



Picture: Christmas 2009

Being with Master...

Dear Ones,

Kindly note that all abhyasis from Oceania will have the opportunity of Being With our Beloved Master at Kharagpur CREST facilities starting from 16th October till 21st October, 2010.

The list can be updated with other details like air travel. But, it is necessary to know the number now.

Everyone has enough time now to prepare oneself both spiritually and financially.....so as to take this rare opportunity of being with our Master.

Kindly prepare the list of abhyasis coming from your respective countries and send it to Brother Chinu at Kharagpur for accommodation and food arrangements,

Brother Mrinal for receiving and transportation from the airport to Kharagpur CREST facilities.

Weather can be very warm and humid.

Should you have any question, please write to Brother Chinu and Brother Mrinal.

Most Affectionately,

Kamlesh

Correspondence to Rev. Master...

Please take note that all correspondence to Rev. Master from members in the **Oceania** region is via

Br Kamlesh Patel, 192 Geldner Ave., Staten Island, NY 10306-1374, USA

Email: kdpatel@srcm.org

Master's News

Scholarship Training Programme (ISTP)

8th programme of International Scholarship Training Programme (ISTP) has 26 abhyasis from four continents in attendance: Europe (5), ex-CIS (5), Far East (3), Israel (1) and Middle East (2), South America (9) and Africa (1). It aims to deepen understanding and practice of our system.

Speeches are delivered on attitude and character formation, organisation of the Mission and Foundation. Practical exercises are proposed for the organisation of open houses. Participants will be "ambassadors" of the Mission, contributing to the development of their centres. The ISTP started at CREST Kharagpur (West Bengal) 13th of December. Bro. Ajay and his family joined the group 25th of December. He delivered a speech on "Change" and a questions &

answers session. 29th of December, the group arrived at Manapakkam Ashram and had a session with Master on the 31st December. The programme ended on the 10th January.

Andhra Pradesh Prefect programme, 25 - 27 December

Andhra Pradesh preceptors were invited to join a training programme at the Ashram 25 - 27th December. 180 attended and the theme, "Being with Master".

New prefect training programme, 1 - 3 January

A new prefect training programme was tested for "new" preceptors (nominated in the last 2 or 3 years) 1st - 3rd January. 111 preceptors from 16 zones, 68 centres in India and 6 from abroad, attended. Speeches and group sessions focused on topics such as: principles and practice of Sahaj Marg, prefects work, attitudes and practice, Master's life and example, the Mission: our responsibility.

Australian Regional Gathering 20th - 23rd Nov '09

Report by Vice President Br John Smith

We arrived Thursday evening on the 19th, and stayed at the residence of Br Paul John, for our duration of stay while attending the seminar, who was living just 500 yards down the road from our Ashram in Bringelly. On the Friday morning we noted during our meditation the spiritual charge that was emanating from our Ashram, and wondered if the local people living in the area were aware of this wonderful gift now being present in their neighbourhood. The preceptors program started at 10.00am with group meditation, the sitting was very deep and intense right from the beginning as we felt beloved Masters input being given for our gathering. The preceptors day was the presentation of the SMRTI level 1 abhyasi training programme so that all preceptors were aware of its contents for being able to nominate abhyasis whom they may feel could benefit from this training. We were all quite taken by the content and the way it was presented, especially the quiet reading moments which allowed us to sink deeper within ourselves. Twenty Two prefects attended including 1 from New Zealand, and 3 from Fiji which gave an international presence and flavour to the programme. In the afternoon since we had some spare time all the preceptors exchanged individual sittings, and prepared ourselves further for the gathering. By the afternoon many brothers and sisters had already arrived and the buzz and excitement of the gathering had begun. In the late afternoon a short Centre Coordinators meeting was held to clarify some reporting procedures and other organisational matters. By the time the evening group meditation was to be conducted our Ashram land had been converted into a fully functional gathering site, with a large tent prepared for meditation and presentations, with audio system and projector system, along with port-a-loos and make shift kitchen set up in the existing garage. After the Group meditation and welcome to all brothers and sisters, we had our dinner prepared very lovingly by a team of dedicated volunteers. The food served during the whole seminar was superb and always delicious however simple as per Masters requirements.

The Friday evening closed with the 9.00pm prayer. Onsite we accommodated 15 abhyasis in the home site that currently exists with all other brother and sisters being billeted by nearby abhyasis. On the Saturday we noted more in number with total registration 157 including 32 children, with abhyasis attending from New Zealand, Fiji, Perth, Melbourne, Brisbane, Canberra, Blue Mountains, and Sydney. The spiritual work continued to intensify during the seminar with meditations becoming more

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Picture (Top) Preceptors (middle) Brothers in deep discussion (Bottom) Children's group



Picture: L to R Cooking team, In the meditation hall and waiting for the play to begin

absorbing with feelings of love and devotion being noted afterwards. The highlight on the Saturday was the United Nations Children's Day Commemoration (see separate article). It was heartening to see the support given by all the Mission members attending the commemoration, developing the bonds of human brotherhood for the greater community. Afterwards we all headed back to the Ashram for the evening Satsangh followed by dinner and evening prayer.

On the Sunday we held the Australian Annual General Meeting followed by an update and presentation on the Ashram Development Project given by our Architect Br Steven Haggart, where a great deal of interest was shown by many brothers and sisters with the viewing of the plans and drawings for the buildings. In the afternoon a skit was given by the children and brother and sister abhyasis on the life of our Master "Chariji" which was at times very funny but also very touching especially on the moment when Chariji meets His own Master Babuji for the 1st time. However the highlight for the seminar came on the Sunday evening, where just before our evening Satsangh we had a short skype meeting with our beloved Master which was a great joy for all of us to be able to see Him in person. He gave us the beautiful message of

"Wish you all smooth sailing, though the waters may be troubled and will meet you at the destination". With even better news to follow with all Oceania brothers and sisters being invited to attend CREST in Kharagphur sometime in 2010. He then told us that He was doing His bit for the gathering and asked when were we going to have our evening sitting which we told Him directly after this. The joy in the meditation room after the skype meeting was mesmerising and just seemed to fulfil us and made the Seminar all that more special. The Satsangh to follow was an immersion in His Love for us all, with many having tears for longing to be with Him. The Joy of the seminar continued through to the Monday morning, where the seminar closed after the morning meditation. But not without thanking all the volunteers for the superb job, for the set up, transportation and food preparations with a special thanks to Br Venkat and family. The Regional Gathering is such a special spiritual event where Master puts His loving attention on us, and look forward to attending many more of these gatherings.

We warmly invite you to attend the Australian Regional Gathering and Annual General Meeting which will be held in **Kharagpur Crest in October 16-21, 2010.**

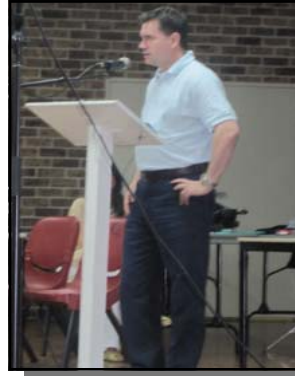
"We had very wonderful time during seminar, every sitting and Satsangh was so deep. Thanks for all the volunteers and co-ordinators for their hard work, we felt all went the way it should be. Excellent."

"Nothing I can think off needs to be improved. It was great and thank you all for your efficiency."

"We cannot finish without mentioning food EXCELLENT, from day one to the end (PIZZA Sunday afternoon). Please convey Br.Venkat and Sister Vijay that we enjoyed all food and especially Sambar rice Superb. Thanks to everyone behind the scene, who made the seminar very successful."



Picture: L to R Pizza making, Babuji and Play Compere



United Nations Universal Children's Day

Report by Sister Danielle Smith

On United Nations Universal Children's Day 21 November 2009 and as part of our Regional Gathering for Australia a function was held at Moorebank Community Hall (Sydney) and members of the Shri Ram Chandra Mission invited parents, educators, general public, family and friends to join in a universal prayer for peace. The programme was devoted to promoting the ideals and welfare of the children around the world, sharing with the community our fraternity and understanding. The observance contributed to human solidarity with a programme on the theme: *Investing in Values for the Future of Humanity*. The various speakers highlighted the need to incorporate values in both our lives and those of our children. We started with a short video presenting SRCM young members from different backgrounds and cultures in an interview at the Milan Centre. This gave a very enthusiastic and positive insight into the mental and spiritual wellbeing gained by our young members. Danielle Smith, SRCM liaison with UNIC Canberra, then presented the welcome address and spoke about the work of the United Nations, supporting this by showing two videos produced by UNESCO. She also mentioned SMSF and SMRTI, explaining their aims in the field of social and civic responsibilities. Br John Smith, SRCM Vice

-President Australia, then spoke about Sahaj Marg, it's universality and the need to establish a moral foundation, referring to press articles highlighting the lack of interest and character shown by students in schools. Sr. Sashi Kiran, founder and Director, FRIEND (Foundation for Rural Integrated Enterprises and Development), and CIC of SRCM in Fiji, partnered with the University of the South Pacific to develop a Value-based Education curriculum for schools, spoke about how Teachers and Communities in Fiji are engaging in Value-Based Leadership. This was followed by a children's programme with a song on the ten maxims of Sahaj Marg, illustrating our commitment to character formation and appropriate behaviour in daily living. The finale was a video filmed in our ashram at Vrats Sande, Denmark, showing the naturalness of family living in a spiritual environment and included a short interview with Chariji regarding youth, the role of parents and the future role of youth. There was a beautiful flow of enthusiasm and hope for the future.

Picture's: Taken during the UN gathering



Personal Articles

Visiting Rev.Master

Sunitha Joshi

I would like to share my observations during my recent short visit to Manapakkam 19th - 24th Dec 09 as noted in my diary. Rev.Master was staying at ashram as many abhyasis from all parts of the world began to arrive. As soon as I arrived I felt the need for a sitting, saw bro.Rajagopalan so requested a sitting and he immediately took me GOH and gave a sitting. I felt a great need to meditate and every meditation was unique and plunging me into greater depths. I strongly felt an air of urgency and some higher divine force is set into motion compelling abhyasis use the precious time of their stay at the ashram for more indepth practice. I was amazed that I was able to meditate 4 to 5 hours every day including 3 satsanghs per day with ease which I could never do before.

I was told that Master was in the cottage but I never saw Him on the first day. As I was sharing this with one of our abhyasis we saw Master coming out of His cottage and walking towards Babuji Maharaj's statue. Soon I saw Him unveiling lord Krishna's marble statue installed just beside the statue of Babuji Maharaj. He then went back to the cottage, someone said overseas abhyasis are asked go inside the cottage. As I entered, the gate closed behind me and Master started sitting. Everything happened in such a short time that I was just sitting there thinking is this real!

We saw Master every day twice going around the ashram in His golf cart when He would speak to abhyasis, wish them happy birthday, name babies very patiently with great care and love. On one such occasion my son who is 17 asked rev.Master for His permission to start meditation. He said "Yes, you can, but only when I give a satsangh you must sit" This gave us another reason and opportunity to wait outside His cottage every day after satsangh waiting for Him to conduct satsangh. During these 3 days of waiting I went through various emotions like annoyance, impatience, anxiety and sadness that I may have to go back without meeting Him. On the last day as I was about to leave the gate for my return flight Master called me inside and gave us all a sitting. He showed us the plan of Babuji's memorial that He is going to build. Someone asked where is it going to be built. He quipped "ah! That's a good question, I won't reveal it now". I had the opportunity to ask Him about Oceania abhyasis Kharagpur meet. He said He remembers about it and will let us know the dates.

On Christmas Eve Master cut the cake and again gave us an opportunity to spend time in His presence.

When I look back I feel that Master knows exactly what each abhyasi needs and when. Our anxieties reflect our impatience to wait for His plan to unfold before us. Everything falls into place for each one of us the moment we enter the ashram and all we need to do is to learn to trust the Master, similar to a child trusting its mother and allow Him to take us through His plan for each of us.

Sadhana Program – A Milestone, CREST Bangalore

Mohan Gopalakrishnan

Recently I had the good fortune to be able to participate in the Sadhana Program at CREST Bangalore. When I enrolled in the program, I had little idea of what to expect. Initially, I thought CREST was a retreat centre and hence a good place to REST. But, by the end of the program, I had well realised that it was far from being a resting place.

The Sadhana Program is conducted twice a month with each batch lasting 6 days. The program started with a welcome speech by the director of CREST, Bangalore. In his welcome speech to us (the delegates), the director said we were HIS guests and surely enough we were taken care of in that very way. He emphasized the need for strict discipline throughout the course and this even included NO use of mobile phone whatsoever till the program was over. By the end of the program it was clear that spirituality couldn't be practiced without discipline! He then went on to disclose the schedule for the next 6 days and it was packed to the rafters. Even if mobile phones were allowed, I don't know where we could have got the time from, as there were activities packed one after the other, with all activities being mandatory for all the delegates and no exceptions. What was also interesting was that the program not only focused on just the sadhana, but also took a holistic approach by focusing on the mind, body and the soul. There were training sessions to feed the mind, daily practice for the soul and mandatory exercise and voluntary work to keep the body fit. I very much want to outline the schedule for the program but I have decided against it, as I would otherwise be spoiling the mystery for future participants.

On day one, all of us had confused looks on our faces, as we did not know what to expect. But, by day three, we had all settled down quite well and the spirit of brotherhood was so good to see and experience. Everybody was accommodating of the other and the way we all lived for those 6 days reminds me of cog wheels in a machine, which rotate with discipline and integrity to make the system run smoothly.

There were two classroom sessions every day with the topics being Goal, cosmic consciousness, Meditation, Cleaning, Constant Remembrance, Ten Maxims and Prayer. Barring cosmic consciousness, every other topic seemed so familiar and repetitive. But, all that was to change with just the first session on Goal. The training sessions were so in depth, so profound, yet so simple in terms of presentation. My understanding of our system has changed to such an extent that I am now encouraging anyone I know to participate in this program. Our facilitators in the classroom, who presented the above topics, were exceptional and catered to all the delegates with varying backgrounds. All sessions were interactive and 6 groups were made on the first day, each given a topic. The sessions start with the group leader presenting on their particular topic for 15 minutes. The topic for our group was prayer and we decided to focus on just the three lines of our mission prayer. Before the program, I could probably speak about the three lines in our prayer for three minutes, but we made a 20 min. presentation just on the essence of those three lines.

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CREST hosts a very good library of 2000 – 3000 books, specially hand picked by Master, with many being non-mission books. There is 1-2 hours of library time everyday and on day one, we are asked to choose a book of our choice (non-mission) and all delegates are supposed to present a review of the book on the last day. This way, we got to know the gist of around 35 books, which helps us in choosing our next book. I looked for the smallest book, titled "The Birth called Death" by Kathie Jordan. Though a small book, it was a very interesting read as the book deals with out-of-body experiences of the author with her dead brother in the astral world from which she understands the meaning of life on earth. Among all the activities, the hardest for me was "golden silence" for one hour in the evening. During this time, we were instructed to not meditate, not do our cleaning, not read / write, and of course no talking. For the first two days quite a few delegates found this the hardest part of the program. But, can I say that by the end of the program most of us had realized the importance of such a time in our lives everyday. I feel that given the mad rush that our lives have become, the power of

contemplation is becoming lost, turning to Internet for every single thing!

By day 5, we had all started to feel like one big happy family. Each of us had realized the importance and the role of different aspects of our sadhana in enabling us reach our Goal and were ever thankful to Master for gracing us with an opportunity like this.

On the last day, most of us felt as if we were actually leaving our homes and going somewhere else. Even now when I close my eyes to start meditating, the memory of morning meditation at CREST is still very fresh. I keep recounting many of my experiences at CREST to my family and friends very often. I don't think I would be wrong in saying that if there should be a perfect sadhana program, this is how it should be!

So, I started out thinking CREST was a good place to REST, but I conclude this article by saying that CREST is a place to Create RESTlessness in our hearts to reach our goal.

Ashram Update

At our last update we mentioned we had submitted our Development Application to Liverpool Council, after a few weeks they wrote to us questioning whether our Development Proposal actually fell under a Place of Public Worship. We held a Skype meeting with the Committee of Management for everyone's input and after a little more to-ing and fro-ing with our Town Planner and our Architect Br Steven Haggart we finalised our reply, mainly based on our letter from our Barrister at Law which had regained our Income Tax Exemption status. We received the wonderful news from Council 23rd December that they now accept our application under this category and will be proceeding with the application. In early January we again heard from Council regarding the Dormitory Blocks, for which they required further information re why these were necessary as a part of the development, as a "Place of Public Worship". We again held another Skype COM meeting and prepared a letter with final assistance from the Town Planner. With the letter now been submitted to Council for their legal team to look over and to reply we are hopeful of their acceptance. We anticipate that the advertising process should begin in late January or early February, giving 6 weeks for feedback from the local residents and community. Again we look forward to everyone's heartfelt prayers and good wishes for a successful outcome.

Affectionately
Brother John Smith

A note from the heart

Hello Br. John,
Greetings from Plymouth, UK! As I wrote to Br. Ajay, after

watching Master's speech given in Sydney in 2004 regarding the need to build the ashram while the opportunity existed, I felt inspired to help in some way! I thought of dropping you a line and introducing myself. My journey in Sahaj Marg has been an amazing and intriguing one! I met Master in my hometown of Ahmedabad in Gujarat, India in 1996, when I wasn't even an abhyasi, and soon after that meeting, I left for Australia. I worked at the Australian National University in Canberra, but travelled to Sydney and surround areas a couple of times. My visa to work in Australia was a temporary one, and I had lined up a PhD study in Halifax, Canada, so I left sunny Australia for the cold winters in Canada. I took my introductory sittings in California while I was visiting my sister (who was/is an abhyasi) in the Christmas of 2000. However there was no centre or abhyasis in Halifax, Canada then, and somehow I was not motivated/ready to start my practice. Several years later I left North America and moved to the UK, and felt a deep urge to do something about the meditation. It was here in Plymouth, Southwest England that I commenced my practice properly starting in mid-2006, although there was only one other abhyasi here then! Our centre has grown a bit, and although we don't have a preceptor, we meet for Sunday satsangh regularly, and get our individual sittings whenever a preceptor visits us, or when we travel up to them. The past few years have been a beautiful journey in Sahaj Marg with its ups and downs no doubt. Currently I'm in a state where I would like to work for the mission in my best capacity. It may sound a bit far-fetched, me offering to help with the Sydney Ashram from the UK, but the feeling is very much there. Perhaps my feelings may make me move to Sydney! Any suggestions from you would be helpful.

Best wishes, a sister abhyasi

Centre News

New Zealand

Auckland

- *October*

In October all abhyasis gathered for half day Diwali program. After morning tea we watched a DVD then had a session in which all were divided into 4 groups to discuss the topics given.

- *November*

In the month of November each one has taken different roles to participate in Mission activities, amongst them, the important activity of issuing library books. Another highlight of this month was Br Vijay Narayan's visit to Auckland and his presentation on "Science & Spirituality".

- *December*

In December a presentation was given by Sister Siksha about the youth seminar held at Sydney. 13th Dec we discussed VBE (Value based education) for the children and Sister Mehak shared her trip to Tirupur.

Wellington

- *November*

From 1st onwards Wellington centre Sunday satsanghs are held at the Scout hall near Waterloo school, Lowerhutt. Prefects visited nearby centres Rotorua and Palmerston North Full Sunday 3rd Sunday, abhyasis who visited Sydney seminar shared their experiences as well as other activities. Open day held with 1 person being introduced.

- *December*

2 open days held and 8 persons attended with 2 people being introduced. Remaining 6 were also interested to start the practice in January 2010

- *January*

First 3-day silent retreat was organised for Wellington abhyasis at Strathean retreat centre nearly 1.30hrs drive from Wellington city.

Dunedin

November

Started off with a silent retreat, (see the article below for full report). We plan to have another silent retreat in March, but this time it will be for 10 days. It will be a wonderful preparation for all of us who are longing to see Master during 2010.

Vijay Narayanan came again with great generosity of spirit, to bring more of Master's blessings to our group. He gave us sittings and satsangh, and also a second talk at the Department of Preventive and Social Medicine, entitled "Sahaj Marg meditation: a way of exploring reality". We all learned from his very natural and unassuming way of explaining things. This was his third visit of 2009 and the group has experienced an increasing spiritual depth with each visit.

Vijay's visit was an excuse for another shared meal and we cut one of Janine's famous cheeses. We also got together for a shared meal at Halloween, to celebrate Parihaka. This is a celebration of peaceful resistance in NZ. We had a visit from Sridhar as a further gift of support to our very small group and had sittings and satsangh. For several months we have had Judit

Lengyel staying in Dunedin on Master's suggestion, which has been another great gift. All of her photos are beautiful, but the series of the Botanic gardens are exceptional.

Janine and Suzanne managed to get to Sydney for the seminar, which helped us to understand the wider context of SRCM in this part of the world. They invited a large group to visit us (17 in all) just before Christmas, but unfortunately the group were unable to come. The lesson that we have learned is that hospitality is easy with Master's grace. If anyone wants to visit, we are ready!

December has been quieter and we are now looking forward to meeting up with the Christchurch abhyasis at Kelcey's farm holiday park in February. Some of us will camp and we hope that it might become a regular way for the groups to stay in touch.



Picture: On Silent Retreat at Waikawa, SI, New Zealand

Dunedin Silent Retreat

Suzanne Richards, Dunedin, NZ

We were blessed to be able to use the crib (bach/ holiday cottage) of Janine Joyce's parents which is situated in Waikawa a country village about a 2 and a half hour drive south from Dunedin. As none of us had done it before we didn't really know what to expect, myself in particular. Before we left I sent out an information sheet to all participants. There were five of us in all and all of us women. The information sheet was largely based on what was on www.sahajmarg.org site re retreats and the info Sr Libby Crichton sends to attendee's in Australia before a silent retreat. I had also talked to Sr. Libby when she was in Dunedin on how to run them.

Four of us left Dunedin together by car on Thursday 29th October. One person was unable to leave till the Friday and drove down on her own. We arrived in Waikawa around 6pm and Janine showed us round and then took us for a walk in the local area so we could orient ourselves. After that we had dinner together and started our silent retreat. We had no Sahaj Marg literature or DVDs as we were only there for three days. We were also out of cell phone coverage so that was not an issue and there was no phone on at the crib. Our retreat started with our cleaning followed by the nine o'clock prayer. In the information sheet sent out was the suggested schedule of our Spurs retreat centre, in the US. It was also pinned on the living

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room wall and there was also a duty roster for each meal. Meal times for the person on meal duty was the only part of the schedule that could not be changed apart from the times for the sitting with Master and the Sunday satsangh. Abhyasis were encouraged to make their own schedule to fit with their inner work but I observed that most followed the schedule as given more or less, particularly on the first full day.

I noticed that the depths to which abhyasis got into their inner work were different for all and their timing was also different. Some were into it straight away and were in it at depth for the whole time. For others it was a slower process. Most seemed to meditate a lot more than on the schedule, I think up to at least six times a day, maybe more I'm not sure. I had told them beforehand just to tell me if they needed a sitting or had problems with their inner work. Nobody did, though I could sense people were going through things at different times. There was no problem with talking. Sometimes people would leave a note or whisper something to me but not really to each other. They were just practical things to do with the running of it. I think I would take a little bell another time to announce meals. We had one time on the schedule for meal prep, serving and clearing up. Mostly people were in different places, not all collected together. We had not talked before about who would clean up after the meals but luckily it just seemed to happen. Most of our meals were already cooked before we arrived to give us more time to focus on the inner work. We only had to heat them up there.

I would say the retreat was something very worth doing for all and is something I would recommend. We are lucky I suppose here that we can all do it again quite easily. Because we stayed at Janine's family crib we didn't pay anything except the petrol for the trip and our food. We feel blessed.

Fiji

Suva

• *November*

17-18 Nov, Sister Sashi travelled to Suva for sittings with abhyasis and spent time together in satsangh.

December

26-28 Dec, Sister Rita and husband Brother Vishan were in Suva for Christmas holidays and she conducted Sunday Satsangh and individual sittings prior to her departure for Lautoka.

Lautoka

Sahaj Mornings every Tuesday at Sharma residence (see article). Beginning this quarter, the first Sunday of every month after satsangh has been spent in training sessions for an hour conducted by prefects at Sister Sashi Kiran's residence. The training sessions have focused on the basics of Sahaj Marg – Master, Mission & Method. A light breakfast is shared at the end of the training.

• *November*

November 14th, a half day seminar was conducted at University of South Pacific lecture hall. Sister Sashi Kiran welcomed and facilitated the program. 20 abhyasis attended satsangh however only 13 abhyasis stayed on for the program due to work commitments. We watched power point presentations and had

a lively discussion and sharing the benefits of practice, then a "question and answers" session. Lunch was served thereafter. The Oceania Regional Seminar in Bringelly 20-23 Nov was attended by 4 abhyasis from Lautoka.

Attending Regional Seminar in Sydney

Sashi Kiran

20-22 November- I felt very blessed to have the opportunity to attend the Sydney seminar. Was glad to attend the prefect seminar on 20th. Despite the heat it was easy to retreat during the entire time. UN Children's Day provided an opportunity to share the progress on Values curriculum development in Fiji. I was very happy to meet Sr Freida Satyadi on a work trip to Indonesia. We were both made prefects by Master on the same date December 2004. She picked me up 8th October to attend satsangh with 10 abhyasi brothers and sisters in Jakarta. We watched Masters video together and shared our centre news.



Picture: Satsangh at Fiji at the newly purchased FRIEND SITE 2010

Sahaj Afternoon

Evalene Kumari

For the past few months there have been Sahaj morning sessions carried out on every Tuesday at Mrs Sharma's residence in Lautoka, where abhyasis and guests were invited. Discussions on certain topics such as basics of the Sahaj Marg system of meditation / cleaning / satsangh and universal prayer along with reading of books / watching DVD's etc, were carried out and closed by tea and snack. From last week the Sahaj morning has its timing changed to afternoons to accommodate abhyasis who are mostly at home and free from 3.30pm onwards. The purpose of this gathering is to use our spare time to understand more about the system and how can one develop discipline their spiritual practice. A big thanks you to Sister Shruti Sharma, who is always helping to serve tea and snacks with all so much of love.

Oct to Dec, 9 new abhyasis joined Sahaj Marg in Fiji, 8 in Lautoka and 1 in Suva

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8-17 January 2010: Our visit to Lautoka Centre,

Danielle Smith

Sis Sashi welcomed us at the Nadi airport on Friday 8th January around 6pm. John had visited Fiji twice before but it was the first time for me and the children. We settled at Sr Sashi's home in Lautoka around 9pm and together sat for the Universal Prayer and Master's sitting.

The following day, John conducted satsangh at 9am at the Ocean Soaps conferene room, kindly offered by the Punja's group of companies where our Preceptor Br Rakesh Sharma works as managing director.

I conducted the SMRTI abhyasi training programme for 19 abhyasis mostly from Latouka with 2 sisters attending from Suva centre. The facilities were perfect and we felt very grateful to be offered their use. Thanks to Br

Dharmin, our SMRTI coordinator, I received just before leaving, the full presentation compiled in 1 DVD, which made the technical side of things much easier. The feedback was very positive from all who attended. As not many questions were raised during the presentation, we finished the session with some discussion afterwards, followed by a DVD viewing of part 1 of Master's visit to Oceania 2004, making the concept of our Oceania Region a bit more real for most of the abhyasis present. A wonderful lunch was prepared by the parents of a newly introduced brother on site and we closed the day session with a satsangh at around 4pm. I noted with much delight the presence of 4 Fijian sisters and secretly wished we could welcome some indigenous people in Australia also.

Sunday 10th, Group Satsangh was conducted at Sr. Sashi's home and followed by part 2 of Master's visit to Oceania. After brunch, we resumed discussions focussing on diary writing and developing sensitivity for further enhancing our spiritual experience. It felt like the heart of a seminar, and after a certain amount of inner work, abhyasis were now opening up in a noticeable way, exposing their feelings and experiences..I was capturing the loving expressions in their faces and the bonding developing amongst all present.

On Monday 11th, John and I were back to the Ocean Soaps 'conference room, where 19 of the Punja's corporate management team were invited to attend John's presentation on Sahaj Marg practice. Mr Nitin Punjas their CEO attended and closed the session. We were then invited for lunch with Nitin and some top management people in a separate room and were invited to his home for a while. The next day we were taken for

a tour of some of the companies with the children. Such support is valuable in bringing awareness of Sahaj Marg. It would be quite positive to penetrate the field of corporations in Australia to offer our teachings and help enhance people's wellbeing and possibly open new horizons for all the willing ones. We gave individual sittings in the afternoon. On Tuesday 12th, Sis Rita Vithal invited us for brunch in her apartment in Lautoka, where we gave again a series of individual sittings and had an opportunity to meet more sisters. In the afternoon, we met at Br Rakesh and Sis Neelima's home for giving further individual sittings and were invited for a splendid North Indian meal prepared by Sr Neelima along with the Nitin Punja and family. Wednesday 13th, after giving more individual sittings I felt time had taken a special dimension, giving me this sense of eternity,

as if we had been in Fiji for months (it was a special feeling). In the evening, we had satsangh at the newly acquired land for FRIEND's village project on the hills, just about 15 minutes out of Lautoka with approx 20 abhyasis attending. Thursday, we decided to take the children for a day cruise in one of the many islands accessible from Port Denarau. On Friday 15th, after a short shopping trip we spent time at Friend's office, giving sittings to a number of staff members, after which we again met at Br Rakesh & Sr Neelimas home for a meeting with preceptors and concluded with another delightful dinner this time South Indian with Dosai and other dishes. Saturday 16th, we had satsangh at 9am at FRIEND's office followed by a presentation study on the 10 maxims which was attended by 10 abhyasis. We were then given our first traditional Fijian meal prepared by Sisters Mary & Vive which included the local crops and delicacies of Kasava, Dalo, and Namaseagrapes. On Sunday 17th, we had our final satsangh at 7.30am and finished with lunch in Nadi with Br Rakesh, Sis Neelima, Sr Shruti and Sr Sashi, which

was a delightful moment, and also sad to leave them.

We were really touched by the way we were welcomed by everyone and so well taken care of and a refreshing experience for us to be in the Sahaj Marg environment where we had the chance to include our children, who have also benefited from a mix of different cultural experiences in Fiji.

Australia

Brisbane

• November

1st Nov Brisbane abhyasis joined the 4 abhyasis Toowoomba



Pictures: Above Enjoying lunch during Abhyasi training at Punja's Ocean Soaps, Lautoka and Below Satsangh at Toowoomba

continued over page

centre for satsangh, at the home of Uma and Kumar Gandu, followed by a video and an open house attended by one visitor.

22nd Nov 10 abhyasis and 6 children from South East Queensland attended the Annual Regional Gathering in Bringelly, supported the Mission and enjoyed their stay in the serene ashram grounds.

December

6th we met at the home of Sis Vani in North Booval (Ipswich area) for satsangh, followed by a presentation of the final plans of the Bringelly Ashram project prepared by our architect Br Steven Haggart. Some of the children joined in for a rice paper roll learning session and served their rolls to all for brunch (Clara and Sameera in photo)

18 December, abhyasis and families shared dinner as a year finale at the Thai Restaurant in Kenmore.

This quarter we welcome eight new abhyasis for South East Queensland: Neelima, Vinod, Shobha, Vanitha, Raj, Pratheepa, Keshava, & Corinne.

Sydney

• *October*

Monthly gathering Br. John CIC presented the session after satsangh on 'Meditation a Scientific Approach to Spirituality'

• *November*

1st we had the monthly gathering presentation given on "Love"
7th 5 children went to watch movie 'UP' with Sis. Waireti at Mt.

Druitt shopping centre, to encourage more participation in activities by children on a regular basis.

14th Ashram cleanup day in preparation for upcoming seminar. Volunteers cleaned the entire house, shed, children's area, front and backyard. Lawn mowing was done and the garage was converted into a make shift kitchen.

• *December*

5th session Observing Inner Condition conducted at Ashram. 10 abhyasis attended

5th Introductory Talk on Meditation given by Br. John Smith at University of New South Wales with 30 people present - a midweek satsangh is now held at the University

6th Monthly Gathering topic Maxim 6

19th SMRTI Training Programme and 15 abhyasis attended.

Melbourne

• *October*

We began the month with a presentation titled "What Sahaj Marg means to me" by Sister Seema and her two daughters – Rewa and Nikki.

18th Presentation titled "Imagine" pointing out that time is short and the journey long.

25th DVD Master's talk - "Approaching the Guru".

Last Sunday of October a presentation titled "As below so above".

• *November*

Mid-month talk from DVD set titled "The first exposure to the Guru".

Most of the abhyasis from our centre went to Bringelly to attend the bhandara. The brotherhood and love we felt as well as the charge at our ashram was incredible.

Last Sunday of month centre cleanup in preparation to return it to the landlord 14th December.

• *December*

7th we had a presentation on the Lalaji Memorial Omega School.

20th we were fortunate to have Brother Ravi over from New Zealand and he gave us a presentation on the Sahaj Marg practice.



Picture: Youth Activity in Perth

Perth

• *November*

1st, 15th Study session presented by Sister Sujatha. The topic was "Living by the Heart"

A youth wing activity was held in Perth coordinated by Br Michael Light. This was well attended by the youth from Perth centre, along with the young at heart and children as well. After lunch at the Annalakshmi restaurant on the Swan River, a short study session was held on the bank of the river. The topic was "Utilizing Youthful Energy for Self-Development" based on a talk given by Master. It was a very enjoyable afternoon.

• *December*

Study day conducted by Sister Lulu

Many abhyasis have left on holidays with many of them visiting Manapakkam.

• *Other activities*

VBSE activities have been revived and are held on alternate Fridays at the centre in Willetton. The response has been good. About 10 children [including children of non-abhyasis] participate regularly. The feedback has been very positive and the children look forward to the sessions

Regional centres WA

21st Nov An impromptu retreat/study weekend was held at Donnybrook centre

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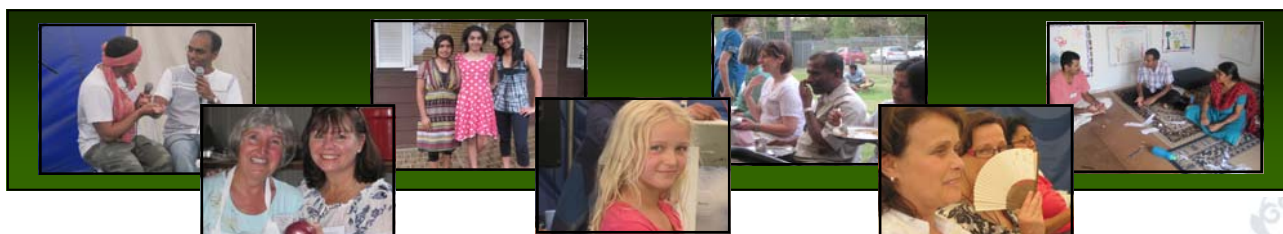
Calendar of Events February to March 2010

February

Date	Activity	Centre	Contact
2nd	Basant	<i>all centres</i>	
5th	VBSE for kids	<i>Perth</i>	sahajsanjeev@gmail.com
6th	Preceptor sittings	<i>Sydney ashram</i>	rklal@optusnet.com.au
7th	Long day programme-Volunteering and service	<i>Melbourne</i>	vsharma4@gmail.com
7th	Study Day	<i>Perth</i>	sahajsanjeev@gmail.com
7th	Monthly Gathering-long day	<i>Sydney ashram</i>	rklal@optusnet.com.au
7th	Monthly Gathering-long day	<i>Brisbane</i>	danasm@primusonline.com.au
12th	Preceptor sittings	<i>Perth</i>	sahajsanjeev@gmail.com
12-13th	Training weekend-Ego	<i>Sydney ashram</i>	rklal@optusnet.com.au
14th	DVD viewing after satsangh	<i>Melbourne</i>	vsharma4@gmail.com
14th	South Coast Satsangh	<i>Kiama</i>	edenley@internode.on.net
19th	VBSE for kids	<i>Perth</i>	sahajsanjeev@gmail.com
19th-20th	Retreat	<i>Sydney ashram</i>	rklal@optusnet.com.au
20th	South Coast Sittings	<i>Mt.Pleasant</i>	edenley@internode.on.net
21st	Training workshop-Diary writing	<i>Melbourne</i>	vsharma4@gmail.com
26th	Preceptor sittings	<i>Perth</i>	sahajsanjeev@gmail.com
27th-1st Mar	Retreat	<i>Perth</i>	sahajsanjeev@gmail.com
27th	Open House	<i>Dapto</i>	edenley@internode.on.net
28th	South Coast Satsangh/training workshop	<i>Kiama</i>	edenley@internode.on.net
28th	SMRTI training	<i>Central Coast</i>	dharmin01@hotmail.com
28th	Kids Presentation re Love	<i>Melbourne</i>	vsharma4@gmail.com

March

Date	Activity	Centre	Contact
5th	VBSE for kids	<i>Perth</i>	sahajsanjeev@gmail.com
6th	Training w'shop-Surrender	<i>Sydney, ashram</i>	rklal@optusnet.com.au
6th	Preceptor sittings	<i>Sydney, ashram</i>	rklal@optusnet.com.au
7th	Training - Interiorization of the Master	<i>Melbourne</i>	vsharma4@gmail.com
7th	Monthly Gathering-SMRTI training	<i>Brisbane</i>	danasm@primusonline.com.au
7th	Monthly Gathering-long Day	<i>Sydney, ashram</i>	rklal@optusnet.com.au
12th	Preceptor sittings	<i>Perth</i>	sahajsanjeev@gmail.com
13-14th	Preceptor visit and satsangh	<i>Canberra</i>	dharmin01@hotmail.com
13th	Training workshop-Observing inner condition	<i>Sydney ashram</i>	rklal@optusnet.com.au
13th	South Coast sittings	<i>Mt. Pleasant</i>	edenley@internode.on.net
14th	DVD following satsangh	<i>Melbourne</i>	vsharma4@gmail.com
19th	VBSE for kids	<i>Perth</i>	sahajsanjeev@gmail.com
20th or 21st	SMRTI training	<i>Sydney ashram</i>	rklal@optusnet.com.au
21st	South Coast satsangh	<i>Kiama</i>	edenley@internode.on.net
21st	Training workshop-Observing inner condition	<i>Melbourne</i>	vsharma4@gmail.com
21st	Youth Programme	<i>Perth</i>	sahajsanjeev@gmail.com
26th	Preceptor sittings	<i>Perth</i>	sahajsanjeev@gmail.com
27th	South Coast sittings	<i>Dapto</i>	edenley@internode.on.net
28th	Training workshop-Role of the Master	<i>Melbourne</i>	vsharma4@gmail.com



Pictures: Taken during National Gathering held in Sydney 2009