



Sahaj Marg Spirituality Foundation

SMSF Newsletter

Volume V No.2-2010

SMSF Newsletter is a quarterly newsletter that will provide updates, announcements and notifications on SMSF activities and events.

In words of our Rev. Master, "This publication will essentially focus on the spiritual needs of human beings, how they are being or trying to be fulfilled by the Sahaj Marg philosophy and practice ..."

Archives of these newsletters will be available on SMSF website <http://www.sahajmarg.org/newsletter/smsf-newsletters>

For suggestions on the newsletter, contact smsf.newsletter@sahajmarg.org

Featured in this issue

VBSE: We cover recent updates to VBSE Programs.

CREST: We feature the activities at CREST, Kharagpur and Sadhana Programs at CREST, Bangalore

Retreat Centre: We include a report on activities of Pune Retreat Centre.

SPURS: We feature construction activities at SPURS retreat ranch.

Health: We cover the medical centre activities at Chennai, Madurai, Noida and Satkhol.



(above) Rev. Master during Babuji Maharaj's Birth Anniversary Celebrations on 30th April, 2010 at Tiruppur, India

Update on VBSE Worldwide

VBSE in India: VBSE in India is picking momentum with the workshops being conducted for piloting the new syllabus. During April, May and June, five workshops have been conducted for our abhyasis and teachers of some schools and about 350 participants have benefited by them.

Kerala, Karnataka, Tamil Nadu, Maharashtra, Madhya Pradesh and Gujarat have evinced a lot of interest in starting pilot projects in schools and so far about 25-30 schools have expressed their willingness to start VBSE programs from this academic year. Gujarat and Tamil Nadu have shown keen interest in promoting VBSE syllabus and are working out implementation strategies.

More workshops will be conducted for Northern and Eastern zones after July celebrations. We are positive that more schools will come forward to pilot our syllabus.

VBSE in Europe

Work of VBSE now has a new direction. Workshops for adult and children are now in two entirely different streams:

Character formation for abhyasis: (It was previously called "VBSE for adults") To support abhyasis in their work of character formation, an initial program called "Values, Attitude and the 10 maxims" will be available to all, after the birthday celebrations of Rev Master.

This program is created by a team supervised by Sis Elizabeth Denley <edenley@internode.on.net>, and will be available to any centre in the world who requests it. This program has no link anymore with the following VBSE program for children.

VBSE for Children: It is becoming more and more active and organized, always inspired by the spirit of Lalaji Memorial Omega School.

CREST Centres are resident schools where abhyasis in batches of 50-100 undergo intensive training in different aspects of human existence-- physical, intellectual, moral, and spiritual. The first CREST Centre is located in Bangalore. The second CREST Centre is located in Kharagpur near Kolkata.

More details are available on our Mission's website at: <http://www.sahajmarg.org/smw/w/crest-overview>

Objectives:

- Start the program with our own children
- Organize value-based seminars for families in the ashram
- Propose value-based activities for children during celebrations in India.
- Propose value-based activities for children during satsangh when parents are meditating and other times.
- When we'll be ready, we'll start to approach schools.

This program will be supervised by Tilde a Trodni tildekresta@gmail.com and assisted by VBSE coordinator Dominique Descartes.domi.descartes@gmail.com.

VBSE Topics, chosen in Europe. June 2010

Germany: *Nature* - animals/plants are our friends. Silence, stories, songs, dance and talks subjected to Nature.

Visiting of an animal farm, and excursion in the forest.

Denmark: *The ashram and the teenagers* - open discussion.

Nature gives - walk in nature and finding flowers to give to an old lady in town.

Be what you should be - to learn about our goal in life/ that we have to do what we should do and not always what we want to do.

Following your life path - book Alchemist

Switzerland: *Mothers and the spiritual practice* - Discussions and sharing around challenges and difficulties regarding our daily practice when having small children. It is helped by Master's quotations.

Italy: *Love* - Occasion of Italian National Seminar on May 23 to 25, in Marina di Massa.

Introduction of VBSE activities for all ages - Story-telling - "Siddharta", beach games, water games, treasure hunt.

Source: Sis. Seetha Kunchithapadam, Coordinator, VBSE

Activities at CREST Kharagpur

The CREST at Kharagpur near Kolkata, West Bengal was inaugurated by Rev. Master on September 28, 2009, at which time he spoke on the focus that he envisions for this CREST facility. In his inaugural talk, Master said

"with emphasis on the need for ethics, morality, balance between the inner and the outer selves of a human being, until there is only one self. . . Will it be ever possible to say there is only one self in a human being, or are we to deal again and again with the old Greek mythology of the persona, which we all wear at different occasions as it suits the need of the hour, or the need of our fears to protect ourselves? – because a persona is essentially a mask. Are we covering ourselves all the time with different personae: a father with

his son, a husband with his wife, a student with his teacher, and so on and so forth, soldier with his commanders? Are we fooling ourselves? – because once we adopt so many personalities, are we not confusing ourselves into thinking whatever we may think: I am this or I am this or I am this?"

Master further emphasized:

"So I would like all of you to get involved in this examination of your own belief system vis-à-vis the reality of whatever it should be or is or has been, and come prepared to discuss this, speak about it bravely, openly, and that way make this institution deserve its existence. This is what it was built for, and this is how it must be used."

CREST Kharagpur has hence been

CREST Kharagpur - Calendar

Aug. 11-15, 2010 - Basics of Character Formation - 3 day Seminar for Abhyasis.

Aug. 26-29, 2010 - Seminar on Character Formation for Youth

Sep. 19-25, 2010 - Basics of Character Formation - 5 day Seminar for Abhyasis

Oct. 9-13, 2010 - Character Formation programme for the functionaries (Not available for registration)

Nov. 19-26, 2010 - Character Formation Workshop for International Candidates - eight-day programme, including a three-day session for facilitators.

Dec. 1-5, 2010 - Basics of Character Formation - 3 day Seminar for Abhyasis

Jan. 9-15, 2011 - Basics of Character Formation - 5 day Seminar for Abhyasi

Jan. 26 to 30, 2011 - Basics of Character Formation - 3 day Seminar for Abhyasis

Feb.10-13, 2011 - Character Formation for Youth

Feb. 23-27, 2011 - Basics of Character Formation - 3 day Seminar for Abhyasis

Mar. 12-16, 2011 - Character Formation Seminar for Functionaries (Not available for registration)



(above and below) Views of CREST, Kharagpur

established with a firm focus on issues dealing with Character Formation. The seminars here are structured so that candidates will get the chance to reflect on their priorities and set specific goals and plans to achieve these goals once they return to their homes.

However, although a calendar of seminars has been published on the website, the response has been rather

lukewarm.

Abhyasis are urged to avail of this unique opportunity and make use of this excellent facility.

More details are available on our Mission's website at :

<http://www.srcm.org/sm/CRESTKGPApplication.do>

Source: Sis. Lalita Sreenivasan



Sadhana Programs at CREST Bangalore

MASTER'S REQUEST FOR PRAYER BEFORE EATING

Molena Ashram, August 2003

We are still worried about our food and its purity. I'm not talking of the biological purity of stuff that we eat so that we don't get sick. But the so-called spiritual purity.

Babuji taught us a way of making everything palatable and good for us spiritually.

He said, before you eat, meditate for a moment and offer it to your Master.

I don't see anybody doing it, not one. ...

So just try that. Even if it's just a sandwich, or a cookie as they say in America for a biscuit.

Just close your eyes for a moment and think that the great Master is eating it.

And you'll find it becomes like nectar. It's no more Indian food, it's no more American food, it's not even food. It is nectar, and nectar belongs to all. There is no Christian nectar and Hindu nectar and Muslim nectar and Buddhist nectar. Nectar is of the gods.

So let us try these things in our assemblies.

Let us not try artificially to make everybody our brothers and sisters. Let us feel it in our hearts.



(above) Sadhana Program Delegates at CREST, Bangalore

“Sadhana Program for Abhyasis - 56” concluded at CREST, Bangalore on 11th July, 2010.

It was the second “Sadhana Program for Abhyasis” after Br. Dr. A. Perumal took charge as the Director, CREST, Bangalore.

There were 21 delegates participating in the Sadhana Program. Most of them were from Karnataka, a few of them from other places like Kurnool, Nainital and Guntur.

Delegates started arriving on Monday itself. On Tuesday by 10 AM all delegates arrived and the program began with inaugural briefing by the Director.

The highlight of the program was the session on “Religion and Spirituality”

which was introduced for the first time in the Sadhana Program. This was the first classroom session of the program, followed by other classroom sessions for e.g. “The Goal, “The Role of the Master”.

Br. Bhasker Rao took the session on “Prayer, Constant Remembrance” which was appreciated by all.

All delegates expressed satisfaction and joy in the valedictory function, and expressed their participation in the Sadhana Program as a preparation for the Bhandara at Lucknow.

Before leaving CREST, all delegates gave their feedback forms. All feedback / suggestions are carefully pondered over and passed on to appropriate departments.

Source: Br. Parthasarathy Patel



Activities of Pune Retreat Centre

Applying for Retreats

Abhyasis who wish to apply for retreats either at the **Malampuzha** or **Panshet** centres may find more information about these facilities and the retreat program at:
<http://www.sahajmarg.org/smw/retreat-center-overview>

Abhyasis who wish to enroll for retreat programs may now apply online at the address given above.



(above) Newly developed lawn in front of Master's cottage

Revered Master has appointed Shri K.T. Manjunath as director of SMSF Pune Retreat Centre. He joined on 02 June 2010. Shri Ananth Kumar V. Koparkar has been appointed as manager of the retreat centre.

SMSF Retreat Centre, Pune hosted 58 abhyasis for the quarter ending June 2010. Retreaters are able to feel the unique atmosphere prevailing here. As usual they are able to feel Rev Master's presence through and through.

Full day program was conducted for the abhyasis of Pune centre on 30th May 2010 and 27th June 2010.

The program included talks by:

- 1) Shri. K.T.Manjunath : Importance of Retreat centre
- 2) Sister Supriya Vaidya : Patience and Tolerance
- 3) Sister Shubhada Apte : Role of abhyasis in attending the bhandaras

This also included drama by Youth Wing on Features of Sahaj Marg, Bhajan by Sister Aditi Saxena. The day long program concluded with video of Rev

Master's talk on Compassion, Love and Mercy. The program was coordinated by Brother Kaustubh Koparkar.

Retreaters were engaged in volunteer work for about 2 hours in a day. They observed golden silence for 1 hour between 5:30pm to 6:30pm every day.

Feedback in a nutshell from the retreaters is as below:

- I felt like staying in heaven.
- It was a memorable experience. Master has provided us a golden opportunity for self realization and spiritual upliftment.
- The atmosphere is charged. Everywhere we feel the presence of Rev. Master.
- We have learnt the art of constant remembrance.
- I have come to know a new thing about golden silence, which we were not practicing.

Many construction activities were undertaken in this quarter. Below are pictures of some new constructions.

(below) New Multi-purpose Hall and Kitchen-Dining hall.



(above) New dormitories 4 and 5 added. Total capacity is now 120



(above) Old dormitories 1,2,3



(below) Guest Rooms



Source: Br. K T Manjunath

Activities at SPURS

You may yourself wish to spend a few days in this very special place in 2010. Should you have questions about coming to SPURS, please do not hesitate to call us at +1-512-301-2104.

The information on SPURS is available on the web at: <http://www.sahajmarg.org/smww/spurs-texas-usa>. Abhyasis may submit the participation requests online. Once the requests are processed, abhyasis will receive a confirmation along with a welcome package that contains detailed information on the program and the facility. Please e-mail austin@sahajmarg.org for any



(above) Maintenance and roadwork underway at SPURS

We have written many times about the opportunity that SPURS provides for abhyasis who come to work on themselves—the so-called “inner work.” SPURS also offers opportunities for abhyasis to lend their hands in the “outer work” here—the ongoing maintenance work at the ranch. Without these volunteers who come regularly and lovingly from the various centers in Texas to do Master’s work at SPURS, we would not be able to maintain properly the physical condition of this very special place.

Babuji has told us in the first maxim that “purity of mind and body should be specially adhered to” before meditating. It seems to be in the same spirit that Master has said that we are to keep our ashrams and various centers of the Mission in pristine condition, presumably so that the outer physical space is in harmony with the inner spiritual space.

Brothers and sisters who come to do volunteer work at the retreat center appreciate the unique atmosphere here and feel privileged to imbibe what is offered. It is not surprising that repairmen from the outside who come for special services at the ranch have also noted the deep quiet and serenity of SPURS.

In addition to regular workdays at SPURS, there are often special requests

for volunteers to do tasks, such as the task done in June - pouring a 160’ strip of concrete for the private road leading to the ranch. Brothers living nearby were called on to do the landscaping of several loads of fill soil piled on either side of the new roadway. Others had been on hand the day before to prepare the foundation for the pouring of concrete.

Abhyasis who come to retreat for more than three days also are invited to volunteer for tasks at the ranch. In the one hour each day given to these tasks very useful work has been accomplished. And of course it is an opportunity not only to maintain the physical plant of the retreat center but an opportunity to be in remembrance of the Inner Master.

Abhyasis do not wish to be thanked for their volunteering at SPURS, or at any other facility of the Mission, because as Master has reminded us many times, the reward is in the work itself. We are grateful that He has provided this holy place that inspires brothers and sisters to come and volunteer—to serve so that they may be served.

More details can be found at SPURS page <http://www.sahajmarg.org/smww/spurs-texas-usa>

Source: Tom Stoner, Resident Prefect
SPURS Ranch Retreat Center

Medical Centre News

Free Medical Centres (FMC) at Manapakkam and Satkhol have been undertaking many activities towards imparting medical services to the needy. Medical Camps are regularly held in Madurai and many other centres.



(above) Pictures from Madurai camp

Free Medical Centre at Manapakkam has served a total of 9,573 patients for the quarter April to June 2010. Spirometry camps were conducted (courtesy Lupin Laboratories) and 10 patients benefited. FMC has served 224 number of casualties during the quarter April - June 2010. Following are the details of the medical activities conducted by Free Medical Centre, Manapakkam in this period.

Department	Patients	Panel of Doctors
General medicine	8385	Dr. U. Ravindran, Dr. R. Sulochana Dr. K. Sudheshna, Dr. E. Ellanchelian Dr. S. Kishore
Cardiology	43	Dr V. Vanaja
Dentistry	169	Dr. Swati N. Bhagat Dr. Jagadish Kumar
Dermatology	0	Dr. M. Jayaraman
Gastro-enterology	15	Dr. Manimaran
Gynaecology	40	Dr. Jayanthi Mohan
Homeopathy	631	Dr. S. Balaji Jayasanker Dr. S. K. Ram Subramaniam Dr. Sudha Jagadish Dr. R.Asha Dr. N. Padma Suganya
Ophthalmology	95	Dr. Harshitha Bakshi
Orthopaedics	0	Dr. S. Sivaiah
Paediatrics	76	Dr. B.I. Sasirekha Dr. Natwar Sharma Dr.M.Umakanthan
Physiotherapy	21	Br. N. Siva Subramaniyan
Psychiatry	38	Dr. A.P. Mythili
Pulmonology	21	Dr. G. Raja Amarnath
Urology	12	Dr. Sanjay Sharma
General Surgery	0	
Spirometry	10	
Neurology	17	Dr.R.Padmini

Staff	Staff	Volunteers
Dr. S. Kishore (Doctor) S. Meenakshi (Pharmacist) M. Kamakshi (House-keeping) P. Gomathi (Receptionist)	A. Radhamani, R. Chitra, K.Sathya, S. Soundarya, R.Karthika (Nurses)	V.Rajapurna M.Jayanthi A.Radhakrishnan

Source: Br. Dr. Ravindran Ulaganathan



(above) Pictures from Noida camp

Free Medical Camp at Noida centre on 6 June 2010

Free medical camp was organized at Noida centre on 6th June. Ten specialists from different fields of medicine participated in the camp. Gynaecologists - Dr. Asha Bansal, Dr. Usha Mohan, Paediatrics - Dr. Mansi Garg and Dr. Sanjeev Sharma, Physicians - Dr. Sangeetha Sharma and Dr. Motilal, Cardiologist - Dr. Rahul. Dermatology - Dr. Deepti Rana. Ophthalmology - Dr. Urvashi Goja and Dental - Dr. Prashsti Rajput participated in the event. Village covered was Chapurali.

From last few years, initiation of a medical camp and organizing it regularly was a subject of discussion. Once a place for ashram was given, the thought of organizing a medical camp took shape. June 6th was fixed for the camp. An announcement by beat of drum besides distribution of pamphlets was done. The village pradhan was contacted and a few pamphlets were given to him for distribution.

The camp began at SRCM ashram in Noida centre at 9.30 a.m. after satsangh. Nearly 293 Local residents as patients availed the facility. Besides doctors, many abhyasis were engaged in related fields of activity. A great zeal could be observed among patients of surrounding villages and Abhyasis. Besides thorough check-ups, medicines were given to patients according to their need. Considering the need and possibility, it was decided that there will be a team of doctors on every first Sunday of the month between 10 a.m. and 12 p.m. Next full-fledged camp will be after 6 months. Everything took place perfectly by Master's Grace.

Source: Vijaya Vittal

Free Medical Camp at Satkhol

Sahaj Marg Physicians Group (SMPG)

SMPG is an initiative involving physicians, medical students, residents, nurses and others in the medical community to offer medical services to the needy through SMSF Medical Centers. As part of this initiative, a database of names of the physicians from all branches of medicine has been completed. A group email address has been set up - smpg@sahajmarg.info.

Source and SMPG Contact is Murthy Gokula (rgokula@hotmail.com or murthyg@msu.edu).



(above) Pictures from Satkhol Medical Camp

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