



SEPTEMBER 2013



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## Inauguration of Minsk Ashram, Belarus

On Sunday, September 1, Master attended the *Gita* session as usual. After the session, Master came in to the office room and ensured that all the Russian abhyasis in Manapakkam and all the students of LMOIS who were from Russia were inside, to be a part of this event. He spoke to the abhyasis in Minsk via the video link and said, “For us, this is the Russian ashram and we shall have more ashrams.” He added that he had a long association with the Slavonic people, maybe even from past lives. He expressed his wish to visit Russia to see them all once more, “Because, I repeat, I love to see you all again and again.” Master recognized that there are half a dozen children from Russia who are now studying in Omega school and said, “I wish more and more would come.” At the end of the talk, he conducted satsangh and after the session he offered prasad and distributed to all the Russian-speaking abhyasis.

Master’s health was getting better and one day, he came outside the cottage using the walker and sat there. It was after a very long time that Master was able to walk and come out.

Master has been giving a lot of his time and attention to the History Team. He told them, “Come and ask me questions about the history of Sahaj Marg and I will answer as much as possible.” So every day, this team would come in the morning to the cottage. Master would be ready by 9 a.m. He would give a sitting and then a question and answer session would start which would go on for more than an hour. To see Master so involved in these discussions was a treat to watch. Everyone around him also automatically got involved. The motivation and curiosity he brings to the table is worth learning from and bringing into practice in our lives. He does not specifically do something to motivate others but



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brings his self-motivation to the front which impacts those around him.

On Sundays, the usual routine of satsangh conducted by Br Kamlesh and the *Gita* session in the cottage courtyard by Br Sanskrit Kannan, have been continuing. The second part of the *Gita* which deals with *gyana* (knowledge) is in progress. The attendance for these sessions has increased and one can see a big queue outside the cottage by 9 a.m. with abhyasis who want to be with Master and attend the session.

On Wednesday, September 11, Master inaugurated Dr Natwar's apartment just behind the ashram. He went around the apartment and then conducted satsangh for about 45 minutes for around 400 abhyasis gathered there. It was a grace-filled occasion. Master returned to the cottage late in the afternoon. In the evening he again conducted a satsangh in the cottage for those who had assembled there.

Thursday, September 12 being Madhuri's birthday, Master wanted to go to 'Gayathri' to meet her as she was recovering from a knee surgery. At 'Gayathri', he spent time with Madhuri and the family, sitting in the hall and talking with everyone. Master said, "I am the happiest to be at my granddaughter's birthday."

## Onam Celebration

Monday, September 16, was the Onam festival. Around 350 abhyasis had come from Kerala. Early in the morning, Master spent some time watching the abhyasis prepare the floral design in front of the cottage. Master wished everyone 'Happy Onam'. At 9 a.m., he came to conduct satsangh in Dorm A where the abhyasis had assembled. Before satsangh, he spoke about religious practices and peoples' beliefs. He said that there is no Hindu, Christian or Muslim but we are all human beings. Love is the most important aspect and it is the only tool to overcome all such beliefs. Master said that each and every abhyasi is an ambassador of Sahaj Marg and there is no difference between prefects and abhyasis and everyone has to participate in this growth of the Mission. In the afternoon, a special Onam feast was prepared in the kitchen and it was sent to the cottage as well for Master to have.

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Master went to Br Satbir's house at 'Garden of Hearts' on September 18 in spite of not feeling well that morning and doctors recommending that he stay back and postpone the repair work at the cottage. Master insisted that he wanted the work to be done as planned. It is very difficult to convince Master once he has decided on something even if it inconveniences him.

In the first couple of days in Satbir's house, Master conducted satsangh in the morning but he observed that many abhyasis were coming there instead of going to the meditation hall and was upset about this. He asked everyone to go to the meditation hall saying, "It is the same transmission you will get wherever you attend satsangh."

Saturday, September 21: Master went to 'Gayathri'. He was in his element, talking with everyone in the family and went

straight to the breakfast table. After breakfast, Master went to his office, did some work and watched some interview sessions on his computer. Master then met a few abhyasis and decided to give everyone a sit-





ting. Master has got a new wheelchair from the USA, which is more sophisticated and all the settings are adjustable. He was happy to try this out.

After lunch Master came and sat in the hall where a group of abhyasis from Europe had assembled. As Master complained of breathlessness a sister from Denmark taught him a technique which worked like a miracle and Master's breathing became better within five minutes. In the evening, Master asked everyone in the ashram to be informed that he had come to 'Gayathri' to rest.

On Sunday, September 22, Master conducted satsangh at 'Gayathri', and performed a few marriages in the hall and blessed the new couples.

The next two days, Master was busy with the purchase of the Tiruvallur land about 45 kms west of Chennai, for the Mission. All the family members who were owners of the land came to 'Gayathri' and Master met them personally and made sure everyone had food. Signing the agreement and sale deed papers was a mammoth task with about 300 signatures to do and there was a smile on Master's face as he worked through all the documents finally completing the work late in the night on both days. Master really enjoyed doing this, teaching us that when we enjoy what we do, it is no longer troublesome.

Master came back to ashram by Saturday, September 28. A European seminar is being planned for November and the topic is 'From Ignorance to Knowing to Unknowing'. Master was very involved in this topic and the discussion went on to will and thinking. Master said, "Will is the link between knowing and doing. 'Aude Sapere' [Dare to think], but after you have dared to think, you should do and you need the will for that. As you use your will, your choices will reduce. This will lead to simple living. So you see, be simple and in tune with nature is possible in this way of using our will and reducing choices. Simple living is not easy."

### Visit to Tiruvallur

In the past few days, registration of 113 acres of land in Tiruvallur district about 45 kilometres west of Chennai was registered in favour of SMSF. Master wanted to visit the property and volunteers led by Br Vinay Krishna made arrangements overnight to put up a shamiana for meditation, Master's tent and portable toilets for abhyasis. Around three hundred abhyasis from Chennai and adjoining areas of Tiruvallur had gathered there.

On 28<sup>th</sup> September Master arrived in his Mercedes van fitted with the special seat at the venue, around 8.30 a.m. He offered prasad and came to the meditation hall. He gave a sitting for about 45 minutes and addressed the gathering. He did some loud thinking about the uses to which the land would be put – a health centre, a meditation hall, agriculture, dairy farming and so on. He said that the main activity, however, would be meditation. The Collector of Tiruvallur district, Br Veeraraghav Rao, a new abhyasi, promised all assistance from the district administration. Some thirty members of the families that had sold the property came and met Master who gave them prasad and posed for a photo with them. Abhyasis brought a chocolate cake which was cut by Master and distributed to all. Though arrangements were made for Master to take rest, he did not rest, but sat in his wheelchair and had his breakfast. The entire area acquired has been under cultivation of paddy, banana and coconut trees and looks completely green. It has a good number of open wells and bore wells. Master then left for Chennai after he had viewed the property as far as he could go on the few roads available.

On 29<sup>th</sup>, after the *Gita* session was over, Master spoke for some time. He said, "Now that we all have attended several of these sessions and Br Sanskrit Kannan has so elaborately explained the



slokas, it is time for us to absorb and digest the material. So, the next two Sundays, we will have a question and answer session.”

**OCTOBER 2013**



### CHINESE SEMINAR

Tuesday October 1: About 110 abhyasis mainly from China and Chinese from other countries were in Manapakkam to participate in a seminar. Master has been looking forward to this seminar. Before coming out from his room, Master quickly learned a few words in Chinese to greet the abhyasis who had assembled in the cottage by 8:30 a.m. As he came out walking, he spoke in Chinese, which brought out loud applause. Master expressed his regret that he could not learn Chinese and said that now he is too old to learn or travel to China. Master said that more and more Chinese abhyasis should try and come to Chennai every year. He also referred to the Gangtok ashram (Sikkim, India) and said that was a nice place to go for a retreat and abhyasis can make use of that facility. Master then gave a sitting. Abhyasis then continued with the seminar in Dorm A.

The next day Master went in the motorized wheelchair to inaugurate Sis. Geetu's apartment. The seminar participants were also invited. He returned to the cottage by evening. Since Master was moving around in his wheelchair quite a bit, it had caused blisters in his legs. These blisters burst and caused severe pain in his legs. The doctors had to remove some part of the skin and Master had to keep his legs lifted up until it healed. Given what he is already going through, it was sad to see him go through this new problem.

Br P.R. Krishna left for Tiruvallur on October 4 along with other abhyasis to inspect the land and come up with a preliminary plan. Master said that

Br P.R. Krishna would be handling all the efforts related to this property where Master mainly wants to focus on agriculture for the time being.

On Saturday Master planned to meet the seminar participants in the morning but as he was not feel-



ing well, he could not come out but he patiently met with about twenty abhyasis who were leaving that day. Br Kamlesh conducted satsangh and addressed the remaining participants at Dorm A.

On Sunday, as Master was not well, he asked Br Kamlesh to conduct satsangh in the meditation hall and Br P.R. Krishna to conduct satsangh in the cottage for the seminar participants. Master came out after the satsangh to spend some time with the group. The atmosphere was charged with his love and several of the abhyasis were in tears. The abhyasis' hearts were touched profoundly by Master.

Master had asked the kitchen team to prepare sweets and dumplings to be served to everyone who had assembled. A short cultural program was



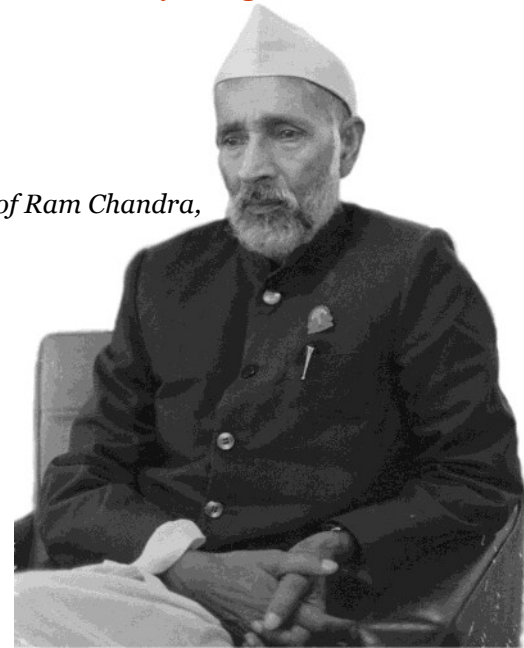
performed by the Chinese and Vietnamese abhyasis. One could feel that Master gave his everything in this session. In spite of his ill health he spent time with the abhyasis who were leaving that day.

About the Chinese language, Master said, "Once you get into the mood, you can learn anything. I am learning Chinese. There are fifty-two tones in English whereas Chinese has only four. Chinese language is lovely and meaningful. For example, in Chinese, 'Happy' is written with two characters, which actually means 'Open your Heart'.

October 7, was the last day of the Chinese seminar. Master gave the participants a sitting for about 45 minutes. After the sitting, Master was quite tired yet he met with a few abhyasis, greeted them and then went to rest. In the evening, the abhyasis working on the Kanha project came and Master had a meeting with them and then gave them all a sitting.

"Every body has got life, but we have to seek for life in life, which ultimately merges in its own essence."

*Complete Works of Ram Chandra,  
Vol. 3, Pg. 147*



### Br Kamlesh Patel's Tour of Gujarat

Br Kamlesh arrived in Ahmedabad on 11<sup>th</sup> September. Though it was announced as a personal trip, he visited major centres of Gujarat during his stay.

On 15<sup>th</sup>, he conducted satsangh at Ahmedabad Adalaj ashram where around 900 abhyasis had gathered and gave a talk emphasizing the importance of regular sadhana. He also explained that we have to make our consciousness more purified and sensitive for which we meditate. In Ahmedabad he introduced the 'Esoteric Symbol Pendant' which is available as a limited edition. He also met groups of abhyasis from different centres.

On 16<sup>th</sup>, he visited Kamalpur and on Tuesday, he left for Bhavnagar. On being asked about the most important moment he shared with Master, he answered that it was when he was announced successor. He later left for Vadodara and Surat.

In a Q & A session at Surat he explained many aspects of the sadhana. He accepted an abhyasi's offer to prepare and donate a meditation hall for Surat centre. He later left for Navsari Ashram from where he continued his journey to Valsad. After meeting people there and conducting satsangh he returned to Vadodara that night.

On September 21<sup>st</sup>, about 1000 abhyasis gathered at Vadodara from across Gujarat. After satsangh, on Sunday, he gave a talk on the subtle science connected with our sadhana. The next day, he visited Anand and returned to Ahmedabad on 25<sup>th</sup>. On 27<sup>th</sup>, he visited the Adalaj ashram to inaugurate the GITP programme which was attended by seventy-five abhyasis from Gujarat, Rajasthan, Maharashtra and Madhya Pradesh.



On 30<sup>th</sup>, he conducted satsangh at Kadi which was attended by about 125 abhyasis of Kadi, Palanpur, Mehsana, Kalol and Unjha of which many were new aspirants. Br Kamlesh explained to them the importance of accepting a subtle system like this in life. Later, at Kalol he spent some time with the abhyasis before leaving for Ahmedabad. On 2<sup>nd</sup> October, he completed his tour of Gujarat and left for Chennai.





## Ashram Management Programme

A five day programme was held from 20 to 24 August at Manapakkam, for around forty-five participants comprising of ashram managers, aspiring volunteers and centres-in-charge from all over the country. This was inspired by Master who indicated that he would like to see a professionalized approach to managing the ashrams. There was a theme for each day - creating a vision for our ashrams, ideas to utilize an ashram effectively, organizing our ashrams to serve spiritual seekers, governing our ashrams and the softer side of creating a culture of mutual trust and respect in the functioning of our ashrams. The programme had satsanghs, talks, presentations, video recordings of Master, group discussions and importantly, visits to the thirty-two departments in Manapakkam ashram.

On the second day, Br Kamlesh shared his ideas on potential activities to promote in an ashram and the welcoming, warm atmosphere that we should strive to create. Despite discomfort due to his health, Master addressed the participants on the last two days. On the closing day, after conducting satsangh he gave a talk in which he emphasized that ashram maintenance really begins with the inner maintenance of each individual, that each one of us should create an ashram of our own hearts. He said that ashram maintenance represents the totality of the Sahaj Marg way of life.



## New Centre - Pachore, Madhya Pradesh

An open house was conducted on 2 October at Pachore in Rajgarh district of Madhya Pradesh for approximately 150 aspirants from Pachore and nearby villages. After an introductory address by Sis. Ruchi Shrivastava, Br Prabhakar Das spoke on the need for spirituality, the masters of Sahaj Marg and the services offered by the Mission. Sis. Sangita Das dealt on various aspects of sadhana and its effect in our day to day life. An informal interactive session followed, after which, twenty-five aspirants indicated their willingness to start the practice. They were told in detail about their role and expected commitment to the practice. Ten of these aspirants took sittings immediately and the rest in the following week. Thus a new center in this part of MP came about in a very natural way.

## Regional Ashram at Kolakaluru, A.P.

Around fifty acres of land was acquired by the M.G. Brothers real estates at Khajipeta, Guntur to cater to the spiritual needs of abhyasis from Vijayawada, Guntur, Tenali and Mangalagiri. About 18.75 acres of the land was earmarked for the ashram and the remaining for Sri Parthasarathi Nagar residential colony for abhyasis.

With Master's blessings the foundation stone was laid on 2 February 2012 by Br Madhu Kothapalli (ZiC). The ashram was inaugurated by Master through live telecast from Chennai on 8 September at 11.00 a.m. and was dedicated to Pujya Babuji Maharaj. Master mentioned that, "The ashrams should be utilized and they should not become like schools without students." Abhyasis at Kolakaluru celebrated the occasion with fervent hearts. Regular satsanghs and full-day programmes are now being conducted here.



## Youth Programmes

### Ahmednagar, Maharashtra



A group of twenty-two youth visited the Efforts Planetarium on 6 October after having a sumptuous lunch cooked by the sisters. On arrival at the planetarium, after registration, there was a round of introductions followed by a game of dumb charades with words from Mission literature as cues. This game was a perfect example of expressing an idea without words and using just the heart. This was followed by the scheduled program at the planetarium which was very educative giving detailed information about the galaxies, planets and stars. This outing helped increase the bonding and brotherhood among the abhyasis.

### Bhilwara, Rajasthan

Twelve youth and two children attended a picnic to Harni Mahadev on 25 August as part of the monthly youth programme. The participants shared their experience on how they began Sahaj Marg practice and what was their goal which brought out the fact that many were unaware of the actual goal. Excerpts from Mission literature on this topic were read out. It was felt that further emphasis should be laid on this topic and hence it was decided that every Sunday all the youth would stay in the meditation hall

for 15-20 minutes after satsangh and share their experiences.



### UN International Youth Day - Webinar



SRCM associated itself as a non-governmental organization (NGO) with the United Nations Department of Public Information (UN DPI) on 12 December 2005. The main objective of this was to promote the feelings of mutual love and universal brotherhood irrespective of any distinction of caste, colour, creed, religion, nationality and sex.

The webinar on 'Universal Prayer - Love as fuel for change' was held on 17 August 2013 to commemorate the UN International Youth Day with about 4649 participants from across all time zones. It started with an introduction from Br Andre Barreto of Sao Paulo, Brazil after which a short talk by Master addressed to the youth was played. Sis. Ekta Boudierlique from Paris gave a presentation on the SRCM's association with the UN DPI. Br Rishabh Kothari read a message from the Whispers given by Babuji Maharaj on 17 November 1999 after which he spoke on the theme of the seminar.

In a Q&A session after the key-note address, Br Rishabh and Sis Ekta answered questions posed by the participants. The webinar provided a platform for the youth to share their experiences and challenges. At Manapakkam, about 200 participants, including about 150 students from LMOIS had gathered.

The touching moment was the universal prayer held at the end of the webinar that gave a practical aspect to the meeting. Cultures across the world recognize the importance of prayer as a tool that can create change with love. Many who prayed after the webinar in various centres and ashrams of the world reported a feeling of being connected and supported in their intention to create a better world.

## Prefect Meetings



### Trichy, Tamilnadu

ZiC Br Murugan and prefects from various parts of Tamilnadu (Zone 2A) including India in-charge Br Rajesh Rathod were present in Trichy for the meeting on 21 September. The day began with satsangh at 7.30 a.m. followed by a video on 'How to Give Sitings', a talk given by Master on 23<sup>rd</sup> January 2013, during the 'Deepening the Prefects' Experience' programme at Trichy. It was followed by a group discussion on 'What do you feel is best in your Centre?' and 'What are the new things introduced in the past one year which brought change in the Centre?'. Everyone shared their experiences. This fruitful discussion gave an insight and opportunity for everyone to learn from other centres. It was followed by Br Murugan's presentation on the overall data about Zone 2A, its activities and what was expected from everyone present. In the afternoon there was a discussion on the opportunities and areas of concern. Br Rajesh then clarified many issues. Master's video on 'How to become better prefects' was played. The session came to a close with satsangh at 6.00 p.m.



### Lucknow, Uttar Pradesh

A two day zonal level meet was organized at Babuji Memorial Ashram, Lucknow for around hundred prefects of U.P.(Central) zone on 28 - 29 September in the presence of Br U.S. Bajpai (Secretary). Br Ashok Garg (ZiC) welcomed the prefects and emphasized the need for keeping an open heart and mind to benefit from the workshop. Three DVDs of Master's talks - 'Become Perfect Prefect', 'How to Give Sitings' and 'Need for Discipline' were played. Br Justice R.R.K. Trivedi spoke on the 'Role of a Prefect', Br K.K. Saxena presented points from the 'Prefect's Guide', Br Ashish Singh motivated the prefects to become sincere and dedicated abhyasis functioning with love, brotherhood and harmony and Sis. Priyadarshini spoke about 'Deepening Prefect's Experience', based on the Trichy programme. Br O.P. Gulia and Br R.S.L. Srivastava explained how to work on the history of the centres. ZiC Br Ashok Garg presented the reports on his visits to the centres. Br U.S. Bajpai summed up by thanking Br Ashok Garg for organising this workshop. All the prefects returned to their centres fully charged with a commitment to become a perfect prefect.

### Mangalore, Karnataka

Br Mohandas conducted the workshop on 'How to Read our Condition' on September 1st. He explained the need to develop awareness and sensitivity by practicing diary writing. He explained that abhyasis should note down, awareness of time and place, depth, absorption, peace, calmness felt during and after satsangh. He said that diary writing is an effective tool for cleaning ourselves and also an instrument to awaken our intuition. He said condition and experience are different and that condition is the state of being. There was an interactive session on

'Ways and Means to Develop Craving'. Abhyasis were made to share their experiences before and after taking first three sittings. Br Mohandas explained the need to maintain proper attitude in sadhana, especially to avoid mechanical practice but do it with full involvement of our hearts. We should meet Master as often as possible and maintain internal contact and relationship which are surest means to develop craving.





### Manana Programme - Tiptur, Karnataka

Sadhaneya Chintana Shibhira programme in Kannada was organized on September 14th and 15th in Tiptur, Karnataka with an intention to help abhyasis go beyond rituals, overcome deficiencies and create awareness about the practice and to introspect on personal character development. The program was attended by around forty abhyasis. The participants felt the programme helped them in better understanding of the system and practice and their feedback were encouraging. The programme was facilitated by Br B. Sreenivasa and Dr Krishnamurthy.

### Thumkunta Ashram, Hyderabad

The Zonal Ashram is host to get-togethers which are generally organised on the first Saturday of every month. October 5th marked two years of this programme. The session usually involved watching a video of Master, discussions on various aspects of Sahaj Marg, presentations from speakers, Whisper messages reading or movies of interest. Abhyasis who go to visit Master, CRESTs, Retreat Centres share their experiences. These programs have been instrumental in building better relationships among the resident abhyasis and achieving a sense of oneness. The resident abhyasis, are participating enthusiastically in these programs.



### Kumbakonam, Tamilnadu

The 'Learning from Literature' programme was proposed by Br B.S. Murugan, ZiC to inculcate interest in reading Mission literature and to provide an opportunity to grow and work as a team.

The programme was initially conducted in Trichy on 27<sup>th</sup> July and about sixty abhyasis participated from about twenty-two centres. The zone was categorised into 14 clusters with each cluster having five or six centres and one coordinator. Cluster 5 which constitutes Kumbakonam, Karaikal, Tiruvarur, Nagapattinam, Kudavasal and Mayiladuthurai had its first session on 8<sup>th</sup> September at Kumbakonam. Twenty-three abhyasis took up *Reality at Dawn* for reading. The participants showed great interest in learning from the book and the programme appeared to help them improve their understanding.

### Anjad, Madhya Pradesh

On 8th September a programme on various aspects of Sahaj Marg sadhana including a special session on 'Observing and retaining our condition' was organized at Anjad center. Brothers Rajesh, Sheilendra and Nilesh Sharma from Indore conducted the programme for about forty abhyasis from Anjad, Davana, Thikri and Badwani. The importance of fixing the goal was discussed. A small session of introspection "How I am doing my meditation and cleaning presently" followed by a presentation on the method given by Master helped participants to correct any deviation. A session on importance of retaining the condition where they were asked to observe their condition for few minutes followed by a meditation for 15 min. and then asked to sit silently for few minutes and observe again the change in their condition and then try to write in diaries. The importance of increasing sensitivity, alertness was felt by all.





## Snippets

### Kolkata

On 7<sup>th</sup> September, around fifty-eight girls from Lajpat Balika Vidyalaya accompanied by four teachers and their Vice-Principal visited the Babuji Memorial Ashram, Kolkata. They were shown some VBSE experiments on themes like time management, humanness and compassion. The teachers and students wanted more of such interactions with the Mission. Some teachers expressed interest in starting the practice.

### Vadodara

Br Bittu Bhai along with volunteers of children's center organised a 'Garba' dance on 13<sup>th</sup> October as part of the Navratri festival celebration. After satsangh children in colourful 'Garba' costume danced and were also joined by their parents and elders. It was really fun and created a feeling of happiness.

### Indore, Madhya Pradesh

On 31<sup>st</sup> August six abhyasis got together at Indore ashram to introspect on developing a link with Master. An extract from a talk in *Messages Universal* was read out. It was about the need to look at Master as our spiritual heart and to interiorize Him. The abhyasis were allowed to introspect and write in their diaries their observations.



### Kolkata

On 22<sup>nd</sup> September, children were divided into different age groups and given activities like reciting the prayer, writing the prayer or the ten maxims by heart. The older children wrote short essays on topics like love, discipline and meditation. Around seventy children participated in the event enthusiastically. This encouraged the children as well as their parents to learn the prayer and the ten maxims.



### Moradabad, Uttar Pradesh

A diary writing workshop was organized on 29<sup>th</sup> September. Four facilitators conducted the programme for twenty-eight participants who were divided into three groups. It was a pleasant experience for all the participants and most felt whenever we write about our condition in a diary it is automatically read by Master. Session lasted till 2:30 in the afternoon.

### Chikhali, Maharashtra

A full-day program was arranged on 6<sup>th</sup> October for about sixty-five abhyasis on 'Constant Remembrance'. Abhyasis had come prepared and asked questions and thus an informative discussion took place. The

CiC Br Sanjay Lahoti wrapped up the discussion.

Chikhali centre has been conducting a new programme for the last two months. On the third Sunday of the month the abhyasis present are divided into ten groups. Each group is given one book to read two specific chapters. During lunch, Br Tulsiram drafts ten questions related to each of the two chapters and creates a questionnaire. In the afternoon session, groups are handed the questionnaire to answer in an hour's time. The groups then present the questions and the answers. This programme lasts for about two hours and helps the abhyasis read Mission books.



## Open House Sessions

On 12th September at Shubharambh Towers, **Thane** about twenty aspirants were told about the emphasis on seeking God in the core of one's heart rather than the outside in the form of idols and how this can be achieved with the help of meditation. Around 5-6 participants showed positive response.



On 17<sup>th</sup> August a programme was organized at Kamaraj College of Engineering and Technology, **Virudhunagar**. Around 150 students participated. Br T.K. Arumugam, Br Balasubramaniam spoke on the occasion. The abhyasis then met the Principal who showed a keen interest in the system. He said he would make necessary arrangements to start the practice of Meditation in the college, as earlier as possible, for the benefit of aspiring students.



**Jhabua**, a small center with less than a dozen abhyasis for last many years, arranged a session on 1<sup>st</sup> September at Govt. Polytechnic College, Jhabua (M.P.), a residential institute for 400 tribal students. Br Prabhakar explained to the students the importance of spirituality and meditation with examples. 98 students enlisted and prefects from different centers reached Jhabua the following week for the introductory sittings.

## New Appointments

**Br Surinder Sharma**

ZiC Jammu & Kashmir

## Hosur Abhyasi Colony

### An example of good planning and execution

The abhyasi residential colony which is coming up fast with required infrastructure and ambience for quality life for abhyasis is a model for other abhyasi colonies. Detailed financial planning and team work of abhyasis has resulted in a model colony as an adjunct of the ashram in Hosur.

Hosur is an industrial centre promoted by Tamil Nadu government located just twenty-five kilometres east of Bangalore. Search for ashram land at Hosur started way back in 1995. The fruit of the search could be realised in 2009 at Avalapalli village facing Kelavarapalli Dam, around 5 kms from Hosur bus stand. Br C. Rajagopalan, then ZiC, visited the place and gave the green signal to proceed further.



## His Vision

Years ago, when an abhyasi wanted to donate land for Hosur ashram, Master gently replied, "Hosur needs in acres." His vision could be realised when with his blessings 13.8 acres of land was acquired out of which 4.75 acres were reserved for the ashram and the rest was formed into an abhyasi colony. The ashram land was registered on 22 January 2010 by Br A.P. Durai, Jt. Secretary. Master was





delighted by the team work and named the housing colony as 'Pragati Enclave'.

### Core Team

A Core Team of seven members was formed for making decisions regarding finance, infrastructure, legal issues, etc. The team co-ordinated with the abhyasis and made decisions after deliberations. They designed the methodology for the cost of plots keeping in mind the cost of the land, housing infrastructure, donation to buy ashram land, ashram infrastructure and long term maintenance.

### Infrastructure

There are 102 plots in this layout with each plot approximately 2400 sq.ft.. The infrastructure available currently includes the compound wall, storm water drains, overhead tank of capacity one lakh cubic litres from two bore wells and water line connection for all plots, concrete roads, a community hall (currently used as the meditation hall), playground for children and common parks. Around 700 avenue trees were planted which adds to the beauty of the ashram. Provision for power connection has been provided for each plot. A 24x7 security is provided by a German shepherd dog. Future plans for the project include the installation of solar lamps throughout the layout and completion of rain water harvesting.

### Community Living

In a short span of three years, ten houses have been completed in the layout. Two more are under construction and a few more may come up very soon. Abhyasis are happy to live in the ashram atmosphere. Everybody realizes that this is a great opportunity given by Master to live together as a big family by developing brotherhood and tolerance. The serene and peaceful atmosphere helps them to introspect and



refine themselves towards being ideal abhyasis. The general feeling among all has been that once they come inside the campus they don't feel like going out. The children living in the community are enjoying the most in terms of the natural space to play and explore, bonding with each other and living in a balanced environment.

The seasonal vegetation and the cereals grown in the ashram land are also taken care with the help of the abhyasis. The produce from individual kitchen gardens are also shared. The main benefit of living in such a community has been that all the abhyasis are living to achieve a common goal, attain higher level of brotherhood, mutual trust and tolerance. The serene, clean and eco-friendly atmosphere is most welcoming for anyone who visits the place.

### Ashram Project

Master has given his approval for the ashram construction. The final design and approval is in progress at HQ which includes a meditation hall, dormitory and dining hall. At present, satsanghs are being held in a semi-permanent hall which will be converted to some other use. Similarly, temporary kitchen and a guest room also have been set up. Colony planners in other centres/ashrams will profit from a visit to this colony and ashram.



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