



## Moments at Manapakkam

### October 2013

On Sunday, 13 October, Master was not feeling well, so Br Kamlesh conducted the satsangh and performed some marriages. A Q & A session on the Gita took place in the cottage hall. In the middle of a discussion, Master picked up the microphone and started giving his views from inside his room. He said, “The only surest way that I know to reach the goal and that I followed, is by doing service.”

### Chinese Lesson

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

A large group of abhyasis assembled in front of the cottage one evening. At 7:00 p.m., Master came out and met with everyone. He 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... Inner and outer cleanliness—both are equally important.”

### Interaction with French Abhyasis

Master interacted with the abhyasis in Nice, France, via a video link on 20 October. Br Paul Joul spoke about the seminar and how effective it had been. “I see that these seminars are taking you forward, little by little,” said Master. “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. It’s like a chain of development.” He referred to this kind of development as a ‘cosmic tree.’ Such a cosmic tree has innumerable leaves, branches, and twigs, yet they are all one. They are not different, and they are all part of the tree. He then compared this to the ‘touchstone,’ saying, “My Master said, a touchstone is only making



Picture courtesy of Br Nat Preston

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.”

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. He said, “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!”

### Facilitators Training

On 21-23 October, Master addressed the facilitators undergoing training. He emphasised that 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 Sahaj Marg practice.

### Prefect Training Workshop

A batch of prefect candidates came for a two-week Prefect Training Workshop. During the second week, the 22 candidates met Master. He emphasised that prefects are firstly abhyasis,



that being a prefect is not just a commitment, but it is also a covenant that they follow the principles of Sahaj Marg.

## November 2013

### Working Committee Meeting

On the eve of Diwali, the Working Committee of the Mission met 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. Second, all of us come down with certain samskaras, and we cannot change what happens in 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."

### Diwali Celebrations: 2-3 November 2013

More than 5,000 people gathered during the two days for satsangh. On Saturday, Master met a large number of abhyasis in his room. He was in very good spirits and greeted everyone. On both days, Master conducted satsangh, and Br Kamlesh read out recent Whispers messages.

On 5 November, Master received abhyasis from Vadakangulam, Tamil Nadu, who handed over the papers for an ashram that had been constructed and was being donated to the Mission.

### French Seminar

On 10 November, Master was able to see abhyasis in the three ashrams of Nice, Montpellier, and Paris simultaneously. He was impressed and said that a day would hopefully come 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, Br Kamlesh addressed the abhyasis at the three French ashrams in a Q&A session.

### Passion for Work

Master heaped work on himself unrelentingly. Asked why he was handling the Sahaj Marg Spirituality Foundation affairs without appointing functionaries,

he said, "I can do everything... I am living because I am working. Without working, I would have died five years back."

### Master's Latest Project – Tiruvallur

Master appointed Br P.R. Krishna to look after the 113-acre property in Tiruvallur and organise his birthday celebrations in July 2014. Master is overseeing the development of infrastructure and continuance of agriculture in the fertile land.

### 31 December 2013 to 1 January 2014

After Christmas, Master had a slight fever, which was a big concern for the doctors. However, his health improved on 30 December. Nearly 8,000 abhyasis from Chennai and other centres gathered for the New Year. Additional accommodation was created on the terraces and the playground to accommodate abhyasis. On New Year's Eve, children presented a dance programme in the meditation hall.

On New Year's Day morning, to everyone's surprise and delight, Master came to the meditation hall and wished everyone a happy new year. After satsangh, abhyasis sang three songs.

Master said 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 had said the goal can be achieved in one lifetime.

"Wake up, throw away all this hatred from your heart, rejection of other human beings, you know, judgement of other human beings," declared Master. "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." He concluded, "I have two messages for you all. One is, 'Don't waste time,' and the other is 'Love all whom He loves.'"



## Welcoming 2014 in Master's Presence

By Br. Nathaniel Preston (Kyoto Centre)

My family spent a week at the Babuji Memorial Ashram during the New Year holiday. This visit was special for us since we brought along our thirteen-year-old daughter, thus adding a new dynamic to our experience of being in Master's presence.

This was our daughter's first trip to India. She expressed strong curiosity about the country and its people. We therefore gave her a few chances to experience the city of Chennai, in the hope that she would thereby sense the special atmosphere to be found within the ashram walls. Along with the excitement of visiting a new place, our daughter faced challenges connected to the different environment and food to which she was not accustomed. My wife and I were pleased to see her adjust and open herself to these many changes, and to make friends



Br Nat Preston's wife and daughter at Manapakkam

with other abhyasis' children. We were especially delighted to have a chance to introduce her to Master.

For my wife and I, travelling as a family meant that we could focus not only on our individual spiritual

conditions during our visit, but also gain new opportunities to deepen our connections with each other and with our brother and sister abhyasis. Many people showed us great kindness and hospitality, for which we are deeply grateful. While the choice of whether to follow this path will ultimately rest with our daughter, we are heartened to hear her say that she wants to visit the ashram again.

## Patience is Character

By Br. Mridul Kalra (Manila Centre) as told to Sister Rose Orbigo

I saw a video about the Satkhola ashram inauguration way back in 2004 or 2005, wherein Master said patience is character. It really struck me. I thought about what it really means. When I went into the aviation field, it directly applied to me.

I started studying to become a pilot in 2008. It is supposed to be done in one year or maximum two years. In 2008, I went to South Africa to get a commercial pilot's licence. Things didn't work out there, so I came to the Philippines in 2010. My programme was supposed to be finished in one year, but then the school I went to closed down. It had lots of problems. Lots of money was lost. I went back to India, finished all the things that were supposed to be done in India, and then came back to the Philippines to fix up everything and hopefully look for a job because job prospects are poor for pilots in India. So it was basically five years of suffering and patiently waiting. Things will work out hopefully.

Sahaj Marg practice has developed in me an attitude of patiently waiting. That's what we do in our morning meditation as well—patiently wait for His presence to come into our hearts. Sahaj Marg gives us a sense of positivity in life, that things will go well someday. We just have to be patient. It gives us that feeling that Master is with us, that he's guiding us all the time. We just have to focus on doing the right things all the time. Even if we have certain setbacks, it's okay. We just need to get up and be strong.





## Adopted into Sahaj Marg

By Sister Rachna Mahesh Shahani  
(Hong Kong Centre)

For a time in my life, I was juggling with ups and downs; I did not know what to do. I saw and explored various spiritual paths that might give me peace and change my life. I always heard that a guru searches for his disciples. I was waiting for a guru to choose me and make changes in my life.

Though I attended many lectures, nothing satisfied me. I heard about Sahaj Marg from my sister and brother-in-law, but I continued waiting and searching until I saw a big difference in my maternal aunt, a prefect. I always found her very calm and quiet; without any prejudice towards anyone. I told myself that, should I join Sahaj Marg, I would take introductory sittings only from her.

In August 2012, I went to India to visit my parents. My mom, though she is from another mission, and my sister, wanted me to start Sahaj Marg practice. My mom had witnessed changes in my sister. I decided to take the introductory sittings from my favourite aunt. Because of health issues, I wanted to return to Hong Kong immediately. I had hardly three days left to complete the sittings. During the last sitting, I got an answer: "This is my purpose for coming to India." Finally, I was adopted into the Sahaj Marg family. Master showed his immense grace in accepting me. From then on my life began to change.

It's not that I have no problems anymore; I still have them. But they get resolved, or Master gives me the understanding to accept and move on. He has blessed me with good prefects who always help and answer my queries.

Being in the materialistic city of Hong Kong, my soul receives peace from Sahaj Marg. As the name suggests, Sahaj Marg is a simple path. But I need to dedicate myself on this path.

Before I started meditation, I was a devotee of Lord Shiva. I realized, after some time, that I did many things in my life out of fear of Lord Shiva, and to some extent I was bribing God to obtain

material benefits. Now my trust in God has grown more than ever. This resulted in placing things in His hands as, I am sure, he will handle everything for me. I have also learnt to meditate and explore my inner self, and to trust Him and see miracles happen.



## Children's Day Celebration in Malaysia

Shri Ram Chandra Mission Malaysia has been conducting Values-Based Spiritual Education classes weekly at Tadika Rakyat, Taman Sentosa, Klang, for the past three years, in collaboration with the NGO - Child Information, Learning and Development Centre (CHILD).

On 14 October 2013, the children, together with the







teachers, parents, and abhyasis of SRCM, celebrated Universal Children's Day at the kindergarten.

The children of Tadika Rakyat, ranging in age from 4 to 6 years, prepared a great programme under the guidance of their teachers. The event started with the children singing the song 'Thank You, God for Everything'. Other performances included a fashion show, impersonation of personalities, storytelling, singing, and dancing.

After the programme, the children were treated to some light refreshments and were each given a goody bag.



## Hong Kong Centre Workshop on Cleaning

The Hong Kong Centre organised a whole-day workshop for abhyasis on the topic of cleaning on 8 December 2013.

The workshop happened on a Sunday. Satsangh was conducted as usual at 7:30 a.m. After a video of Master was shown, the abhyasis had breakfast together and assembled again at 10:00 a.m.

Br. Laks led the workshop following the exact details and guidelines in the workshop manual. The abhyasis started by reflecting on how daily cleaning is done and then proceeded to the group activity. Abhyasis were divided into two groups: English-speaking and Chinese-speaking. The third session



continued after lunch, which was organised by the HK Centre.

The abhyasis enjoyed the workshop; everyone learnt something new. The workshop material clarified a lot of matters. After 5:00 p.m. satsangh, everyone departed with faces lit.



## Inviting Participants to the HK Centre Retreat

The Hong Kong Centre is inviting abhyasis to join a retreat in Hong Kong from 28 February to 2 March 2014. The venue is the Hong Kong Buddhist Association Shatin Centre. All participants are requested to arrive on 28 February after 6:00 p.m.

The registration fee is HK\$400, which will cover food and lodging. Children below 5 years can come for free. Please register by 15 February by emailing Sis. Nithya at [nithyalaks@gmail.com](mailto:nithyalaks@gmail.com).



## Seremban Centre Retreat

“An ashram is essentially a place where one goes to be with his Master and to grow spiritually.”

– *Salient Features of Sahaj Marg series 5*

After a joyous first experience of staying at the Klang Ashram in Malaysia, several abhyasis from the Seremban Centre decided to spend the first weekend of October 2013 at Klang Ashram again. The seven abhyasis from Seremban were joined by a sister from the Singapore Centre and a brother from Port Klang.

They had satsangh at 4:00 p.m. on Saturday, 6 October, with the brothers and sisters from Klang. After tea, they had an informal discussion on the basics of Sahaj Marg practice and, by Master's grace, received clarifications for their queries.

The next day being the first Sunday of the month, the abhyasis attended satsangh and the extended session. After a breakfast prepared by sisters from Klang, the Cheras Centre conducted an extended session. The topic was ‘Reflecting on the Path of Inner Awakening’. Abhyasis received a set of questions to reflect upon and then wrote down their answers. Afterwards they were given Master's views on those questions. This session was a very good exercise in going within and reflecting deeply on one's understanding and practice of Sahaj Marg.

The session ended at about 11:00 a.m. The abhyasis left for Seremban with a feeling of inner happiness and gratitude to Master for this wonderful opportunity.



each one's understanding of the cleaning process. After the discussion, an extract from Master's talk on the correct way of doing cleaning was read out. Br. Nitin Govila, who was visiting Tokyo, also answered questions related to the practice in general.

After that, Br. Nitin steered the conversation towards how to grow the centre and how to reach out to locals. Various ideas were put forth. In the end, everyone had something to take back and felt more connected within.

## Nagoya

The Nagoya Centre hosted a group meditation and study session on 15 December 2013, including an open house for those interested in starting the practice.

## Kyoto

The Kyoto Centre held two day-long events. First, on 10 November 2013, twelve abhyasis and several children gathered. Some of them journeyed from Shiga, Gifu, and Aichi prefectures. Following morning satsangh, Sister Asuka Nakazawa presided over a session on prayer. After a simple lunch, some abhyasis took advantage of the good weather to stroll in Kyoto's scenic Arashiyama district before returning for the afternoon satsangh.

On 8 December, another day-long activity was held on the occasion of Br. Nitin's visit to Kyoto. Ten abhyasis and their children attended, and all were

## Activity Updates from Japan Centres

### Tokyo

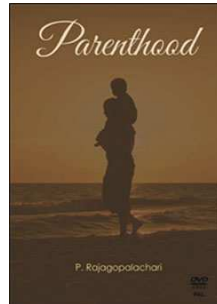
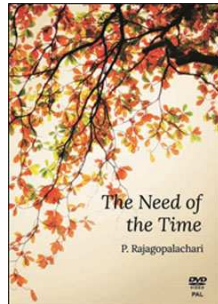
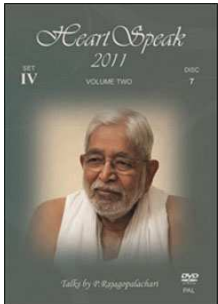
An extensive session on Cleaning was held in Tokyo on 22 December 2013, after Sunday morning satsangh. The session started with a discussion on





delighted by the beautiful Sahaj Marg banner that Br. Nitin presented to the Kyoto Centre. In lieu of a formal study session, a relaxed question-and-answer session with Br. Nitin was held, in which the newest abhyasi eagerly participated.

## New Publications



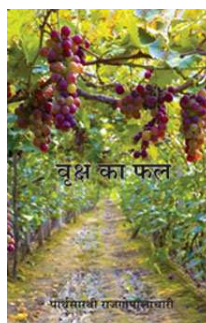
### DVDs

HeartSpeak 2011—Volume 2 (English)

The Need of the Time - (English)

Parenthood - (English)

### BOOKS



Principles of Sahaj Marg  
Vol 13

Love and Death  
Telugu

Fruit of the Tree  
Hindi

Abhyasi Diary  
Hindi

The Spider's Web  
Vol 1

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