



SHRI RAM CHANDRA MISSION®



Chennai

Scholarship Training Program for India (16-24th April)

Master attended both the inaugural and closing session of the scholarship training program for India and gave talks in both the sessions. In his talk on the inaugural session Master said, "So the vital element of teaching in Sahaj Marg is transmission. Believe me, transmission is a process of training, it is a process of giving you life 'pranasya prana'. It is also a process of transmitting the Guru's grace and energy into us". In the closing session, he emphasized the need to listen and apply what we have heard, in our daily lives. Master also watched all the talks from his cottage via CCTV.

Babuji's Mahasamadhi Day: April 19, 2011

Master woke up early and was busy giving perfect sittings and checking his email even before breakfast. He had no plans of conducting the morning satsangh, but news had spread around the ashram that Master would be conducting the satsangh. When Master heard this news, he was quite surprised but then decided to conduct satsangh. He entered the meditation hall and because the garlands were not yet ready he decided to wait till they

arrived. For almost 15 minutes Master sat near the steps waiting and only when the garlands arrived did he climb the stairs, garland the portraits of Lalaji and Babuji, and then conducted the satsangh.

Babuji Maharaj's Birthday Celebrations

A three day event took place from April 29 to May 1 with satsangh for all three days announced for at 7:30 a.m. and 5:00 p.m. About 4,000 abhyasis participated in the celebration and Master conducted the morning satsangh on all three days. Each satsangh lasted for about one hour and fifteen minutes, and the final satsangh on the morning of May 1st lasted for about an hour and twenty-five minutes.

On the auspicious day of April 30th, Master solemnized eight weddings. Bhajans were sung by two sisters. Master released several books and audio-video CDs. His grandson, Bhargav, announced the pre-booking of a limited edition of photos that would be delivered during the July 24th celebration. Master went to see the exhibition of these photos which had been displayed in the gazebo. A lovely drizzle accompanied Master on this ashram tour.

At 6:30 p.m., there was a beautiful drama presented by the abhyasis of Hyderabad centre. It depicted the choices that a seeker has to make along the journey, the obstacles created by doubt, prejudice, fear, anger and laziness that can be overcome by higher qualities such as faith, love, patience, discipline and will. It was performed well by the team in the spiritually charged atmosphere of the meditation hall and touched everyone's hearts. Master later met with all the participants in the cottage. On the evening of May 1st, a drama was presented by the youth of Chennai centre on the life of Buddha. Master watched this event also via CCTV.

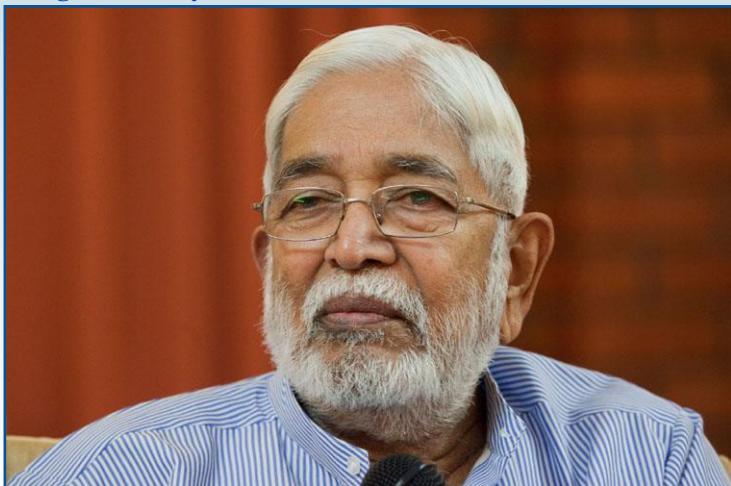
The three-day event came to a close on the evening of May 1st, but the spiritual work done by Master is sure to stay and grow in all our hearts. Master went to Gayatri just for a day and then left for Bangalore by road on May 3rd.





Adizes Seminar

Bangalore, May 3rd to 14th, 2011



The Mission has grown by leaps and bounds over the last thirty years. Master launched an initiative to amend the organisational framework of the Mission, so that it may continue to serve effectively, while preserving the pristine purity of the Sahaj Marg teaching and practice.

Master commissioned Dr. Ichak Adizes, one of the leading management thinkers in the world today, to redesign the organisation. A group of twenty-five abhyasis, representing the diversity of Sahaj Marg, were selected and guided in intense deliberation by Dr. Adizes and Master at Param Dham.

The Adizes methodology was adapted and suitably applied to design the future organisation structure of SRCM and its sister organisations. The new organisation was designed with the intent of:

- Strengthening the spiritual support we extend to aspirants,
- Preserving the spirit of service and collaboration within the organisation,
- Creating a seamless organisation that does not obstruct the spiritual purpose and finally,
- To reduce the increasing administrative burden on the Master.

The deliberations led to three major outcomes:

Creation of an organisation framework that can carry Sahaj Marg into the future, and the selection of a Global Service Team that will assist Master in fulfilling His Mission.

Creation of a Covenant of Sahaj Marg Service that captures the essence of the deliberations, and was signed by all the participants and Master.

A recommitment to Love and Service. Master said, "Love is our chant, it is our activity, and it is our prayer!" Of service, He said, "Our emancipation is only possible through selfless service!"

This team will be responsible for conducting the operations of the Mission and its sister organizations worldwide, under the direct guidance and instructions of Master.

Bangalore

Master left from Natrampalli around 2:15 p.m. and reached CREST, Bangalore around 5:00 p.m. He offered Prasad and then relaxed for a while then took a quick round in the golf cart to inspect the construction going on for the new academic block. He then conducted satsangh.

The next morning after satsangh, Master went around in the golf cart stopping to talk to abhyasis who lined the pathways. He spent almost an hour patiently interacting with abhyasis. A little later he left for the city. He inspected the arrangements that had been made at the Param Dham ashram for the Adizes Seminar that was to start on 5th. He appreciated the quality of work and was happy with the overall arrangements.



Global Service Team

P. R. Krishna	Spiritual Program Development
Sanjay Bhatia	President, Lalaji Memorial Educational Society
Santosh Sreenivasan	Spiritual Training Delivery
Rishabh Kothari	Member Services
Chak Sriprasad	Continuous Improvement
Rajendrasinh Rathod	Spiritual Service, India
Poul M. Juul	Spiritual Service, West
Nitin Govila	Spiritual Service, East
William Waycott	Spiritual Service, Americas
N.S. Nagaraja	Spiritual Service, CIS
Sharat Hegde	Community Development
Sudhir Marwaha	Global Fixed Assets Support
Santosh Khanjee	Global Operations Support
Kamlesh Patel	Ombudsman





Erode

Travelling through Tamilnadu

Master reached **Krishnagiri** ashram from Bangalore on 14 May. He conducted satsangh for the abhyasis who had come from Bangalore and nearby centres. Master was in a cheerful mood and had a light hearted banter with some of the abhyasis after satsangh. He then left for Erode.

Master reached **Erode** by 12.30 p.m. Though he was tired after the journey, he was cheerful and happy on seeing the abhyasis. He rested for a while and then at 4 p.m., he inaugurated the dining hall and conducted satsangh for almost 1000 abhyasis who had gathered. Master permitted the abhyasis' children, who had completed their 12th standard examination this year, to begin their practice by joining in the satsangh. He then discussed the development of the ashram with the CiC and prefects. From Erode, the convoy of vehicles then proceeded to **Tiruppur DJ Park** reaching there around 6 p.m.

On 15th morning Master inaugurated the erection of the temporary meditation hall for the birthday celebrations on July 24th. At 6.40 a.m., he inaugurated the newly constructed dormitory hall. He walked around the spacious building and admired the backdrop of Babuji that had been put up for the inauguration. He then conducted satsangh at 7:00 a.m. again reminding all that we should be ready for satsangh early. He then named the dormitory as 'Amaithi Nilayam' (Abode of Peace). More than 3000 abhyasis including around 600 from Kerala, were present on this occasion.

Later, after a brief rest he was in a very cheerful mood,

"Education is for children what water is to a growing plant.

Sunlight - wisdom - is what takes the plant to its full growth so that it can bloom and spread its perfume.

LOVE IS THAT SUN!!"



Malampuzha

planning his visits to nearby centres. He wrote a message which was to be published in a souvenir for the children who were passing out of LMOIS, Chennai. Master was in an expansive giving mood and it was enthralling to watch him interact and work with such love and selflessness, not concerned about his health or personal necessities at this age.

In the evening, Master went around DJ Park to see the work going on in preparation for the July celebrations.

He saw the 'Aaram Dorm' and visited the place where a new medical centre is to be built. The plan of the medical centre was shown to Master and he happily received it saying, "Let it be with me". He then conducted satsangh at 5:30 p.m. to a gathering of abhyasis who had been silently waiting for more than 30 minutes in a very deep and absorbing atmosphere.

On 16th morning at 7 a.m., Master proceeded to **Malampuzha** retreat centre. He inaugurated the cottage annexe, had his breakfast, had a long discussion with the abhyasis and then conducted satsangh for the waiting crowd of around 500 abhyasis. He left at 12:45 p.m. for Coimbatore.

He reached **Nachipalayam** ashram, had a late lunch and rested for a while. After conducting satsangh at 4 p.m. for a gathering of around 600 abhyasis, Master returned to Tiruppur DJ Park around 8.30 p.m.



Tiruppur



Kangeyam





Dindigul

On 17th afternoon, Master visited **Kangeyam** which is located about 30kms from Tiruppur. A large number of loving hearts were present in this small ashram as Master inaugurated the cottage and a new meditation hall. Abhyasis entered the hall after Master was seated. The entire gathering was very silent and Master asked the abhyasis in Tamil, "*Intha amaithikku yenna karanamo?*" (What is the reason for this silence?) After a few seconds Master himself answered, "*Konjam munnetram aagi irukkuthenru artham*" (this means there has been some progress). At 4.30p.m. Master conducted satsangh for the 1700 abhyasis present and then returned to DJ Park in the evening by 6.30 p.m.

On 18th morning, Master left DJ Park and reached **Dindigul** ashram at 8.30a.m. He inaugurated the meditation hall and named the ashram 'Daya Ashram'. After breakfast, he conducted satsangh for the 250 abhyasis present for this inaugural function.

Satkhol with children from Omega

Master arrived in **Delhi** on 27th May. The first batch of 12th standard students to pass out from Lalaji Memorial Omega International School, had the opportunity of travelling with Master to Satkhol. All the students who signed up for the trip reached R.K.Puram ashram on 28th May. Master also visited the proposed land for the Delhi ashram.

The next day, Sunday, the students attended satsangh conducted by Master at Gurgaon ashram. After satsangh, the abhyasis gifted the students with a pocket sized abhyasi diary and a pen as a token of their affection. Later that evening, Master paid a surprise visit to the R.K. Puram ashram to meet with the students and conducted satsangh for them.



Trichy

Master left Dindigul by 11 a.m. for **Trichy** and as Master's car started moving, an abhyasi reminded Master that he should fasten the seat belt. Master jovially told him, "On seeing your faces, I have forgotten to fasten the seat belt". Master's words left the abhyasis feeling happier and lighter.

Master reached Trichy by 1 p.m. After the hectic travelling, he took time to rest and to attend to administrative matters. In the evenings, he would sometimes watch a movie in the open air. On Sunday he visited the ashram for satsangh. An abhyasi was relating a story about an incident of how his prayer had been miraculously answered and Master said, "It is not who prays but it is the sincerity of the prayer that matters". Children presented a short programme after satsangh. Master left on 23rd by the 11 a.m. flight for Chennai.

Master started for **Moradabad** on Monday 30th May at around 7:00 a.m. reaching there by 11 a.m. Because of delays, the students reached Moradabad later than him, and Master was eagerly waiting for them to arrive. As the students arrived, Master came out of his room and welcomed them. Only then did he have his lunch and rest.

Master left for **Rudrapur** around 3p.m. and reached at about 6:45 p.m. He gave a sitting at 9 a.m. He decided to have lunch with the students in the barn where food was being served. He spent time talking to the students. A brother asked how to distinguish between spiritual and material work. Master answered that work is work. It cannot be separated into spiritual and material. Like cleaning the bathroom, if it needs to be done, it has to be done. Then he said that we are held by four forces on each of the vertices of a rectangle. These forces are family,



Delhi



Moradabad



Rudrapur





Satkhol

society, religion and desires. We are stuck in the centre, being pulled by all these forces. As we keep breaking away from each of these forces we become free. He then retired into his room for rest.

Satkhol

On 1st June, Master conducted a sitting at 7 a.m. after which he started at 10 a.m. and reached Satkhol in the afternoon. The weather was pleasant and serene. In the evening Master sat in the open with the abhyasis answering their questions. He said that this world is not for enjoyment. We have been given the five indriyas or senses to use them to learn, to get information. Instead we use them for our pleasure. God has given us intellect to show us the direction and heart to give us the will power to move in the right direction.

Almost every day he would sit with the students, talking, cracking jokes, but more than anything, giving the spiritual impetus that they were really touched by.

The children from Omega were given a memento titled: 'From Omega, with love'. It was a small book with a CD and a hand written message by Master.

On the last day of the trip Master told the students, "Do not judge yourselves by what others tell you. Don't make others your mirror. I am what I am and I have to become what I have to be. SahajMarg is a journey from what we are to what we have to become."

On the afternoon of the 4th, Master left for Rudrapur stopping briefly at Haldwani ashram enroute. On 5th Master conducted the morning satsangh and then started for Moradabad. He stayed there overnight, and on 6th after morning meditation and breakfast, he left for Delhi reaching there by 12:30 p.m. concluding this trip.

Singapore

Master arrived in Singapore on the night of 16th June. He stayed at Br. Nitin Govila's residence. Due to limited space, the satsanghs were divided into mornings for overseas abhyasis and evenings for locals. In between satsanghs, abhyasis mingled and waited together for him. Master conducted most of the satsanghs. On Sunday the 19th, all abhyasis gathered at the Singapore Meditation Centre to welcome Master. After conducting satsangh he lovingly greeted everyone present, walking slowly down the line of people exchanging words with some, smiles and pats on the shoulders of others and special blessings for the children. There was an extraordinary gentle, radiant quality about him. It was like the passing of the lamp-lighter, each heart was being touched and illuminated. Later that day he went for a short drive to see Marina Bay Sands, a spectacular architectural feature of modern Singapore.

On Monday evening, Master conducted a sitting for prefects and spoke for about 30 minutes to all abhyasis present. Some of the excerpts from his informal conversation can be found below:

- When someone asked Babuji Maharaj, are you against prosperity? Babuji Maharaj said, I am not against it. Making money is a question of using your talents, but like a river, money must flow. You take what you need and pass on everything else.
- So the essence of Sahaj Marg is all about balance - adding quality to life, values to life, not possessing things, but becoming.
- Discipline should arise out of love. The speciality of Sahaj Marg is that through meditation, love for the Master is created in our hearts, it will grow and that love must discipline us.
- Every plant will grow at its own pace. You cannot say they all must grow together. Only in a flood the water rises uniformly and it is a killer. This must grow by itself. We cannot force love on anybody.

Master left for Malaysia on the 22nd afternoon for the inauguration of the Malaysian Ashram and the Asian Seminar.



LMOIS students with Master at Satkhol



Singapore





Preparing for 24th July Celebrations

The Mystique of Bhandaras in Sahaj Marg

Master often reminds us of his early days in Sahaj Marg when a bhandara brought together thirty participants in Babuji Maharaj's modest dwelling in Shahjahanpur. The scale of participation has grown to even fifty thousand abhyasis at a place like the Diamond Jubilee Park, Tirupur. This is a pointer to the enormous work done by our Masters now beginning to manifest visibly.

In his talk in Raipur 24th July, 2006, Master enlightened us on the spiritual purpose of bhandaras and made the following points.

- They are not meant as a festival, even though there is an element of celebration. They are not meant for enjoyment. But there is the permission to enjoy the inner state that should be created on such occasions, such wonderful spiritually grace-filled occasions which, in short, means that we must use these occasions for spiritual upliftment, each one for himself or herself being in total remembrance of the great Master, for whatever time we have to spend here together.
- Diversion from this objective, this goal, this aim, will only mean that we are wasting our resources of time, frittering it away flippantly in unwanted pursuits. Even I like samosa, but we should not crowd the canteen even while lectures are going on because we are afraid that the samosa will be over.
- During the course of your meditation and the rapt attention that is necessary here (when you are listening to lectures, listening to the wonderful music that our brother and sisters have provided) our souls should dance, not our bodies.
- A bhajan [devotional song] is meant to evoke within us certain feelings of love, devotion, and have the ability to bring down the grace on us even as we sit in rapt attention.
- In another Message, Babuji Maharaj says that when there is no joy, there is no spirituality. But joy must not be manifest; it must be in the heart, inner joy, inner bubbling of the spirit which must transport us into an unknown, unseen world which we call the Brighter World, even though it may be only temporary.
- I urge you to use these occasions, not merely wisely, not merely attentively, but to bring your entire soul, your body, your mind, everything together into one focus on the great Master who is guiding us out of this existence into another existence which we cannot describe, but which we can feel in every sitting in meditation if you are bent on finding it.

<http://www.sahajmarg.org/literature/online/speeches/the-real-purpose-of-bhandaras>



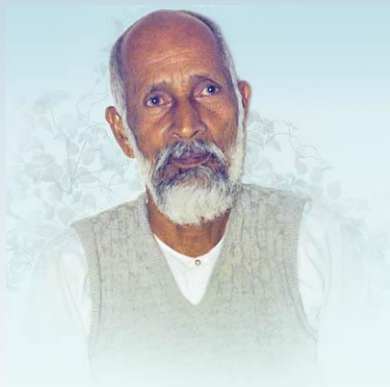
Preparatory work for Master's birthday celebrations at the Diamond Jubilee Park at Tiruppur is in full swing. Work is in progress for putting up the meditation hall, the accommodation tents, setting up the canteen area, and other facilities. Water is a scarce resource and planning for this is always a challenge. The plumbing and the toilet blocks are being checked. Arrangements for providing the electricity for the celebration and backup power are being planned. The volunteers at the site, are happy to participate, but are also in awe of how the whole place will be transformed when Master and all of us gather for the bhandara. Each one of us must prepare ourselves to participate in the bhandara and introspect over the theme of the bhandara, "Discipline in Love".

Babuji Maharaj

"This special day for our mission, Master's birthday, must be celebrated with respect and love. Each one of our aspirants must realize how he is lucky in this life to meet the divine guide who can lead him towards his highest destiny. It is a special time in the process of sadhana: an opportunity offered to a disciple to let his heart express all its gratitude and to show it."

Friday, April 30, 2004 - 10 a.m.
Whispers from the Brighter World





Pujya Babuji Maharaj's 112th Birth Anniversary Celebrations

Our Revered Babuji Maharaj's 112th birth anniversary was celebrated all over the country with gratitude and devotion. Here is a report -

Karnataka North

Gulbarga ashram was the host for about 300 abhyasis from Gulbarga, Sedam, Chittapur, Shorapur and Humnabad. A video on Babuji's life, an audio CD-'Being with Him', talks on experiences with Babuji, a quiz on Babuji's life and a video of Master's talk were all part of the programme. The abhyasis basked in the divine grace on this day.

Around 250 abhyasis from Dharwad, Belur, Gadag, Pudukkatti, Sirsi, Kuknur, Ranebennur and Kallur gathered at **Hubli** ashram for an absorbing satsangh in the morning. After breakfast the CD 'Journey In Time' was played. A drama based on Babuji's life by the youth depicted incidents from the life of Babuji and our Master and a slideshow 'Face of Essence' displayed Babuji's photos. The afternoon session had a quiz, children's programme and ended with evening satsangh. The atmosphere was akin to that of a bhandara.

In the celebrations at **Bidar** ashram around 127 abhyasis from Bhalki, Changler and Thana Kushnur participated. The programme focused on the life and teachings of Babuji Maharaj. Br. Harilal Chawan spoke and Br. Pandharinath conducted a quiz on Babuji's teachings and quotes.

Karnataka South

At Banshankari ashram, **Bangalore**, rich tributes were paid to Babuji by four speakers: Br.(Dr.) Perumal, Sis. Vasantha Kumari, Br. Subramanya B.G. and Sis. Madhuri. The topics chosen highlighted the life and teachings of Babuji. One of the speakers brought out the steep contrast in the working style of a teacher in the material world and that of a spiritual master, who gives motherly attention to the disciple in every moment of life. A quiz by Br. Srinivas and Br. Subramanya not only aroused curiosity among abhyasis but was also highly educative. In the afternoon, a video of Babuji was played and the celebrations came to a close with the evening satsangh.



Gulbarga



Hubli



Durgapur

West Bengal

The programme commenced with evening satsangh on 29th April. The next day, about eighty abhyasis and children from Kolkata, Burdwan, Panagarh, Raniganj, Asansol, Burnpur, Kajora, Siuri, Andal, Chittaranjan and Bankura centres had gathered at **Durgapur**. Br. U.S. Mishra, Sis. Kusum Mehera, and Br. Parimal spoke in the morning session followed by the playing of a video. A question-answer session in the afternoon clarified a lot of doubts. This was followed by evening satsangh. The celebration ended on 1st May with morning satsangh. Abhyasis basked in the spiritual atmosphere of this gathering.



Kollegal



Lucknow

Around forty-one abhyasis attended the celebrations at **Kollegal** including abhyasis from T. Narsipura. Br. Madhusudan, Br. Mahadevagowda, Sis. Alumelamma, Sis. Dhanalakshmi, Br. Shivakumar and Br. Mahadevaswamy spoke on the occasion. The participants felt a oneness with the Divine through the celebrations.

Uttar Pradesh

At **Lucknow**, the full day program was attended by 428 abhyasis. During the day videos on Babuji's life were shown, talks were given and bhajans were sung. The youth and children presented various programmes on spiritual teachings. The programme ended with satsangh at 5.30 p.m.





Chinnavallikulam



Jabalpur

Jabalpur, M.P.

Beginning with the evening satsangh on 29th April about 350 abhyasis gathered with a theme of 'Discipline in Love'.

Br. Vikalp (ZiC) explained how when we enter the path of spirituality, we build a relationship with the Master and how love for him develops at a sub-conscious level and supports what one does at the conscious level. Sis. Deepa Bhardwaj spoke on 'Qualities of a lover' and coined a term 'Systematic Diwangee'.

Dr. R.K. Shrivastava talked about how a true lover is automatically disciplined and Sis. Sunita Shukla on how love and discipline go hand in hand. A quiz, a play based on the ten maxims and some bhajans helped in feeling and absorbing the presence of the Divine. A CD on the life of Babuji Maharaj was followed by a cultural program by the children. The function concluded on Sunday with Br. Vikalp impressing upon the need for preserving the assets of the ashrams such that they can be passed on to future generations.

Tamilnadu South

About 500 abhyasis from thirteen nearby centres participated in the celebrations at **Madurai**. The theme was Babuji's 'Reality at Dawn'. Some of the chapters from the book were explained by the participants from Madurai, Sholavandan, Theni, Batalagundu and Karaikudi centres. Post lunch, the remaining topics were presented by the abhyasis of Melur, Singampunari, Paramakudi, Ramanathapuram, Manamadurai, Madurai and Sivagangai centres. The programme was coordinated by Br. Palaniappan, Br. Nagarajan and Br. Radhakrishnan. The participants felt good to be in the remembrance of Babuji in the divine atmosphere and to have a better understanding of his writings.

Around thirty abhyasis from Virudhunagar, Chinnavallikulam, Aruppukottai, Kariapatti, Kovilpatti and Sivakasi centres assembled at **Chinnavallikulam** ashram. Morning satsangh was followed by a reading of 'Life History of Babuji Maharaj' by Br. Swaminathan. The participants shared their thoughts on the topics like sadhana, character formation, obedience, acceptance and surrender. One of the important points that came up was to develop a feeling of considering mission work as our work. In the afternoon session, a group discussion was held on the topic of Love. The full day program concluded with the evening satsangh.



Ahmedabad



Anand

Gujarat

About eighty-three abhyasis attended the celebrations at **Anand**, Gujarat. The CD 'Sea of Love' which was played after satsangh transported everyone to the era of Babuji Maharaj. After refreshments each abhyasi was handed a short story conveying valuable messages. The participants described the gist of the story and shared their thoughts. In the afternoon, there were group discussions on topics like meditation, cleaning, prayer, constant remembrance and need for a living guru. After evening satsangh, bhajans were sung.

About 900 abhyasis from Zone 6-A of Gujarat participated in the celebrations at **Ahmedabad**. There were group discussions, presentation of skit and a display of Master's photographs. As a part of environment care and awareness programme, few trees were planted in the ashram. An ATP training session was conducted on Sunday for the new abhyasis. It was followed by a training programme for speakers, who will further take this programme to remotely located centres, and its nearby satellite centres.





Youth Programmes

SHRI RAM CHANDRA MISSION® ECHOES INDIA NEWSLETTER

Youth Growth Camp, Indore, M.P.



A two day residential camp was held at Indore on 4th and 5th June for youth above 17 years. The purpose of this camp was to help them imbibe soft skills and to facilitate a balance between their spiritual and material growth.

The participants came from Sanwer, Bhopal, Sohagpur, Dewas, Ratlam, Vidisha and Indore. They were divided into four groups. A session on communication skills was followed by a session on developing courage and perseverance in solving problems, developing creativity and thinking out-of-the box. In the evening a movie 'The Secret' was screened.

The next day after Sunday satsangh they had an interesting session on capacity building including games on team work and time management. An interactive session on interview skills and group discussion was conducted. The valedictory session was anchored by Br. Vikalp Mundra and Br. Shreyaskar Choudhary. The two young industrialists who manage a large number of employees on a day to day basis, answered questions on real life situations by sharing their own experiences. The programme was practical, useful and knowledgeable for all the participants.

Zonal Youth Seminar, Vadodara, Gujarat

This was organized for the first time on 11th and 12th June at the Vadodara centre. Seventy-five youth participated from various centers. The morning sessions comprised of group discussions on various aspects of sadhana and character formation, presentation by participants and question-answer session. The afternoon sessions included preparation and presentation of a skit on the ten maxims. Outdoor games were conducted during the

evening and the participants sang songs, bhajans, and shared jokes after dinner. The session on how to effectively perform our sadhana by Br. Kamlesh Patel, followed by the interactive session was highly beneficial to all the participants. They were asked to propose a theme for next youth seminar and 'Will Power and Discipline' was the selected theme for the next seminar proposed to be held in October.

Sunday Programme for Youth, Domalguda, AP

Programme for youth is being conducted every Sunday at Domalguda and SR Nagar ashram from 9.30 to 11.30 a.m. since January 2011 and an average of 20-25 participants take part in this programme. The idea of conducting such programmes is to create a platform for youth to interact and learn more about the sadhana and the Mission. The programs are conducted on various topics like character formation, diary writing, fun games, word puzzles on Sahaj Marg literature, role plays, story telling, dumb charades, Q&A sessions with prefects, etc. All these programs are an attempt to instill in youth the values of Sahaj Marg and character formation.

Teenagers Camp, Indore, M.P.

A camp for teenagers was held on 21st and 22nd May at Indore with the purpose of developing a rapport with the future abhyasis. The teens introduced themselves in a creative way with a memory game. They were then divided into five teams and they participated in a number of activities like tying a knot, folding a sheet while standing on it and the traditional 'matki phod' competition. Sessions like 'Knowing Thyself' and 'Goal Setting' were conducted by Sis. Yamini Karmarkar and Br. Sunil Khanna. In the evening the children were taken to the nearby Regional Park. They also cooked tasty pav-bhaji under the supervision of the sisters.

The next day they went to the new site of SRCM where material for various traditional Indian games was kept ready. The next two hours were spent in kite flying, playing *satoliya* and *gilli danda*. A heartfelt session was the 'Letter from My Heart' by Sis. Shashi Sharma and Br. Rajesh Raverkar. They read a letter which was written by a mother to her child in which she has expressed her concern for the wellbeing of her child. In response every child wrote a letter to their mother expressing gratitude and love. The idea was to convey the importance of the role of parents in their life. The session ended with a programme 'Almighty and me'.



Vadodara



Indore - Teen camp





SUMMER CAMPS for Children

Babuji Memorial Ashram, Chennai

A camp for children was organized between 6 to 8 May for seventy children in the age group of 7 to 13 years. The camp started with an ice breaking session, followed by crafts activities. The three day programme also had sessions of physical exercise, songs on Master, interactive sessions, ashram map drawing, games to encourage team effort, a skit on love can conquer all, painting of cloth bags, treasure hunt activity to find the real treasure of life and a quiz session. A movie on Lord Krishna was also screened. A cultural programme concluded the session, after which all children were given a rose plant as a new friend and a CD of the events. The programme ended with an interactive feedback session with the parents and children.



Chennai

Vellore, Tamilnadu

A one day camp for around fifty children in the age group of 3-15 years was organized in Vellore ashram on 28 May. The program aimed at interaction between children from various places and to develop a disciplined life with moral values. They were teamed into two age groups. The programs comprised of group, team and individual creative events. The children showed their individual performance in singing, classical dance, yoga, etc. A play on 'Sahaj Marg-A way of life' was presented by the youth and the play portrayed the inner change of a youth and his craving for Master, to bring about a change in the atmosphere of his family and friends.



Vellore

Hyderabad

A three day Sahaj Camp was conducted from 6 to 8 May in Hyderabad and around ninety children enthusiastically participated. The camp commenced with the ice breaking session of getting introduced and making more friends. They were teamed into groups for various activities on themes such as loving our parents, discipline in love, etc. The outdoor game for an hour was followed by the 'other dimension' wherein the children had to identify the picture by viewing a part of the whole picture. The second day commenced with 'parents and friends' to make them realize how well they know their parents. The senior group had an interactive session for clarifications and preparation to become an abhyasi, with Br. Ananth. An explanation on how meditation induces humaneness was also given by Br. Srinivas. The children were given a copy of the book 'My Master' to read and the camp concluded with a dance performance by Sis. Ruchita.



Hyderabad

Raichur

A three day camp was conducted by Sis.G. Laxmi and Sis. Nagaveni from 14 to 16 April for forty-five students. Topics such as God and Master, Healthy Life and Discipline were explained to the students with simple anecdotes and stories. In the afternoon, there were activities based on these topics. On the last day, Dr. Balasubramaniam and Br. Annapurna explained to the students about healthy food habits and etiquette that would help them in leading a healthy life. On 17 April after Sunday satsangh, parents of the students were invited and the objective behind such programmes was explained. They were also told about our Master, mission and method. The children spoke about their experience during the workshop. Mission books were kept for sale and pamphlets were distributed to the parents, some of whom have shown a keen interest in starting the sadhana.



Raichur

Bhuj, Gujarat

A camp was organized by Bhuj centre for children between 6-12 years from 23 to 28 May. Seventy-two children were divided into two age groups. Programme had talent showcasing and value based activities on varied topics. On the last day all the parents were invited for a summary and also an informal introduction to the mission and the method. More than forty parents attended and encouraged their children. A report of the summer camp was aired on the local TV news channel. The program was successful by Master's grace and with the help of nearly twenty-four volunteers including some of the children who worked whole heartedly.



Bhuj

24/05/2011





Bahraich Centre, U.P.

Bahraich is a fast emerging center of SRCM. It is situated 125 km north-east of Lucknow, close to the Nepal border. Bahraich is well connected with other districts of Uttar Pradesh by road and is the nodal center of the mission for this area. The ashram site is nearly 6 kms. from Bahraich and is spread over nearly two acres of land. On 12th June the bhoomi puja for the ashram was organised. On this occasion nearly a hundred abhyasis including Br. Narsingh and Br. Vijay Shankar, prefects of Gorakhpur centre, attended the function. Br. Badriprasad Singh a prefect of Gonda center said in his speech that the ashram is the home of the athma where it acknowledges its existence. People go to a mandir to get worldly things whereas at the ashram we lose worldly things to know our inner self.

Weekend Programme, Natrampalli, T.N.



A programme was held at Natrampalli ashram on 21st and 22nd May on Sahaj Marg as a way of life, for fifty-five abhyasis from Vellore hub. The inaugural talk by Br. Bharatharajan was followed by a presentation on the importance of sadhana. Abhyasis shared their thoughts and opinions on different aspects of the practice. The highlight of the programme was Master clarifying doubts on Sahaj Marg practice through a video. Group discussions and video screenings served to emphasise various aspects of Sahaj Marg practice. A talk by Br. Balasubramaniam on brotherhood and a contemplation session highlighted the need to bring Sahaj Marg into every aspect of their life.

Learning from Stories, K.G.F, Karnataka South

A programme was conducted for around thirty abhyasis from KGF, Kolar and Mulbagal by publication coordinators and their team from Bengaluru. A presentation conveyed the reading of mission literature as an important aspect of sadhana and the importance of reading Masters books with purpose, carefully and repeatedly as a daily routine to gain knowledge and to be in constant remembrance. The program went on with the reading of stories by abhyasis in their preferred languages like English, Tamil, Kannada and Telugu. Stories narrated by Master were also presented and the moral behind each story was discussed.

The coordinators made the interaction interesting and educative and abhyasis were impressed and showed their interest by buying mission books after the programme.



World Environment Day, Jamnagar

On 5th June, World Environment Day was celebrated in Jamnagar ashram with all volunteers and children

enthusiastically participating. The programme started with a welcome address by Br. Sachin Vyas followed by the preparation of a sparrow's nest. Br. Arpit Deomurati, ornithologist, explained on how to use the sparrow's nest, how to feed the birds, plant a tree, etc. The children were gifted with a wooden sparrow's nest, bird food, bird feeder and a climber plant and were taught how to use the same effectively to attract more birds in the urban area and take care of the environment.

Heart to Heart, Raipur, Chattisgarh

On 24th April, the Heart to Heart program was organized after Sunday satsangh at 'Yogashram' Raipur in which 37 sisters participated. They were divided into eight groups and each group was given a topic. The sisters very diligently deliberated on the issue given to their group and then the group leader summarized the observations. Alphabets contained in the word SISTER were defined in most beautiful ways and most of the sisters said that they would try to follow the ten maxims of Sahaj Marg so that they can balance their material and spiritual lives. They are encouraging more and more people to benefit from this system. Their thinking is positive, they are able to overcome difficulties in life and most sisters believe that after joining Sahaj Marg they have experienced changes in the behavior of their children. The children have also started taking studies seriously, they love Master and actively take part in programs at the ashram. They are proud that their parents are associated with Sahaj Marg and are eagerly waiting to turn eighteen so that they can also begin abhyas. In addition, some sisters poetically expressed their feelings. Some cited examples of their association with the Master. A sister told how her trust in Master helped her conquer her uncureable disease. Finally with melting hearts and moist eyes all sisters remembered Master and thanked prefect Sis. Rajni Datta for providing such a forum for expressing their views. The Heart to Heart program concluded with renewed love and devotion





Madurai Ashram



SRCM had a small beginning at the residence of Br. Thasmaswami at Theppakulam, Madurai in 1975. The center had the opportunity to celebrate the 78th birthday of Babuji Maharaj in his holy presence. Around 800 abhyasis attended this function and a souvenir in Tamil and English was also released on the occasion.

Madurai centre celebrated its Silver Jubilee on 11th & 12th of April, 1992. On this occasion Master said, "So also, meditation cannot be a one-hour duty to those who have stepped into spirituality. Meditation is a single-minded duty to achieve the goal. Meditation should be a permanent feature in our cultural heritage." After these celebrations the center shifted to Mariamman Theppakulam West Bank, to the residence of Dr. Gokulnath Premchand.

The Beginnings of Madurai Ashram

The abhyasi brethren of Madurai center planned to contribute for a site at Sundararajanpatti, Alagarkoil road, Madurai, 11km from Madurai railway station and bus stand. Around 1992-1994 about 2.87 acres of land was purchased for the mission and the remaining portion of the land was earmarked for the donor abhyasis. Master named this as 'Shri Ram Chandra Puram'. Additional land of one and a half acres was subsequently procured with a grant from Master thus increasing the land holding to four acres and twenty cents.

Regular satsangh started in the year 1995 in a thatched shed. Later, a pucca building was built and Master declared it open on 22nd September, 1997 and named it 'Master's Chamber'. He also laid the foundation stone for 'Sadhana Nilayam', the meditation hall. On 17 November, 2004, he declared open the new Meditation Hall (10,800 sq.ft). A beautiful life sized photo of Master on the stage is the cynosure of all eyes. This hall is a semi-permanent structure with a seating capacity of 1500. The building material for the hall was a gift of Master when the old dormitories in Babuji Memorial Ashram, Manapakkam were dismantled.

Besides this a dormitory, canteen, kitchen, dining hall, facilities for children's activities including a study area have been provided. A play area for children with necessary equipment and a library was setup in 2009.

For the past six years, a free Medical Camp funded by SMSF is being conducted at the ashram every first Sunday of the month for the people of the surrounding villages by abhyasi doctors and medical staff.

From an average attendance of sixty-five in 1992, the centre has grown to 450 abhyasis on Sundays. During his first visit to the site, on seeing the barren land, Master advised abhyasis in his commanding tone, "Make it green". By his grace, the ashram now has a beautiful panoramic view of green trees making the atmosphere cool, serene and pure.



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