



Master at Chennai

After the New Year festivities, Master was planning to go to Gayathri but as he was not feeling well he decided to rest.

In the evening, a large group of abhyasis from various parts of India as well as from overseas were waiting to meet Master. As he came out of his office, he said, "I am happy to see that you all have lots of patience to wait for such a long time to meet me". Saying this, he spent about ten minutes standing in the corridor, talking and spending valuable time with those present. There were abhyasis from Germany, France, etc. and Master jokingly said, "Germany is famous for something, France is famous for bread, Italy is famous for coffee, and India is famous for spirituality".

On January 4th, Master conducted satsangh in the meditation hall. The next day as Bhargav was leaving for London, Master had woken up at 4 a.m. and came to see Bhargav off. Master then sat outside and had his coffee around 5:30 a.m.

On 7th, Master went to the media team workshop and gave a talk on the day's theme of 'Brotherhood'. He started the talk by asking the audience, "Are you all truly abhyasis? If you are all truly abhyasis, I don't see why there should be a workshop on brotherhood." He referred to the quarrel, dissention and groupism all arising from the ego of individuals not capable of working together in harmony and said he would prefer to throw everything out including abhyasis, and go back to the days of Babuji Maharaj with a few abhyasis at home and try to manage it. He then said, "I hope you all can put some sense into those brilliant heads of yours, which is so brilliant that it cannot recognize the brilliance of others". He emphasized the need to 'practice brotherhood' instead of having to speak about it.



Sunday, 8 January 2012

After conducting satsangh, Master came back to the cottage and after a while as he was walking to his office to go through some Russian lessons, he saw abhyasis lined up to meet him. He said jovially, "You all had a wonderful satsangh this morning. Don't expect anything more from me".

After he finished his Russian lessons, he was talking to a group of abhyasis in the office. About languages, he said, "Learning a new language is difficult only in the beginning, with an initial few languages. Once you have been through the learning process of a few languages, learning more languages becomes much easier". He said, "Pleasure costs much more than you think". "I am happy with all that I don't know".

Tuesday, 10 January 2012

About forty abhyasis from France and Venezuela had assembled in the hall and Master came and greeted them. Master asked, "Are there any new abhyasis?" to which a few abhyasis raised their hands. One abhyasi said, "Master, I am an abhyasi for five years, am I a new abhyasi?" to which Master said, "No, you are a good abhyasi!" and everyone laughed. Master said, I am an abhyasi for fifty years and I still have questions. But unlike the traditional knowledge of the sciences which can be learnt, spiritual knowledge has to be received. He said Babuji is like a huge reservoir of knowledge but there is no one to open the tap to receive it. He said

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that he had seen Babuji with tears in his eyes during a seminar when he had wished to give so much to the abhyasis but there was no one to receive and Babuji had to scatter the same in the atmosphere.

A question was asked, "Is there a difference between thanks and gratitude?" Master said, "Yes there is a big difference. You see, gratitude comes from the heart whereas thanks comes from the mind."

Wednesday, 11 January 2012

Master conducted the morning satsangh and then performed ten marriages. In the afternoon, he watched a live video by Skype of the new ashram at Jammu. After the presentation, Master told them that he did feel as if he went through the whole venue and the abhyasis could treat it as inaugurated and could start using the meditation hall.

On January 12th Master left for Gayathri and returned on 14th by 9 a.m.

Sunday, 15 January 2012

Master had invited all the 12th standard children from Omega school for brunch. After brunch, Master came and sat out in the sun. He told only the children to sit in front and was talking for a long time with them. He said, "One should not look for success, but one should not fail". Education in school and ethics and morality, being taught both in school and at home, should be like the two banks of the river, and without the two banks, the river does not exist. One should realize that the river flows fastest in the middle, and we should be in the



middle, going forward fast, keeping the two sides at bay, as it were."

From January 17th to 22nd, Master was busy with the seminar of Russian speaking abhyasis from Russia as well as former CIS countries. Every day he spent time with them conducting sittings and giving talks. He seemed to be very happy with the abhyasis who numbered around 500. He treated them to dinner at the cottage, made new prefects among them and watched from his cottage through CCTV brothers Chakrapani, Kamlesh Patel and P.R. Krishna giving talks.

Master addressed the participants on the 17th and 19th of January, 2012. In his talk, Master said:

On character:

It is the single most important aspect of a spiritual life. Desires are not in the object outside but it is within. He said that desires are always latent and they will flourish at the right moment when the external object presents itself. The proper way is to clean out all these desires and temptation from within ourselves, a solution unique to Sahaj Marg.

Needs and wants:

We should learn to conduct our lives and develop the ability to distinguish between needs and wants. All needs are basic and essential, like food, shelter and clothing, which will be provided for. But wants cannot be fulfilled. He referred to Babuji's message, "Live simply and in tune with nature".



Master at Trichy

On Monday 23rd January, Master left for Trichy by flight. It was supposed to have been a private visit. But Master mentioned that there were a lot of abhyasis who had turned up to which someone said, "Master you gave them all permission!" Master responded by saying, you see, it is like in the Lord of the Rings movie, where Frodo tells Gandalf, "Half the shire's been invited and the rest of them are turning up anyway." Everyone had a good laugh at this.

Nearly 142 overseas abhyasis accompanied Master. Around sixty abhyasis from Russia came by road. On 24th he rested and sat in the morning sun enjoying nature with the sounds of birds and the smell of jaggery. A subtle environment engulfed all and everyone experienced this unique blessing. During the conversation he said, "If everybody takes a pledge not to give or receive money, there will be no scope for corruption".



On 25th Master conducted morning satsangh. In an informal gathering after satsangh he said, "Take care of the children. Any society which does not take care of their children and women, doesn't flourish."

On 26th Master graciously hosted dinner for all the abhyasis at Janaki farm. On 27th as he sat in the morning sunshine he mentioned the following points:

- ❖ Babuji had a left eye which was always droopy. Once I requested him to undergo an eye test, for which he said that he always kept that eye on the heart and the other eye outside."
- ❖ Pain awakens us, not pleasure.
- ❖ In olden days there used to be a valve radio, which required lot of tuning to listen to BBC. You should adopt such a tuning for the heart.

There was a violin recital by Brs. Ganesh and Kumaresh on 28th January at Janaki Farm, which Master enjoyed. While at the farm Master also named two newborn calves - Padma and Marudham. He solemnized two marriages on 29th January. On 30th Master was due to visit Thanjavur but as he was not feeling well Br. Kamalesh went along with the overseas abhyasis. He conducted two satsanghs and then went around the ashram and the residential colony land.

Thursday, 2 February 2012

Around two thousand abhyasis attended Pujya Lalaji's birth annivesary celebrations at Trichy ashram. Master then left for Chennai on the 6th.

Back to Chennai

Master returned to Chennai on 6th February. While talking to abhyasis he referred to how destiny plays its role in our lives, and quoted Omar Khayyam's lines.



"It's all a checker-board of Nights and days, where Destiny with Men for Pieces plays: Hither and thither moves, and mates and slays, and one by one back in the Closet lays."

He referred to these lines to say how we plan certain things but destiny takes its own course.

He had mentioned to Babuji that it is so difficult to get up and go to work after deep sittings and Babuji had said, "Activity is the life of the body, inaction is the life of the soul". Master added that the more the soul grows in a person, the life of the soul takes over, which likes to be in that state of inaction. He linked this with the condition of 'Sahaj Samadhi', where one is conscious but completely absorbed and in a state of inaction. After this, Master said, "I would like to sleep now, but instead, I am going to use my will power and go and do some work".

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**Wednesday, 8 February 2012**

Master jokingly referred to the title of the book 'Angels and Demons' and said how both are necessary in this creation. He then talked about Lord Shiva, and how he is seated on ice in Mount Kailash and his audience includes rishis, munis, devas, asuras and demons also. All of creation is present to witness Lord Shiva's dance. When asked about Lord Vishnu, Master said, Vishnu is a sign of kindness and benevolence and he doesn't have such an audience.

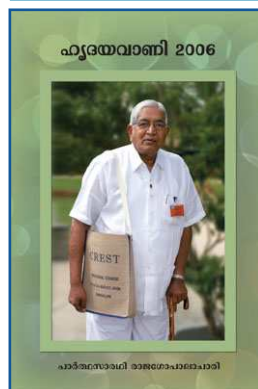
Master was at Gayathri for a week and returned to Manapakkam on 18th February.



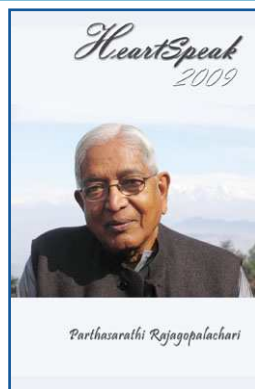
“Thus the real spiritual training is that which makes our mind disciplined and regulated, restores moderation in sense and faculties and creates lightness of spirit. Then alone internal peace and calmness is ensured and higher approach is possible.”

- Babuji Maharaj
Reality at Dawn, Pg 62

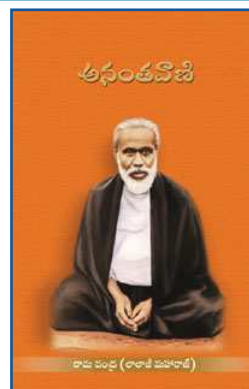
New Releases



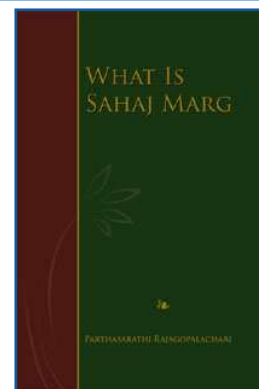
HeartSpeak 2006
Malayalam



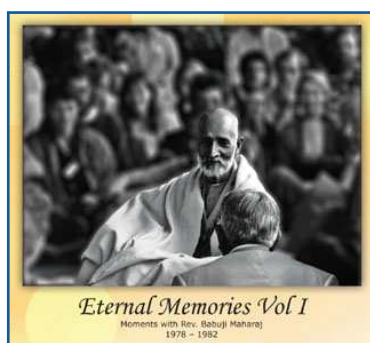
HeartSpeak 2009
English



Truth Eternal
Telugu

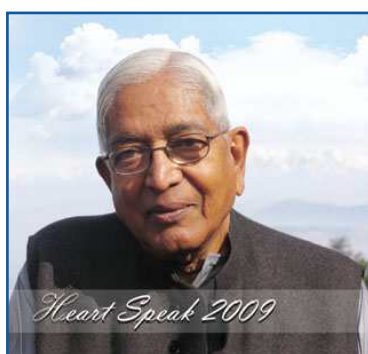


What is Sahaj Marg
English



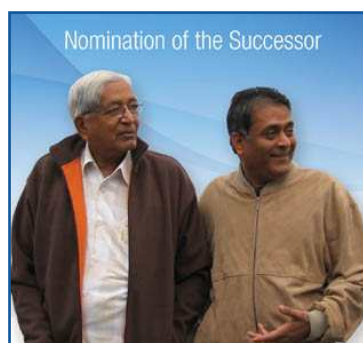
Eternal Memories Vol-1

This is a collection of some priceless short clips of Rev. Babuji Maharaj taken by various western abhyasis. There cover some a wide spectrum of events including Life in Shahjahanpur including Basant Utsav as well as glimpses from Rev. Babuji's Birthday celebrations in Delhi in 1982 as well as from his visit to Europe.



HeartSpeak 2009

This is a MP3 Audio CD collection of all talks given by Rev. Master in the year 2009. There are 34 talks in total in this collection.



Nomination of the Successor

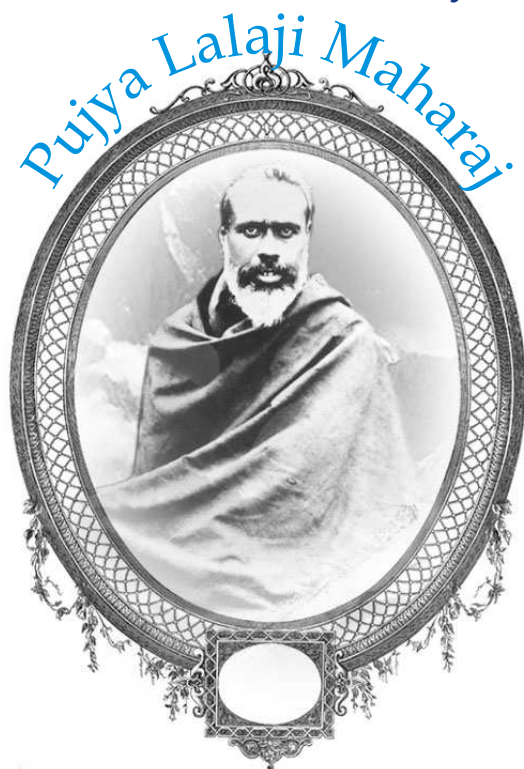
This covers the declaration of the nomination of Br. Kamlesh Patel as his successor by Rev. Master on 3rd October 2011 in Kolkata as well as various short talks given at Mumbai, Ahmedabad and Chennai introducing him as the nominated successor to the abhyasis. There is also a short photo-tour at the end showcasing some rare photographs of Br. Kamlesh with our Master as well as with Babuji Maharaj.



Insaan Bano

This DVD contains Rev. Master's talk titled 'Insaan Bano' given in Guwhati on the 9th of October, 2011. This talk is followed by an illuminating session of informal conversations at the Gurgaon Ashram. In both these talks which are in Hindi, he also introduces Br. Kamlesh Patel as his successor to the assembled abhyasis.

140th Birth Anniversary Celebrations of



"Therefore, O, seekers of Truth! If you are really in search of happiness, try to remain within; seek happiness in your soul; obtain the knowledge of the stages of the soul; become a seeker of Truth, and you will get eternal happiness"

- Pujya Lalaji Maharaj
CWRC (Lalaji), Page 293



Aluva

KERALA

In **Aluva**, abhyasis from Ernakulam and Iddiki district gathered for satsangh which was followed by a short speech and a play on the life of Lalaji. Abhyasis and prefects of various centres shared their experiences and views about Lalaji. Br. E. Radhakrishnan recited a poem about the ashram.

In **Kasaragod**, the documentary on the European seminar - 'Heaven' was played followed by speeches, golden silence, bhajans and a small skit on the life of Lalaji. The programme ended with satsangh.



Bangalore

KARNATAKA

Around 1200 abhyasis attended the full day programme with great enthusiasm at Param Dham ashram, **Bangalore**. Speeches in the first session were followed by a quiz on quotations. Abhyasis had to introspect and come up with their understanding of the quotations. The common theme of the day appeared to be towards abhyasis' introspection of themselves to help transform themselves.

Hubli saw a record number of 225 abhyasis from Belur, Dharwad, Gadag, Navalgund, Navnagar, Pudkalkatti and Sirsi centres participating in the programme. A DVD from 'He, Hookah & I' was played and then abhyasis spoke on topics from the 'Complete Works of Ram Chandra' (Lalaji). Bhajans, question-answer session and a skit by the youth - 'Draupadi Garvabhanga' enhanced the day's programme which concluded with satsangh. The atmosphere was such that many did not feel like leaving the ashram.



Hubli

Around 300 abhyasis from centres around Gulbarga and Bidar gathered at a function hall at **Humnabad** where the local abhyasis had made excellent arrangements. Many abhyasis spoke about Lalaji. Children performed a bharata natyam dance and a flute recital by Br. S.A. Khazi and group was organized.



Humnabad

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Sri Ganganagar



Jodhpur



Alwar

RAJASTHAN

At **Sri Ganganagar**, 120 abhyasis gathered at Br. Paras Pareek's house. After satsangh, the life of Lalaji Maharaj was read out. Br. Munshi Lal spoke on how to maintain discipline and improve tolerance in bhandaras and in one's personal life, too. A CD on the life of Lalaji was played. Post lunch, videos of Master's talks titled 'Sacha Pyar' and 'Pyar Badhayen' were shown. Every abhyasi attended this celebration with an open heart. The CiC, Br. Munshi motivated all the abhyasis to attend Sunday satsangh and bhandaras regularly.

385 abhyasis and sixty-two children gathered in **Jodhpur** ashram. A well prepared skit on 'Relationship between Guru and Shishya' was performed by abhyasis. Various cultural activities were performed by the children with lots of enthusiasm and love. A documentary film on Lalaji's life was shown followed by evening satsangh.

At **Alwar** ashram, 190 abhyasis spent the whole day with satsanghs, a games session for children and a one minute talk session for the abhyasis. The life of Lalaji which exemplified many virtues of character was remembered. Selfless love and service, which Master has been emphasizing, were the key principles of the day.

Bhilwara ashram saw a hundred abhyasis gather from nearby villages such as Shahpura, Gangapur, Sikar, Bijaynagar and Baneda. Satsangh was followed by a presentation on the life of Lalaji and some bhajans. Some abhyasis read out from the books the teachings of Lalaji Maharaj and also some inspiring incidents. A play titled 'Obedience' was enacted by the youth.

MAHARASHTRA

In Panvel ashram, **Mumbai**, around 600 abhyasis had gathered. A brief sketch highlighting various incidents of Lalaji Maharaj were portrayed through skits, reading of text and bhajans. After lunch the movie on Lalaji Maharaj was screened.

In **Pune**, satsangh, brunch and bhajans were followed by a clip of Master stating the seriousness of satsanghs which was followed by a presentation on Lalaji's life with snippets collected from "Truth Eternal." Clips from the film on Lalaji were played and after each clip, abhyasis were given time to introspect and share their views.

The abhyasis threw light on the subtler aspects of his personality and observed that he was the same to all. The life of Lalaji was woven beautifully with material and spiritual balance. A bharata natyam dance was performed before the evening satsangh.

In **Lasur**, near Aurangabad, around 150 abhyasis from nearby centres attended the programme. Br. Sanjay Bhatia spoke on the impact of Sahaj Marg in his life, Sis. Anusuya spoke on the significance of Sunday satsangh and Br. Sunil Chandran made a captivating presentation on the importance of a guru. The day concluded with evening satsangh.

ASSAM

In Guwahati the function started with satsangh followed by a speech on Lalaji's simple life style and the manner in which he dealt with his domestic problems. A quiz was conducted on the January issue of Echoes Newsletter which encouraged abhyasis to read the same. A drawing competition for children was also organized.



Pune



Mumbai



Guwahati

ECHOES INDIA NEWSLETTER



Mirzapur

UTTAR PRADESH

Around five hundred abhyasis gathered at **Lucknow** ashram. After satsangh, the story of Lalaji was read out. Later, the movie on Lalaji was screened which inspired everyone to introspect their own lives. Sisters sang bhajans, children presented a dance and youth enacted a play on 'Whatever happens in life is only for good'. The atmosphere was subtle and graceful and everyone returned home with their hearts filled with grace.

In **Mirzapur** the function was organized in the newly purchased ashram land with Br. RRK Trivedi, CiC of Allahabad centre also present. A few prefects spoke on the occasion. A cultural programme and a video on Master was played and the session concluded with satsangh.



Tiruppur

UTTARAKHAND

At Kashipur centre, satsangh was followed by a talk on Lalaji Maharaj's life. Around forty-five abhyasis who were present were divided into groups to discuss the qualities from the life of Lalaji. The groups then presented their points followed by a clarification session. All were filled with awe, deep respect and love for the Grand Master, remaining in His remembrance throughout. Post lunch a few bhajans were sung and after clarifications on the Sadhana the day ended with satsangh.



Kashipur



Lucknow

ORISSA

In Cuttack, 136 abhyasis of Orissa zone participated in the programme. The abhyasis re-assembled after satsangh to participate in the discussion about the teachings of Lalaji Maharaj for the spiritual growth of the human race. The discussion was quite lively and the participation of young abhyasis was found encouraging. A Prefect meeting, an open house (fifteen participants), and a cultural programme were also organized.

TAMILNADU

The Diamond Jubilee Park, Tiruppur was full with 750 abhyasis from Tiruppur and nearby centres. Apart from satsanghs, talks and presentations on the three Masters created a blissful environment. At times, when the lives of Great Masters were delicately and tenderly touched, the hearts melted in response and unison. The abhyasis were treated with delicious breakfast, lunch and high tea. All the abhyasis returned home with their hearts filled with His Grace.

JHARKHAND

At **Chatra**, about thirty abhyasis gathered for the day from Chatra and Hazaribargh centres. A question and answer session was organized.

The **Ranchi** centre was well decorated for the full day programme in which the movie on the life of Lalaji was played, followed by some bhajans.

Thirty-eight abhyasis gathered in **Jamshedpur** where they read from the book 'Truth Eternal' and it was followed by a speech and question and answer session.



Cuttack

Ashram Development

Jammu Ashram



Jammu Ashram

The first ever centre and ashram to come up in India's northern most state, Jammu and Kashmir, the ashram is situated in village Ranjitpur, Golgujral, Jammu, about 10 km from the railway station, 11 km from the airport and 6 km from the bus stand.

An acre of land was bought for the ashram on 2nd February 2011 and a kitchen/dining block of nearly 2800 sq. ft. has been constructed. This will be used for meditation, until a meditation hall is constructed.

Master saw a presentation containing photographs and video walk through of Jammu Ashram on 11th January 2012 at his Chennai office. After seeing it, Master remarked, "I have already entered the ashram and the ashram is inaugurated, start meditation in the hall today itself". The first satsangh was held the same day at 5 p.m. and regularly thereafter.



Tharwai Ashram



Payyanur Ashram



Tharwai, Uttar Pradesh

In 1983, a few people from Tharwai (thirteen kilometres from Allahabad city) were introduced into the Mission and they used to attend satsangh at Allahabad. With the efforts of prefect Br. L.K. Tripathi and Br. Subhash Chandra Misra, a piece of land measuring about 800 sq. mtrs. was purchased and registered on 22nd March 2006.

With the financial assistance of the local MLA and MP from their discretionary funds, a meditation hall of 1000 sq. ft. (25'X40') was constructed and additional facilities met out of donations from abhyasis. The meditation hall was formally inaugurated by Br. U.S. Bajpai, Secretary, who conducted the satsangh on 11th December 2011. The inaugural function was attended by a large number of abhyasis from Allahabad and neighbouring centres.

Payyanur Ashram, Kerala

The ashram is located ten kilometres from Payyanur on the Payyanur-Chimeni route in Kannur district. This beautiful site of three acres with a panoramic view was purchased in 2007 and donated by abhyasis to the Mission. The abhyasis have also formed a colony adjacent to the site. A temporary meditation hall with the capacity to accommodate 100 abhyasis was built. Presently 60 - 75 abhyasis regularly attend Sunday satsangh.

On Sunday, 29th January 2012, after satsangh, nearly 75 abhyasis assembled at the venue and CiC, Br. Kunhikannan laid the foundation stone for the kitchen and toilet blocks. Thereafter everyone meditated at the venue. Further plans are being made for the construction of a bigger meditation hall and Master's cottage.

Faculty Development Programme - II Banashankari Ashram, Bangalore



This programme was conducted in Banashankari Ashram, Bangalore for thirty-six abhyasis, in three phases (16th October, 5th-6th November and 26th-27th November 2011). The main objectives were to deepen the participant's practice and their link with Master, to impart a deeper knowledge of Sahaj Marg and for them to effectively communicate the salient features of Sahaj Marg, to spiritual aspirants.

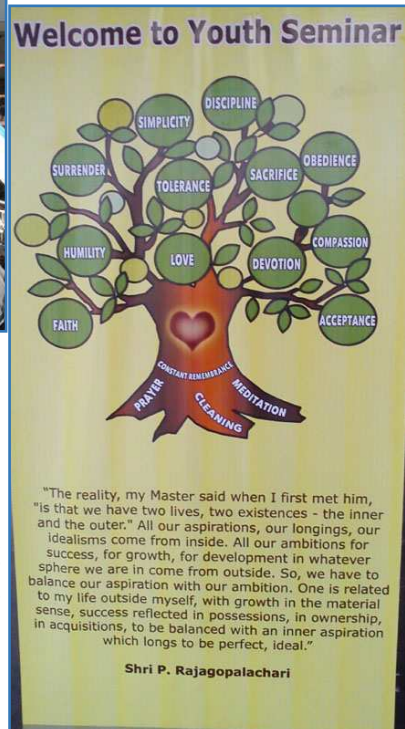
The training progressed from group discussion to speaking to a group of abhyasis on a selected subject. Subsequently they spoke on the stage for 2-3 minutes on the meaning of a selected quote. Finally they were asked to speak for 20 minutes on a selected subject to different mock group of audiences (abhyasis, students, home makers, etc). The participant's capability to express their thoughts on the subjects and their communication skills, were observed and suggestions for improvement were provided by panel members.

The program was organized by Br. B. Sreenivasa along with Br. G. Subramanya, Br. Krishnamurthy, Br. Prabhakar, Br. G. Satyanarayana and Sis. Madhuri.

Sports Day Jaipur, Rajasthan

Jaipur centre organized Sports Day on the 1st of January, 2012. About 120 abhyasis participated in the programme which was conducted to bring togetherness in the abhyasis. There were games like hopping race, tug of war, senior citizen race and so on. Prizes were distributed to the winners and also to children who showed discipline. The full day activity held on the first day of the year, triggered sportsman spirit, brotherhood and discipline in the hearts of the participating abhyasis.

Youth Seminar on Sadhana, Goal and Aspiration Hyderabad



From 10th -12th February 2012, fifty-five abhyasis and twelve prefects participated in the seminar at zonal ashram, Hyderabad. Master's quotes and pictures of SRCM retreat centres, helped to create a visually stimulating atmosphere.

The first session was on sadhana and diary writing. This was followed by individual sittings for all participants who also spent time with the prefect to find solutions to hindrances in their daily practice.

On Saturday handouts of two of Master's talks were given, to read and reflect. After lunch, the abhyasis participated in games which brought back memories of their childhood.

Br. Mallick addressed the participants followed by Br. Balaji who spoke on 'The Goal'. The participants then shared their idea of the goal of Sahaj Marg and how their understanding of it evolved with practice. A video CD was played after dinner.

On Sunday, the program focused on the importance of maintaining character. Handouts of Master's recent talk 'Maintaining Character' were given and an interactive session was conducted by Sis. Archana on how to mould our life, by incorporating simple changes, to match our aspirations.

In the afternoon, Master's video was played followed by silent introspection. The feedback was overwhelming. Participants requested that such seminars must be conducted more frequently.



Essay Event Certificate Distribution

Ahmednagar

On 11th February, the essay event team visited the participating schools to distribute prizes and certificates. They visited Shri Shivaji Sainik School and Shivshankar Vidya Mandir to felicitate the winners. This year, Ahmednagar centre received two zonal level prizes. An open house was organized for the faculty members interested in knowing about the Sahaj Marg practice.

Nasik

On 11th February, a function was organized for the participants and winners. Ten students along with their parents participated. The thirty odd participants were in rapt attention when a brief introduction about SRCM was given. They appreciated the role played by the Mission in bringing about the awareness in the youth for proper living. The prizes were distributed by Br. Taunk. The winners were presented a copy of 'Tell me Master' and a pen.



Bangalore

At the prize distribution ceremony held at Banshankari Ashram, the 16 year old winner from Mangalore, Yashaswi Nayak said, "Whenever my father left us alone in Mangalore, I had to attend to the daily pooja rituals and I thought that was spirituality. Today after coming here and listening to all of you I now know that spirituality means service to humanity."

There were about 30 guests from 11 prize winning educational institutions. Over 330 institutions covering 3300 students participated in the event from South Karnataka Zone.



8th Anniversary Celebrations of BMA Kolkata, W. Bengal

24th December 2011

On a chilly morning, about seventy abhyasis from Durgapur, Bondal, Farakka, Jharkand state and Kolkata gathered to mark the occasion. The morning session was on 'Meditation' and the evening session was on 'Cleaning'. Participants were asked to reconnect with the divine light within by meditating for five minutes. They were then divided into five groups led by the facilitators and asked to dwell on the deeper meaning of the Ten Maxims which were being read out along with selected commentary.



The children's centre had organized several activities to keep the children engaged throughout the day with many constructive activities.

25th December - Sports Day for Children

After Sunday satsangh, the annual sports day was organized by the children's centre. Children, adults and grandparents participated in the activities and enjoyed. After the festive lunch, prizes were distributed and the day's activities ended with the evening satsangh. All who attended had a fun filled weekend along with a renewed and refreshed commitment to their practice.

Programme on Character Formation

Bikaner, Rajasthan



Abhyasis welcomed the 1st day of 2012 by conducting a half day programme on "Significance of Character Formation". The participants were divided into three groups and each group was given four topics related to character formation, behaviour, love, humility, sacrifice and so on. One representative from each group presented a summary of the discussion. All the points showed what Master expects from an abhyasi to reflect in the society and materialistic world by love, sacrifice and self-evaluation. Br. Man Singh Inda gave a talk on "Removing Negativity through Self-Evaluation". Br. Anil Kumar read out Br. Kamesh Patel's mail highlighting the virtues of dedication and love of Master towards us and how we have to reciprocate. The programme concluded with a vote of thanks.

Training Workshop on Print Design, Mumbai

A two day workshop on 'Print Design' was conducted on 31st December, 2011 and 1st January, 2012 at Panvel Zonal Ashram. This was organized to train volunteer abhyasis who would like to design brochures, catalogues, posters, books and so on for the Mission. There were fifteen participants from Pune, Mumbai, Jalgaon and Nashik.

The workshop module included basic principles of design and the importance of using the principles while creating a design layout. The participants were given training on software that would help them create digital artwork. The focus was on hands-on lab session wherein they were given a task of designing posters using the design principles. This workshop was well received by the participants and the Mission will benefit from the expanded team to provide design.

Seminar on Stress Management

Jaipur, Rajasthan

A seminar was conducted on 8th January 2012 at HDFC Life, Jaipur Regional office. The participants were branch managers of HDFC Life who wanted to learn to manage stress by regulation of the mind, to gain insights on meditation and to understand what Sahaj Marg offers.

The session was organised by Mr. Sandeep Nayyar and was conducted by Br. Manoj Nagar, CiC Jaipur who spoke on how meditation can be beneficial and helpful in today's competitive life.

The session was interactive and the delegates asked several questions and clarified doubts. The seminar showed the direction to one and all.

Visit to Nanded Ashram by Spectrum Spiritual Club



On January 27th, 2012 a group of fifteen women from the Spectrum Spiritual Club visited Nanded Phata ashram to know about Sahaj Marg.

A Q & A session was conducted by Sis. Shubda Apte to which the ladies came up with very meaningful answers.

It was then followed by an indepth introduction to Sahaj Marg by Sis. Surabhi and Sis. Vaidya. The visit concluded with a delicious lunch prepared by kitchen volunteers which the guests enjoyed under the shady ashram trees.



Gulbarga Ashram

Babuji sows the seeds

Gulbarga is a divisional headquarters city in northern Karnataka and was the birth place of the Bahmani kingdom. The Mission made its beginning here in 1957 and late brother S.A. Sarnadji was among the first group of abhyasis of this centre. He later on served as the Secretary of the Mission for several years.

Babuji Maharaj nurtured this centre by visiting Gulbarga in 1957, 1963 and 1968. In his message at the Annual Function at Gulbarga on 15th December 1957, he lovingly simplified Sahaj Marg thus: "...On the basis of my personal experience I suggest a simple process which can be followed by all quite easily. If one can sell his heart, i.e. make a gift of it to the Divine Master, hardly anything more remains to be done. This shall naturally bring him to the state of absorbency in the Infinite Reality."

The ashram and its activities

The centre has now grown to about 450 abhyasis with an average Sunday satsangh attendance of 170. The foundation stone for the present ashram on Sedam Road five kms from the railway station, was laid by Master on 24th March 1993 and inaugurated by him on 13th May 1994. It is a double storeyed building with an area of 18000 sq.ft. with a 300 capacity meditation hall, dormitory, office room, kitchen, toilet block, book store and library. Satsangh is held on Sundays and on Tuesday, Wednesday, and Thursday evenings. Individual sittings are conducted on Friday and Saturday evenings. A dedicated team of volunteers is always active in various Mission activities.

The secret of surrender

Master has participated in the development of this centre and ashram with visits in 1984, 1987, 1989, 1990, 1993, 1994, 1998 and 2002. On his last visit, Master revealed the secret of surrender and spiritual progress as nothing but working for Master, "Sharnagati is one word, but it embraces a whole basketful of attitudes that are essential, and the easiest way, the way that I adopted, you know, I go on doing his work and it is going on working."

The future

Recently, the centre has acquired 34 acres of land further down Sedam Road, out of which 12 acres is reserved for the Mission and the remaining area for the residential colony. Master has named the new ashram as "Babuji Memorial Ashram, Gulbarga" and the residential colony as "Yoga Jeevana Enclave". With this next stage of development, the future seems to beckon Gulbarga to grow exponentially.

Centre of Light



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