

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/welcome/newsletter/index.html>

For suggestions on the newsletter, contact Smsf.newsletter@sahajmarg.org

Featured in this issue

CREST: We feature an article on introduction of memberships for CREST library and other SMSF libraries by Rev. Master.

Retreat Centres: We feature a report on springtime activities at SPURS ranch retreat centre.

Health: We cover the medical centre activities organized by Manapakkam Free Medical Centre, Jaipur Ashram and Satkhol. We also feature the medical camp held at Kanakpura.



(above) Rev. Master inspecting an SMSF library card on 22 June at CREST

Introduction of SMSF Library Card at CREST

CREST Library at Bangalore has more than two thousand titles meticulously handpicked by Rev. Master for the benefit of Abhyasis. Libraries are also being set up at SMSF retreat centres.

Rev. Master on Sunday, 22 June 2008, made the Library at CREST accessible to all Abhyasis. The CREST library was earlier available only for participants during CREST courses.

Access to the library can be obtained by taking membership. The cards have lifetime validity.

The library card entitles a person to spend three days at the CREST library for reading books. The books are not available for lending. They are to be

read within the premises of the library only.

The first library card was issued to Rev. Master. Rev. Master then issued about twenty cards to the members.

Rev. Master then went on to explain that the membership card can be used to access libraries at all SMSF locations. The library at Manapakkam will continue to be freely accessible to all Abhyasis.

Abhyasis who are interested in getting library cards or knowing more about membership are requested to contact the CREST office at Kaggalipura, Bangalore.

Installation of a bell at CREST

A new bell was commissioned at CREST during Rev. Master's stay in June. The bell weighs around 250 kg. The bell has been installed at a height of 20 feet on a fabricated ornamental MS column with more than 6 feet concrete foundation. When the bell rings, the sound of the bell lasts for more than a minute.

The installation was done in 3 days under guidance of Rev. Master. There was a jubilant mood throughout. Below are pictures from the installation.



Applying for Retreats

Abhyasis who wish to apply for retreats either at the **Malampuzha** or **Panshet** centres may find more information about these facilities and the retreat program at:
<http://www.sahajmarg.org/welcome/retreat/index.html>

Abhyasis who wish to enroll for retreat programs may now apply online at the following URL:

<http://www.sahajmarg.org/sm/IndiaRetreatCentersApplication.do>

Please note that all applications must be verified from your local prefect, which will be facilitated through the application process.

Springtime at SPURS Retreat Ranch

(above) A view of SPURS Retreat Ranch

The end of June marks the tenth month since the opening of SPURS Retreat Ranch in Austin, Texas. To date, eighty-one sisters and brothers have come here on alternate months, withdrawing from jobs, family, and worldly concerns for periods of three to fifteen days in order to give a more concentrated effort to their practice and to dive deep within themselves to experience their real Self and Inner Master.

In this second quarter of 2008 twenty-six abhyasis from ten states of the U. S. as well as India have come to retreat. Ten abhyasis stayed at SPURS for three days; the retreats of the remaining sixteen abhyasis ranged from four through eleven days.

In recent weeks a special gift from our Master for the retreat center, a white marble murthy of Babuji, carved in India, was mounted on a specially designed pedestal above which is suspended an "umbrella" to protect the statue from the elements. The statue is located at the end of a walkway leading from the ranch house porch and allows easy visual access to Babuji's beneficent gaze, which faces due East. We feel

very fortunate to have this beautiful sculpture adorning the grounds here.

On Sunday, April 20, Brother P.R.Krishna, the Regional in Charge for North America visited the SPURS Retreat Center. He conducted Satsangh and then graciously answered several questions concerning the practice. He toured the facility and also met with several coordinators. The session was followed by a lunch for some 150 abhyasis and children from all over Texas who had come to be with our brother.

The total area of the retreat ranch is twenty-eight acres and since last fall we have been working to turn the fields that surround the retreat house into a wildlife refuge. The wildlife being targeted include various species of birds, including wild turkeys, bats, butterflies and small mammals. Brush piles have been created to attract and shelter wild life. Several bird and bat boxes have been placed in woody areas also to invite occupants, and a large turkey feeder along with several small bird feeders have been set up at

The information on SPURS is available on the web at: <http://www.sahajmarg.org/spurs>.

Abhyasis may now submit the participation requests online at <http://www.sahajmarg.org/spurs>. Once the requests are processed, the abhyasis will receive a confirmation along with a welcome package that contains detailed information on the program and the facility

- The Retreat Program is open to abhyasis who have maintained regularity with their practice for 2 years or more
- The retreat will accommodate up to 20 abhyasis at a time.
- The batches will be separated by Men and Women.
- The months for Men are Jan, Mar, May, Jul, Sep, Nov
- The months for women are Feb, Apr, Jun, Aug, Oct, Dec
- Abhyasis may stay from 3 to 30 days.
- Abhyasis coming for the 3 day program will do no activities at the ranch.
- Abhyasis who wish to make donations may do so via cheques to SMSF on arrival at SPURS.
- Transportation to and from the Airport to SPURS may be requested in the participation request form.

Please e-mail austin@sahajmarg.org for any questions or information.

strategic locations on the property. Wild turkeys and deer are ever-present companions at the ranch. The past weeks have been especially interesting as new life has come to join us. Turkey chicks scoot around the house trying to keep up with their mothers, while three fawns graze and play in the adjacent field; the baby deer even feel safe enough to sleep there at night!

The abundant spring wild flowers of the Texas landscape have just about passed now in the June heat, and the fields are turning tan and gold from the lack of rain. But the peacefulness of this holy place never seems to change. The quiet atmosphere, soft and loving, is not lost on anyone who comes to SPURS. Even guests and workmen from the outside remark about the serenity; some puzzle over the sculpture, wondering who the man is with the penetrating gaze. Truly, Master has given us abhyasis a remarkable respite and place for spiritual growth. And now He has added two other retreat centers in India—one in Pune, Maharashtra and one in Malampuzha, Kerala. If it is possible for you, and if your heart calls, please consider coming to retreat at one of these centers. You will surely find your stay there beyond description.

For further information on the centers go to the Sahaj Marg Spirituality

Foundation web site at <http://sahajmarg.org> and then click on "Retreat Centers."

Let us close with a few comments made by abhyasis who made their retreats at SPURS during the second quarter of 2008:

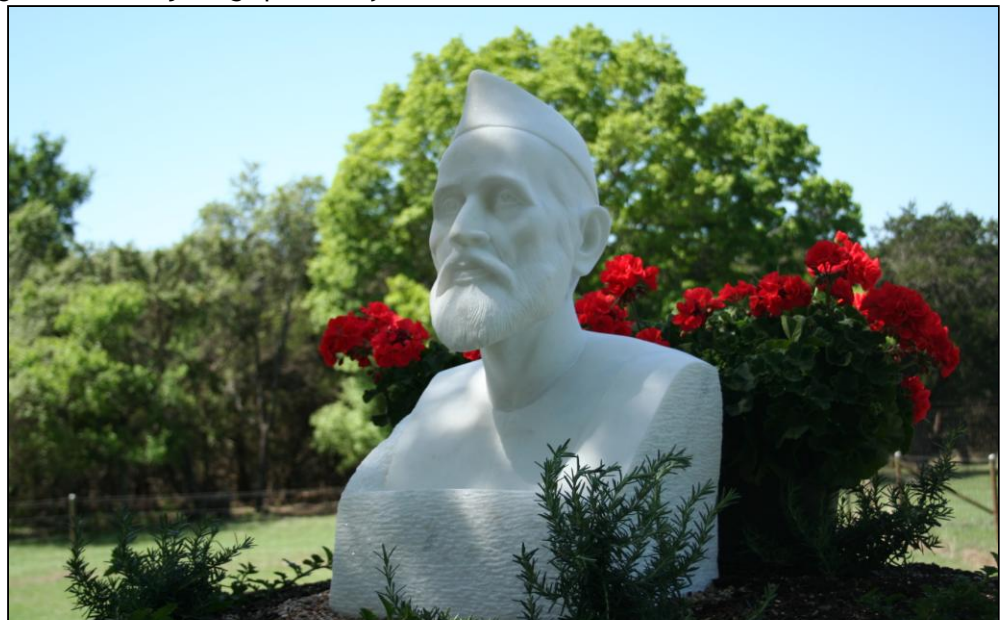
"When I sat in my last meditation in the sanctuary, 'I' was not there—'Oneness' was all around. This Oneness is readily present and experienced in the sanctuary."

"This gives you the place to give more importance to your practice. Here the practice is a priority. This is an opportunity to learn to keep it a priority all day long—to stay in touch with that 'voice' and know that I can."

". . . it is interesting [to observe] the bonds that develop with other retreatants without the assist of talking. In the world, we think we must entertain each other. Here I could feel real brotherhood."

"My practice is more effective here. Everywhere I sit, I close my eyes and meditate. I forgot my home. I didn't remember. I didn't remember even my family! I don't want to go. I hope I come back."

Source: Tom Stoner, Resident Prefect, SPURS



Medical Centre News

Free Medical Centres (FMC) at Manapakkam, Satkhol and Allahabad have been undertaking many activities towards imparting medical services to the needy. Medical Camps are regularly held in Madurai.

Sahaj Marg Physicians Group (SMPG)

SMPG is an initiative involving physicians, medical students, residents, nurses and others in the medical community to offer medical services to the needy through SMSF Medical Centers. As part of this initiative, a database of names of the physicians from all branches of medicine has been completed. A group email address has been set up - smpg@sahajmarg.info.

Source and SMPG Contact is Murthy Gokula (rgokula@hotmail.com or murthyg@msu.edu).

Free Medical Camp at Kanakapura, Karnataka

A free medical camp was organized at the Gaanalu village, which is located about 7 kms from Kanakapura town on 12/April/2008 under Sahaj Marg Spirituality Foundation. Sahaj Welfare Society has acquired around 40 acres of land near the village with the purpose of having space for the mission and a residential layout for abhyasis. It was decided to conduct free health camps for the communities of the villages in the vicinity.

Preparatory works started several days before the camp in terms of contacting the village leaders and getting their cooperation, making arrangements for dissemination of information to the masses, setting up infrastructure for the camp, etc. On 12th April, a team of doctors and volunteers from Bangalore conducted the camp. The doctors were specialists from the fields of Paediatrics, Obstetrics and Gynaecology, General Surgery and Community Medicine. The volunteers helped in the areas of registration of people, management of crowd, dispensing medicines.

227 people attended the camp from the nearby villages. They were offered free health check up, specialist consultations, medicines and referral services. Majority (35%) of them were elderly patients (> 50 years) followed by nearly equal proportion of middle-aged people (35-50 years). 70 % women accessed the camp as against 30% men.

Most of them had difficulty in accessing the Primary Health Care services, available at a distance of more than 5 kms from the village and hence this camp was of immense help. Majority of the patients had problems related to musculo-skeletal origin as a result of senile arthritic changes, few had vision problems, eye infections, allergic cold and cough, etc.

The camp was quite successful in reaching out to a good number of people who were in need of medical services. The villagers expressed their gratitude to the doctors and the volunteers. It was decided to hold these camps at frequent intervals of once in three months to ensure availability and accessibility of medical care to the villagers.



(above) Patients undergoing treatment at Gaanalu Village, Kanakapura

Specialty	stneitaP
General Medicine	21796
Homeopathy	3009
Dental	1119
Dermatology	646
Ophthalmology	462
Paediatrics	400
Gynaecology	359
Orthopaedics	112
Physiotherapy	25
GastroEnterology	19
Pulmonology	5

Free Medical Centre (FMC) at Manapakkam has treated a total of 27952 patients in the year April-2007 to March-2008. The breakup is given in table above.



Patients at FMC, Chennai

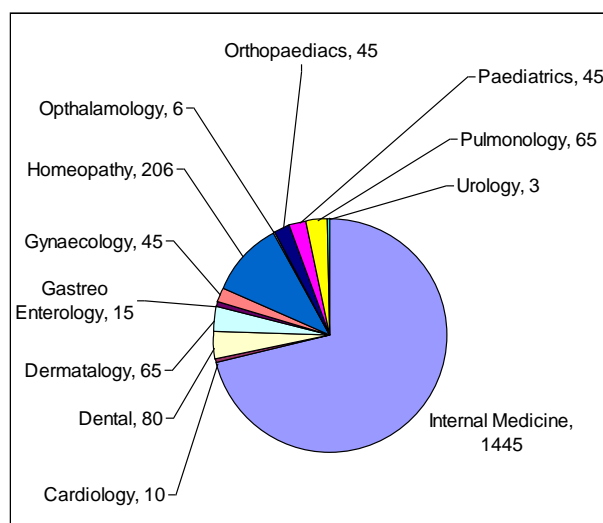
Free Medical Centre - Manapakkam

Following are the details of the medical activities conducted by Free Medical Centre, Manapakkam.

Department	No. of Patients	Panel of Doctors
General medicine	April - 2009 May - 1445	Dr. U. Ravindran Dr. R. Sulochana Dr. K. Sudheshna. Dr. Chitra Vishwesh Pakhare Dr. Elanchezian Dr.Raja Amarnath

Speciality Clinics

Department	Patients (April)	Patients (May)	Panel of Doctors
Cardiology	0	10	Dr V. Vanaja
Dentistry	58	80	Dr. Swati N. Bhagat Dr. Jagadish Kumar Dr. T.S.R. Anjaneyulu Dr. Ilanchezian
Dermatology	55	65	Dr. M. Jayaraman
Gastro-enterology	15	15	Dr. Manimaran
Gynaecology	45	45	Dr. ThripuraSundari
Homeopathy	246	206	Dr. S. Balaji Jayasankar Dr. Malathy Mohan Dr. S. K. Ram Subramaniam. Dr. Sudha Jagadish
Ophthalmology	12	6	Dr. Harshitha Bakshi
Paediatrics	45	45	Dr. B.I. Sasirekha Dr. Natwar Sharma
Physiotherapy	1	0	Br. N. Siva Subramanian
Urology	0	3	Dr. Sanjay Sharma



(left) FMC Chennai - Monthly patient distribution for May

Medical Centre - Jaipur Ashram

During month of April, services were provided on Sundays (09.30 AM to 11.30 PM).
Total number of out-patients for the month of April 2008 : 28

Department	Date	No. of Patients	Panel of Doctors
General Medicine	06/04/2008	8	Dr. Man Prakash Sharma Dr. Anju Sharma Dr. Arun Garg
	13/04/2008	8	
	20/04/2008	3	
	27/04/2008	7	
	30/04/2008	2	
	Total	28	

Team Members: Dr. Vinod Chaturvedi, Dr. Asha Mathur
Volunteers: Sis. Megha Kapoor, Br. Deepak Jain

Satkhol Specialist Camp

Following are the details of the Specialist Camp held at Satkhol in May 2008.

