



SHRI RAM CHANDRA MISSION

ECHOES

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NEWSLETTER

Master's News

We have been reading loving accounts of respected Kamlesh bhai's tour in North America, Europe, and before that, his tour through much of India. He has kept a rigorous schedule of visits, conducting satsangh for large and small groups of hearts opening to experience ever more profound depths of the divine within. Several of his talks are available on the sahajmarg.org website, and the details of some of his informal thoughts have been written in the accounts emailed as Abhyasi Bulletins. Through photos (see page 1 & 2) we can see the care and love he is sharing with us all in every kind of venue.





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Pujya Babuji Maharaj's 116th Birth Anniversary Celebrations
29th April to 1st May 2015

Klang, Malaysia

All abhyasis were urged to be ready for the celebration of Pujya Babuji Maharaj's birth anniversary by preparing themselves and their hearts for this special occasion. On the eve of the bhandara, about 40 abhyasis gathered at the Klang Ashram with their hearts fully tuned to receive that sacred transmission. The evening satsangh was followed by a presentation by sister Pushpa of Melaka centre, appropriately entitled 'Heart is the Divine Abode.'

The programme on 30th April started with satsangh at 7.30 a.m., followed by the viewing of a DVD of Pujya Chariji's talk delivered in conjunction with Babuji's birth anniversary in 2012, when he urged everyone to 'Remember Him, Emulate Him'. The CIC then gave a welcome address to the 60 abhyasis who had gathered that morning to be part of this joyous occasion. Everyone watched the video of the positioning of Babuji Maharaj's statue at Kanha Shanti Vanam in Hyderabad, India. This was one of Pujya Chariji's special projects that was close to his heart, a *Guru Dakshina* for His Beloved.

After breakfast, abhyasis watched the live proceedings of the celebrations in Lucknow via Internet. It was heartwarming to see respected Kamlesh bhai enjoying the musical rendition of an abhyasi brother. The programme continued with an interesting presentation by sister Kamala entitled 'Timeline'. It explained graphically our '*guru parampara*', highlighting the spiritual giants and key personalities who had paved the way for the spiritual awakening of humanity of this *yuga* (era).

The afternoon activity was a combined effort by Singapore and Klang abhyasis and highlighted the divine as well as the very human qualities of Babuji, filling everyone's hearts with love and devotion for 'the Master of Universe'. A quiz and a slide presentation by Melaka sisters continued

to keep everyone absorbed in the sublime mood. The day's programme ended with the evening satsangh.

On 1st May, after the morning satsangh at 7.30 a.m., everyone watched the DVD 'India in the West' that documents the efforts of our Masters to spread Sahaj Marg worldwide. Brother Siva of Subang Jaya centre then gave a presentation on 'Problem Solving in the Sahaj Marg Context'. He focused on quotes of our Masters on how to solve various everyday problems, ending with the Masters' teachings on prayer.

The celebration ended by noon when abhyasis returned home blessed and happy to have been part of a most heartfelt and sacred occasion.



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Singapore

The day commenced with satsangh at 7.30 a.m. followed by breakfast, when Babuji's favorite *pooris* were served. Many enthralling sessions were conducted by the brothers and sisters, keeping everyone drowned in divine love and the mood of celebration and cheer. The programme consisted of a combination of individual presentations, discussions, group activities, *bhajans* and plays. A movie 'Life of Babuji' was watched in veneration of Babuji Maharaj. It developed an atmosphere conducive to delving deeper into His love.

The 'twinkling stars' from the Children's Centre expressed their love in the form of a dance and a play with a beautiful message. All were overwhelmed by the flow of divine current and felt a sense of unity. Evening satsangh was at 7.15 which was followed by dinner. At the end of the day, everyone went home feeling elated with divine love in their hearts.



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Philippines

The celebrations were conducted with morning and evening satsanghs in the Manila and Roxas centres. Both locations held a morning satsangh at 7.30 local time followed by a reading from *Whispers from The Brighter World* and a short video on Babuji's life. The abhyasis had a sumptuous breakfast punctuated by the sharing of stories and feelings of brotherhood.

Hong Kong

Abhyasis reported feeling changes in themselves and a sense of excitement on this day. Some abhyasis expressed their sadness for not being able to join the bhandara at Lucknow, but they decided to make this event as happy as possible at the local centre. It was a joyful day, especially for the children who were present for the full-day celebration.

Satsangh was held at 7.30 a.m. followed by breakfast and lunch. Abhyasis made an effort to choose a special menu appropriate for the occasion. Children cut a cake and merrily sang 'Happy birthday' for our loving Babuji Maharaj. They had fun with their activities of drawing and playing games, while experiencing joy and a closeness among themselves. They have developed a higher sense of belonging, looking forward to spending Sundays with their friends at the centre.

At 11.30 a.m. we had a second satsangh, followed by a movie on Babuji Maharaj's life. For the new



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abhyasis, this was a feast, as they learned how Babuji had lived his life, thus taking inspiration to lead a simple, yet disciplined life, full of dignity, truthfulness and composure. Some abhyasis truly felt a sense of awe to see what a simple life their guru had led, dedicated to sadhana and service.

Then, at 7.30 p.m., we concluded the function by having the evening satsangh. It was yet another day of experiencing gratitude to the Almighty for blessing us with such a wonderful guru whose footprints have led us towards a higher state of being.

Japan

Tokyo Centre

On 29th April, we celebrated Babuji's birthday by coming together with a united goal for the purpose of our spiritual progress. We arrived at the venue for meditation at 11.00 a.m. There was an air of subtlety and calmness after the meditation was concluded.

From 12.30 p.m., all abhyasis helped with the preparation of lunch; whatever job had been assigned, it was carried out with pleasure. Everyone was seated around the table for the meal as a family. Laughter, jokes and pleasant reminiscences of our Master were prominent throughout the lunch.

At 2.00 p.m. we started the afternoon session, which involved a discussion of two pages chosen from the *Whispers*, as well as some handouts on 'How to prepare ourselves before a bhandara'.

The handouts were read by everyone, and we took time to introspect. Like a river that flows smoothly onwards, the discussion led to a satisfying question-answer session. After listening intently and conversing fluidly on Master's topics, the time came for meditation. Everyone was prepared to receive what was needed for our growth. The day ended with a calm, subtle breeze of vibration felt at different levels by each abhyasi.

On 30th April, two meditation sessions were conducted: one at 7.30 a.m. and the other at 6.00 p.m. On 1st May, the final sitting was conducted at 7.30 a.m.

Seminars are held for our progress. If we prepare ourselves beforehand, we reap the fruits and progress much faster.

Nagoya/Gifu Centre

Two satsanghs were held - one at 11 a.m. to coincide with the satsangh time in India and another at 7 p.m. so more people could attend. This was followed by a reading from Chariji's speech, given at Tirrupur in May 2010, on the importance of attending such occasions. We then had a relaxed dinner together.

Kyoto Centre

Abhyasis in Kyoto took advantage of a public holiday on 29th April to gather and celebrate the occasion. We assembled for lunch and held satsanghs at 3.00 and 8.00 p.m. It was a really nice occasion on which to gather as a group, enjoy the lively interactions of the children, and greet some members whom we had not seen for a while. On the morning of the 30th, we held an additional satsangh before dispersing to attend our jobs and other obligations.

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Centre Updates

Melaka, Malaysia - Open House

Melaka centre invited guests and friends for an Open House on 8th March 2015. About eight guests attended and, together with regular and new abhyasis, a total of twenty were present.



Sister Shanti gave an informal talk about 'Living in the Present' and highlighted how spirituality helps us do that. Guests were invited to try out the practice of Sahaj Marg. In conjunction with International Women's Day (8/3/15), after the introductory talk Dr Sachin Kumar, a rehabilitation specialist, was invited to give a talk on 'Ergonomics of Daily Living'. Every one enjoyed the session very much as practical tips were shared and demonstrated.

Klang, Malaysia - Prepare Your Hearts

A special extended Sunday session was held on 26th April at the Klang Ashram. It focused on preparing our hearts for the sacred celebration of Babuji Maharaj's 116th Birth Anniversary on 30th April.

The activity was conducted by Subang Jaya centre and the participants first listened to the speech by respected Kamlesh bhai on how to prepare for the upcoming celebration. Then they introspected deeply on the question of 'How

will I prepare myself, prepare my heart for such a special occasion?'. Participants then shared the ways and means of readying oneself to celebrate such an auspicious occasion.

The activity was highly beneficial as it gave us all an opportunity to check our own readiness for the bhandara and to do the needful to receive the Divine Grace of our Great Masters during those very special days.

All-Japan Retreat in Gifu Prefecture

The 20th SMSF NPO all-Japan Spring retreat was held in Kani, Gifu from 27-29th March 2015. It was organised by sister Kayoko Takahashi, the prefect in the Gifu centre in central Japan. The retreat was held in a quiet facility surrounded by nature and attended by abhyasis from Tokyo, Kyoto, Shiga and Nagoya. We were around 40 adults and 9 children, the largest gathering yet in any of our retreats.

The theme of this retreat was 'Introspection'. Spread over the three days, we held six group meditations and three study sessions. In one of them, led by sisters Kayoko and Victoria Taylor, we considered our patterns of thought and behaviour and introspected to discover specific



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changes we could make to improve them. The other sessions were led by sister Kim Hansen and brother Tom Hansen from Canada, who addressed and facilitated discussion of various questions from the attendees. In addition to the Hansens, we were pleased to be joined by brother Nitin Govila, from Singapore.

The retreat also involved discussions of various ideas for the growth of the Mission in Japan. One of these was the possibility of a group visit to India next winter, and another was the idea of establishing a separate fund to buy an ashram or retreat centre for SMSF NPO Japan.

Finally, as the 20th retreat marked a major milestone for the Mission in Japan, we enjoyed two specially-made cakes emblazoned with the number twenty. All those attending look forward to many more Japan retreats in the future.

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Philippines

Monthly extended sessions continue to help enliven and deepen the abhyasis' appreciation of the knowledge our Masters have imparted to us. Each month, a maxim is discussed at length on Sunday after satsangh. Since March, the centre has discussed Maxim 3, Maxim 4 and Maxim 5. During each session, the abhyasis feel the abounding grace and love of our Master. The activity continues to bind and strengthen the bonds and courage in our hearts to go and share the practice with everyone.