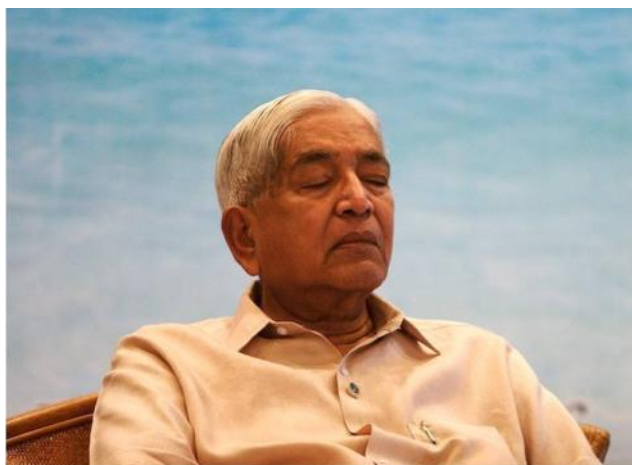




## Ten Maxims



**T**he Ten Maxims of Sahaj Marg are of very great importance in the spiritual life of an aspirant, precisely because they help the *sadhak* to attain this inner balance by adopting natural aids available in nature herself. The **first maxim** is the basic one for this purpose. My Master has revealed to humanity that at the time when day and night meet, as at dawn and again at sunset, nature herself is in a state of balance. By utilising this period of '*sandhi*,' as it is called, which means the meeting point, one is able to, in some way, create within himself the identical state of balance as is prevailing. The **fourth maxim** has the same thrust in an identical direction. Nature is essentially simple, though her manifestations, when she chooses to display her powers, may appear to be complex and awe inspiring. I believe that the **sixth maxim**, too, has a similar thrust. How can there be balance

when there are extremes of all values in society? For instance, if there are the poor and the rich, where is the balance situated? Is it in not having too much or in not having too little? My Master has stressed that such is not the case, for what one earns and remains depends on one's *samskaras*, as well as one's character.

Take the **fifth maxim**, for example. Is it not the foundation, the very cornerstone, of character? The same is true of the **seventh maxim**. The **second maxim** emphasises the need for love and devotion. It also emphasises the need to have a goal, as otherwise *sadhana* becomes pointless! The same is true of the **third maxim**. The time of the day is important for *sadhana*, as it makes it possible for us to utilise nature's balance for our own purpose. The **fourth maxim** makes this clearer, and points the way to achieve identity with nature.

The **sixth maxim** would be incomplete without the adoption of the seventh. If one is to know all men and women as brothers and sisters, how can the idea of revenge even manifest in one's heart? The **ninth maxim** reveals to us Babuji's hope that after growing for ourselves, and even during the process of one's growth, one should conduct one's life in such a manner that it becomes an example which others would want to emulate. This shows that mere book learning or the repetition of mantras is not sufficient. What a human being needs, above all else, is a living example for him to follow. This clearly indicates the need for an aspirant or seeker to have a Master of such a calibre that He is worth emulating in every aspect of His life. The **eighth maxim**, when adopted wisely, leads to a life in which one becomes progressively free of desire. Such a life becomes saturated with attitudes of honesty and piety.

The true importance of following the Ten Maxims of the Sahaj Marg system can hardly be over emphasised. *Sadhana* has two wings, as I have mentioned above. It is foolish to think of the two wings as only represented by the material and the spiritual elements of life. As every magnet has two poles, so also as one withdraws into the spiritual, the inner life of the soul, at each and every stage the two wings relevant to that stage come into existence, as it were. This is the refinement of the wings, but refined or gross, the two wings remain with us as long as we remain in this world. This reveals the need for alertness, so that one may not slip carelessly into the error of thinking that the journey is over. The higher one goes, the greater the need for alertness. This is made possible by the practice of Constant Remembrance. Sahaj Marg can thus be seen to be a complete system and its effectiveness is proved in its ability to take a *sadhak* up to the final stage of divinisation.

*Excerpted from SMRTI Online Article — The Ten Maxims of Sahaj Marg by Shri P. Rajagopalachari, 95th Anniversary Celebrations of Shri Ram Chandra Maharaj of Shahjahanpur, Eisenartz, Germany 1994*

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## Change Your World by Changing Yourself

*Presented by Bro. Arturs Alksnis, Babuji's Birth Anniversary Celebrations, Singapore, 30<sup>th</sup> April 2010*

### **T**he world around us...

*"We are not seeking balance; we are trying to dominate everything in this world. First, we want that humans are more superior than all other forms of life. And second, some humans are more superior than others. And thirdly, some are the top."*

### **Let's change all this! Yes, but how?**

*"If people come to spiritual life only to change the world, they will not achieve anything. I assure you. If you come to change yourself, there is guarantee of success provided you apply yourself to changing yourself. This world is full of people who want to change the world. Every rapacious conqueror through the history of this world wanted to change the world. Every philosopher and wise man wanted to change himself."*

*"When you change yourself, the law says, your world changes for you. You don't change the world, but you change your world. You learn to live harmoniously, you learn to have compassion, you are able to really love people, you are able to mix without class consciousness, colour consciousness, rich-poor, and therefore you are the centre of harmony, not at the periphery of harmony. Unless you are at the centre of harmony, at the centre of peace, at the centre of love, you get nothing."*

**Change Your World by Changing Yourself**  
*Address to the participants of the Scholarship Training Programme 2008–2009, 20<sup>th</sup> Dec 2008, Malampuzha, India*

*"So when we talk of changing the universe—what we really mean is to change all these universes, which is impossible. There is the possibility that each one of us can change his own individual universe. All change starts from the centre, so we have to start changing our universe from the centre of that universe, which is our own heart. That is the main reason why Sahaj Marg teaches meditation on the heart."*

*"Now, we accept all these things intellectually, but few people are able to accept with the heart. We*

*all want change in our circumstances, in our existence, but we don't want to change. In other words, we want everything around us to change, but we don't want to change ourselves. Spirituality says, nothing can change without you yourself changing."*

**The Need for Change**  
*Message by Master on the 86<sup>th</sup> Birth Anniversary of Babuji Maharaj, 30<sup>th</sup> April 1985*

### **Inside out...**

*"Culture does not mean music and dance and arts alone. Culture is something of a total human expression—even the way in which the person expresses himself or herself so that he or she is perfectly in harmony with the environment, with nature, and with himself. If you are not in harmony with yourself, you cannot be in harmony with anything else, of course."*

**Divine Powers Within**  
*Talk given by Master on 4<sup>th</sup> May 2007 at the Iranian Club, Dubai, UAE*

### **Universal Evolution**

*"What we, therefore, require at present is only to improve the morals and to discipline the mind. We must learn how to create within the heart a feeling of universal love, which is surest remedy of all evils and can help to free us from the horrors of war."*

**Rev. Babuji's Letter to the UN**  
*Shahjahanpur, U.P., Dated 8<sup>th</sup> July 1957*

*"Apart from our own individual spiritual evolution, there is this large universal question of a new world order, of a new level of humanity, of higher levels of consciousness and, what Babuji keeps repeating, subtler and subtler vibrational forces. As those of you who have some knowledge of science know, there is only vibration in the universe, nothing else. We are all vibrating without our knowledge. (...) So our individual evolution is for the purpose of the cosmic evolution, a universal evolution, and if I cannot contribute to my own evolution, I am not going to contribute to anything else."*

**Universal Evolution**  
*10<sup>th</sup> November 2009, Kharagpur, India*



## Our Spiritual Yatra

by Sis. Ramani Subramaniam and Sis. Anu Kay, Malaysia

On 28<sup>th</sup> March, five of us, Letchumy, Sacuna, Anuradha, Kalarani and Ramani, headed to Delhi. It was the first stop on our journey to two of the Mission's highly charged ashrams; Satkhol and Manapakkam. Our bus to Kathgodam, the bus terminal closest to Satkhol, departed Delhi at about 9pm and took us on a 10-hour non-stop journey.

As we missed alighting at Kathgodam, we hired a four-wheel drive from Nainital to take us to Satkhol. Though the distance between these two places is only about 52 km, it took us almost three hours to reach the ashram, the road being narrow and extremely winding. We were happy to finally see the arch that proclaimed "Shri Ram Chandra Mission". Heaving a sigh of relief, we drove into the ashram grounds at about 10am.

Satkhol Ashram is truly "Heaven on Earth" both literally and metaphorically. Master's love for nature is immediately apparent in the grounds of the ashram, covered as it is with a variety of trees and flowering plants. During the day, the air is cool and crisp and the view of the mountain ranges stretches endlessly. The ashram is well-equipped with facilities ranging from meditation hall, sleeping quarters, kitchen, dining area, administration office, library to medical clinics. We found this setting most conducive to spending time in silence, contemplation, introspection, and of course, in meditation.

Our days started early at 4am with personal meditation and getting ready for the day's schedule. Satsangh commenced at 7.30am. We felt greatly privileged to be able to meditate in this hall, charged with divine energy and graced by divine souls! The 9am brunch usually consisted of *chappatis*, rice, *dal* and vegetables. We would then volunteer our services for two hours. We would help in the kitchen or sweep the ashram grounds. Hot tea was served after the hard work! In the afternoons we spent our time in discussions in the library, facilitated by Dr. Prasanna Kumar. The discussions on the three Ms, were made interesting with Brother's narration of true happenings and personal encounters,



through his long and dedicated service to Master and the Mission. We spent the next hour in 'golden silence' soaking in the tranquil atmosphere. The second satsangh for the day started at 5.30pm. Dinner was served at 7.30pm, followed by Universal Prayer at 9pm after which, we retired to bed. We followed this routine for the next six days.

On 4<sup>th</sup> April, we left Satkhol with heavy hearts and with a silent promise that we would be back soon! We took a train back to Delhi and the next morning flew to Chennai. We made our way to Manapakkam ashram eagerly. Master's health did not permit him to be physically present to conduct satsangh daily, but we were fortunate to be present when He conducted two satsanghs after which He solemnised a few weddings. However, we did get glimpses of Master as He rode in His buggy!

We tried to have a special audience with Master but He sent a message through Bro. Vinod that **"if they had attended my satsangh, then they had been with me."** We had to be satisfied with this. Though on the day of our departure, to our surprise, Master gave a sitting as we all waited outside the gates of the cottage! We returned to Malaysia, our hearts filled with love for Master and with total satisfaction that our pilgrimage to the two jewels of SRCM was truly a Spiritual Yatra.





## Japan Centre



### Spring Retreat 2010

The biannual retreats have become increasingly significant with the recent increase in the number of Centres and sub-centres in Japan. 45 abhyasis (from Tokyo, Kyoto, Osaka, Nagoya, Gifu and South Korea) gathered in the picturesque environs of Takayama prefecture from 2<sup>nd</sup>-4<sup>th</sup> May. This cross-section of abhyasis had ample opportunity to bond over group discussions, long walks and preparation of meals together. Master's email message, *"I pray that all those who attend the retreat will be blessed, and foment others to attend such retreats in future"*, ensured we felt His presence and guidance in every facet of the program.

### Open House in Nihon Yoga Centre

While exploring for new avenues to introduce Sahaj Marg, our preceptors in Tokyo met a gentleman who happened to have met with Rev. Master way back in 1990. He hosted an Open House in his Yoga studio on 21<sup>st</sup> March. Four people took the introductory sittings shortly after that.

### Kyoto Gathering

On 28<sup>th</sup> March, abhyasis from Kyoto, Osaka and Nagoya attended a full day gathering, when Preceptors Bro. Tom Hansen and Sis. Kim Hansen from Canada visited the Centre.

## Philippine Centre

The Philippine Centre celebrated Babuji's birthday by holding satsangh. The satsangh ended with a reading about Babuji on the morning of 30<sup>th</sup> April and a biographical profile of Babuji that evening. A video on 1<sup>st</sup> May, showed Master's visit to Moscow during Babuji's birthday in 2008. At the end of the celebrations, we had cakes.

On 13<sup>th</sup> March, the Philippine Centre held an open house at the Asian Institute of Management in Metro Manila. A few other information sessions were also held for individuals.

## Vietnam Centre

By Master's grace, since last year June, there has been a good development of Mission's activities in Vietnam, notably in the capital city of Hanoi. We plan to continue in the same spirit, supported and guided by Master's blessings.



Every 2-3 months, Bro. Nitin Govila travels to Hanoi to give sittings, conduct open houses and introductions. Sometimes, it may be helpful if preceptors from other centres can also travel, thus helping the centre further. At the same time, to better support the local people in their understanding, the Mission has started to translate some of the books and hope to have them completed soon. We pray for Master's continuous guidance and direction.

## Singapore Centre

### New Premises

**W**ith effect from **1<sup>st</sup> April 2010**, moving one step closer towards the achievement of an ashram, Singapore Centre's activities are being held at **Kampong Kapor Community Centre, No. 2 Kampong Kapor Road, Singapore 208674**.



### United Nations International Mother Earth Day

**T**he event was commemorated on 17<sup>th</sup> April with the theme '**Living in tune with Nature**'.



The Bedok Reservoir Park, close to the Berlin Wall exhibit, was the intended venue but due to heavy rain, the event was relocated to a neighbouring condominium's function hall. More than 140 people, children and adults, attended the event.

The VBSE team and children showcased their art and craft related to **Reduce, Reuse and Recycle**. The dance workshops demonstrated how to harmonise with the elements of Nature while the songs and skits touched the hearts of all. The event concluded with a silent contemplation to foster love in all.

### Babuji's Birthday Celebration

**A**fter the morning satsangh, a presentation on Babuji's biography started the day's programme. The short video clips, enacted by local abhyasis with a background voiceover, made everyone feel as if Babuji himself was narrating His story. This unique and innovative approach captivated the audience. The newly released book '**Guru and the Goal**', was reviewed with an



emphasis that the study of it would impact an abhyasi's life. The topic '**Meditation - An Essential Tool for a Balanced Life**' dealt with the necessity to lead a balanced life. Also, a session on '**How to Become Better Abhyasis**' stressed the removal of hatred, and the development of love. Children showcased their creativity by displaying objects made, using common recycled items. They also sang birthday wishes to Babuji. A fascinating talk later encouraged all abhyasis to listen, communicate and obey their hearts. A presentation on '**Change Your World by Changing Yourself**', concluded the evening's programme. Satsangh ended the day with a sense of tranquility spent in remembrance of The Masters.





## China Centre

From 26<sup>th</sup> March - 11<sup>th</sup> April, ten abhyasis and prefects from Paris and Nice (France) organised activities and seminars with the local teams in Shanghai, Xi An, Kunming, Hong Kong and Beijing. **Abhyasi Training Program (ATP)** was conducted and the program was distributed to local prefects for further trainings in their respective centres. The program was highly appreciated. Everyone benefited with a better understanding of the Sahaj Marg practice and basics.



A **Prefects/Functionaries Training Program** was held with a specific session for Prefect work. Several workshops, open houses, sittings and introductions were conducted. It established interesting relationships with yoga studios, whose owners appreciated the meditation sessions and the Sahaj Marg teaching.

For the first time we conducted **Value Based Spiritual Education (VBSE)** exercises for adults. We were astonished by the curiosity and strong interest shown by the local abhyasis. Even when the formal program came to an end, many local abhyasis were unable to leave the unique atmosphere bestowed upon all. We plan to organise more of these eastern heart and western mind meetings. In total, there were 73 introductions, and 24 more brothers and sisters were introduced to the practice.

Introductory sittings are held at 6am or 10pm. We are grateful to Master who offers us such opportunities of “work” (is it really work?), this hope of change and the dream of a bright future.

## Malaysia Centre

The Melaka Centre organised the National SRCM Seminar on 29<sup>th</sup>—30<sup>th</sup> May, with the theme, **Be alert, Be receptive** at the serene Thivya Prem ashram, owned by The Divine Life Society.

We were fortunate there was good attendance from various Malaysian centres. A big group from Singapore Centre added more joy to the seminar. There were 75 abhyasis and 11 children. Many travelled from afar to attend the gathering, drawn by the love of Master.

The programme comprised of talks, presentations, videos of Master’s speeches, preceptor meeting, skits and creative activities for children.

Everyone was able to meet Bro. Nitin Govila, the new Regional-in-Charge. He obliged by answering questions. He talked about a meet-up for the Asian abhyasis with Master later this year. When one abhyasi enquired about Master’s health, he answered to have positive thoughts and to always think Master is well. Also, it was good to have more interactive sessions between different centres to learn from one another.

There was enthusiasm and happiness throughout the two days as all were in Remembrance of Master.



**VBSE Worldwide***by Sis. Seetha Kunchithapadam Co-ordinator, VBSE, India*

**V**BSE has been one of Rev. Master's dreams. He wants values to spread and hopes abhyasis all over the globe will practise such values as they would help improve their external behaviour. VBSE is picking up in some parts of the world, especially in Europe.

**Europe**

In Europe, the work of VBSE was again reinforced in the half-yearly seminar for the coordinators of all countries and their teams. Most countries were represented in Paris on the first weekend of May along with Dominique Descartes, Tilde a Troedni and Elizabeth Denley from Australia. It was a weekend full of inspiring presentations, sharing and lots of promise for future work, besides introspection and a deeper understanding of VBSE.

During the birthday celebrations of Babuji Maharaj in Vrads Sande, Denmark, there was a practical presentation, on the 9<sup>th</sup> Maxim along with a short presentation of VBSE. Around 85 adults participated.

Many centres and ashrams throughout Europe held VBSE activities on UN Day of Families, on 15<sup>th</sup> May. The weekend 21<sup>st</sup>-23<sup>rd</sup> May will be the national seminar in Italy with both a presentation on VBSE activities, supported with daily activities for children in three age groups. In Germany, a programme on **"Animals are our friends"** was conducted. In Denmark, a program on **"What is silence?"** was conducted. Both children and adults participated.

**"VALUES, ATTITUDE AND THE 10 MAXIMS"** have been conducted in Belgium, Denmark, Switzerland, UK, and Italy.

**India**

During the last week of April, a three-day workshop was conducted at Babuji Memorial Ashram for abhyasis from the southern zones, Chennai. From around 75 participants, there were more than a dozen teachers and three principals who attended the workshop with a lot of enthusiasm. LMOIS and SMRTI are currently preparing the new syllabus. Participants were requested to give their ideas on modules, students' assessment sheets and the feedback forms prepared for parents. It was a fruitful exercise with lots of input from the participants. It is hoped the Primary School syllabus would be ready soon.

**Announcement of New Functionaries**

Regional in-charge, Greater China: Br. Vinod Mishra  
Regional in-charge, Far East and SE Asia: Br. Nitin Govila  
Country in-charge, South Korea: Br. S.L. Rao

**Calendar of Events, Singapore (June - September 2010)**

June 20 - New Abhyasi Induction Training - Bro. Rajesh  
July 18 - Here and Now - Bro. Sreekanth  
July 27 - Master's Birthday Celebrations  
August 15 - Constant Remembrance - Bro. Venkatesha