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Master's News

Gurupurnima Day

July 12, 2014

After conducting the morning satsang for the 13,000 abhyasis who had gathered to bask in the loving atmosphere of their guru, Master retired to his cottage where he shared some of his thoughts on this auspicious day. To our good fortune, his musings have been filmed and posted in the *Glimpses* section of the sahajmarg.org website where we may watch and listen to them.

Please follow this link (<http://www.sahajmarg.org/glimpses>) to watch the video that has been posted, or go to the Audio Digital Store to download the video to your computer. (see p. 12)





Expansion of US Mission Facilities

US Expansion Projects

Vijay K. Chitkara, Dayton, OH

In response to our Mission's growth in the US over the last months and year, expansion projects have begun. Eventually, with Master's love and blessings, abhyasis in all parts of our country will have places where we can meet, meditate, develop spiritually and achieve the integration of humanity that our Master wants for us all. By using these places appropriately, fully and with joy they will become ever-expanding centers of light for all. For now, the Mission is focusing on three locations already outgrowing their infrastructures.

Monroe, New Jersey

By Master's grace, on April 16, 2014, Monroe Ashram completed the purchase of a two-acre parcel neighboring the ashram's property, enabling a building expansion to accommodate the growth and utilization that the Monroe Ashram has been experiencing in the last two years. The ashram now has nearly 5 acres of land on which to expand the meditation hall and provide additional parking. For the present, the plan is to continue using the property with only minimal changes that are needed for compliance, health and safety reasons. An architect and engineers are working to secure the necessary entitlements for the future expansion.

Beavercreek, Ohio

In early September construction began to extend the Beavercreek meditation hall to a 2,000 sq. ft. room, adding capacity to support growth and attendance for regional gatherings. Additional restrooms will also be constructed. Construction is on schedule and, weather permitting, will be completed by late winter. Everyone

in the Midwest Region is looking forward to the benefits this expansion will bring.

Richmond, VA

Property at 2230 E. Parham Rd. was purchased for a new ashram on June 20, 2014. A plan of development has since been approved by Henrico County. Negotiations with local contractors are in the final stages. We are hopeful that renovation and permits may be completed by February, 2015. Local abhyasis, as well as those from the surrounding areas, are grateful for the development of this zonal ashram, which is also a boon to the local community. Volunteers have begun visiting frequently to work on cleanup of the ashram property; and the newly formed ashram management committee is working steadily to develop a plan for safety and maintenance.





Canadian National Gathering

June 28-29, 2014

Across Canada brothers and sisters assembled in designated centres to share in this unique 'first' for this vast region. At all centres, the abhyasis simultaneously listened and watched as brother Kamlesh Patel spoke live from India, and gave answers to their questions. Later, at all centres, they participated in the program, 'Role of the Master in Human Evolution'. There were also two days of satsangs, two days of sharing food, camaraderie and brotherhood. Some reports of this Canadian 'first' are printed below along with photos of the groups and their activities.

Overview

Nita Mackenzie, Masset Centre, Haida Gwaii

With video technology brother Aravind Ravindran, Fort Langley B.C., had coordinated this gathering across Canada, with the Masset group coming together in this manner at the Vancouver Centre. Abhyasis from Edmonton, Calgary, Winnipeg, Toronto, Ottawa, and Halifax were on screen at one time where we could communicate with each other while we waited for brother Kamlesh Patel, who was in Manapakkam, to come before us to give a talk and answer our questions.

It was fun to be together in this manner and, waving from all centres, we joyfully greeted brother Kamlesh. He told us that he and Master were unwell with a flu bug, but even so our brother came to give us this talk that had been arranged. I felt humble and grateful to have such a dedicated brother. Each centre via the camera was introduced one by one.

From my notes: Brother Kamlesh said, "Faith and experience go together. If you are asked if you believe in God, and the answer is 'no', it is because you have no experience. This question has no meaning without experience." He said we need to have a backing, and gave an example of currency – Canadian, US, Euro – in which the system

has a foundation, a backing. In the beginning, you do not have faith in your Master. Then, with practice, faith develops from your experience. He said we must practice the way Master prescribes. Also he told us, "In spirituality, when restlessness of the heart is felt, the soul pauses for a moment, then we begin to understand, to feel something, an experience. Then faith comes. It is what you feel in the heart. After meditation, pause 5 to 10 minutes to remain in that condition, that calmness. Internalize this condition." He gave the example of a child picking a flower to give to the mother. There is the feeling in the child's heart to give this gift. The mother takes the flower, but if she throws it on the table and leaves, the condition changes. But if we retain the feeling, the beauty of the gift, humility develops, the beauty of nature – Constant Remembrance. It does not matter what your environment is, the remembrance will be constant. Brother Kamlesh said there is no difference between divine and human love in that only when you have it can you give it. He said that Master can give us the ultimate, but we need to do our practice; and he reminded us that Babuji said, "Be consistent". Even if we meditate for only 5 minutes, but at a consistent time, that is better than meditating longer at random times. Fix your time – that is most beneficial.

The first reading of the day from *Whispers of the Brighter World* ended with, "Our way gives spirituality that sparkle, such is the divine way."

Sister Christine Prisland spoke of an earlier experience when, at the Babuji Memorial Ashram, she was asked unexpectedly to speak. She told us how Master's acceptance of her words was like "when we lose ourselves and it is Master talking".

We formed small groups of three and internalized the question, "What is one thing I can do to advance my practice, and in this respect use Master's help?" We focused on having consistent times for our meditation and cleaning. We also discussed discipline noting that with discipline we are two, and when we surrender we are one.

**Overview**, *continued*

On the Sunday, we watched a video montage of abhyasis of all the centres in Canada. I felt the connectedness with all our brothers and sisters from Masset to the south Victoria, Vancouver, Kamloops, Penticton, Nelson, Kaslo in B.C. and then the other centres Edmonton, Calgary, Winnipeg, Toronto, Ottawa all the way to Halifax, Nova Scotia.

The last reading of the day, about 'invertendo', was followed by a discussion on this subject. The Vancouver Centre was filled with His divine presence during the two-day gathering and our gracious hosts of this centre did a wonderful job of providing food and accommodation, giving me the feeling of being very taken care of.

Vancouver Centre

Christine Prisland, Vancouver, BC

I was deeply moved by all the events of our all-Canada gathering. I sometimes resist technology, but this time I was thankful for the opportunity to see our brothers and sisters from sea to sea come together electronically!

During the first satsang on Saturday, the image of Babuji's hookah as a metaphor for our inner journey came to mind. We fill the empty bowl of the hookah with charcoal and tobacco. Once ignited (awakened) by the Master, with his breath he burns this away until nothing is left but ashes. These he easily brushes off and the bowl is empty again, waiting to be filled with His presence.

Dear Kamlesh's talk, the time and care he took even though he was not well, his inspiring words conveying Master's presence and support so lovingly, was very touching. I was moved to tears and my heart melted when we saw the cross-Canada PowerPoint presentation that Aravind compiled from the contributions from all the Canadian centres. Despite the vast distances between us, our sparse population and severe and long winters (!), we have grown slowly but surely with dedication and love from the small beginning of fewer than 5 abhyasis in Vancouver in 1973.

The all-Canada meeting was another 'first' in a year of firsts for the Mission in Canada and my heart is soaring with gratitude and love. Onwards and upwards!

**Broken Open, Ready to Receive**

Valerie Bird, Vancouver, BC

Following the conference call with brother Kamlesh and after satsang, during brother Joey's reading, I heard the words, 'broken open, ready to receive', very clearly. I promptly wrote them in my diary and shortly after that, tears were rolling down my face. I found myself in a deep state of openness and peace, which I don't remember experiencing as profoundly since the San Jose gathering in 2003.

Within days I mentioned the experience to a friend who said the phrase sounded like a song title. After our conversation ended I heard the song, like a gentle chant. The lyrics can be added to, very simply.

Broken Open

(Refrain: Broken open, ready to receive)

Broken open, ready to receive

Ready to receive Your Blessings,

Ready to receive Your Love,

Ready to receive Your Blessings

Broken open, ready to receive

Ready to receive the gifts You've given

Ready to receive Your Love

Ready to receive the gifts You've given

Broken open, ready to receive

Ready to receive ____ (add your choice)

Ready to receive Your Love

Ready to receive _____

Broken open, ready to receive



Calgary

Swapna Bhargavi, Calgary, Alberta

On Saturday, June 28th, we started our gathering in Calgary with a video conference call with brother Kamlesh. All the centres of Canada had an opportunity to pose questions to him and all of us found his answers very practical. Also everyone strongly felt the effect of transmission while he was answering. Calgary abhyasis posed two questions: how to develop inner faith in Master; and how to be with worldly people, as an abhyasi, after inculcating softness within oneself. The answers were very simple and easily understandable. For the first question, he said that experience helps in developing faith. In answer to our other question, he said that just as the same electric source is used for different appliances, for different utilities, so is the same divine source used to tackle different worldly problems according to their nature.

Soon after the conference call we had our first satsang and started our GITP module on the theme, 'Role of the Master in Human Evolution' with the first two sessions. In the first, we practiced how to receive, refer and respond from our heart, which made the whole atmosphere subtle. The result became a catalyst for the next two sessions. After lunch, the second session started with a very enjoyable walk and talk program, which concluded with sharing our best individual reflections

The third session, which followed Sunday morning satsang, was most revealing since it was based on the commentary on Maxim Two. All abhyasis took turns sharing what they gained from the program and how they will integrate it into their daily life. All of us gained the inspiration that it is very necessary to do our regular practice and go deep into it. It also helped us to realize that our Mission prayer is a touchstone in our practice and, last but not least, our living Master is our one and only eternal guide on our path towards infinity. Some participant reflections are included here:

I'm grateful for his unconditional love. Who else is going to love me as I learn through these challenging times?

I finally realized that the only difficulty in my life is me. I am the only obstacle, not the circumstances in my life.

My son's illness was a very profound period in my life. He was very ill and I felt Master with us every moment. I'm sure without Master my son would not be walking now. Master's help is there for all of us all the time.



Winnipeg Centre

Yagna Jarajapu, Fargo, North Dakota, US.

My drive from Fargo to Winnipeg the evening before the Canadian National Gathering was full of grace. When brother Kamlesh addressed the Canadian abhyasis on the first day of the gathering, he defined happiness and fantasies as inversely related and said that happiness would be infinite if none of our fantasies came true. It felt like the bright sun cleared off the dark clouds during the talk. The satsang that followed opened our hearts completely to assimilate the message from brother Kamlesh.

The program adhered to the suggested agenda under the navigation of brother Prashant. Abhyasis had read through selected excerpts from the book, *Role of the Master in Human Evolution*, which indeed provided strong impetus for an interesting discussion. We were encouraged to provide examples of the invertendo principle from our own experiences. All of us spent most of the afternoon quietly reflecting on how we have been making use of Master thus far and how we could be more efficient in the future. At the end of this self-reflection session,



Winnipeg Centre, *continued*

we shared our thoughts and opinions. The day ended with another satsang.

The next morning after satsang, a video and a light breakfast, we gathered around and continued our discussions on the theme. In the end, everyone felt that self-surrender to Master is the most effective way of making use of him.

I started my journey back home, with a heart full of gratitude and joy for what I received in those four blessed satsangs and for being together with the brothers and sisters of the Winnipeg Centre, under the divine roof of our beloved Master.



Montreal Centre



Toronto Centre



Teen Camp 2014

Rathna Muralidharan, Richmond, VA

The fourth annual North American Teen Camp was held at the Molena Ashram August 5-9. Fourteen teens and youth from around the country gathered to participate in discussions and activities based on the theme, 'Change'. The campers covered many facets of change, exploring the effect of external changes such as moving or graduating and also of internal changes of attitude and feeling. How to recognize and accept changes, in a healthy way, as they occur throughout life was a natural extension of these discussions.

Every night during the program all came together to watch the movies Master had previously suggested for us: *The Great Debaters*; *To Sir, With Love*; and *Gifted Hands: The Ben Carson Story*. All the campers greatly enjoyed watching these films, and discussing their correlation with the theme as well. The campers quickly grew to become close friends during the four days, and left with friendships and memories they will treasure forever. They all commented many times on how much they treasure teen camp, and having the opportunity to grow with and learn from each other. We are very excited by the continuing success of Teen Camp, and look forward to planning and hosting more teen events in the future.



Facilitator Training Program

Monroe Ashram

Tanuj Harshe, NJ

The Monroe Ashram hosted a Facilitator Training Program June 13-15, with twenty-two participants from across the continent attending.

The work of a facilitator is to create a comfortable and loving environment in which one can learn from Master's teachings, introspect, connect with the heart, and share experiences in a brotherly way. The object of this program was to train the facilitators in the art of creating and maintaining this subtle loving environment. Participants were encouraged to constantly go within and speak from the heart. In so doing, they learned to create a space in which future participants of training sessions can do the same.

Whenever we do the Master's work, we feel his presence. Whenever we remember him, he is there with us. During this weekend, we were constantly in remembrance, both consciously and unconsciously. The work required this to be the case and thus one and all felt his presence intensely. The change in condition for each of us was palpable. Gratitude for the Master was pouring from our hearts. There was a wonderful experience of brotherhood, intensely felt. Expressions of joy were sprinkled throughout the ashram. After all, our Master was preparing each one of us to do his work.





Master's Birthday Celebrations

Beavercreek Ashram

Julie Gallagher, Dayton, OH

Abhyasis from across the Midwest, USA, joyfully gathered in Beavercreek, Ohio for a celebration and appreciation of our Master, Parthasarathi Rajagopalachari. The theme of our gathering, 'Let the River Take You with It', revealed itself gradually over the bhandara as ever-brightening faces were unveiled. Our Master's teaching,

abhyasi sharing and our satsang created a sublime atmosphere where one could feel the yearning of the collective heart longing for it's One goal and surrendering itself to the Great River. The full force of the Master's love, in Nature's breathtaking design, pulled us right along with it. We have no words to express our gratitude.



Fremont Ashram

Christine Kelly

Attending a bhandara is a great way to rekindle one's inner flame of inspiration to achieve the goal, by experiencing the synergistic effects of many hearts coming together for this purpose.

The theme for the program at the Fremont Ashram in celebration of Master's birthday was 'Love Him Who Loves All'. As participants, we reflected on why love is the foundation of a spiritual sadhana; how one loves; what may prevent feelings of love; and how to develop love for the Master. After sharing in breakout groups and presenting to the whole audience, we were treated to a montage of video clips of Master's insights on the topic, quotations from *Principles of Sahaj Marg*, and finally a fun informal quiz about Master's life. These

activities all nicely illustrated what Master explained about why to love the Master. "We love Him so that we may love ourselves." (*Principles of Sahaj Marg*, vol. VI, pg. 217-218) Then he explains through his own example that the easiest way to love one's Master is to serve.

I enjoyed my opportunity to visit and volunteer at the Fremont Ashram and was grateful for the graciousness of local abhyasis who hosted me during my stay, thus feeling the effects of service to Him which is of benefit to all.





Master's Birthday Celebrations, *continued*

Molena Ashram

Mary-Lynn Masi, Cos Cob, CT

On a sunny day in Georgia, it rained. The spiritual manna of our beloved Master poured from the heavens unrestrictedly, turning a still-life into an enchantment. With a single, unified heart, we plunged into the deep to listen to the language of love. His divine song emanated from every heart, creating the effect of hundreds of children at play.

Through our sadhana, satsang, the imbibing of Whispers, and internal contemplation, countless stones were laid

upon the foundation of the edifice. Light and mystic tales were told in secluded spaces, filling one and all with wonder. Such a sacred fragrance wafted throughout that all were carried away by the sweetness of His scent.

Silence was taken in while walking through whispering trees on a winding hilltop path. As we all lost ourselves in the splendor of our Beloved's remembrance, a joyous stillness was embellished and fortified. And as the sun set on this auspicious day, an airy chorus could be heard from atop the mountain: *In silver piles of smiles, may all your days be gold my child.*

Sunderland Ashram

Natasha Andenmatten, Pittsfield, MA

Sounds of late summer filled the air as eighty abhyasis and their families gathered to celebrate our Master's birthday at the Sunderland Ashram. The theme, 'Service with Love', revealed itself in subtle ways over the course of this two-day bhandara. Much work was being done, both internally and externally, as we came together in the spirit of love, service, and inner growth. The selected readings, satsanghs, DVD's, and Master's teachings created a blissful atmosphere in which to bask.

A deepened experience of the collective heart was noted throughout the celebration.

A particular statement by Master in the DVD, *Satkhol: Heaven on Earth*, reinforced an underlying current of the theme: "Patience is character. Because [it is] that ability to pause and let the explosive nature of [a particular] moment resolve, and then you are calm and your reaction is what it should be, what comes."

We worked together, laughing, sharing and pausing when necessary to serve our Master, and therefore each other. One image stood out to us: an image of Master and Babuji gazing at each other [from the DVD: *India in the West*, vol. 1]. Somehow, this one image captured

all the qualities of love and service. It was pure. We carried that image with us as we continued through our time together. On the evening of July 24th, following a rainstorm, we left in a beautiful silence, surrendered to the Divine and radiating love.





Master's Birthday Celebrations, *continued*



Fremont Ashram



Monroe Ashram



Volunteer Perspectives

ISAW (International Scholarship Program) 2014

Gabriella Mozee, Orinda, CA

(Part 3, continued from the June, 2014 Echoes)

After 5 nights in Tiruppur, we returned for the remaining 10 days of the program to Chennai, and to Master. In all of our travels to and from Chennai, we had the fortune of going in very comfortable buses, and stopping along the way to visit many ashrams to enjoy either brunch or lunch. The love and care given to us by local abhyasis was very touching and delightful!

The program had almost daily talks scheduled with experienced and well-versed, presenting abhyasis. In Tiruppur, Elizabeth Denley told us stories as well as the history of the Mission in late day meetings, delighting us with her knowledge and with a great opportunity to share tea and chocolate! Other talks were given by the following speakers: brother Rajagopalan on Prefect Work, brother Nagaraja on Love, brother Kamlesh on Lifestyle Changes and Reading the Condition, brother Alberto on Acceptance, Master on Evolution and many more.

Master takes very good care of the scholars and this annual program, ISAW is one of his favorites. The scholars are given much privileged attention and love in ways that are immediate and meaningful to all. Through brother Alberto and sister Dolly and their team of coordinators and translators, it can really be felt how love and meaning are injected into each and every detail of the program, so that scholars return home having had the best possible experience. The memories of this scholarship program experience accompany the participants in their own work for Sahaj Marg, in their own countries, sometimes very distant from India. Because many scholars wonder when and if they'll be able to someday return to India, this program truly becomes a gift from Master to them, and through each one of them to humanity at large.



I Like to Pull Weeds—How About You?

Harlan Smith, Greenfield, MA

I haven't always looked at volunteering at our ashram in Sunderland as my favorite task, but as a way to contribute, to enhance the space we all value and use communally. Nevertheless, I have found (as I think others have), that the routine and occasional needs of ashram maintenance offer something of interest to everyone. If the task itself isn't really something I like, certainly the feeling of doing something I don't like with my full attention and intention has a reward that can be felt, and this result may be perceived and appreciated by those around me, albeit without any fanfare.

I like weeding. I try not to be too compulsive about it, but depending on where I park my car before satsang or a sitting, my eagle eye looks at the many shrubs, trees, sidewalk edges, parking lot cracks and chooses a few things to uproot and dispatch on my way in or out. I like to believe that our abhyasis or visitors subliminally perceive the attention given to our ashram, whether it is the absence of weeds or the lack of dust inside the lighting sconces in the meditation space or library.

Our gatherings have the usual preparatory and wind-down tasks of cleaning common areas and bathrooms, setting up more chairs, setting up an attractive and voluminous media store and making it disappear quickly afterwards; and abhyasis have gravitated toward things they like to do for their own reasons. An occasional nudge with humor has even launched reluctant volunteers into a small task that they then can make 'their own' and be counted upon for another small element of what our Mission needs or creates. When I think of what volunteer tasks are handled by others, from 'the top to the bottom' of our worldwide Mission, I also am motivated to do a little more, just as a silent 'thank you' for the results I've experienced.

What do you like to do?



What Is the Abhyasi Digital Store?

The Abhyasi Digital Store is a new and evolving location in the sahajmarg.org website accessed on the abhyasi home page. Some of the digital offerings in the Abhyasi Digital Store are at no charge. Others have a cost. Whether there is a cost or not, you need to 'purchase' your item after creating an account that will allow you to log in to the store. Directions for this process are at the end of this announcement.

Several new releases are available in the Abhyasi Digital Store.

To place an order, please visit the 'New Releases' section, where you will find the following items:

River of Life — Eternal Power of Love (audio talks of revered Master)

24th July 2014 Handout - This handout was distributed during Master's birthday celebrations in 2014. It contains:

- Some jewels from Master's talks on character formation
- Explanation of the cleaning of Point B
- Special techniques of meditation on Point A
- The handouts are now available in the following languages in the Digital Store: English, French, Gujarati, Hindi, Kannada, Malayalam, Tamil, Telugu

We will be uploading other language files, as they are available, to the New Releases, and A Peep into Sahaj Marg sections. They can also be searched using the 'search pane' on the top of the Home Page, using the phrase 'Handout'.

French Audio Book - *Commentary on Ten Maxims of Sahaj Marg; Efficacy of Raja Yoga in the Light of Sahaj Marg*

Hindi Audio Book - *Towards Infinity, Sahaj Marg Philosophy*

Malayalam Audio Book - *Reality at Dawn*

Photographs of Master:

Master in Trichy, January, 2013

Master in Tanjore, January, 2013

Gurupurnima Glimpses, July 12, 2014

Available for downloading in High resolution (720p).

(The 'view only' version of these *Gurupurnima Glimpses* is available at:

<http://www.sahajmarg.org/glimpses>

(Note: Do not expect the downloads to happen when you click the links below.)

If you wish to download any of these files, please use the following instructions. The download will commence only after following these steps:

1. Click the LOGIN link in the top right-hand corner of the Abhyasi Digital Store page.
2. Select 'Login' if you already have an Existing ADS account. If not, select 'Create Account'.
3. After logging in, please select the appropriate Menu at the top of the page (By selecting 'Video', you would be directed to the page from where you can select the *Glimpses* video.)
4. Click the 'Add to Cart' link of the specific issue of *Glimpses*, which you would like to purchase.
5. Notice the pop-up window that confirms that the specific issue of *Glimpses* has been added to the shopping cart.
6. Click the 'Shopping Cart' link at the top right-hand side corner (next to the Login link) and proceed to 'View Cart' to verify your purchases and eventually 'Check out'.

In case of any questions or need for assistance, please send a mail to digitalstore@srcm.org

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