last group meditation concluded the spiritual work. Everyone then was keen to view the trip photos in Australia and New Zealand and there was a joyful bubbling of hearts as we ate our final lunch together. Danielle Smith



Prasanna in Brisbane



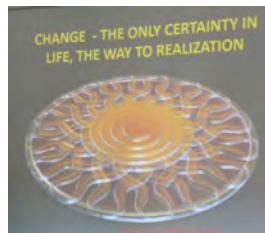
Teenagers engage with Prasanna

Melbourne



Preceptors at Melbourne Preceptor meeting

Prasanna's visit to Melbourne although short was packed fully! Satsanghs, Q and A, presentations and a preceptor meeting all packed into one day!



Kids ran a fun quiz



New Zealand

When Master gave permission to Br Prasanna to do a tour that would include the south island of NZ, we knew that this was something special. The preparation was intense, and sharing a small portion of the journey gave a glimpse of what it must be to travel with Master. In the inevitably wobbly days that preceded the event I was fortunate enough to be advised by brother Sridhar to stay close and not to focus on preparations past a certain point. This was the best possible advice at all levels. It was a great test of faith and demonstrated effectively how we might build harmony and rhythm within this Sahaj Marg family.

We flew to Wellington, which is on the north island and the seminar drew people from all over the country. We had the AGM, and the young people put on a highly intelligent set of



Fond memories of viewing Lord of the Rings with our Master in NZ

Clever youth skits in Wellington



skits illustrating ways that we can check whether we are meeting the goal. These stories resonated throughout the visit and were frequently referred to.

As we flew into Christchurch the fog lifted and the south island presented its most dazzling face, with snow covered mountains and clear skies. Two years after the earthquake that devastated the city and killed 155 people, people are still living with the effects. There have been 10,000 aftershocks and as we toured the inner city the extent of the devastation became clear. It is a center that has begun to have a true mix of cultures, including Sri Lanka, Russian and Kiwi (New Zealander). The sense of new beginning was symbolized by two month old baby Katrina – who brought out the uncle in Prasanna and the aunty in many of the rest of us. There is no prefect, so this visit helped us to organize visits from both Wellington and Dunedin on a fortnightly basis.

We drove to Dunedin in a van that radiated transmission all the way. Arriving ahead of the welcoming committee gave our brothers and sister from Australia and India the opportunity to show that they could roll up their sleeves and light a fire very competently. We had satsanghs and meetings for inquirers at three different places, requiring stamina and flexibility of all. The sense of Master and the kindness of the final satsangh in Suzanne's house was beyond words, but Prasanna came close when he said it was a reflection of her kind heart. Finally the work was done and it was time to send our visitors on a small tour of the south island. As we planned for it, we were treated to one of many 'Sahaj Marg' moments – when a young man spontaneously came over to give us an expensive book of maps.

Next morning it was possible to feel them leaving this land as the plane took off – just as it feels when Master exits his ashram. But implicit in this is the sense that the south island belongs to Him and everything is different because of that.

Mary Butler

New Zealand contd.

I took out three main things from Br Prasanna's visit.

1) These things that really stood out for me. First he said, - *Good is the enemy of better*. He said that if we think we are good, we will never become better. We should always be striving to become something better. Sahaj Marg is all about human transformation, so we should strive to become perfect human beings and then onto divinised beings.

2) Second related to Cleaning. Most of the time we are cleaning out incidents that happened. He said we should really be cleaning out our *tendencies* that made us react to that incident instead of the incidents themselves. For example - if we feel angry about something someone did, instead of cleaning out the incident of the outburst, we should really be cleaning out the tendency of negative anger.

3) I realised that Sahaj Marg is really like a large family. When we are all together, something changes at a subtle level, we begin to feel that there is no real difference between people in spite of apparent differences which tend to be more superficial in nature than core. Just being together fills us with an inexplicable inner joy. We are all a team of people with our imperfections, working on ourselves, trying to achieve the same goal in one glorious journey together.

Lakshmi Sridhar



Arrival, lunch and satsangh outskirts of Dunedin



Open House Dunedin University



Quiet moments



I was really touched when Br Prasanna said what we ask Master regarding our material lives such as job, house, etc all depends on what kind of relationship we have with Master. That Master also expects us to share when we have that kind of relationship or closeness with him.

I was blown away to hear that Master expects us to tell him whenever it is we leave. This only needs to be a mere thought and Master would know that we have left or whatever it is that we want to say to him. It made me realise how much I don't understand my Master and how knowingly or unknowingly ungrateful I can be at times. To hear this about Master from Br Prasanna was just so humbling.

The Q&A session with Br Prasanna, Br John & Sr Libby was really helpful especially the questions on and around cleaning. It was an experience in itself when they shared their experiences with us while also answering our questions.

On a last note I would like to share what Br Prasanna said about thoughts during meditation, no matter the nature of the thoughts, they not only must be ignored but we must also put a thought that it is my Master's thought and not mine. Accept myself without any judgment. I felt in satsanghs for the last two days I hardly had any unwelcome thoughts at all because I simply did as prescribed above and did not fall into the trap of judging myself or others.

Sameer Saxena



Auckland

**Centre News****Basant Celebrations****Sydney**

A programme of wonderful satsanghs, presentations, golden silence and brotherhood made Basant once again a very special time for all in Sydney this year. We met for three days in our usual satsangh venue and spent valuable time in introspection, learning and togetherness.



Our littlies are serious about their balls!

**Basant in Sydney****Perth**

The celebrations began with morning satsangh at 9 a.m. which was attended by forty five abhyasi brothers and sisters. During the day there were videos, presentations and quiet time for reading and contemplation. In the evening there was a cultural program which featured various music items and presentations performed by children and adults. Children under the guidance of Br Jimit sang the song "Master Master when will you come in my heart" which really touched all our hearts. Children also made power point presentation on Lalaji's life, and sang the song "Imagine there's no heaven" accompanied by a band. Abhyasi sisters presented a beautiful bhajan "Aao basant manane chale Lalaji ko yaad kare" specially written for the auspicious occasion of Lalaji's Birthday. This was again led by Br Jimit, who later concluded the program with two more bhajans sung with a lot of devotion and love. The day's program ended with dinner followed by the 9 o'clock Prayer.



Basant Sydney

Brisbane

Harmony Day

An information stall was displayed for the Harmony Day Festival held at the Robelle Domain Springfield Centre, Ipswich

on Saturday 23rd March. It was a pleasant afternoon/evening with an opportunity for working together to develop fraternal bonds. Thank you to those who came along and supported the event. A few enquiries have been received with one request to commence the practice. The ongoing message for Harmony Day is that **Everyone Belongs**, which means all Australians are a welcome part of our country, regardless of their background.



Mayor Paul Pisasale (centre)



Volunteers at the desk

New Caledonia

On 21-24 February 2013, I visited the group of abhyasis in Noumea and gave individual sittings catching up with everyone and introducing a new abhyasi from a Kanak background.

Sunday started with group meditation and an abhyasi training program on "Cleaning" and the feedback I received from Fabienne W. from Noumea is below:

"The ATP gave me the opportunity to understand the cleaning process, how to do it and its importance which to this point, I could not really comprehend. I started yesterday to do it with a different approach, more authentically present, and I felt the lightness that we talked about during the workshop."

Danielle Smith



Abhyasis
in New
Caledonia

Melbourne

Over the past quarter, we discussed initiatives in Melbourne to find ways to bring Sahaj Marg to the community. We all know the system is simple, we've all heard about 'Meditation through Human Integration'. So, it was time to really put it to action. We received approval to trial a site on www.meetup.com.

These days when people want something the first thing they do is to search the internet. So, we found many people were searching for meditation, something that will help them unburden their thoughts, better deal with their stress etc. The site allows us to organize 'Meet-ups' with the interested persons seeking to know about meditation and plan to hold an open house called a meetup. We prepared a very simple presentation and for our first meetup, four people attended, all of whom took introductory sittings. About a month later we had to schedule a second meetup because of the demand of the members at our site. This time ten people attended and eight decided to take introductory sittings.

In the last five months we have had at least twenty introductions. We found the best way to present was to be simple, keep it simple and keep HIM in our hearts. Let HIS fragrance spread. This is our Master's Mission and it is in our hands to take it further.



Our stall

During Cultural Diversity Week we set up a stall, talked to people and gave out pamphlets. (see photo to above). There was a quite a lot of interest with many people taking brochures. Vikas Sharma

Ashram Update May,2013

Although three sales agents are now engaged in the sale of the Bringelly Ashram, to date we have not received any real offers. Our directive is to sell and find a place closer for abhyasis to use on a daily basis. During Br Prasanna's recent trip it was decided to have an Ashram team consisting of Tim Jolley, Dharmin Desai, Ashwin Murthy and Arti Samkaria, to look for suitable premises. Not having sold the Bringelly property limits us, however the team has found some interesting sites. Other expressions of interest offering support or suggestions are welcome. Please contact a team member or email Tim.timothyjolley@yahoo.com. As the DA permission is to expire in October 2013, we have written to council for a one year extension and it has been verbally approved. This allows us to keep the DA in place without having to start any development until we find a suitable purchaser. Br Prasanna had also suggested the idea of renting Bringelly property until it is sold, however the agents suggest it would make the property more difficult to sell, requiring the tenants' permission to show clients through. If the property remains unsold for some months we may consider this option. John Smith

Perth

On Easter Sunday 31 March a group of thirty five people including abhyasis and their children went to King's Park for a picnic. This fun-filled day was a great opportunity for people to get together at a social level. We felt like a family of brothers and sisters with Master as our common parent. Participation of children and youth made the event more lively. Both children and adults got together and played games and last but not the least mouth-watering delicacies prepared by abhyasi sisters made the event a truly enjoyable day for everyone.



Enjoying our picnic together



VBE programme in schools

For two years we have been running the VBE lesson programme in two Sydney primary schools. The children love it and because there are not enough of us to go around one of the headmistresses asked if mothers could be trained up so the programme could run across all primary classes. This was done at the end of last term when three mothers put up their hands, were very keen and enjoyed the training process. They are due to start in class, second term this year.



VBE abhyasi teachers meet up with the new mothers

Acceptance is the secret, and this is what surrender, in spirituality, really means. It means total acceptance of all that is given to us by way of life, in the concrete faith that we are but getting back what we have put into the bank of samskara in the past, and accepting the fact that we alone are responsible for all that is happening to us, and all is good for us as foundations laid by us for our own future evolution. This is the real meaning, and deep significance, of surrender.

Taken from the book The Spider's Web, Vol. I,"Chapter New Spiritual Vistas,"pg. 31, by Revered Chariji



HeartSpeak 2010

Telugu
Tamil
Marathi

New Publications

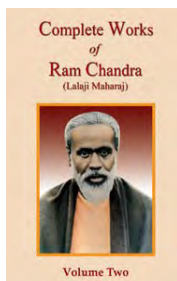
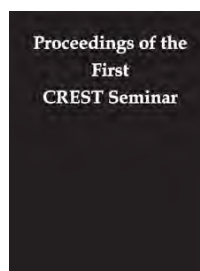


My Master

Whispers from The Brighter World

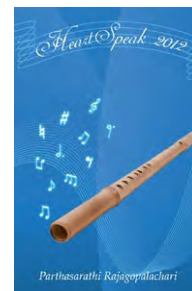


Down Memory Lane

Complete Works of
Ram ChandraThe Spider's Web - Vol 2
English

English

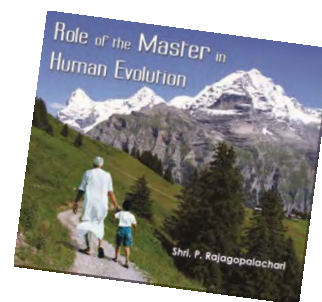
Role of the Master in Human Evolution



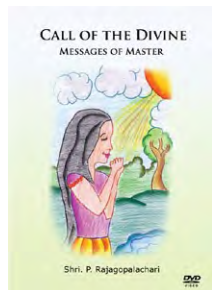
HeartSpeak 2012



HeartSpeak 2008



Role of the Master in Human Evolution



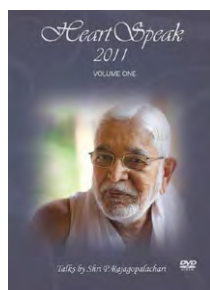
Call of the Divine



Life of Babuji



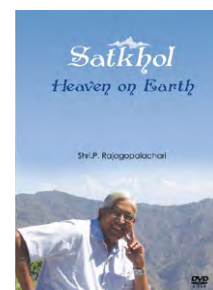
Journey into the Heart



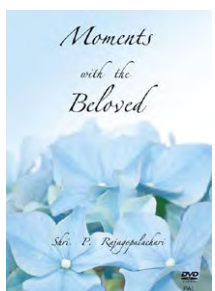
HeartSpeak 2011



The Heart of Love



Satkhoh - Heaven on Earth



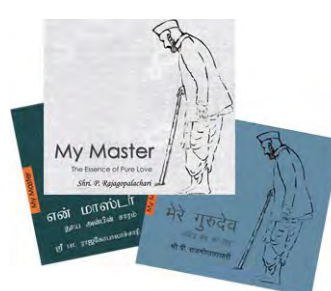
Moments with the Beloved



Message of the Heart



Love and Death



My Master



HeartSpeak 2007

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