



## News from Manapakkam

July 2014

**Friday, 4 July: Visit to Dwaraka Apartments:** Master decided to go to see Kamlesh bhai who has been unwell for more than a week with the flu. He went to the apartment complex, which is just behind the ashram, in the golf cart. On the way, he slowed down several times to respond to abhyasis' greetings, questions, problems and so on.

As Master came out of the lift, Kamlesh bhai greeted him. Master enjoyed looking at the photos in Kamlesh's house, especially those of Babuji. There was also a statue of Buddha which looked a little like Krishna; Master was told that it was the 'Buddha Krishna'. For a while Master sat in the hall with a few abhyasis sitting around and commented, "Just like bees around a flower, abhyasis are always around me." In the informal discussion that followed, he recounted incidents that had happened during his trips to Europe. On one occasion, he was leaving to go somewhere by car, but one of the abhyasis forgot his bag, then two more things happened to block the departure. He decided there and then to cancel the trip. Subsequently, many positive things happened as a result. These are examples from his life we can learn from.

From Kamlesh bhai's house, Master went on to visit every apartment in the complex, all occupied



by abhyasis. He stayed briefly in each one, before moving on to the next, and was warmly welcomed each time. Recently, Master has been quite restless saying, "I have been tied down to my place for too long." This trip was therefore a welcome change for him, although when he came back to the cottage, he was quite tired and had to rest. The famous saying, 'The spirit is willing, but the body is weak' is often mentioned in the cottage when referring to Master's intense wish to travel, go out, etc.



**Sunday, 6 July: A Piano:** After breakfast and reading the newspaper, Master came out of the cottage and sat in the sun for a while. He then wished to listen to a brother who plays the piano. While this brother played several pieces, he sat in the hall, listening keenly and clearly enjoying them. After this, a young girl who studies at the Omega school played too. Master was very pleased by the fact that our abhyasis can





play so well. He said, "I have always wanted to buy a piano, but it never happened. It would be really nice to have one here." Several abhyasis came forward eagerly and gave suggestions, and within a few days, a piano had been purchased and set up in the cottage. When Master saw the instrument, the happiness showed on his face. One abhyasi played a few pieces, then Master too played a few notes. He explained where it must be kept and insisted it be properly covered and protected. He said that abhyasis could come and play anytime they felt like it. Over the next few days, several abhyasis came and Master listened to them play.

**Saturday, 12 July: Guru Purnima:** After offering prasad, Master was ready to meet the large number of abhyasis waiting to see him. They came initially in an orderly way and Master blessed them all, one by one. However, in spite of several

announcements asking them not to, abhyasis kept touching Master's feet. Master was becoming tired and asked them to stop coming if they wanted him to conduct satsang, but people continued to push forward. By the time this was finished, Master had met more than 500 people. He then went to the meditation hall and conducted a satsang for about 50 minutes. Bhajans continued in the meditation hall as Master went back to his cottage.

**Wednesday, 16 July: Master unwell:** Master was not well from the beginning of the week. He had a very persistent cough and seemed to have developed an infection as

well, so there was strict control regarding who was allowed into the cottage. In a couple of days, there was some improvement in Master's health and he began talking to people again.

**Sunday, 20 July:** Kamlesh bhai conducted the satsang and then made an announcement about Master's health. A message went out in Sahaj Sandesh encouraging abhyasis to go to the bhandara in Tiruppur instead of coming to BMA, Chennai.

**Tuesday, 22 July: Master's astrological birthday:** This was Master's birthday according to the Hindu calendar, but as he had fever once again, he was in no position to meet abhyasis or even to get up from bed. Kamlesh bhai conducted the 9 a.m. satsang after which the book *Letters to my Christian Family*, written by A.P. Durai, was released.





## Beloved Master's Birthday Celebrations in Centres in India

Our beloved Master's 88th birthday was celebrated in centres all over India for those who could not attend the bhandara at Tiruppur. Satsangs, bhajans, children's skits and performances, talks by abhyasis, were some of the highlights of programmes everywhere.

Reports from Vadodara, Bhilwara, Kolkata, Kharagpur, Jodhpur, Sri Ganganagar, Navsari, Valsad, Gulbarga and Anand describe the grace and divine blessings that they felt at the gatherings.



Bhilwara



Valsad



Allahabad Centre

Allahabad



Sahranpur



Ghatampur Centre

Ghatampur



Gulbarga



Lucknow



Kharagpur



## Beloved Master's Birthday Celebrations in India(contd..)



Jodhpur



Sri Ganganagar



Srinagar

### Children's Participation

Children are a part of our families and as they grow up in the Sahaj Marg family, they learn to participate in the activities at our ashrams and subtly absorb the values and qualities of our Master's teachings. They learn to express the love they feel through performances, in song and dance. They enliven the atmosphere of such gatherings and bring out the joy and love in all of us.



Kolkata



Valsad



Vadodara



Gulbarga

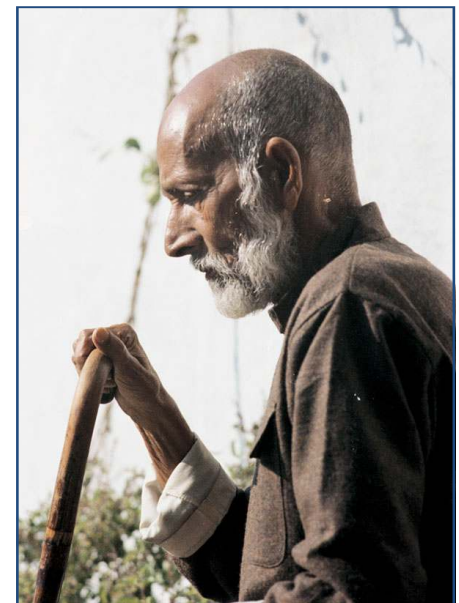


Lucknow

"I am ever ready to bestow lavishly upon him who offers to prepare himself for having it. But so far none seems to have come up to have his bowl filled up to the brim. I have often offered to the abhyasis to rob me of all that I have, and to give me in return that which they have. Fair exchange is no robbery."

— Babuji Maharaj

Complete Works of Ram Chandra, Vol. 2, p. 13







## Joint Secretary's Visit to Hubli, Karnataka

The Joint Secretary of the Mission, A.P. Durai, visited Hubli from 8<sup>th</sup> to 10<sup>th</sup> of August.

On the 8<sup>th</sup> morning, he visited the new ashram land which is 12 km from the city. He held a discussion in the afternoon with the abhyasis who are handling the project and gave guidelines for the development of the land. He asked abhyasis to build houses as early as possible in the plots they have bought because, without the colony, the whole concept of having an ashram in such a far place is futile. It was proposed to build a temporary shed for meditation on the ashram land so that frequent visits of the abhyasis can be facilitated.

In the evening, he attended a home gathering in Geeta Reshmi's house and explained the basics of the Sahaj Marg system to a group of aspirants.

On the 9<sup>th</sup>, he addressed a seminar in the Karnataka University of Dharwad attended by graduates from different disciplines. He explained Sahaj Marg philosophy to the graduates and stressed the need for simplicity and for overcoming the misguidance of temptations in one's life, citing real-life experiences of his own. The inner strength derived from the practice of spirituality and increase in one's own self-esteem were emphasised.

At the same time, an Open House was conducted by Dr Gajendra Singh (ZIC - North Karnaka zone) in a Government College in Mundgod town, 48 km from Hubli. More than 150 senior students and the faculty of the college attended the Open House. In his talk he stressed on the role of meditation, real love, real happiness and the need for inner guidance.

In the evening, during an informal conversation at Geeta Kamat's residence, brother Durai stressed the

importance of proper practice of the basic sadhana and the need for brotherhood among abhyasis.

On Sunday, after satsang, a group discussion with topics selected by brother Durai was organised for the abhyasis. The following were some of the topics:

1. Our professional and personal life should attract others to join the Sahaj Marg system.
2. How do we propose to utilise the new ashram?
3. The division between spiritual life and material life is artificial.

After lunch there was a Q & A session with abhyasis which ended with satsang at 4.30 p.m. Brother Durai left for Bangalore that night. All the abhyasis expressed joy and were greatly benefitted by his visit.

## U-Connect in Bhopal

U-Connect is an activity started by our Mission for college students. In MP zone the work has begun at Indore and Bhopal and is slowly spreading to other centres.

At Indore centre a trial of the initiative was organised for eight weeks. One college has consented to start this from September.

The team of trained volunteers from Indore organised an orientation programme for volunteers at Bhopal on 13<sup>th</sup> July. They shared their experience and learning with the volunteers.

Along with volunteers from the Bhopal team, sixty-three abhyasis from surrounding centres like Vidisha, Mandideep, Raisen, Sehore, and Narsingharh also attended this programme.

Zonal coordinator, Yamini Karmarkar, along with her team of Rajesh Raverkar, Nirmal Dagdee, Ramakant Agarwal (from Indore), talked with the participants and explained various aspects of U-Connect.

The team also motivated different centres to have a trial session in their centres before going to the institutions and colleges. The curriculum of self-development for students, to be introduced in colleges, universities and institutions, was also discussed in two successive sessions.

CIC Pankaj Mathur concluded the session with the assurance that the team will take up this work soon.

## Youth Programmes

### Motivating the Youth, Indore



A programme entitled 'Heart Speaks' was organised for youth at Indore centre. Vicas Shiurkar, who is a doctor by profession, a prefect and CIC of the nearby Dewas centre, shared his experiences of life.

The programme was planned in the form of a talk show followed by a Q & A session. Rajesh Raverkar interviewed brother Vicas and asked him questions related to various situations in his life, his experiences with Master, the problems he faced as a young abhaysi and as a government employee, a context where corruption has become a tradition. Brother Vicas shared his experiences, his feelings and how Sahaj Marg is helping him in his life. One of the wonderful messages given was that as we grow, we find more and more tolerance in us for everything and everybody around us by His grace. He spoke about faith, love for Master and about service.

After this 90-minute interview, the young abhaysis asked more questions which were very practical in nature.

The main aim of the programme was to help the youth of the Mission to learn from the experience of their elder brothers to solve their day-to-day problems in the context of spirituality. It will also help them take Sahaj Marg to their place of work/study.

Nimesh Paliwal, a young abhaysi, conducted the programme and Avinash extended the vote of thanks. The programme was attended by more than 40 young abhaysis. It is planned to hold such sessions on a monthly basis.

### Manapakkam, Tamil Nadu

A programme was organised on 3<sup>rd</sup> August in Manapakkam for around fifty young people from Chennai and a few overseas abhaysis.

Each participant was given a card with a value (quality) on it. The programme started with the Whisper dated 25<sup>th</sup> September 2012. This was followed by an ice-breaker session where participants introduced themselves and said aloud the quality named on their card for everybody to remember for the memory game. They also shared unique things which they have felt after joining Sahaj Marg. Everybody was asked to recall the Ten Maxims of Sahaj Marg and to try and quote the maxims as exactly as possible.

The aim of 'Find the Maxim Family' was to find a set of qualities associated with each maxim. Each participant had to identify the maxim to which the quality on their card belonged and also find their team-mates who belonged to the same maxim.

Each team discussed the topic 'Way of Expressing'. The activity emphasised the need to understand the points which are important when introducing new members to Sahaj Marg. Ample time was given for the participants to introspect and share their thoughts.

The importance of focusing on the 'Goal' was conveyed through a darts game which the participants enjoyed. After snacks and tea, two videos were shown: 'Five Tips for Building Authentic Self-Discipline' and Howard Martin's talk on 'Engaging the Heart's Intelligence'.

As the programme came to an end, all expressed their views, and suggestions and feedback were noted.





## Values Education

We are all familiar with the VBSE programme that was implemented in various centres of the Mission for more than a decade from the year 2000. More than 100 schools participated during this period and the Mission trained more than 10,000 teachers all over India. Master wanted this programme to be reviewed and improved upon.

Building on the experience gained, and incorporating feedback received from the field, the team has made a few changes. The programme is now referred to as 'Values Education' and is being offered for class 8 to 12. Twenty sessions per class will be run, covering the six core values of Sincerity, Humility, Courage, Responsibility, Love and Freedom. These classes, to be conducted by abhyasi volunteers, will be part of the regular timetable.

The teaching methodology is interactive, taking into consideration the need to inspire and empathise with the students in order to make the class more interesting and engaging. There will be videos, stories and exercises as well as thought-provoking interjections.

For the academic year starting May 2014, fifteen schools in nine centres came forward to implement the new Values Education programme. These centres are Rewa (2 schools), Vadodara (3 schools), Hyderabad (2 schools), Trichy (2 schools), Mumbai (1 school), Chennai (1 school), Delhi (2 schools) and Surat (1 school).

The Values Education team consists of Ranjani Balaji for content and training, Kanthi Pappu for coordination with centres and Jyoti Chereddy for IT administration of content. There are also many centre-level coordinators and volunteers. A few centres and schools have been pre-selected to start the programme in the upcoming academic year. Centres that are interested in starting this programme may contact Kanthi Pappu at [vbe@shpt.in](mailto:vbe@shpt.in)

### Experiences from the Centres

**Vadodara:** Being a pilot project, VE classes were started for four sections of class 8 in Baroda High School, ONGC and two sections of class 9 in Baroda High School, Alkapuri. A team of ten volunteers is involved in teaching along with five supporting members. They meet every week to discuss various activities to be conducted in the class. Tejas Vidyalaya, Gotri has accepted the syllabus and the school teachers have taken up the task of teaching. The support of school authorities is really appreciable. The response from students has been positive and they are enjoying the classes.



Alkapuri



BHS, ONGC



Mumbai



Nagothane

**Mumbai:** In Maharashtra, the sessions are being conducted for class 8 at Billabong International High School and at JH Ambani School in Nagothane. At both the schools the programme is being run with the help and support of our volunteers. The staff are very supportive, at the same time appreciating the participation of the kids and their opening up in the class with the volunteers. The kids are amazing and open and they are able to relate to the activities. It was so easy for them to grasp the first value, which was about Sincerity. The idea of diary writing was introduced as a way of putting down their observations, thoughts and reflections on the quotes given for each session. There is always a very light and happy atmosphere in the class. The team has also been invited by the Principal of JH Ambani, Marathi medium school to conduct VE classes in Marathi or Hindi in their school.

## Mannavarappadu, Nellore Rural



Abhyasis of Nellore centre have purchased 33 acres of land near Mannavarappadu village (Nellore Rural). Out of this, 5.85 acres was allocated for the construction of a meditation hall along with other facilities and the rest was divided into 300 plots.

A foundation stone-laying ceremony (Bhumi Puja) for the construction of the kitchen-cum-dining hall was conducted at Sulochana Sadan, Mannavarappadu, by sister Uma Gangadhar, CIC Nellore, on 6<sup>th</sup> August with the kind approval and blessings of our Master. The estimated cost for the construction is Rs. 20 lakhs; a sum of Rs. 4 lakhs has also been allocated for the construction of a toilet block. The ceremony was followed by satsang attended by around 200 abhyasis from Nellore and other centres such as Kavali, Buchireddypalem, Siddipuram, Gudur, Venkatagiri, Naidupeta and Podalakur. On this auspicious occasion, the CIC urged abhyasis to come forward for voluntary work and help to the maximum extent in the construction process to enable completion of the project in the shortest possible time.

## Zonal Meeting, Haryana

A zonal meeting (Zone-21) was held on 17<sup>th</sup> August at Sonapat Ashram. All prefects, coordinators, facilitators, volunteers and CICs from the zone were invited to participate in this meeting chaired by the ZIC. The meeting was structured under several broad agenda points. A presentation by the ZIC, Satya N. Mandal, gave guidance on various aspects of communication within the zone and about direct communication to Master or Kamlesh bhai; and the need for disciplined adherence to the system of communication laid down by our Mission. During the meeting, the ZIC requested all CICs, prefects and volunteers to work like soldiers of Sahaj Marg.



A discussion was held on how Sunday and Wednesday satsangs can be conducted in centres where prefects are not available. CICs and prefects -in-charge shared the progress made, achievements and improvement initiatives taken during the last year. Zonal coordinators also reported on progress in their specific areas, like Training & Development, U-Connect, CREST, Values Education, Essay Writing, IT, Abhyasi registration, Volunteer services, Echoes, the History project and Accounts.

## Udaipur, Rajasthan

An awareness workshop was conducted on 3<sup>rd</sup> August at Udaipur centre on the meditation on point A and cleaning of point B as mentioned by Kamlesh bhai in his talk during the Tiruppur bhandara. The CIC explained to the 34 abhyasis present the details of these methods and the positions of points A and B. The main objective of the workshop was to develop better understanding among abhyasis of these special techniques. At the end of the workshop a Q&A session was conducted to reply to queries from abhyasis.





## News Snippets

### First Wednesday Satsang at Muthur, Tamil Nadu

Muthur is a small town in Tamil Nadu, 18 km from Kangeyam centre. Owing to the distance, the six abhyasis from Muthur were unable to take individual sittings regularly. Following the advice of the ZIC, T.V. Viswanatha Rao, prefects from Kangeyam started going to Muthur to give sittings. As the strength of abhyasis rose to 30, the ZIC advised conducting mid-week satsang there as well. The first Wednesday satsang was conducted on 11<sup>th</sup> June at 5 pm by the ZIC, combined with home gatherings. Around 30 abhyasis from Muthur and a few abhyasis from Kangeyam attended. After satsang, talks were given on the topics 'The Masters of Sahaj Marg, the Mission, Method and Goal' and 'The Need for Sahaj Marg'. Five new aspirants showed interest in joining Sahaj Marg.



Muthur

### Sunday satsang at Maninagar, Ahmedabad, Gujarat

With Master's approval, a Sunday satsang in Ahmedabad will now be held also in the city centre near Kakaria lake, Maninagar. This is a central and easily accessible point for abhyasis residing in the city. The first satsang, held on 3<sup>rd</sup> August, was attended by more than 60 abhyasis, 20% of whom had never had the privilege of attending Sunday satsang for various reasons. It is hoped this arrangement will benefit all those who have difficulty in reaching the ashram on Sundays.

### Sports Day, Ahmedabad, Gujarat

On 15<sup>th</sup> August, a Sports Day was celebrated at Adalaj Yogashram in Ahmedabad along with Independence Day. All abhyasis were invited and everyone participated. The programme began with morning satsang at 7.30 a.m. followed by flag-hoisting after breakfast at 9.30 a.m. Sports activities were held from 10 a.m. to 1 p.m. followed by lunch. The games included musical chairs, carroms, table tennis, skipping, the one-minute game, show the destinations, lemon & spoon, a sack race, and couple race. All participants thoroughly enjoyed the event.



Varanasi



Ahmedabad

### Lalpania, Jharkhand

A GITP session was conducted on 6<sup>th</sup> July on the module 'Meditation'. It was attended by 22 abhyasis. The programme was very effective and a lot of learning was there for everyone involved. All realized that the program was a gift by Master. Also brotherhood developed among all abhyasis.



Lalpania

### Workshop on All India Essay Writing Event 2014, Varanasi, UP

This zonal level (12D) workshop conducted on 5<sup>th</sup> July was to facilitate and acquaint volunteers with instructions and guidelines of the event. About 60 volunteers from 23 centres and satellite centres of the zone participated in the workshop. Towards the end, materials for the event were distributed.



## Spreading the Word

### Sholavandhan, Tamil Nadu

On 30<sup>th</sup> July 2014, an open house meeting was held at Sholavandhan centre; this was headed by ZIC (TN-2D) brother Ramanathan and two other prefects. Over 50 people, both abhyasis and newcomers, participated in this programme. It began with the formal introduction of sadhana and its origins in the ancient period. People actively participated in the interaction session which went on meaningfully as newcomers were keen to know more about the features of Sahaj Marg system.



### Seminar in Government Treasury Office, Ahmedabad, Gujarat



A special programme was designed to inform employees working at the Government Treasury Office regarding our mission. The slot of 30 minutes was provided to brother Jignesh as a speaker. After taking due permission from the department head and making concise arrangement just for the time that was available with the staff, he gave detailed information to them about the effectiveness of our system. Many aspirants showed interest in joining the Mission and also to conduct such events.

### Mangalore, Karnataka

On Monday, 11<sup>th</sup> Aug 2014, an open house was conducted at Besant First Grade Evening College, Mangalore for around 90 students and 5 faculty members. Importance of spirituality and the unique features of Sahaj Marg was explained in detail to the audience. Eleven students and one professor of the college showed interest in joining the mission. Arrangements have been made to give individual sittings to the aspirants in the college premises.



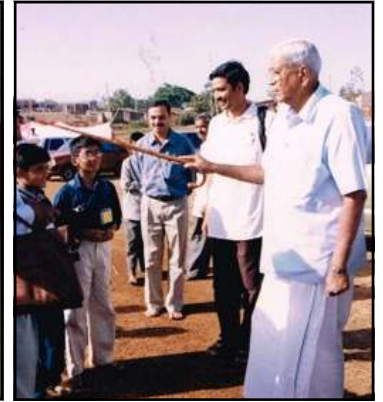
### New Centre at Kummarikunta, Telangana



There is now a new centre at Kummarikunta, located in a remote area of Karimnagar district. Since 1992, the four abhyasis from this village have been travelling to the nearest centre Peddapalli to attend satsangs and individual sittings. In the month of March 2014, ZIC (Zone 1A), Madhu Kottapalli, while visiting Peddapalli centre, met the abhyasis from Kummarikunta and understood the need for a new centre at this place. Permission was therefore given to start Sunday satsangs. During the recent visit on 9<sup>th</sup> August by the ZIC and his team, it was very encouraging to see that in less than 5 months the number of abhyasis in this village has grown to 24. The team also commented that the atmosphere at this place was spiritually pulling and subtle.



## Hubli Ashram, Karnataka



## Centre of Light

Hubli is one of the fastest growing cities in north Karnataka, well connected by road, rail and domestic airways. Its twin city, Dharwad, 20 km away, is the district headquarters.

Hubli centre started in 1997 with two abhyasis by the effort of Sarnadji, the then General Secretary of the Mission. Satsangs used to be conducted in brother Pavaskar's home and later in Mahila Vidya Peeth and Bankers Club till the centre had its own ashram. There were around fifty abhyasis at that time.

Master visited Hubli on 5<sup>th</sup> April 2002 for registration of the ashram land. He came by train and blessed the centre to have its own ashram to spread light in this area. On the occasion he said, "Every time we dedicate a new piece of land to our great Master Babuji Maharaj, there is a certain inner joy. It is like having a child in a family. Every ashram is a divine abode of the great Master, whose presence we invoke in that ashram and by which we maintain His light eternally alive, eternally available."

The ashram is located about 2.5 km from the domestic airport and new bus stand. The meditation hall, measuring 1400 sq ft is built on the ashram land of about 11 cents. It has seating capacity for about 150 abhyasis. Apart from this, the ashram has a kitchen, dining hall, office room, toilets and bathrooms. It has beautiful garden with many trees and a play area for children.

Full day programmes are conducted every second Sunday of the month. More than a hundred abhyasis attend satsang on Sundays. There have been a few

training programmes for the Karnataka state at the centre. These include VBSE training programmes for teachers, Faculty Development programme and Publication Workshop. The other activities of the centre include regular abhyasi training programmes, essay event co-ordination, distribution of Mission publications and identity cards to sub-centres.

Three centres have been developed since the ashram has come into existence namely Navnagar, Navalgund and Kaiga. Home gatherings, open houses and abhyasi training programmes are conducted in nearby places regularly.

Keeping the future in view, fourteen acres of land have been purchased with five acres of land for the ashram and nine acres for the abhyasi's colony. The new place bought is 12 km away from the existing ashram. During the recent visit of Joint Secretary, A.P. Durai, discussions were held with abhyasis and functionaries and it was decided to take decisive steps to develop the infrastructure and create an abhyasi community next to the ashram very soon.



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