



Pranams

Beloved Babuji's Birthday celebrations in Baroda and in centers across the country have been celebrated. Needless to mention, that these celebrations would have quenched the spiritual thirst of abhyasis across the country. Master's latest gift - "Whispers from the Brighter World - A Second Revelation", an important book release this year, would be another treasure of knowledge for us to think about, feel in our hearts and merge it into our lives.

This issue covers Master's extensive tour across many cities of India, training programmes, open house sessions and VBSE programmes held in different centres and Raichur ashram in the 'Centre of Light' section.

The last date for the receipt of the news articles for the July 2009 issue is 15th June 2009. Please route the news write-ups along with photographs on the event through your respective ZICs.

With Warm Regards,

Editorial Team

Master's Tour

Kolkata

After a busy tour of North India in January and February, Master arrived at Kolkata from Indore, via Mumbai on 19th February. Master looked tired and unwell and he rested at 'Divine Bliss', the residence of Br. Ajay Bhattar. The next day he spent a lot of time working on his computer, which makes one wonder how he can work long hours at his age. On 22nd, Master visited Kharagpur to see the progress of construction of the second CREST (Center for Research, Sadhana & Training, the first one already operational in Bangalore). He conducted satsangh and returned to Kolkata and from thereon to Chennai on the 24th.



Chennai

Master stayed in Chennai after his long North India tour. Earlier at Sathkol, Master had announced that "Whispers from the Brighter World - A Second Revelation" is to be released on 30th April. On March 1st, Master again spoke at Manapakkam - "These books will form the Bible of Sahaj Marg. If you have read Volume One with the attention that they deserve to be read, these messages are from out of this world. Therefore, they qualify to be called shruti. Shruti means revealed knowledge not heard knowledge, not thought-of knowledge, not intellectual, not owing any authorship to human beings. Babuji was a human being, He is Divine. Don't look at what you have to pay for it."

Even during informal conversations with abhyasis, one could see his anxiety and wish that the messages from His Master should reach one and all. He did not want even one abhyasi to miss out on having a copy. He said this will be money well spent. He said this was one of the rare occasions when he spoke before the satsangh.

Pune

Master arrived in Pune on 12th March where a large number of abhyasis welcomed him at the airport. Around 1700 abhyasis from different centers of Maharashtra arrived over the next few days at the SMSF Retreat Center at Panshet. On 13th, Master conducted satsangh, followed by few bhajans. On 14th, abhyasis spent the day meditating, sharing experiences, watching DVDs & VCDs of Master's talks. On 15th, Master gave a talk in which He said, "I am afraid that our ashrams are becoming, more and more, venues for such gatherings where we have congenial company, companionship, opportunity to sit and talk, gossip - and minimum of time devoted to Sahaj Marg itself, either in its practice or in its theory."

After the speech, he saw the program performed by the children and left the retreat centre around 2:30 p.m. In this visit, he made a number of preceptors and met many abhyasis.



Universal Prayer

"The 9:00 p.m. prayer is neglected in our mission by many abhyasis. It is important and should not be neglected like that. It is about a rallying point, and union between the hearts, on a vibratory level, where is created the favourable egregore, i.e. a subtle bond between practising abhyasis. This ritual is not to be neglected. Is this too much to ask for? It would be wise for all to become aware of it. A few moments of interiorization and convergence of thought can only serve our Mission, i.e. all our brothers and sisters who have decided to follow their divine Master. May the wise ones remember it, for the good of all.

- Babuji Maharaj."



Panvel / Mumbai

Master arrived at Panvel ashram on 15th March where he was greeted by young sisters dressed in traditional attire. Despite the tiring journey, he gave a sitting at 5 p.m. to around 1,000 abhyasis, gathered from Mumbai and nearby centres. After satsangh, he took a stroll on the terrace and enjoyed the aerial view of the 'green zone'. Later, he again spent time with abhyasis on the terrace, under the full moon.



On 16th March, at 5.45 a.m. Master took a walk on the terrace and had coffee with abhyasis. Morning satsangh was conducted at 9 am followed by a bhajan recital. In the forenoon, Master went to 'green zone' where he relaxed under a mango tree. An abhyasi had lifted the branch of the mango tree on the pathway, to make it convenient for Master to pass. Master said, "Don't lift, leave it. It is very fragile. We should learn to bend our head before nature". Discussing the plight of women, he said, "The life of women, especially in India, is full of suffering, right from birth till death, because they are dependent". While returning from the 'green zone', he appreciated the discipline of children and distributed chocolates to each and every child.

Replying to a question posed by a doctor, Master said, "If you are working in constant remembrance, the results shall be million times better." Master said that 99.9% questions emanate from desires and referred to Babuji's reply to an abhyasi, "For doing the right things you don't need my permission and for wrong things, I will not permit".

After dinner, Master watched a movie on the terrace of ashram. In general, the abhyasis maintained very good discipline, which was rewarded by Master by spending significant time outside the cottage. It was a learning experience for all the abhyasis to give him some space and to maintain self discipline, to be able to enjoy his company for as long as he wishes.



Raipur

Master arrived at Raipur, Chattisgarh state on 17th March and conducted satsangh at the venue where around 1200 abhyasis had gathered for the occasion. Master said, "One thing very important concerning world peace, concerning harmony, concerning peaceful existence, harmonious existence, happy existence - Babuji Maharaj has emphasized that unless we do the 9 p.m. Universal Prayer, the hope of uniting all humanity will never happen".

On 18th morning, he visited Amleshwar where the mission has 6.5 acres land. He conducted satsangh and laid the foundation for the meditation hall. Master spoke on this occasion and said, "... I have felt the presence of the entire hierarchy of Sahaj Marg Masters coming here to see the foundation stone for yet another ashram of the Mission being laid in their presence, under their blessings, with their love."

On 19th, he conducted satsangh at 9 a.m. The children had made some small items, which were on sale and the collected amount along with their pocket money was gifted to Master towards the ashram construction. Master delightfully accepted and said if adults could also cut their unnecessary expense, the money could be used for a better purpose. He conducted satsangh in the evening at his place of stay and then left for Kolkata.

Kolkata



Master arrived at Kolkata on 20th March and the next morning, he came earlier than scheduled to the meditation hall and conducted satsangh. He also spoke with great feeling on people coming to him for material welfare rather than for spirituality.

Babuji had said, "People like you, maybe there are only a few, two or three, you will get on because you have me in your heart. But the rest of our abhyasi brotherhood don't consider me at all. They only come to me to take. Eternally they want to take. I am willing to give them the whole universe, if they could but do the meditation properly, and in one sitting I can do it, but all that they bring me is their unhappiness, their sickness and their anger against me."

"You see? It was a moment of extreme despair for him - how he would face his Master in the Brighter World. Because, instead of being disciplined, instead of refusing or denying so many requests that he should not have acceded to, of a non-spiritual nature, he said yes to everything." Master left for Chennai on 23rd March.



Vizag, Andhra Pradesh

Master arrived in Visakhapatnam on March 25th from Chennai. He was visiting the centre after six years. He was welcomed at the airport

by over 150 abhyasis who stood quietly along the way. Master had lunch and a brief rest at a guest house near the ashram. He registered 9.09 acres of land in the name of Sahaj Marg Spirituality Foundation. A colony of abhyasis is planned around this area located about 25 km from Visakhapatnam. Master conducted satsangh at 4:30 p.m. in the ashram for an assembly of over 3000 abhyasis. After satsangh, he gave a talk wherein he referred to a message from Babuji Maharaj on the completeness of Sahaj Marg practice with no additions and deletions whatsoever. He exhorted the abhyasis to liberate themselves from the ritualistic practices of the past and allow Sahaj Marg to transform them for the better. Master spent the night at a farm house, away from the city and returned to Chennai by around 10 a.m. on March 26th.

Master arrived at **Trichy** on 5th April. There were 300 abhyasis, waiting to receive Master at the airport, from various centres. Master was happy to see them all and drove to Janaki Farm. He stayed here for a week and on 12th April, Master conducted satsangh at Trichy meditation hall at 7.30 a.m. and then started for Tiruppur via Dindigul.

A wayside halt for half an hour was made at Dindigul in the residence of an abhyasi, where Master arrived at 11.00 a.m. Abhyasis from Dindigul, Chinnalapatti and Batlagundu received Master with joy.

Master was happy to meet abhyasis from Chinnalapatti a centre which Master had started 40 years back and which had been revived in recent months.

On the way, Master stopped for a while to meet a waiting crowd of 125 abhyasis at Dharapuram. Master reached **Tiruppur** at 1.30 p.m. tired and late for his lunch. When an abhyasi enquired with concern on the long travel in the hot sun, Master replied, "When we are happy we do not mind missing food and comfort".

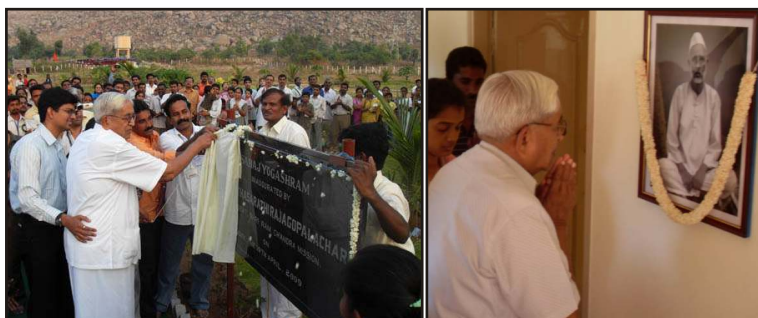
On Monday, there were 2500 abhyasis gathered at the Diamond Jubilee Park, Tiruppur from various places including Kerala. Master conducted satsangh almost every day.

On Wednesday 15th April, Master visited Udumalpet and laid the foundation stone for the proposed meditation hall. This is a small town where Sahaj Marg has been growing since two decades. To an abhyasi's query, Master said he had been to this town several times during his career in the TTK group of companies.

It is obvious that, wherever Master had made a visit, there are centres and prefects now.

While at Tiruppur, Master also found time to record two talks which will form part of the new DVD talks to be released this year.

Master left to **Krishnagiri** on Saturday, 18th April at 10.30 a.m. and had his lunch at Erode. He reached Krishnagiri at 4.30 p.m. The next morning he inaugurated the meditation hall and delivered a talk to the abhyasi gathering of eight hundred people.



Bangalore

Master arrived at Param Dham ashram, Bangalore from Krishnagiri on Sunday 19th April. Since Param Dham is located within a residential locality, the center had made an arrangement for abhyasis of different areas of Bangalore as well as other centres in Karnataka to visit the ashram on separate days.

On 20th Master solemnized 5 marriages. He looked happy and in good health. As in Tiruppur he has been busy video recording his talks. He visited almost all the rooms at Param Dham to the delight of the residents.

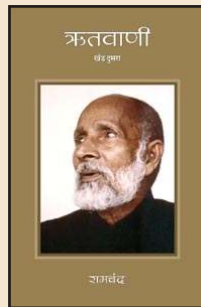




NEW PUBLICATIONS

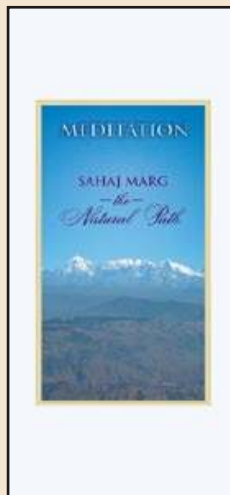
Voice Real (Marathi)

This book which was originally published in 1981 contains a collection of Babuji Maharaj's speeches, writings and correspondence. Beloved Ram Chandraj relates his intimate understanding of spirituality as told to his closest associates, as well as to the public at large.

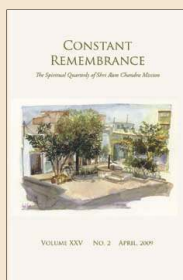


Sahaj Marg Brochure

This brochure can serve as a lucid introduction to the 'Sahaj Marg' system of meditation and sadhana for spiritual aspirants. This is standard introductory material recommended to be shared with all potential candidates seeking to join Sahaj Marg. It provides salient features of Sahaj Marg practice along with local contact information, and may be handed out at Sahaj Marg information sessions. This brochure which has already been released in English will be released in Hindi, Tamil, Telugu, Kannada, Bengali, and Assamese in May 2009.



Constant Remembrance April 2009



Contents include a speech by Master on how to Change your World by Changing Yourself; an article on Relationships by P.R. Krishna; and the Topic section on Gratitude. Sahaj Marg Around the World contains articles on the inauguration of Bhopal ashram in M.P. and the Retreat Centre in Malampuzha, Kerala.

Abhyasis Training Programme in Hindi

Sadhana Training Programme is conducted in the second week of every month at Shahjahanpur ashram. Training begins on a Tuesday at 4 p.m. until the next Sunday 12:30 p.m.

Schedule for forthcoming programmes:

1. 7th - 12th July, 2009
2. 3rd-9th August, 2009
3. 8th - 13th September, 2009
4. 6th - 11th October, 2009

Please Apply to : Br. Prabhat Kumar

P.O. Bankey Ganj, Dist. Lakhimpur Kheri (Pin 262801)

Email - prabhatksrcm@gmail.com

Announcements

83rd Birthday Celebrations of our Beloved Master

July 23 to 25, 2009 at Tiruppur, India

An Era of Hope and Opportunity

"...Prepare yourself for this birthday celebration; it will show to my son once again its growing importance from one year to another in the heart of our brothers and sisters. He is loved and his action bears its fruits, beyond our hopes. May the blessed day of his birth on Earth go down in the history of our Mission as an event to remember. It makes it blaze and lends credibility to it. Be happy to be, once again, in this incarnation, living in the wake of this exceptional being..." - Babuji Maharaj, *Whispers from the Brighter World*

We are deeply grateful and joyous that our Beloved Master has graciously permitted us to celebrate His 83rd birthday at Tiruppur, India. The invitation can be seen at the Mission's website at:

<http://www.srcm.org/members/24july2009/index.jsp>

Updated Information about the celebrations including registration, Comfort Dorm, etc. can also be accessed here. Abhyasis are requested to register preferably before June 15, 2009. For any clarifications, please feel free to contact the seminar coordinators at: 24july.helpdesk@srcm.org.

SMRTI Functionaries

Sahaj Marg Research and Training Institute was setup as a research and training branch of the SMSF. The following have been appointed for the functions mentioned below:

Dr. K. S. Balasubramaniam . - Director, Research
(sanskritkannan@yahoo.com)

Training Material Development - Lalita Sreenivasan

Scholarship Training - Dolly Nicolai

Prefect Training Programme - N. Prakash

N. Padmanabhan - Director, India Operations
(padu@srcm.org)

Youth Programme (AMC training)

S. Prakash

Children training Programme

V. Madhumathi and Leah Rich

Abhyasi Training Programme (Induction)-

Col. A. Ramakrishnan

Abhyasi Training Programme (Regular)-

Anasuya Ramachandran

Value Based Spiritual Education-

Seetha Kunchithapadam and Rangaraju Madhuri

Essay Competition

Punit Lalbhai, Lalita Rajagopal & Misal Mehta

Faculty Training Programme

Liz Kingsnorth



Satkhoh centre organized a 3 day VBSE training program, from 15th -17th January that aimed at training the faculty members of Uttarakhand zone. The participants, around forty abhyasis, prepared lessons on various values and presented it to the audience. They discussed how these values could be implemented in day to day life. They collected stories, activities, games, experiments, etc. to substantiate the effect of the values. The program involved a practical approach towards learning the syllabus of VBSE.

Interesting Visit

A group of Psychology students from Alliant University, California, USA visited Babuji Memorial Ashram, Manapakkam, Chennai on the 5th Jan 2009. The visit was part of their trip assignment to know more about Sahaj Marg and its effect on Behavioral Psychology. First, the students were given a glimpse of our beautiful ashram including the LMOIS Cambridge International School. They had many questions which were answered by our abhyasis who had taken them around the ashram. They had an interactive session with Br. A. P. Durai who answered their questions in his thought provoking speech about Sahaj Marg and how it can be immensely useful for the students of psychology. The guests were provided lunch. They had a wonderful time in our ashram and wished to stay longer.



MBA Students Visit Manapakkam Ashram

On March 18th sixty MBA students accompanied by Principal Sathyapriya and three other faculty members of ISBR School of Business, Toraipakkam, Chennai visited Babuji Memorial Ashram, Manapakkam. A session was arranged and Br. A.P. Durai gave a talk conveying Master's teachings on management of oneself, ethics and morality, need for a Master and Sahaj Marg sadhana. The students sat absorbed and later expressed their concerns in the Q&A session. The feedback from students was positive and appreciative. The Principal and another faculty member started the practice. The visitors were served simple and tasty lunch at the canteen. They were provided with basic booklets and assurance of further assistance if required.



VBSE Programmes

A VBSE program was conducted at Nadar Saraswathi College of Arts and Science, Theni, Tamilnadu for three days. Sis. Seetha Kunchithapadam, co-ordinator, SMRTI along with Sr. Subbulakshmi of Coimbatore, conducted the program. The topics covered for students were Value-

oriented life, Character and attitude, Stress Management, Determination and Perseverance, What are values, Leadership qualities and Goal of human life. Additional topics covered for the B.Ed. students were 'Role of teachers' and 'Stress management'. The topics for lecturers were, 'The role of teacher trainers', 'Role of teachers', 'How values should be practised', 'Stress management', 'Relaxation', 'Meditation' and 'Character formation'.

Although the program was actually planned for the lecturers and students, the drivers, attenders and the non-teaching staff were also included in a special session. It all began with a visible resistance on their side, but at the end many were visibly moved by the session. The topic for the drivers and non-teaching staff were 'Role of men drivers in girls' college' and 'Values for life'. There were practical sessions and activities during the program which was a new experience for all and was well appreciated.

VBSE Faculty Training, Bangalore

A two day faculty development program was held at Banashankari Ashram, Bangalore on 28th-29th March. Twenty four abhyasis participated in the program. The first half of the day exposed all the participants to communicate the significance of Value Based Spiritual Education (VBSE). The rest of the program focused on building communication skills to communicate deeper aspects of VBSE as well as the teachings of Sahaj Marg. Topics like importance of volunteer service, right attitude of a volunteer, effective public speaking, etc. were covered. Each participant was asked to give a presentation and abhyasis with public speaking experience guided the group. As a follow-up to the program, the participants were asked to take up the responsibility to conduct at least five programs each in the coming year.



Prefect Training Programme, Malampuzha



A very intense and effective Prefect Training Programme was organized at Malampuzha Retreat Centre, Kerala on 14th & 15th March 09. The programme was attended by 37 prefects from nearly as many centres from Tamilnadu including rural centres like Velur, Arni, Pondichery, Vizhuppuram, Hosur, Krishnagiri, Dharmapuri, Harur, Trichy and Karur. The following subjects, in the form of presentations with points drawn mainly from Reality at Dawn, Preceptor's Guide and Whispers from the Brighter World were done in a very interactive manner.

Sahaj Marg Principles & Practice - Rajesh Rathod
Prefect's Role, Responsibility & Functions - N. Prakash
Whispers From The Brighter World - A Divine Gift - B.G. Prasanna Krishna

Prefect's Work, Clarifications - G. Rajavel

Sahaj Marg Family - Ezhilarasi

Concluding remarks - Sis. Kamakshi Natarajan

Br. C. Rajagopalan, ZiC, TN North, was the observer of the programme and made valuable contributions drawn from his experience. The emphasis was on our own change and thus being instrumental in change of others. There was a clear consensus that if we apply our will to bring about necessary changes in us and do our work sincerely, that would certainly make our beloved Master happy.

Bhopal centre organized a program on 5th April, where the Ashram Maintenance Committee (AMC) of Indore shared their experience with abhyasis of Bhopal. Two years ago, Master had formed the AMC to manage the assets of the Mission. It is a committee comprising of five members including the ZiC, CiC and Ashram manager being the default members of the committee. As there was no awareness regarding the AMC among abhyasis, the program helped introduce the committee and helped plan as to how to go about delegation of administrative work in the ashrams to the AMC. Br. Ramakant Agrawal and Br. Rajesh Raverkar shared their experiences of working as AMC members.

Solapur Ashram

1.5 acres of land was purchased on 29th May 2008 just 5 km from the city on Akkalkot road, Solapur, Maharashtra. On 15th April 2009, the breaking of



the ground ceremony was done for the preliminary construction which includes fencing, water facility, electricity and a watchman's house with other facilities. Eager and enthusiastic hearts gathered at the ashram land at 6 a.m.. Satsangh was conducted at 6:30 a.m. and was attended by about 60 abhyasis.

Abhyasis are rejoicing as they have an opportunity to work hard and devotedly on the ashram land, to do leveling, plantation and other essential work to develop the land.

Karnataka South Zone

A team of three preceptors including the ZIC, Br. Sharat Hegde, embarked on a tour to meet abhyasis in upcoming centers of the Malnad region of South Karnataka. They started on 27th March from Bangalore, on the Kannada New Year - Ugadi and stopped enroute at Tumkur and Tiptur, (where we have an ashram). When the team reached Kadur, they were amazed to see an abhyasi family, whose members have been practicing for many years without depending on preceptor availability at their centre and having dependence on Master. The abhyasi family travels 40 to 70 kms to attend satsangh and have individual sittings occasionally. It was amazing to see the old father of the abhyasi having the right positive attitude towards life and running a small store by himself, despite having lost his eyesight.

After a night halt at Shimoga, the team left for Hosanagara, in Shimoga District where the density of the Malnad forest thickens. The family of Br. Anantram, took sittings. A sister from Humcha, a small village nearby, requested the group to visit her place. She was extremely delighted to see the preceptors, and expressed the changes that she had seen in herself, after three months of practice. She expressed her desire to see Master. The team then travelled to meet abhyasis at Tirthahalli and Koppa, small towns in this region, and then finally arrived at Chikmagalur in the evening.

The last day started with satsangh at Chikmagalur. After a halt at Hassan to meet up with a small group of abhyasis, the team reached Bangalore.



A number of training programs and interactive sessions were organized by different centers across the country over the last two months. These programs are specific to the requirements of each centre and provide an opportunity for abhyasis to train themselves as well as open up to a new understanding of the system.

Ranikhet centre organized a program for youth on 9th February that focused on the topic 'Relationship with Master'. The participants introduced themselves and described what connects them to Master. They played a game in which they were asked 20 questions regarding sadhana and different aspects of Sahaj Marg. This program helped abhyasis understand Sahaj Marg better.

A two day training program was organized, on 10th -11th March for new abhyasis of **Pithoragarh** centre, Uttarakhand. A large number of abhyasis took part in the program.



The program began with the introduction of Sahaj Marg, prayer, meditation and cleaning practices. It was followed by a workshop including topics such as character formation, role of abhyasis in society, and awareness of Sahaj Marg in public. On the second day, topics like the role of Guru, brotherhood and constant remembrance were discussed. Abhyasis themselves evaluated the achievements of the training program later in the day. They resolved to take part in the 9 PM Universal Prayer without fail.

Kashipur centre held a training program for new abhyasis on 15th February. More than sixty abhyasis attended the program that aimed at inculcating a clear understanding of sadhana in the abhyasis who have recently joined the mission. The program included talks on basic Sahaj Marg practices - prayer, meditation and cleaning. The talks were followed by a question-answer session. Another session on Constant Remembrance, was attended by around fifty abhyasis. Talks on the practice of constant remembrance gave an opportunity to the participants to understand the difference between 'thinking' and 'constant remembrance'. The question-answer session helped create an openness among abhyasis.



Datia centre, about 70 kms from Gwalior, organized a workshop on 29th March that was attended by ten abhyasis. The topic of the workshop was "How can I contribute to the growth of the centre?" As a result of the session, it was concluded that doing volunteer service while being in constant remembrance motivates others and thus helps in the growth of the Mission. Contributing by giving donations is also one way of expressing gratitude towards Master.



Shivpuri, another centre close to Gwalior, organized a special session on 22nd March which was attended by 23 abhyasis who do not attend Sunday Satsangh regularly. It was found that improper understanding of sadhana is the

main reason for the lack of discipline among abhyasis. Preceptors interacted with the participants and answered their questions. By His grace, ten abhyasis have restarted their sadhana.

It was also felt that new abhyasis should be given attention for the first 6 months or more to help them get clarity on the system and become regular in their practise.

After Master's visit in February, **Indore** centre organized a session for new abhyasis. Different aspects of sadhana and principles of Sahaj Marg were explained in detail during the session. It involved a lot of interaction between old and new abhyasis.

A half day session in Marwadi language was organized on 15th March at **Jaipur** for new abhyasis. Session started with the introduction of the abhyasis. Basic topics like meditation, cleaning and prayer were covered with question & answer session after each talk. This was the first time that such program was organised in local language, abhyasis of nearby villages attended the program and appreciated as they were able to understand the basic aspects of the system in their own language. Around 30 abhyasis attended the program and they expressed that similar program be conducted every 2 to 3 months.

Temple Town **Draksharamam**, a satellite centre of Kakinada, AP now has 35 abhyasis. A training program covering basic principles and practice was conducted on 5th March to bring right understanding of the principles of Sahaj Marg and also to bring regularity in practice. The sessions was conducted by CiC Kakinada at the residence of Br. V. Siva Ram, who is the centre co-ordinator. The session, was the first of its kind in this centre. The hope is that this is the beginning of opening the doors of the temple town to Sahaj Marg.



An open house organized by **Kashipur** centre on 9th April had around thirty people participating in the program which included talks on topics such as need of a real goal for existence, necessity of regulating the mind, importance of a balanced existence, etc. An informal question-answer session followed the talks. It was noticed that the open house was effective, as the audience was able to come up with relevant questions which were enthusiastically answered by the organizers.

An open house on the topic "SAHAJ MARG MEDITATION" was conducted at Param Dham, **Bangalore** on 21st March. It was the first public event organized at the ashram since the inauguration in November, 2008. The response to the invitation, which was sent a week before the event, was very good with eighty guests participating. The program commenced with an introduction by Br. Subramanian Sankaran on the need for meditation, followed by a brief session where participants were asked to simply sit with their eyes closed for ten minutes. Then a DVD of Master's talk on the topic 'Meditation & Spirituality in Daily American Life' was played. Following this Br. Subramanian elaborated on 'Sahaj Marg Meditation' covering various questions. Participants were then divided into small groups to facilitate closer interaction with abhyasis who helped to clarify their queries. At the close of the program a number of people showed interest in starting meditation.



An open house was conducted at Pujya Doddappa Appa Engineering College in **Gulbarga**, on 9th March. About hundred students attended the program. The topic for the day was 'Self Perfection through Mind Regulation'. Dr. Gajendra Singh spoke on the topic and gave a PowerPoint presentation. There was total silence and an atmosphere of intense transmission was felt during the whole period. The talk was followed by a brief question answer session. Five students have shown keen interest.

Hubli centre organized an open house at SBM Officers' Club on 12th March that gave an opportunity to spread awareness about benefits of meditation. Br. G.S. Kamath and Sis. Geetha Kamath spoke about the Mission and gave talks on topics such as overcoming stress by meditation. There was an enthusiastic response from the participants to purchase introductory books.

Mumbai

A half day workshop was conducted at the Central Railway Electrical Training Institute, Mumbai, to introduce Sahaj Marg meditation to the trainees on 7th April.

Eighty trainees and other functionaries of the institute attended the program. Br. Tushar Pradhan explained about the need and importance of spirituality and meditation in our day to day life.

Br. Vishwas Tillu spoke about the Sahaj Marg sadhana, its various aspects and how transmission helps the individual to transform. Br. Sridhar Thoda played a small video clip of Master talking about Sahaj Marg to new abhyasis. This was followed by a question and answer session.

As the audience were from all over the country, they were provided contact details of local preceptors if they wished to use their service. The authorities of the institute have requested us to conduct such workshops regularly for trainee batches arriving every month.

Roorkee

An Open House was conducted at Roorkee ashram, on 29th March 2009. Ashram banners were put at prime locations in the city along with personal invitation cards distributed by abhyasis to their friends and relatives.

Around 150 persons attended the session. Br. Gyaneshwar Sarin and Sis. Chhavi addressed the audience and their queries. The session was followed by lunch. It was pleasantly noticed that the audience were very absorbed and keen to know more about starting the practice. Around 13 persons have started the practice. Some local news papers also printed the news about the gathering that took place in spite of the heavy rain on that day.

Sonwadi, Maharashtra

On 24th February, a training program was conducted for new abhyasis in Sonwadi (Aurangabad), Maharashtra in which around 40 abhyasis from Sonwadi and Lasur participated. The morning session began by Br. Dr. Girge explaining 'Basics of Sahaj Marg' and 'prayer and meditation'. Subsequently Br. Chauhan and Br. Chite talked about brotherhood and Raja yoga respectively. After lunch, an open house program was conducted for the local residents of Sonwadi where Sahaj Marg system of meditation was explained to the participants. Some abhyasis also shared their experience and the change observed within themselves. For the convenience of all, the program was conducted in Hindi and Marathi. A one hour session was also organized for the children of a local school 'Sonwadi Pathshala' on value base education. The program concluded after a satsangh at 6 pm.



A.P South Zone

Br. A.P. Durai, Joint Secretary, accompanied by Br. Gangadhar, ZiC, Zone1-B, visited Yemmiganur and Kurnool on 19th February. Br. Durai conducted satsangh for about 40 abhyasis in Yemmiganur. He visited an English medium High School run by the family trust of Br. Gangadhar in the town. There were 900 students in smart uniforms and a contingent of girls' NCC. Br. Durai reviewed their parade and assembly activities. He spoke to them of Master's teachings as applicable to students, and they listened attentively. It was decided to introduce VBSE activity in the school starting with the Mission's prayer for all students. Later Br. Durai visited another school set up in Br. Gangadhar's ancestral house where 120 poor children are receiving free education and meals.



In Kurnool, he conducted satsangh for about 180 abhyasis and following lunch, there was an interactive Q&A session, where he asked questions and gave clarifications to the abhyasis. Satsangh in the evening was attended by around 280 abhyasis. Another session of Q&A followed with abhyasis raising queries to which answers were given based on Master's teachings. A wide range of topics such as relationship with prefects/Master, how to view problems and pains of worldly life, voluntary work, children's centre, important books of the Mission, planning of full day monthly programme - were handled. Abhyasis participated with a lot of enthusiasm in this half-day interaction.



Children's Camp, Mumbai

53 children participated in the Sahaj Fun Camp for children from April 10-12, 2009. This camp was for children in the 9 to 13 years group. Volunteers, already charged after Master's visit, geared up and planned the fun filled and value based activities.

The children were segregated into 6 groups: Love, Patience, Tolerance, Perseverance, Happiness and Courage. An activity based on using railway time-table was conducted to focus on how to reach our destination. Post-lunch was time for kids to show their creativity by making wind chimes. They made their own sandwiches and ate them. The session ended with story reading and a brief game of kho-kho. Post dinner the children were taken to the terrace for star gazing, with a telescope.

On April 11, the children had a yoga session. They then had a thrilling and enjoying experience of rappelling down from the terrace to the ground floor, with the help of professionals. Post lunch, paragraph writing about the rappelling experience and game of passing the parcel was conducted. The children then sat through a lively power point session, focusing on values in life, with full focus and attention. A refreshing session with music was conducted on the terrace, followed by a short movie.

Sunday morning, children visited the green zone and learned to appreciate nature in its beauty. This was followed by science experiments, based on Value Based Spiritual Education for instance a game on needs and wants. The children then heartily participated in a quiz with four rounds (General Knowledge, Science, Mythology and Basics of Sahaj Marg). Post lunch there was a 1 hour parenting session, only for parents. With this the camp came to a close.



Abhyasi Training Program, Mumbai

The need for basic training program for abhyasis was felt after overwhelming response received from training programs conducted for new entrants at various places in Mumbai. A two day 'Basic Training program', was organised on 21- 22 February 2009 at Babuji Memorial Ashram, New Panvel. Forty abhyasis participated in the program including two participants from Malegaon.

Master's two day visit to Mumbai on Feb 18-19, 2009 rejuvenated abhyasis and the training program commenced on February 21 with satsang in a blissful mood.

Basic concepts of sadhana were taken on the first day. Simultaneous sessions were conducted in English and Hindi to facilitate participants to have a better understanding of the concepts.

Group discussions were held about Goal of life, Ways and Means and the Guru. The participants had a reading of the book 'Reality at Dawn' as a precursor to the program so the discussions were quite interactive as all were at the same wavelength. This was followed by a presentation on 'Master and Mission' and diary writing. The abhyasis were then free to involve themselves in volunteer work, diary writing and to absorb the learning's of the day.

Second day started with satsangh followed by a talk on Constant Remembrance goal and ways for speedy progress. The program concluded with a discussion on Ten Maxims of Sahaj Marg.



Raichur Ashram, Karnataka

The ashram (meditation hall complex) at Raichur is one of the early constructions of the Mission on a site donated to Pujyashri Babuji Maharaj. It is situated in the centre of the town and has all basic facilities for the accommodation and stay of around 200 abhyasis. According to the architect, Sri. L. T. Chavan of Gulbarga, the front elevation depicts the symbol of raised hands implying the spiritual goal and our journey - 'Towards Infinity'.

The ashram appears to have been filled with a rare grace, with the laying of the foundation stone by Rev. Babuji Maharaj 16th January 1970.

The ashram stands on a land measuring about 28300 sq. ft. (195' X 145'). It has a plinth area of 140' X 100' approximately and was constructed in phases as per the need and the availability of resources. The ashram is constructed from strong black stones and the entire area is well protected by a strong compound wall.

The ashram probably was one of the few big sites of the mission in the 70's. It has a large meditation hall of about 70' X 30' and is said to be constructed of pre-stressed beams, which are unique, technically strong and crack resistant. The hall has a raised platform on one side and an unique balcony above on the other. The ashram houses several rooms and a dormitory too. Presently, the dormitory has been renovated and transformed into Master's room with attached bath and a small dining hall for the exclusive use of Master.

There is a separate dining hall with kitchen and sufficient space outside to organise cooking for a larger gathering. There are separate toilet blocks for sisters and brothers.

The ashram is adorned with a lawn and garden in the front and at the sides. There is sufficient space in the backyard for expansion or to have a buffet lunch in the open.

The ashram is located near LVD College on Manik Prabhu Temple Road at Raichur. The city is well connected by train and bus links facilitating easy commutation, as it falls on the main Mumbai-Chennai and Bangalore-Mumbai train route. It is situated at a distance of around 4 kms from the bus stand and railway station and is surrounded by several educational institutions.

The ashram is being utilised as a centre for conducting several training programmes and bhandaras.



Registration in Jammu & Kashmir

It gives us immense pleasure to announce that by His blessings, "Shri Ram Chandra Mission, Jammu and Kashmir" has been registered as a society in J & K state.

The Spiritual Hierarchy Publication Trust

has been registered with the following trustees.

Vijay Kumar Bhattar – Mg. Trustee

Rajesh Rathod - Secretary

Pravin Dagdee – Treasurer

Santosh Kumar Khanjee, Trustee

Sr. Uma Prabhu, Trustee

Both SRCM and SMSF have stopped all publication activities on the 31st March 2009. This new organisation, Spiritual Hierarchy Publication Trust, will now undertake all publication under license from the Mission and the Foundation.

To subscribe to this Newsletter please visit <http://www.srcm.org/centers/as/in/newsletter/index.jsp>
For feedback, suggestions and news articles please send email to in.newsletter@srcm.org

© 2009 Shri Ram Chandra Mission ("SRCM"). All rights reserved.
"Shri Ram Chandra Mission", "Sahaj Marg", "SRCM", "Constant Remembrance" and the Mission's Emblem are registered Trademarks of Shri Ram Chandra Mission.
This Newsletter is intended exclusively for the members of SRCM.