



## Happy New Year!

### Manapakkam, December 31<sup>st</sup> 2013 – January 1<sup>st</sup> 2014

After Christmas, Master had slight fever, which was a big concern for the doctors. However by 30th evening his health had improved. Nearly eight thousand abhyasis from Chennai and other centres had gathered for the New Year. Additional accommodation was created on the terraces as well as the play ground to accommodate abhyasis. On New Year's eve, there was a dance programme by children in the meditation hall and Master watched it via a TV link up.

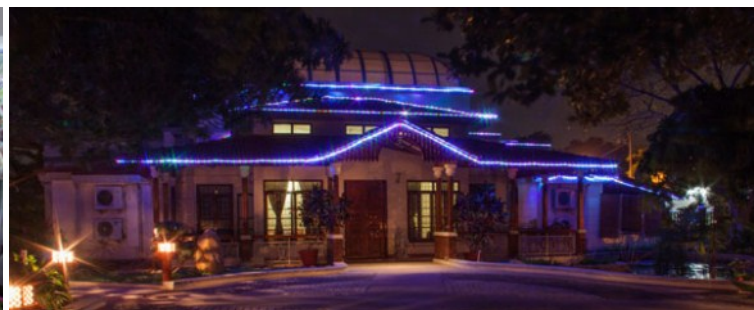
On 1<sup>st</sup> morning, the meditation hall and the terraces were packed to capacity. No one expected that Master would conduct the satsangh but to everyone's surprise and delight, Master came to the meditation hall. There was jubilation as he arrived, wishing everyone a happy new year. It was indeed a gift from Master. The satsangh was for an hour after which there were three songs by abhyasi singers and then Master spoke in a clear and energetic voice as usual.

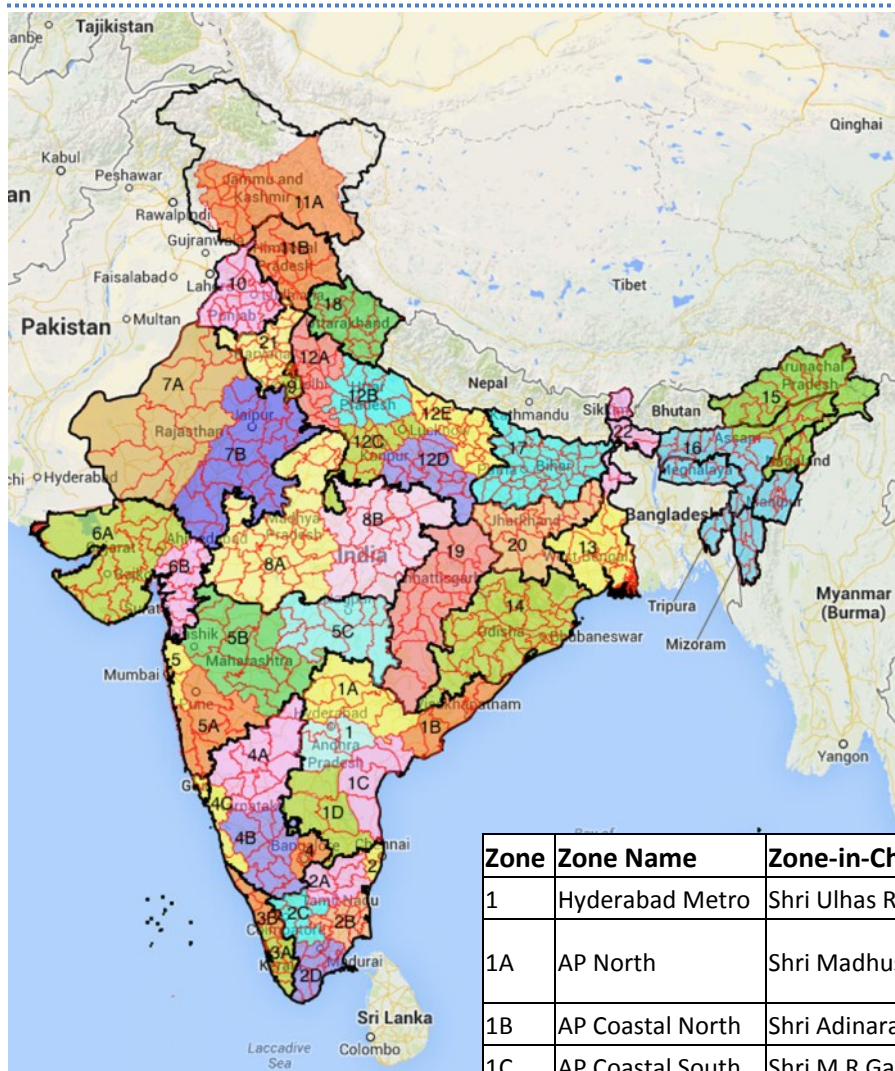
He said that there is no significance to the number of years that one has meditated as it was said that the sages of the past meditated for several thousands of years but in Sahaj Marg, Babuji says that the goal can be achieved in one lifetime itself.



"So at least now you should wake up, throw away all this hatred from your heart, rejection of other human beings, you know, judgement of other human beings. Look at the mirror and see what you are, like the queen in Snow White. For her the hatred increased and she wanted to destroy Snow White. But for us the more we see ourselves in the mirror, with truthful eyes, with the need to know what I see, I will become capable of first assessing myself, then correcting myself, to move step by step on the ladder of evolution." At the end he said, "I have two messages for you all. One is, 'Don't waste time', and the other is 'Love all whom He loves'."

Master later came and sat out in the sun and the 11<sup>th</sup> and 12<sup>th</sup> standard children from Omega school met him. Master spent a lot of time with them, talking to them and wishing everyone on this wonderful day.





## Reorganisation of Zones in India

Revered Master has reorganized the zones of the Mission in India with effect from January 1, 2014. The map shows the new zones and the table below gives the details of the zones and their respective Zone-in-Charge.

Zone	Zone Name	Zone-in-Charge	Proposed Email ID
1	Hyderabad Metro	Shri Ulhas Rao Kumble (Hyderabad)	zic.ap1@srcm.org
1A	AP North	Shri Madhusudanarao Kothapalli (Hyderabad)	zic.ap1a@srcm.org
1B	AP Coastal North	Shri Adinarayana Moganty (Visakhapatnam)	zic.ap1b@srcm.org
1C	AP Coastal South	Shri M R Gangadhar (Nellore)	zic.ap1c@srcm.org
1D	AP South	Shri Gangadhara Dontireddy (Hyderabad)	zic.ap1d@srcm.org
2	Chennai Metro	Capt. Vineet Singh Ranawat (Chennai)	zic.tn2@srcm.org
2A	Tamil Nadu North	Shri B S Murugan (Hosur)	zic.tn2a@srcm.org
2B	Tamil Nadu East	Shri T S Raghuram (Tiruchirapalli)	zic.tn2b@srcm.org
2C	Tamil Nadu West	Shri T V Viswanatha Rao (Tiruppur)	zic.tn2c@srcm.org
2D	Tamil Nadu South	Shri Ramanathan Ramachandra (Madurai)	zic.tn2d@srcm.org

continued. ▶



## Reorganisation of Zones in India (contd..)

Zone	Zone Name	Zone-in-Charge	Proposed Email ID
3A	Kerala South	Shri K U Mohan (Thrissur)	zic.kl3a@srcm.org
3B	Kerala North	Shri A K Mohandas (Palakkad)	zic.kl3b@srcm.org
4	Bangalore Metro	Shri Girish Totloor (Bangalore)	zic.ka4@srcm.org
4A	Karnataka North	Dr. Gajendra Singh (Gulbarga)	zic.ka4a@srcm.org
4B	Karnataka South	Shri Madhusudan Krishnaswamy (Mysore)	zic.ka4b@srcm.org
4C	Karnataka Coastal	Shri Subraya Pai (Vittal)	zic.ka4c@srcm.org
5	Mumbai Metro	Shri Tushar Pradhan (Mumbai)	zic.mh5@srcm.org
5A	Maharashtra West	Shri Subhash Vaidya (Pune)	zic.mh5a@srcm.org
5B	Maharashtra Central	Shri Arun Kumar Chauhan (Aurangabad)	zic.mh5b@srcm.org
5C	Maharashtra Vidharba	Shri Rajendran Rethinam (Pulgaon)	zic.mh5c@srcm.org
6A	Gujarat North	Shri Rajesh Agrawal (Ahmedabad)	zic.gj6a@srcm.org
6B	Gujarat South	Dr. Surendra R Agrawal (Surat)	zic.gj6b@srcm.org
7A	Rajasthan West	Shri Vikas Moghe (Jodhpur)	zic.rj7a@srcm.org
7B	Rajasthan East	Shri Madhukar Kochar (Jaipur)	zic.rj7b@srcm.org
8A	Madhya Pradesh West	Shri Navin Mishra (Ujjain)	zic.mp8a@srcm.org
8B	Madhya Pradesh East	Maj Gen(Retd) Anand Narayan Mudre (Jabalpur)	zic.mp8b@srcm.org
9	New Delhi Metro	Shri Sudhir Marwaha (New Delhi)	zic.dl9@srcm.org
10	Punjab	Maj Gen(Retd) Harbhajan Singh (Chandigarh)	zic.pb10@srcm.org
11A	Jammu & Kashmir	Shri Surender Sharma (Jammu)	zic.hpjk11@srcm.org
11B	Himachal Pradesh	Shri Surender Sharma (Jammu)	zic.hpjk11@srcm.org
12A	UP West	Shri Ashok Kumar Garg (Meerut)	zic.up12a@srcm.org
12B	UP- Shahjahanpur	Shri Prabhat Kumar Sinha (Bankey Ganj)	zic.up12b@srcm.org
12C	UP - Lucknow	Shri Ashish Kumar Singh (Kanpur)	zic.up12c@srcm.org
12D	UP - Allahabad	Shri Ashish Kumar Singh (Kanpur)	zic.up12d@srcm.org
12E	UP East	Shri Awadesh Singh (Gorakhpur)	zic.up12e@srcm.org
13	West Bengal - Kolkata	Shri Ajay Kumar Bhatler (Kolkata)	zic.wb13@srcm.org
14	Odisha	Shri Gandharba Behera (Bhubaneswar)	zic.or14@srcm.org
15	Arunachal Pradesh, East Assam, Nagaland	Shri Ishwar Prasad (Tinsukia)	zic.arnl15@srcm.org
16	Meghalaya, West Assam, Tripura, Manipur, Mizoram	Shri Dhani Chand (Guwahati)	zic.as16@srcm.org
17	Bihar	Shri Manoj Tiwari (Ranchi / Kolkata)	zic.brjh17@srcm.org
18	Uttarakhand	Shri Bhupendra Singh Chuphal (Almora)	zic.uk18@srcm.org
19	Chhattisgarh	Shri Deepak Tyagi (Raipur)	zic.ct19@srcm.org
20	Jharkhand	Shri Manoj Tiwari (Ranchi / Kolkata)	zic.brjh17@srcm.org
21	Haryana	Shri Satya Narayan Mandal (New Delhi)	zic.hr21@srcm.org
22	Sikkim, West Bengal - North	Shri Ravindra Telang (Gangtok)	zic.si22@srcm.org



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**October 2013**

After the Chinese seminar concluded, Master was not feeling too well and was finding it difficult to meet people. The problem with his legs continued and there was no sign of improvement. He had completely stopped walking as both his heels were still sore and he had been requested by the doctors to keep his legs up to facilitate the healing.

On 12 October after breakfast and a long discussion about the Tiruvallur land project, Master went around the ashram in the golf cart for about 45 minutes. He found it very difficult to get into the golf cart even with four people helping him.

Master has been sitting outside his bedroom in the evenings, to the back of the cottage as this is a nice place for him to sit in the sun.

On Sunday 13<sup>th</sup> October Master was not feeling well and so Br Kamlesh conducted the satsangh and performed some marriages also. As it was the Dussehra weekend there were quite a few abhyasis in the ashram. The Q & A session on the Gita took place in the cottage hall, moderated by Br Chakrapani and Br Sanskrit Kannan answered the questions many of which were focused on trying to identify similarities in the Gita and the Sahaj Marg system. In the middle of one of the discussions Master picked up the mike and started giving his views from inside his room, where he was listening to the discussion, and everyone was surprised on hearing his voice. Master said, "The only surest way that I know to reach the goal and that I followed, is by doing service."

After the session was over, and the crowd had dispersed, Master came to the cottage hall and met the couples who got married that morning, and a few other abhyasis who were present there.

October 16 he had a long discussion regarding the upcoming prefect seminar. He was talking about 'Prefect's life' and not just about 'Prefect's work'.

### Chinese Lessons

One morning after breakfast, Master was quite tired and was lying in bed but could not sleep. Two sisters conducted a Chinese lesson for him and one could see Master becoming fresh and enthusiastic about it. He then came to the office. On being asked how he developed so much interest in languages Master said, "You see, I love the people. So, I like to learn about them, about their culture and try to converse with them and so I have to learn the language."

A large group of abhyasis had assembled in front of the cottage one evening but it was getting late and Master was resting. The chances of his coming out were less. Suddenly, at 7 p.m., Master came out and met with everyone. He spoke in Hindi and said, "I am very happy that you all have come from far to be here in this ashram. Many abhyasis are volunteering to come to Manapakkam to work. I would recommend abhyasis to first work in their own ashrams and keep their ashrams clean and neat. That is your home. Please keep it clean. Inner and outer cleanliness, both are equally important." Talking about love, Master gave an example, "On the day Krishna was leaving Dwaraka, Radha asked Krishna to play the flute for her alone and Krishna replied, I always play the flute only for you but everyone else also listens."

### Sunday, October 20<sup>th</sup>

After the Gita session, Master interacted with the abhyasis in Nice, France via a video link. Br Paul Joul spoke about the seminar and how effective it had been and Master said, "I see that these seminars are taking you forward, little by little." He then said, "Now you all must help others do the same thing. As I have been saying all the time, we don't develop only for ourselves. Its like a chain of development." He referred to this kind of a development as a 'Cosmic Tree'. In such a cosmic tree, there are innumerable leaves, innumerable branches, innumerable twigs, yet they are all one.



They are not different and they are all part of the tree. “So, we should understand that we are only making what we have been made into.” He then compared this to the ‘Touchstone’ saying, “My Master said, a touchstone is only making other things into gold. I want something which will make a touchstone into another touchstone. In this sense, my Master said, ‘I don’t make disciples, I make Masters.’ Everyone cannot be the Master, but everyone can be like the Master.” In the end, he said, “I am happy to be with you all in one way, but I am not very happy because I cannot be with you all in another way.” Then Master said, “I am there. Believe me, I am with all of you in my heart.”

Talking about his health, Master said that although he was not feeling well and had woken up late, he pulled himself up to get ready, have breakfast and roll out in the wheelchair. Master said, “So now you see me as fresh as you have ever seen before. So, if I can do it, you can also do it. No more sickness, no more complaints of tiredness. When you are tired, get up. When you are depressed, get out of your depression. If you stay in it, it’s a danger. Mind over matter!”

### Rains in Chennai

October 21 to 23, it was raining quite heavily and Master was having some difficulty in breathing. After breakfast, he was quite down and had to take the oxygenator support. There were three meetings lined up and Master suggested that he could meet them all together but then they came at different times. The French abhyasis came and discussed about a proposal for a four-way video-conference between three ashrams in France and Manapakkam for Master to address the

abhyasis.

Then, Master came out and addressed the facilitators undergoing training. He emphasized that false humility should be avoided and qualities like humility, generosity and simplicity should be a natural part of an abhyasi and one should keep his focus on all the aspects of the practice of Sahaj Marg. After the talk, Master decided to give a sitting which was when all the prefect candidates also came in and they also sat in front of Master. After the sitting which lasted about 35 minutes he was almost breathless.

### Prefect Training Workshop

A batch of prefect candidates had come for a two-week ‘Prefect Training Workshop’. This is a new system where prefect candidates recommended from various centers, come and participate in the workshop at the end of which they are made prefects. During the second week, the twenty-two candidates were able to meet Master. He emphasised the fact that for the prefects it is not just a commitment but it is a ‘covenant’ that they follow the principles of Sahaj Marg and that prefects are firstly abhyasis. He asked how many were really doing the practice regularly. He then gave an hour long sitting to them.

### With Abhyasis

Master these days often sits to the back of his bedroom in the sun and has his breakfast. One morning, he was in a mood to talk and said, “When the GST was in place, I felt that I was being kept away from everything that was happening in the Mission. I did not know what was happening





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and it was all with the intention that I should not be disturbed with such matters. But, I want to be disturbed.” Master also said that he would like to meet abhyasis regularly. “I feel very lonely when I am locked up in this bedroom all day long with just the doctors around me.”

In the evening after satsangh, Master called all the overseas abhyasis and met them outside the cottage and it was a general conversation that went on for about 30 minutes. Suddenly, Master became completely silent. It was a period of complete stillness and silence as the abhyasis were also silent and it seemed like even Nature cooperated as there was total silence for about 15 – 20 minutes. Then, Master started talking about the Mission in France.

## NOVEMBER 2013

### Working Committee Meeting

On the eve of Diwali there was a meeting of the Working Committee of the Mission in Master's cottage. Before the meeting, a few of them met Master in his office. Br Jackie asked him about a rishi who had a vision of Sita leaving for the forest. Could he not have changed her future and averted the tragedy? Master said, “The rishi could not have done it unless it was Sri Rama's plan. Secondly, all of us come down with certain samskaras and we cannot change what happens in the worldly life. When we talk about evolution, it should be more about spiritual evolution and not about physical

evolution that will, in any case happen automatically.” Master continued, “Rama was said to be a part avatar because he was not aware of his divinity. Lord Krishna knew of his divinity. Therefore, it is evolution of consciousness and our prayer should be for elevation of our consciousness.”

Br Kamlesh conducted the proceedings of the Working Committee for two hours. At the end, he read out Master's order saying that every year, one third of the members will retire and new members will be introduced in their place. Just then Master came out in his wheelchair and gave a few concluding comments. He then retired for lunch.

### Diwali Celebrations: November 2 - 3, 2013

A large gathering of more than 5000 people were present during the two days for the satsangh. The organizers had planned and were ready to manage this gathering. On Saturday, Master met a large number of abhyasis in his room. He was in very good spirits and greeted everyone. On both the days Master conducted satsangh and Br Kamlesh read out Whispers messages which had been received recently.

On 5<sup>th</sup> November Master received a few abhyasis from Vadakangulam (in the deep south of Tamilnadu), who had come to hand over the papers for an ashram that had been constructed and was being donated to the Mission.

On 8<sup>th</sup> Master had a discussion with Br Kamlesh on ethics and morality. He was concerned about the number of legal cases against the Mission and did not want to leave these for his successor to

handle.

### With Omega Kids

On the evening of Saturday, November 9, Master met with the Omega students who had won a football match and were now going to the national level to participate in the next round of matches. He congratulated them all and wished them well. He told the children, "You should all play sports for the sake of sports alone. Winning is not the only criteria. When two play, one has to anyway lose, but the sportsmanship has to be the most important aspect."

### French Seminar



Sunday November 10, Master was able to see abhyasis in the three ashrams of Nice, Montpellier and Paris simultaneously. He was impressed and said that hopefully a day would come in the future when he would be able to see many more ashrams and address them all simultaneously. After a short speech and satsangh the session was over. In the evening, the programme continued in the auditorium block where Br Kamlesh addressed the abhyasis at the three French ashrams. It was a Q&A session and Br Kamlesh addressed a set of about ten questions that had been consolidated questions.

### At Br Madhava's house

Master stayed in Br Madhava's house just behind the ashram from 11 to 18 November. This was a change for Master, and he was quite happy. On the evening of 11th, a special programme had been arranged for Master. The Consul General of the Russian Federation Mr. Nikolay had also been invited and Master took special care to see that he

was received properly. An artist from Russia performed the 'Russian Singing Bells', playing music using bells and large brass plates of different sizes.

While at Br Madhava's house Master would attend to his work in the morning after which there would be a sitting for the few people present. In the evening after his rest Master would give a sitting mainly for abhyasis visiting



from other centers in large numbers. He would briefly meet with them and then go back to his bedroom for a session with his physiotherapist. Master got some much needed rest and at the same time spent time with abhyasis also. He returned to the ashram on 18th.

### Back to routine

Saturday November 30, 2013: Master was fully occupied with work and discussions in the morning. He emphasized the need to release the publications evenly over a period of time so that it does not become a burden on the abhyasis to buy many books at a time.

The topic then changed to celebrations for the coming year and the decision to have both Pujya Lalaji's and Pujya Babuji's birth anniversary celebrations in Tiruppur and then Master's birthday celebrations in Tiruvallur in the newly acquired property.



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### The urge to travel

It is apparent that Master is itching to travel again. During meetings with Br Kamlesh Patel and others, this longing for travel surfaces. He said to Br Kamlesh, "You and I must go to Vadakangulam when I am fit, I am fit now but I have to regain my ability to take a few steps even with a walking stick and a hand held by someone –which I had before I fell ill." He considered different modes of travel and finally opted for road travel and chalked out the route.

On another occasion, he talked about traveling to Minsk. Master listed the names of people who would accompany him. He said he would like to visit Shahjahanpur also, but would like to go unannounced as otherwise the crowds will be unmanageable.

### Passion for work

The same spirit drives him to heap work on himself unrelentingly. Asked why he was handling SMSF affairs without appointing any functionaries, he said, "I can do everything." He added, "I am living because I am working. Without working, I would have died five years back."

### Master's latest project – Tiruvallur

Master has appointed Br P.R. Krishna to look after the property (113 acres) in Tiruvallur and to organise his birthday celebrations in July 2014. Master is overseeing the development of infrastructure for SMSF activities as well as continuance of agriculture in the fertile land where there is abundant water.

*Sahaj Sandesh No: 2013.54*

Wednesday, 18 December 2013.

Dear brothers and sisters,

For this year (2014), 3 main functions have been planned, viz. Lalaji Maharaj's Birth Anniversary on 2nd February (4 days - 1st, 2nd, 3rd and 4th February), Babuji Maharaj's Birth Anniversary on 29th, 30th April and 1st May, both being held at D.J. Park, Tiruppur, India; the current President's birthday celebrations to be held at Tiruvallur near Chennai, India, on the 23rd, 24th and 25th of July. The last mentioned celebration is to be held at the recently acquired agricultural land at Tiruvallur, which is under conversion.

I suggest that, in these days of high expenditure, abhyasis choose one of the three celebrations and register for it as early as possible, so that we know how many abhyasis to plan for at each of the celebration location.

This will permit abhyasis to come with their families, whereas an abhyasi wanting to participate in all three would find it extremely difficult to bring their family along. Please consider this request seriously and register as early as possible for any one of the celebrations.

Abhyasis unable to attend any of the celebrations can participate in their own centres, wherever they are. In such cases, the celebrations will be held for one day only, viz. the 2nd February, 30th April and 24th of July. As usual, abhyasis are requested to go to the nearest Ashram to participate, if that is possible. Otherwise, staying in your own home is possible in lieu of the economic conditions prevailing today.

Blessings to all.

P. Rajagopalachari

**New Appointments**

**Br Pooranmal Baindha**

Ashram Manager, Jaipur

## Prefect Meetings

### New Prefect Workshop, Manappakkam



To further improve the quality of service provided by prefects, Master has instituted a new process for their training and preparation. Candidates are taken through a two week programme that equips them with deeper knowledge, commitment and clarity of purpose. Two batches – each having twenty-two candidates, have completed this training at Manappakkam in October and December and have received permission to serve as prefects. Candidates are from various parts of the country and many come from centres where there are no prefects. Master has personally spent time speaking with the candidates, giving them sittings and preparing them for their life ahead as prefects.

### Lucknow, Uttar Pradesh

Eighty-eight prefects from four zones – NCR, Uttarakhand, U.P. (West) and U.P. (Central), attended the 'Deepening Prefects' Experience' programme organized in BMA, Lucknow from 20th-



24th November. The programme laid stress on introspection and sharing of experiences rather than just listening to lectures. Various talks of Master were played to help the participants in introspection and understanding. The results showed on the glowing faces of the participants. All of them made a resolution to become complete human beings, real abhyasis and perfect prefects.

### Sonepat, Haryana

A meeting was held at Sonepat ashram, Haryana on November 10 2013 for thirteen prefects. The ZiC discussed various points which were brought up during the meeting of ZiCs with Br Kamlesh. The meeting continued upto 1 p.m. and the prefects disbursed after having lunch.

### Ludhiana, Punjab

A meeting of prefects of Punjab, Chandigarh, Ambala and Mandi Dabwali was held on 17<sup>th</sup> of November at Ludhiana. Around twenty prefects attended the meeting. Br Maj. Gen. (Retd) Harbhajan Singh, ZiC, presided over the meeting. The ZiC focused on issues which could activate and encourage the prefects and abhyasis of this zone. The points discussed were participation in various volunteer work and training programmes, book reading, monthly prefect meetings and participation of children in the Mission activities and having informal meetings to share the thoughts involving the neighbourhood. The message given by ZiC was very well taken by the participants.



## Functionaries Tour

### ZiC's visit to centres in TN South

On reaching Srivilliputhur on 19<sup>th</sup> October, Br N. Prakash and ZiC Br T.V. Vishwanatha Rao planted



trees along with the abhyasis. This was followed by a discussion on the measures to be taken for the development of the centre. Along with a team of prefects they visited Kalasalingam University and conducted an open house for seventy MBA students. The Vice-Chancellor and the Registrar of the university proposed to extend these open house sessions to all the colleges and also proposed to have a week long seminar on Sahaj Marg for the aspiring students.

The team then visited Rajapalayam where they had an informal discussion after satsangh and then left for Virudhunagar ashram for the night. On 20<sup>th</sup> October, after morning satsangh a meeting was conducted with the abhyasis of Virudhunagar and Aruppukottai centres focussing on the maintenance of the ashram environment. Around 11a.m., Br Rao and Br Prakash left for Tiruppur.

### Joint Secretary's visit to Tamil Nadu (South)

On 22<sup>nd</sup> November, Br A.P. Durai (Jt. Secretary) visited Manamadurai, Sivagangai and Melur centres where he conducted satsangh and encouraged the abhyasis to participate in interactive sessions and discuss their experiences relating to the practice.

On 23<sup>rd</sup> November, he visited Srivilliputhur and after satsangh gave a talk about keeping away from religion, language, caste, creed and culture when practising Sahaj Marg. He encouraged the abhyasis to speak about Sahaj Marg and constant remembrance. Around 4 p.m., he visited Sethunarayanapuram, a village at the foothills of the Western Ghats, for an open house session attended

by twenty participants. He left for Peraiyur sub-centre and after an interactive session and satsangh, returned to Madurai.

On 24<sup>th</sup>, he conducted satsangh at Madurai ashram for 560 abhyasis from Madurai and nearby centres. There were group discussions,

'pick and talk' sessions in the morning. In the afternoon, he asked the youth team members to speak about their plans to promote Sahaj Marg and to promote their own centre. He concluded the full day programme with a satsangh.

### Br Rajesh Rathod's visit to N. Karnataka

Br Rajesh Rathod visited Raichur, Shorapur, Sedam, Humnabad, Bidar and Gulbarga in Zone-4A (Karnataka North), from 15 to 17 November. Br Rajesh along with a team of six abhyasis visited these centres, conducted satsanghs and addressed the abhyasis.

On 17<sup>th</sup>, a full day programme was organized at Gulbarga ashram with 250 abhyasis from Gulbarga and nearby sub-centres in attendance. Three satsanghs were conducted. Br Rajesh gave a talk after which interactive sessions with abhyasis and a prefect meeting was held. Abhyasis at all centres expressed their joy at participating. Many have felt the atmosphere filled with Master's presence and love.



## Yemmiganur Ashram Inauguration, A.P.



Revered Master inaugurated the Yemmiganur ashram on 3<sup>rd</sup> November on the day of Diwali. This ashram is situated in Kurnool district of Andhra Pradesh. The foundation stone for this ashram had been laid by Br Ajay Bhattar in 2007. The ashram land spans over 2.5 acres which is surrounded by a seven feet high compound wall. It has a meditation hall which can accommodate around 400 abhyasis. There is also a kitchen and toilet block. This ashram is situated on Adoni road and has convenient road and railway access. The ashram is surrounded by six acres for an abhyasi colony. Master was quite happy with the construction and appreciated the work done by the local abhyasis.

## Regional Gathering, N. Karnataka



140 abhyasis from Basavakalyan, Bidar, Humnabad, Bhalki, Thanakushnoor and Gulbarga attended a regional gathering on 27<sup>th</sup> October at Shivayogi College in Basavakalyan. The objective was to motivate the local abhyasis and to give them a wider exposure of the Mission. Morning satsangh was followed by the talks of a few abhyasis. Abhyasis and children then put up a cultural programme.

An open house was conducted in the noon in the presence of thirty-five aspirants. After lunch, Master's videos were played followed by a Q&A session during which clarifications were provided to the general queries raised by abhyasis. The programme was organised by the abhyasis of Basavakalyan and was very effective.

## Children's Programme, Thumkunta, A.P.

A team of young volunteers conducted full day programmes for forty-five children at zonal ashram on 6<sup>th</sup> and 27<sup>th</sup> October. On 6<sup>th</sup>, the CiC emphasized that ashram is a place where all children grow together in a brotherly atmosphere. He requested them to have fun with due regard to ashram discipline. Children visited various departments in the ashram and interacted with the volunteers, which gave them a sense of belonging. This was followed by a skit and a treasure hunt.

On 27<sup>th</sup> after a brief orientation about plants it was a delight to watch little children planting saplings with love. Children listened to Master's speech delivered at Omega and thoroughly enjoyed the balloon dance before they dispersed for lunch. They decorated diyas which were later distributed to abhyasis as Diwali gifts.

## Understand, Experience & Express, Bangalore



The programme organised on 24<sup>th</sup> November at Banashankari ashram, was to explore and bring out the writing skills in abhyasis, on spiritual aspects. They were asked to select a subject from a given list and write an article after reading Mission literature. Around fifteen abhyasis presented their articles in the presence of around 100 abhyasis who appreciated the efforts by the participants. The participants expressed that this helped them in reading the Mission literature and also to be in the remembrance of Master.

## Youth Programs

### Trichy, Tamil Nadu



### Sri Ganganagar, Rajasthan

A one day youth session was conducted in Sri Ganganagar centre in which fifteen abhyasis participated. They watched a documentary called 'The Secret' on thought power; how it works on us, its impact on our life and how we can build our future by changing our thoughts. So we must think about who we want to become.

A quiz in which slips of paper with different topics were distributed to each abhyasi. Each abhyasi gave different views based on their own experiences and knowledge. Many clarifications and new things came out and enhanced our knowledge for helping us in our daily sadhana.

### Session on Relationships, Kolkata

On 24 November, Sis. Snehal Deshpande conducted a two hour session on 'Relationships in the Light of Sahaj Marg' at BMA, Kolkata. She defined relationship, its importance, bringing harmony in our relationships by being more giving and the importance of developing a 'connect with the other' attitude. During the session participants made a list of the happiest moments and moments that could have been better. Then each group was shown a video depicting a type of relationship and asked to discuss the positive and negative aspects as well as the importance of each relationship. Key qualities reflected in the videos – unconditional love, non-attachment, faithfulness, loyalty, trust, humility, being connected, patience and tolerance. The session concluded with a HEART (Heart Energy Amplitude Resonance Test) and reading the book Heart's Code was recommended. This session helped the participants imbibe some of the key ingredients of successful relationships.

Trichy Ashram was home to young, enthusiastic youth for a programme on 10 & 11 November. After morning satsangh Br Rajesh Rathod made a presentation on 'Journey of the Soul'. The participants were given a questionnaire which was introspective and thought provoking. The other sessions included a clarification session using video clippings, an interactive session on 'Listen to your Heart', a quiz on Master, Mission and Method and a presentation from the book *Youth – A time of promise and for effort*. The programme concluded with satsangh in the evening. The participants felt a deep sense of gratitude and a feeling of oneness.



### Tiruppur Youth visits Manappakkam

About 188 abhyasis from Tiruppur centre visited Manappakkam from 13 to 15 September. They attended sessions on spiritual development and practice and had Q&A sessions with senior abhyasis in Manappakkam and also did some volunteer work in the ashram. They met Master on 14th & 15th and were able to spend some time with him. All the abhyasis were very enthusiastic and seemed to be filled with fresh energy.



## Snippets

### Pollachi, Tamil Nadu

A full day programme was conducted on 1<sup>st</sup> December by Br. P.V. Arunachalam and Sis. Sumathi. The program constituted of a pick & talk in the morning and quiz in the afternoon. This program brought in a fresh wave of zeal and determination in the hearts of the abhyasis to be sincere and regular in their sadhana and to grow spiritually.



### Durg, Chhattisgarh

Thirty-two abhyasis participated in a GITP session on 'Cleaning' at Durg, on 20th October. They felt this module helped them in identifying the deviations which have crept in during the course of their practice and in developing a better understanding about the process of cleaning as prescribed in our system.



### Jabalpur, Madhya Pradesh

A VBSE training programme on self-development, spirituality and value based education was conducted at Sainik School and Jay Jyoti School, Rewa, for students of class six to twelve, teachers and staff members. The programme touched upon achievement and motivation, perspective, spirituality, etc. and was appreciated by the students and staff. While concluding the programme, there were numerous enquiries about the system.

### Thane, Maharashtra

An open house was conducted in Hindi by four prefects at Laughter Club, Kolshet Road, Thane, on 16<sup>th</sup> November for twenty-seven participants. The facilitators explained that meditation teaches us to live in the present moment without worrying about the past or the future and hence keeps us stress free. Prefects mentioned that their service was available when they need to take sittings.



### Abhyasis from Coorg—visit to Manapakkam

Over 45 abhyasis from Coorg visited Manapakkam ashram from 19 to 23 November. Master was happy to know that the Coorg ashram is developing. Abhyasis offered him a Coorgi Peta (traditional cap) along with a peeche-kathi (waist-knife) made out of silver with a golden liner.

Master then conducted a satsangh. Even though the center had started over twenty years ago, it started gaining momentum very recently. Now three satsangh centers have been established at abhyasi's houses, in Madikeri, Kargunda and Virajpet.

## Trichy, Tamil Nadu



‘Learning from Literature’ programme was introduced since September 2013 with the intention to motivate abhyasis to read Mission literature.

The third Sunday of every month is organised as a full day programme to create interest and novelty in the form of a quiz and sharing Master’s message from the selected book for the month. Some of the books covered so far are *Reality At Dawn*, *My Master*, and *Role of the Master in Human Evolution*.

This programme has inspired many abhyasis to read Mission literature. The evidence could be seen in the hike in the sale of books. It has made people open up and share their personal experiences in their spiritual growth. Their understanding of the book has increased in various dimensions. Team spirit, brotherhood and more focus towards spirituality were the outcome of this programme.

## Chikmagalur, S. Karnataka

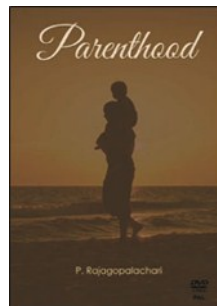
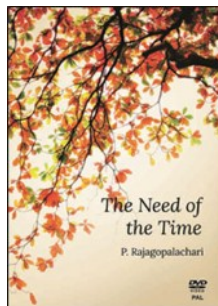
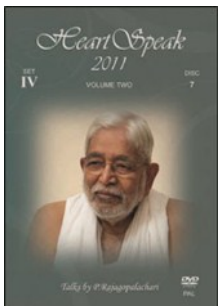


Br Mohandas Hegde conducted a series of open house sessions in Chikmagalur from 24 to 26 October at AIT College, BSNL Office, Eureka Academy, MES college and TMS college. The main theme of these sessions was the need for spirituality and importance of meditation for a stress free life.

On 26<sup>th</sup>, he conducted a home gathering in which ways to further the growth of Chikmagalur centre was discussed.

On 27<sup>th</sup>, abhyasis from Kadur and Hariharapura joined in on a half day programme arranged at Lion’s Bhawan. Br Hegde spoke on a ‘Balanced Life’ and explained it with examples from Master’s life. This was followed by a group discussion on how to overcome the hindrances faced in our practice. Br Ramakanth shared his experiences after becoming an abhyasi. The participants liked the session and hope to have more such sessions.

## New Publications



### DVDs

HeartSpeak 2011—Volume 2 (English)

The Need of the Time - (English)

Parenthood - (English)

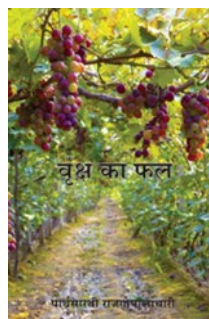
### BOOKS



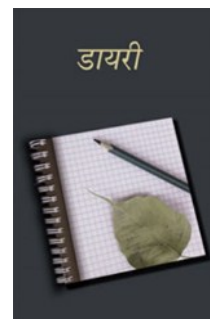
Principles of Sahaj Marg  
Vol 13  
Tamil



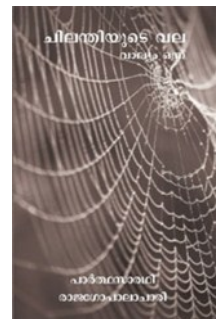
Love and Death  
Telugu



Fruit of the Tree  
Hindi



Abhyasi Diary  
Hindi



The Spider's Web  
Vol 1  
Malayalam

## Yogashram, Siliguri, West Bengal

## Centre of Light



“Remember that of all the resources of nature, whether it is health, whether it is wealth, whether it is fame, prosperity, everything can be recovered but not time. Time cannot be recovered.”

Parthasarathi Rajagopalachari, 11 July 2010, Siliguri



Siliguri is a small town located at the foothills of the Himalayas in the northern part of West Bengal. Because of its location, it is a gateway to the North East and shares its borders with - Nepal, Bangladesh and Bhutan. The ashram of 4.83 acres is located in a village called Chobabhita, which is around 12 km from the main city, 8 km from the railway station and approximately 25 km from the airport. This ashram has a scenic beauty as one can see the snow laden mountain peak of Kanchenjunga from here.

Master registered the ashram land on 2<sup>nd</sup> November 2009 on his way to Gangtok. On his way back, he gave approval to start construction of the ashram. The ashram was built in about eight months. It consists of Master's cottage, a meditation hall of about 3000 sq.ft., a dormitory which can

comfortably accommodate about 300 abhyasis, a toilet block and a dining area with kitchen that can serve 250 abhyasis at a time. The roads have been laid and a lot of trees have been planted.

Master inaugurated the ashram on 11<sup>th</sup> July 2010 in the presence of around 600 abhyasis from all parts of North East and Nepal. After the satsangh, Master gave a talk. He emphasized the need to use the ashram for the growth of the Mission in the region. He suggested that at least two or three regional gatherings be held every year, specially for the abhyasis from the hill region. The stay and food expenses during these gatherings would be taken care of by the Sahaj Marg Spirituality Foundation. Since the inauguration of this ashram, the birthdays of our Masters are celebrated here every year for the abhyasis of Siliguri and nearby centres.



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