



SHRI RAM CHANDRA MISSION

ECHOES

LATIN AMERICA

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## Master News

## Suggestions for the Benefit of One and All

Kamlesh D. Patel

30 and 31 January 2015 • Monroe Ashram, New Jersey, USA

A few days are left before Pujya Lalaji's birthday, as per the solar calendar. We will be celebrating here in our ashram on the 2nd of February and we will be spending time here on the 1st, 2nd and 3rd. I would like to kick-start the preparations.

Over the years, I have had the opportunity of compiling a few things from my earlier days of practice, and with some recent inspirations from our Hierarchy, I would like to put before you all some of the suggestions that we can make to ourselves for the benefit of one and all, including ourselves. It is something really noble, very nice – some suggestions that we can all make.

They are not mandatory to our practice. It is up to you all. And you will see a great benefit – a personal benefit as well as when you see others within the family, friends, strangers, benefiting with your presence.

\*

We are very familiar with the 9 p.m. prayer, especially those who are dedicated to the 9 p.m. prayer. It is a universal prayer according to Babuji Maharaj, where we try to inculcate faith and love, developing the same in one and all, with a prayerful suggestion that:

*All sisters and brothers throughout the world are being filled with love and devotion and real faith is growing stronger in their hearts.*

You sit with this idea for fifteen minutes.

\*

The next suggestion would be to think that all our sisters and brothers are developing correct thinking, right understanding and an honest approach to life. Do this very sincerely whenever you can, as often as you can, during the daytime and night-time. I think you will have to memorise this and take it to your heart.



Whenever you get free time, send out waves of this prayer with a lot of love:

*All sisters and brothers are developing correct thinking, right understanding and an honest approach to life.*

\*

Another suggestion I would like you to be busy with is mainly for ourselves. It has a tremendous impact on our surroundings, as well as our deeper selves. That is, we think that everything surrounding us – the air particles, people, the birds, the trees, the flowers, the ceiling, the wall, the paintings – everything around us is absorbed in Godly remembrance. Whenever you get free time, even while driving, just put a thought that:

*Everything around us is deeply absorbed in Godly remembrance.*

This will expedite our evolution. It is something you can experience for yourself. Try it for a few days and you will see.

\*

Another suggestion I was recommending is:

*All sisters and brothers who are really craving for the Ultimate are being attracted towards our great beloved Master. They are all being pulled towards him.*

We submit our prayer to our Master that, *“May they all benefit with your Grace.”*

\*

So now we have a few suggestions of prayerful approach. We have the 9 p.m. universal prayer; something about correct thinking, right understanding and an honest approach to life; everything around us is being absorbed in Godly remembrance; and also that seekers with true craving for the Ultimate are being attracted towards our great Master.

All these suggestions become very effective when we ourselves are in that state. When we say all brothers and sisters are developing love and devotion, and faith is growing stronger in their hearts, automatically I am invoking that in myself. Similarly when I pray for others for correct thinking, right understanding and an honest approach to life, automatically it is triggered within myself. When I pray that everything surrounding me is absorbed in Godly remembrance, what will happen? I

will have to go within myself to the very core of my being, to the centre of my being. Only then it becomes effective. I cannot remain superficial and pray for others to go deeper. In order to create a ripple effect, if I want to create that state of absorbency in others, I must first have it in myself. So please try to do this.

\*

Something else we discussed was about some of us who do not have true craving in our heart for the Ultimate. What do we do? We stumble upon such a path by accident. Who knows, some of us came for peace of mind, calmness, health, whatever the reasons. We may not have the true craving. Here in Sahaj Marg we are looking forward to a day when we are all merged and become one with the Ultimate, nothing less than that, and hopefully go beyond that.

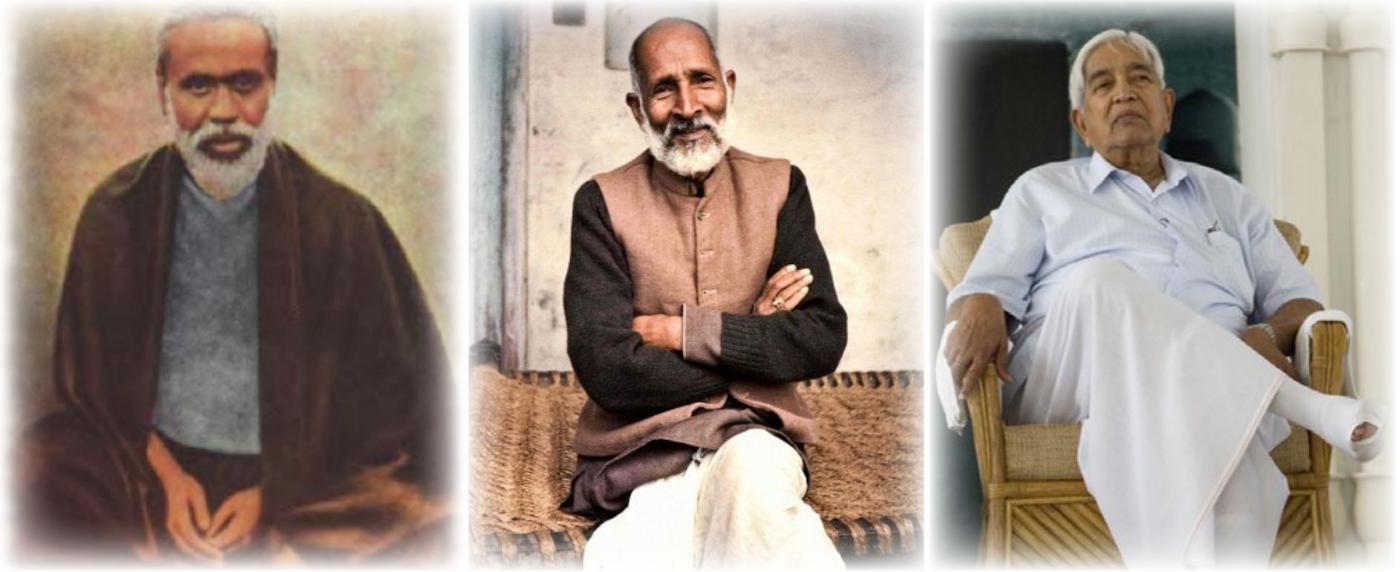
According to Babuji Maharaj, our actual journey starts only after such a merger with the Ultimate. It is something like a marriage – life begins after marriage. The union of our soul with the Ultimate prepares us for another life. So we should not even take merger as the ultimate thing, but as a beginning again of a different sort of life. Now, not having even an idea of what this is all about – craving for the Ultimate – we don’t know what we are hankering after.

So Babuji Maharaj gave a prescription for this in 1982, in his 30th of April message in Surat. He said, “If the real thing is not there to begin with, just imitate it. If someone continually imitates a mad person, he is bound to go mad.” So he said, why not Reality?

Well, this pretence should not be too superficial. You have seen children playing with their parents: “Mummy I made tea for you, drink it.” And there is no cup, no tea, nothing. It is make-believe and it is so real for them. You refuse and they cry. Even pretence to them is so real. So this pretence should not be too superficial. It must become a real thing in our lives. Love for God, however superficially it may start, must become real one day.

\*

We are entering a very special period in the Mission. These three days are very holy, as we say, it is our Adi Guru’s birthday. It is for you to experience and see for yourself how it changes us altogether.



## Preceptors worldwide - new responsibilities

Source: Bulletin No: 2015.22 • Monday, 16 March 2015

In February of 2015, respected Kamlesh bhai announced that the Hierarchy of Masters of Sahaj Marg has enabled preceptors worldwide with new responsibilities, in order to better facilitate the growth of the Mission.

These new permissions do not replace the existing practices of face-to-face individual, group and introductory sittings. Instead, they are an additional way of working, required for the increasing expansion of the Mission worldwide.

The following changes are a result:

1. New seekers are welcome to join a group meditation, without first having to take separate introductory sittings.
2. Seekers can be introduced to the practice of Sahaj Marg in groups on consecutive days if individual introductions are not possible.
3. Preceptors can give individual sittings to groups of abhyasis at one time.
4. Preceptors can give individual sittings remotely when required. Remote sittings can be given only if the preceptor confirms just beforehand that the abhyasi is available and both sit at the same time.
5. Preceptors can conduct group sittings remotely in cases where no local preceptor is available, or

where conditions are really too difficult to attend, e.g. bad weather. They can also include those abhyasis who are unable to attend in person for genuine reasons in the satsang.

Care and wisdom are needed with our newfound freedom. For example, respected Kamlesh bhai said recently, "It should not become a scenario of, 'Oh, brother, I would like to have a long distance individual sitting now,' even though that person is less than a kilometre away. No. That is what I call abusing the system. So be careful. The greater the freedom that has been given to us, the greater the responsibilities are on our shoulders."

Preceptors have been permitted to give remote sittings when there are genuine requests, and not in instances where it would defy the spiritual culture, e.g. when an abhyasi wishes to avoid taking a sitting from a local preceptor they do not like, as this would lead to disharmony. Unity and brotherhood remain the culture of Sahaj Marg.

Please talk to your local functionaries and preceptors if you have any questions. We also invite you to listen to respected Kamlesh bhai's talk explaining these changes at: <http://www.sahajmarg.org/literature/online/speeches/chennai-20150225>



## Master said

### Bulletin Abhyasis - excerpts

Source: Bulletin No: 2015.26 • Tuesday, 24 March 2015

- The purpose of satsang is to tune in and be connected to the Divine Master. Does this holy process depend on any place or time? Sahaj Marg is simple; we should not make it rigid by imposing artificial rules.
- An intense abhyasi means you are practising intensely, in such a way that you have never practised before in that fashion. It has nothing to do with time or space; it has everything to do with your inner fervour, inner restlessness and inner love for the Master.
- Love must keep flowing from our hearts, irrespective of the situations in life. It should be like a river and not like stagnant water. He gave many technical insights into the spiritual journey.
- The heart will always tell you the truth and guide correctly. Greed and ego intervene and misguide. To follow the heart, one needs courage. Always follow your heart.
- Openness of the heart creates love. When love is flowing through you, you will remain pure.
- Without peace we cannot be creative.
- Our beloved Master used to ask what is so different about youth. Why do we need special meetings? The practice is the same for all.
- The soul is eternal and immutable. Spiritual evolution is evolution of the subtle bodies – chit (consciousness), manas (mind), buddhi (intellect) and ahamkar (ego). By the removal of samskaras, consciousness expands and evolves into divine consciousness. The mind becomes purer and steadier, and thinking evolves into feelings. Intellect evolves into wisdom and the ego gets refined. All this takes us towards the state of perfection.
- Transmission beautifies our inner self.

Source: Bulletin No: 2015.24 • Sunday, 22 March 2015

- Look for perfection within, not outside.
- The spiritual journey is a pilgrimage of two together

to the ultimate divine abode. The two are the seeker and the guide.

- Master talked about the idea of compatibility several times. Let us say we find ourselves in the higher world with our great Masters now. Can we survive in that divine world with our current state of being? Water can mix with water easily and become one. Water and oil cannot mix and become truly one. The seeker has to become more and more compatible as the journey progresses to achieve complete oneness. “Without compatibility, even if we make it there, can we exist there eternally?” If the seeker has to run away because of his insufficiency, even while being in front of the Great Ones, he has lost the ocean. Purity of heart is essential, so how to develop it? By doing what we are supposed to do, playing our part in simple obedience without a doubt that Master is always fulfilling his part.
- The intoxication of the ego is very difficult to remove. The ego makes us push things hard and clouds correct thinking and reasoning ability.
- We all are imperfect beings; after all we are human beings. We interact. I interact with others with my imperfection. Others are also imperfect people. So when two imperfect beings are interacting, there is going to be chaos, there is going to be friction. So why fight with this imperfection of others? I need to focus on the imperfection of myself. I cannot change others. Instead of changing others, I have to change myself.
- Master brought our attention to the Mission prayer. Most people offer the Sahaj Marg prayer with an individualistic idea of ‘I’. The prayer itself clearly states ‘we’, ‘our’ and ‘us’, not ‘I’. The prayer that we are doing should be a prayer for the entire humanity.

Source: Bulletin No: 2015.23 • Tuesday, 17 March 2015

- We all know that one has to balance the material and spiritual aspects of life – they are the two wings of a bird. Wings are necessary to fly. We often forget about



the role of the tail. Tail gives direction to flight. What is this tail? With expansion of consciousness, heart starts guiding on all aspects of life, material and spiritual. This guidance from heart is automatic. He later posed an interesting question: “Philosophically speaking, the idea of balancing material and spiritual aspects of life is okay. They belong to two different dimensions. How to balance things from different dimensions?”

Source: Bulletin No: 2015.19 • Tuesday, 10 March 2015

- Expansion of consciousness makes one more flexible and less rigid. It is like a tree brimming with fruits. If the tree is flexible it will bear more and more fruits by bending; if the tree is rigid, then it breaks. One has to develop the attitude of flexibility and remove rigidity to grow spiritually. Flexibility is humility.
- Responsibility of success in Sahaj Marg, or in any field, lies with ourselves. Please be alert, be aware of your responsibilities towards yourself.
- We should strive to make our current home (earth) spiritually so good that Masters from the other world should feel like coming here often. During an informal

conversation, he said, “Seeking attention is a sickness.”

- I am very thankful to our Master who has worked so hard upon all of us to arrive at such a state. But we should not rest with what we have so far. We must move on further and further. The journey is infinite. On the other hand, I am not trying to tell you all that we have reached the destination. No. Not yet. But the news is great that we are all progressing; we are all moving in the right direction.

Source: Bulletin No: 2015.27 • Saturday, 28 March 2015

Master asked to abhyasis to prepare themselves for work for Mission, by undertaking a serious study of the following books:

- **The Role of the Master in Human Evolution**
- **My Master**
- **Love and Death**
- **Revealing the Personality**
- **Complete Works of Ram Chandra, Volumes I to V**

He encourages an understanding of the essence of these works rather than learning by rote.

## Volunteer opportunities for Heartfulness

Source: Bulletin No: 2015.25 • Monday, 23 March 2015

Over the past few weeks, respected Kamlesh bhai has initiated a program called Heartfulness, through which the practice of Sahaj Marg can be conveyed to people in a universal and simple manner. This will be one way in which the sacred practice and teachings of the Hierarchy can touch a wider range of humanity. This initiative requires a blend of various skills and creative talents.

If you are an expert in any of the areas listed below and would like to volunteer, please send your contact details to [volunteer@heartfulness.org](mailto:volunteer@heartfulness.org).

- **Social media specialists**
- **Writers (any language)**

- **Language translators**
- **Artistic rendering on a computer**
- **Web interface design**
- **Digital media production (audio / video / photos / animation)**
- **Musicians**
- **Yoga, fitness, health instructors**
- **Personal or organisational development trainers**
- **Academic research faculty**

Please include your name, city of residence, Skype / phone details, and a brief note about how your expertise can benefit the Heartfulness initiative. Feel free to share any relevant samples of your work or experience.



## Seminar of Latin American and Iberian Peninsula abhyasis at the Babuji Memorial Ashram, Chennai, India

1st of March 2105



### Dear sisters and brothers:

“I hope you and your families are keeping good health during these days.

As you know, many of us were very fortunate to visit the Manapakkam ashram to attend the seminar for abhyasis of Latin America and the Iberian Peninsula. The seminar took place over six days from Monday to Saturday, 9th to 14th February. Abhyasis participated from many countries: Brazil, Chile, Colombia, Ecuador, France, Haiti, Martinique, Mexico, Morocco, Portugal, Spain, USA, and Venezuela.

There were three meditations and two programs each day. We heard speeches by sisters Elizabeth Denley and Lalita Sreenivasan, as well as the Master Kamlesh-bhai.

We had several sessions during the seminar using self-reflection followed by discussions in small groups, and later with comments by individuals sharing their personal thoughts and feelings. There were language-wise meetings (French only, Portuguese only, and Spanish only) as well as some country-wise meetings (Brazil, Chile + Colombia + Ecuador, Mexico, and Spain).

The series of presentations given by Elizabeth and Lalita centered on the theme: “Internalize the Master

and externalize his teachings”. In this context, we were asked to self-introspect and then we talked about courage, honesty, stillness, balance, and focus, which are all attributes that help us to develop our subtle bodies: mind, intellect, reason, and ego.

We were then asked to read a letter by Lalaji Maharaj written to an abhyasi, in which we learned the importance of listening, of sound, and of subtle vibration. Lalaji wrote: “Sound is the manifestation of consciousness. It is the life of lives, the soul of the souls, and the existence of existences. The whole world rests on it. It is the Absolute Base and the Perpetual Foundation of all creation. This alone is the fourth state. Everywhere the vibrant currents of the movement of sound are found present in the form of Divine light. Wherever there is movement, there is the current of sound.”

In relation to this understanding of “sound”, we learned there is yet another meaning of the word “shru-ti” (meaning “the divine communication as a direct revelation of the cosmic truth), which is called “udgeet” – “ud”, meaning higher, other worldly, original, collection of attributes; and “geet”, meaning song. Thus, “udgeet” means ‘the song of the origin and its manifestation’, ‘the song of being and becoming’, ‘the song of



heaven and earth', or 'the human voice'.

This was followed by the listing of the three principles of communication given out by Lalaji Maharaj to his abhyasis. We were asked to consider these principles in our conversations with others:

**Principle 1.** A civil tongue is a prerequisite to achieve the goal of human life.

**Principle 2.** A cultured tongue rules the kingdom of the heart.

**Principle 3.** A polished tongue in discourse or conversation influences humanity and reigns supreme.

After that, we were asked three questions:

1. How do I communicate with others regarding listening well and speaking, according to Lalaji's Principles of Conversation?
2. What can I do to improve my attitude and behavior towards others?
3. What are 2-3 specific changes I will make (in my communication with others)?

During the final days of the seminar, many abhyasis shared their answers to these questions and gave examples from their personal experiences as evidence.

On Friday, 13 February, Kamlesh-bhai gave a talk to the seminar attendees where he touched upon the following points:

1. Lets stay focused in our practice and not become distracted.
2. Why do we meditate? What do we try to achieve?

3. When we start our morning meditation with a scared thought, our attitude gets shifted throughout the day. It is our attitude that is important.
4. What is our reaction when we receive transmission, "the ultimate gift" - how do we recognize it and make it permanently mine? We need to think about this and try to maximize the return on our investment to make it grow!
5. We must utilize our consciousness to familiarize ourselves with the new environment and not forget it during the day. When we use it, it expands.
6. Our knowledge must be backed by our experience. Our thoughts have great potential, but they must be backed by experience, like a heart-felt intuition, and this then becomes real truth.
7. Don't speak too much. Our exterior behavior is the manifestation of our inner beauty and that purity flourishes when everything is done correctly.
8. Our method of cleaning is very effective. There are three variations we can make on the original cleaning practice:
  - a. a brief cleaning before making a decision thereby avoiding a negative outcome,
  - b. a brief cleaning before meeting someone to avoid a potential confrontation with that person, and
  - c. a brief cleaning immediately after a negative incident occurs.
9. Think that everything around us is absorbed in God.
10. We can begin to prepare for our morning meditation by making a thought the previous night when going to bed. It starts with the longing of the heart.
11. Getting enough sleep is also very important for maintaining our practice correctly, in addition to maintaining our health. It is important to regulate our life on all levels.

After the seminar, many of the abhyasis traveled to the north of India in the Himalayan region, to stay for five days in the Satkhol ashram.

We wish to express our deep gratitude to the organizers of the seminar and to Kamlesh-bhai for his words of wisdom.

With affection, Bill Waycott"



## A visit to the construction site of Thiruvallur Ashram

Filomena Maria Marques, Garopaba/SC and Elizabeth Carvalho, Rio de Janeiro



*Saturday, February 27th, 2015*

The yellow bus of the Omega School left the Babuji Memorial Ashram at 8:40 a.m. Elizabeth and myself were among the 26 volunteers. We arrived at Thiruvallur, the new ashram under construction, at 10:15 a.m.

We spoke to a volunteer abhyasi, who has been doing this work for the last three months, and some of the information I will describe here result from this conversation.

This ashram is being built specially for 'Bhandara'. Its total area is going to be 150 hectares.

Besides the volunteer work, there are 400 full time workers at the job side, where one can already see some walls being put up, as well as Master's house, which is almost ready.

The volunteer work is synchronised, is a joint work, pure energy! Two parallel lines are formed, one of women and another one of men, one beside the other, the space between them being an arm length. Big and deep alluminum plates are used. In one end the plates are filled with soil and some rocks and are passed from hand to hand of one man to another, until the last one pours out the plates's contents and handles it to the woman next to him, who then passes it to the next one until it reaches the other end, empty, getting filled again. It advances in a breathtaking and joyful pace. The workers change positions to avoid getting tired.

Upon our arrival, preceptors gave us sittings; later we had lunch and tea. We left at 5:00pm, arriving in Manapakkam at 7:30 p.m.



## A visit to the Satkhol Ashram

Lea Torres – Rio de Janeiro – Brazil



After the Latin America and Iberic Peninsula Seminar in Manapakkam, Chennai, a great number of the participants headed for the Satkhol Ashram, at the Himalayan foothills, on February 16th, for a 6 day stay.

A chartered bus picked us up at the Delhi airport with destination to Satkhol. Due to excess luggage problems, and the late hour, which would not allow us to drive up the hilly road, we have decided to stay overnight at the Delhi ashram. This was another gift from our Masters. For me, the experience of visiting this second Sahaj Marg ashram was really gratifying.

We were welcomed with much love, care, and warmth by the Delhi ashram managers. We had a satsang and later helped in the preparation of the dinner. The loving and contagious energy made my heart open up to love. The feeling of being home and within family, made me so moved during this stay in Delhi.

We left for Satkhol at 5:00am next day, February 17th. During the journey we stopped twice for meals, arriving Satkhol at 4:30 p.m. We were met by the manager who took us to the meditation hall for the 5:00 p.m satsang.

After the satsang, the manager we were given the instructions and daily routine concerning the stay at the ashram. A lot of discipline.

The following is the daily schedule:

- 4:30 a.m. – bell rings
- 5:30 a.m. - tea in the dormitory
- 6:30 a.m. – satsang
- 7:45 a.m. – breakfast
- 9:00 a.m. to 11:00 a.m. – volunteer work
- 11:15 a.m. – tea in the library

- 11:30 a.m. to 12:30 p.m. – Reading in the library
- 12:30 p.m. to 1:30 p.m. – lunch
- 2:15 p.m. to 3:15 p.m. – Master’s DVD in the library
- 4:00 p.m. to 4:30 p.m. – Golden silence
- 5:00 p.m. – satsang
- 6:30 p.m. to 7:30 p.m. – individual cleaning
- 7:30 pm to 8:30 p.m. – dinner
- 9 p.m. – Universal prayer
- 9:30 p.m. – lights go off and all go to the dormitories.
- On Fridays, individual sittings with Master from 9:00pm to 9:45 p.m.

At the entrance of the meditation hall there is the following guideline:

“please do not bring your mobile phone into the meditation hall. If the telephone rings inside the meditation hall, he or she must leave the ashram immediately”.

While we were there, from Tuesday until Friday, all the surroundings were covered by mist and the Himalayas could not be seen. The weather was cold. On Friday it rained a lot, there was even hail. However, on Saturday, everything was clear; the sky was blue and the gigantic mountains white. Eventually, we could visualize the Himalayas, white as iceberg in the sky. I was very moved, and in the hope, so naive on my part, to keep it for ever in my mind, I spent the whole day taking photographs.

Now I am back in Rio de Janeiro, Brazil, missing everything, including the spicy, delicious food. My heart keeps full of gratitude to our beloved and respected Masters, for all the great love and invaluable help provided to us by Sahaj Marg.

Namaste



## From tumult to silence!

Marie-France Rosalie, Fort de France, Martinique



Fourteen abhyasis of Martinique participated to Latin America and Iberian Islands seminar in Manapakkam from February 9th to 15th, 2015. The theme of the seminar was 'Purity weaves Destiny'.

In the Meditation Hall in Manapakkam, the picture of the three Masters reminded us the emotional feelings lived on December 20, 2014 during the Mahasamadhi of Beloved Master Chariji. The seminar's agenda included a workshop on communication according to Lalaji's principles. Everything vibrates; only good communication creates true communion. Then listening rather than giving advices was a way to work on ourselves.

Our next step: Delhi; a holy place where one should remain in silence and in contemplation in order to get prepared before continuing to Satkhol. Maintaining silence not only of the words but mainly of any thought. We stopped all comments or view points and mostly our inner gossips.

Six hours nonstop train to Kathogam: a real initiation trip with the feelings of unrest and heaviness and the one of turning around in circles! In the train, the catchy slogan 'incredible India' reveals Indian landscape - multifaceted. Upon arrival, rickshaws for six plus luggage were waiting for us in spite of the cold weather; it was worth 'a picture'.

Satkhol Ashram, located on the Himalayan altitude blocks all thoughts to remind one of the golden rules of Silence. Then comes the state of the oblivion: the ob-

servance of the 'Self'; the silent condition of the human heart. All you have to do is to bow before His Majesty. 'Please maintain silence, silence is the language of God'; a sign reminding us to remain silent. The condition of surrender arises gradually and we let go all desires of self identification or definition of who we really are.

Satkhol or the 4th maxim "Be simple and in tune with Nature"; in the middle of nature and surrounded by huge trees proof of time where silence invites Nature to manifest itself. The desire to talk vanished to enjoy the atmosphere and become one with it.

Volunteer work is added between the two daily sat-sangs. This holy place is suited for introspection which is scheduled in the meditation hall on Sundays from 11am to midday. A "Golden Silence" time is observed daily for a half hour where you must remain silent no matter what you are doing.

To meditate in Satkhol your body must be warm. Then it is recommended not to be tense in order to receive the transmission and the love from the Masters.

Besides its condition of being a perfect laboratory where one can practice the 12 maxims of Sahaj Marg philosophy, Satkhol remains a school/symbol where abhyasis living by the ocean come to meet those living in the mountain. This adventure releases a fragrance of pure essence of love.

As an old saying goes: 'word is of silver; silence is of gold; Satkhol inspires that Thought is of Pure Diamond'.



SHRI RAM CHANDRA MISSION

Activities in the Latin American Centres

## Brazil

### Seminar

#### Babuji Maharaj birthday anniversary

Babuji Maharaj's birthday anniversary will be celebrated in Brazil with a seminar during the period from April 30th to May 3rd. The event will take place at the "Espaço Iniciativa Gaia", in São Francisco Xavier – SP. Further information: [srcmbr@gmail.com](mailto:srcmbr@gmail.com)

### São José dos Campos - SP



#### Basant Celebration in São José dos Campos - SP

Rosane Dunand – São José dos Campos – SP

The Basant was celebrated with much joy and unity in São José dos Campos. On the 1st of February, the abhyasis got together for the morning satsang at the "Flor de Lotus" (Lotus Flower), and afterwards spent the day together at Gayathri, home of Arnaud and Rosane. Another satsang was held in the afternoon. On the 2nd of February, the abhyasis got together again for a group meditation.

Basant is really a very special occasion. For me, there is nothing better than experiencing it together with other

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brothers and sisters, meditating and sharing experiences related to our journey on the spiritual path.

#### First Satsang at the "Flor de Lotus"



The first satsang at the new location in São José dos Campos took place on the first Sunday of the year 2015. The place is a shed located in Vila Ema, kindly given to us by Flor de Lotus Clinic.

Address: Rua Augusto Edson Ehlke, 150 – Vila Ema – São José dos Campos.

### Rio de Janeiro

#### Lalaji Maharaj birthday anniversary celebration in Rio de Janeiro

The Rio de Janeiro Sahaj Marg Center celebrated the Basant, Lalaji Maharaj birthday, on Monday, 2nd February, with two satsangs, at 7:30 a.m. and at 8 p.m.

#### New location for satsang in Rio de Janeiro - RJ

A new place was opened for satsangs in the city of Rio de Janeiro:

When: on Wednesdays • Time: 2pm • Venue: Centro Oliá da Brisa, Rua Francisco Muratori 36 - Santa Teresa.



SHRI RAM CHANDRA MISSION

## Activities in the Latin American Centres Brazil

### São Paulo

#### Activities at the Sahaj Marg Centres in São Paulo: Alameda Santos and Interlagos

At the Sahaj Marg Centre on Alameda Santos in São Paulo, a considerable number of participants have been attending satsangs lately. After the satsang, preceptors read a message from Whispers, a talk given by Master or a chapter from one of the Mission's books.

In addition to the usual activities, other events have been taking place this quarter, such as open house and extended Sunday. On Wednesday mornings, a preceptor is available for sittings at the centre.

At the Interlagos Centre, the attendance of abhyasis at the Wednesday evening satsangs has been growing considerably.

#### Extended Sunday at the Sahaj Marg Centre on Alameda Santos



On 1st of March 2015, an Extended Sunday was held at the Sahaj Marg Centre on Alameda Santos in São Paulo.

Fifteen abhyasis got together after the 7:30 a.m. satsang to talk about their experience during the Latin America and Iberic Peninsula Seminar, which took place at the Babuji Memorial Ashram, in Manapakkam, Chennai, India..

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The abhyasis who participated in the Seminar shared their personal experience and discussed about new topics presented during the seminar, and new guidelines given by Master.

Lalaji Maharaj' 'Communication Principles' were emphasized, as well as the importance of discipline in the daily practice.

After the Seminar, some abhyasis headed for the Satkhol Ashram at the Himalayan foothills for a five day stay. They spoke about the feelings experienced during their stay there.

#### Open house in São Paulo – Alameda Santos



On 28th February 2015, an open house was held at the Sahaj Marg Centre on Alameda Santos in São Paulo. From 11 participants, four showed interest in learning more about the Sahaj Marg Meditation System.

The meeting started at 2:30 p.m. and went on until 6:30 p.m., with an active participation of all participants. Helena and Jaques were the facilitators and through an intimate and simple way of presenting the system, they managed to keep everybody interested, answered all the questions, and clarified further doubts.

On March 28 was held another event, also in Sahaj Marg Centre Alameda Santos, with 8 people, in like manner, facilitated by Helena.



## Activities in the Latin American Centres

### Chile

## Seminar – Chile – 10 to 12 april An encounter with humility

Rafael Illanes - Chile

What is humility? Does it mean to live relegated to last place or keeping a very low profile? Does it mean perhaps to stop giving opinions or speaking in spite of feeling that one can make a contribution? Or maybe it means living with total detachment from material goods? Perhaps it is neither one nor the other.

Such questions, precisely, emerged during our last seminar in Chile, which took place in the Andean foothills of outskirts of Picarquín, located 65km southeast of Santiago, on April 10th, 11th and 12th.

During discussions the following thoughts and opinions came up: not to be a braggart, not to pretend to be something one is not, not to wish to show attributes one has or imagines having. We even remembered the 4th maxim which says: “be plain and simple to be identical with Nature.”

Eventually these doubts started to fade as we were reading some of Chariji’s talks. Among other things, while talking about the aspirant’s qualities, he said that they should have a sense of duty, consideration for others and respect for the elderly, and conform to what is right, not to be stubborn and follow the rules prescribed in the daily practice.

Master also spoke about knowledge, and he stated



that it should bestow humility on us. He mentioned that wise people are never arrogant or keep showing off their knowledge. “They are like unlighted candles – he emphasized – everything is there, and whenever needed, they light up”.

It is certainly not enough to understand it. It is important to incorporate these principles into our daily life. And with this assignment we, the abhyasis who participated in this gathering, left. It had been a marvelous time. At the end, we all agreed that we were departing lighter, more united, and more committed to the mission, and the guidelines given to us by Master Kamlesh, ready to help expanding it and bring about more light and love to the world.

### Colombia

## A Way

Maryin Alape – Cali – Colombia

It is important to acknowledge that the Master’s strength and divinity gives the momentum and energy for us to walk on a road full of obstacles and distractions. Only a heart connected to the divinity of the Master can light the path on which the eyes are not needed, since we can fall down. There is nothing wrong with falling down, what

is wrong is to remain lying down. For some of us it takes longer than for others, but Master’s grace makes us strong, wise, noble and thus we return to his feet. The practice is crucial for us to find ourselves and our environment, but most of all the almighty.

With love.



## Activities in the Latin American Centres

### Haiti

## Lalaji's Birthday Celebration

Judith Joseph, Port au Prince, Haïti

A seminar was held in Port-au-Prince on February 1, 2015 to celebrate the birthday of our Master Lalaji. The day began with a 7:30 a.m. satsang followed by the reading of a Whisper and a text on the life of Lalaji. Everything was planned for the occasion, one can feel the presence of the Master upon arrival in the room arranged at Bourdon.

After sharing a breakfast with simplicity, we reviewed the theme taken from Master's talk: 'Cleaning, a Crucial Aspect of Spiritual Evolution' as well as the agenda. It was suggested to remain silent during the seminar in order to absorb the condition prevailing in the heart. The preceptors clarified the key points of the above reading with a translation in Creole. We watched consecutively two videos of our Beloved



Chariji and Master Kamlesh related to transmission and cleaning.

The seminar ended with a group meditation. Twenty abhyasis present were happy to have lived brotherly this moment in communion.

We thank Master for giving us this opportunity and for His unconditional love.

### Jamaica

## Activities in Jamaica

Catherine Johnson, Kingston, Jamaica

### I hope all is well by His grace

The work in the centre continues to be flowing with regular and extended day satsangs. In January the theme of All Day satsang was the Practice which took a generalized approach of questions and answers among brothers and sisters. References were made to the materials from the modules, on cleaning and meditation, in clarifying some of the questions that were posed. There was another February 8th, with nine abhyasis for morning satsang and five remaining for the continuation of the day's activities; Grounding in the Practice - Cleaning module.

There were two days of celebration of Revered Lalaji's birth anniversary; Sunday and Monday, February 1st and 2nd, with eleven and seven abhyasis respectively present. We shared and imbibed readings from Truth Eternal on both days and feasted together in His remembrance.

One of us tuned in to the Webinar with Master as He

addressed us from the Monroe ashram.

We are grateful for the wisdom of our dear Master, Kamlesh-bhaii, who has given us with the necessary permission to work and live our lives as effectively as we can. We are also privileged to learn of His travels and work in a timely way. It's a delight to be able to remain in the confines of our home and be attuned to such speeches.

The last Friday social, which, now, takes place every quarter happened, Friday, April 10th at the usual venue for satsang. We viewed the movie, 'Lucy' and had a beautiful evening lounging in His presence as we ate, drank and prayed together.

We parted company approximately 9:30 p.m.





## Calendar of events

April			
	Venezuela	Prefects' seminar	mlorenzo0503@gmail.com
10-12	Chile Pícarquin	International Seminar	victoria.ferara@gmail.com srcm.chile@gmail.com
12	Jamaica	Extended Day	unselfishlove2010@gmail.com
21	Brazil – São Paulo	Open house	jlgaldieri@yahoo.com.br
25	Martinique	Evening Sharing	martine-calka@wanadoo.fr
26	Jamaica	Abhyasis training	unselfishlove2010@gmail.com
29-30	Martinique	Babuji's birthday Celebration	martine-calka@wanadoo.fr
30	Jamaica	Babuji's birthday Celebration	unselfishlove2010@gmail.com

May			
30April-3May	Brazil–São Francisco Xavier	National Seminar	srcmbr@gmail.com
	Colombia	Prefects' seminar	mariapilarbaena@gmail.com
May 1, 2, 3	Mexico	National Seminar	vincent.willaerts@gmail.com
30	Chile-Rancagua-Reno-San Fernando	Workshop Maxims	marcela.umanzor@gmail.com jennymaldonadoguzman@gmail.com carmenluzara@hotmail.com
10	Jamaica	Extended Day	unselfishlove2010@gmail.com
15	Jamaica	International Family Day	unselfishlove2010@gmail.com
23	Jamaica	Mission Activities	unselfishlove2010@gmail.com
23	Brazil–São José Campos	Open house	frances.sjc@gmail.com
23	Brazil-SP-AI.Santos	Open house	jlgaldieri@yahoo.com.br
30	Martinique	Evening Sharing	martine-calka@wanadoo.fr

June			
5	Jamaica	International Environment Day	unselfishlove2010@gmail.com
6	Brazil-Rio de Janeiro	Prefects' meeting	leatorres@casadalea.com.br
6	Martinique	Open House	martine-calka@wanadoo.fr
6-7	Ecuador	National Seminar	ecervantes3velez@hotmail.com
14	Jamaica	Extended Day	unselfishlove2010@gmail.com
20	Brazil-Rio de Janeiro	Abhyasis' training	leatorres@casadalea.com.br
20	Chile – Rancagua-Rengo-San Fernando	regional meeting - coordination meeting	marcela.umanzor@gmail.com jennymaldonadoguzman@gmail.com carmenluzara@hotmail.com
26	Jamaica	Movie Friday	unselfishlove2010@gmail.com
27	Martinique	Evening Sharing	martine-calka@wanadoo.fr
28	Jamaica	National Seminar	unselfishlove2010@gmail.com
28	Martinique	Extended day	martine-calka@wanadoo.fr
	Brazil	Prefects' meeting	srcmbr@gmail.com



## Calendar of events

July			
24-26	Venezuela	National Seminar	mlorenzo0503@gmail.com
25-24	Chile – Rancagua-Rengo-San Fernando- Viña del mar	Chariji 's birthday Celebration	marcela.umanzor@gmail.com jennymaldonadoguzman@gmail.com carmenluzara@hotmail.com michel.cure@uv.cl
12	Jamaica	Extended Day	unselfishlove2010@gmail.com
21	Brazil – SP - Interlagos	Open house	jlgaldieri@yahoo.com.br
23-26	Brazil	National Seminar	srcmbr@gmail.com
24	Jamaica	Chariji 's birthday Celebration	unselfishlove2010@gmail.com
24	Martinique	Chariji 's birthday Celebration	martine-calka@wanadoo.fr
25	Martinique	Evening Sharing	martine-calka@wanadoo.fr

August			
	Colombia	National Seminar	mariapilarbaena@gmail.com
05	Brazil-Rio Claro	Open house	sdeutsch@rc.unesp.br
08	Chile – Rancagua-Rengo-San Fernando	Open house	marcela.umanzor@gmail.com jennymaldonadoguzman@gmail.com carmenluzara@hotmail.com
9	Jamaica	Extended Day	unselfishlove2010@gmail.com
12	Jamaica	International Youth Day	unselfishlove2010@gmail.com
15	Brazil/ SP/Al.Santos	Open House	jlgaldieri@yahoo.com.br
21-23	Jamaica	Prefect Seminar	unselfishlove2010@gmail.com
22	Brazil-São José Campos	Open house	frances.sjc@gmail.com
29	Brazil-Rio de Janeiro	open house	leatorres@casadalea.com.br
30	Jamaica	National Seminar / openhouse	unselfishlove2010@gmail.com

September			
5	Martinique	Open House	martine-calka@wanadoo.fr
5	Chile – Rancagua-Rengo-San Fernando	Coordination meeting	marcela.umanzor@gmail.com jennymaldonadoguzman@gmail.com carmenluzara@hotmail.com
12	Brazil-Rio de Janeiro	Prefects' meeting	leatorres@casadalea.com.br
13	Jamaica	Extended Day/ATP	unselfishlove2010@gmail.com
19	Brazil-Rio de Janeiro	Abhyasis' training	leatorres@casadalea.com.br
21	Jamaica	International Peace Day	unselfishlove2010@gmail.com
25	Jamaica	Movie Friday	unselfishlove2010@gmail.com



## Calendar of events

October			
	Colombia	Prefect's seminar	mariapilarbaena@gmail.com
	Brazil	National Seminar	srcmbr@gmail.com
11	Jamaica	Extended Day	unselfishlove2010@gmail.com
20	Brazil/SP/Interlagos	Open House	jlgaldieri@yahoo.com.br
25	Jamaica	National Seminar	unselfishlove2010@gmail.com
31	Brazil-São José Campos	Open house	frances.sjc@gmail.com

November			
7	Chile Chanqueahue-Rengo	Family meeting	Srcm.chile@gmail.com
8	Jamaica	Extended Day/ATP	unselfishlove2010@gmail.com
20	Jamaica	International Children Day	unselfishlove2010@gmail.com
21	Brazil/SP/Al.Santos	Open house	jlgaldieri@yahoo.com.br
28	Jamaica	Mission activities	unselfishlove2010@gmail.com
28	Brazil-Rio de Janeiro	Abhyasis' training	leatorres@casadalea.com.br

December			
5	Martinique	Open House	martine-calka@wanadoo.fr
5	Brazil-Rio de Janeiro	Prefects' meeting	leatorres@casadalea.com.br
5	Chile – Rancagua-Rengo-San Fernando	year-end meeting	marcela.umanzor@gmail.com jennymaldonadoguzman@gmail.com carmenluzara@hotmail.com
4-6	Jamaica	Regional Seminar	unselfishlove2010@gmail.com
13	Jamaica	Extended Day	unselfishlove2010@gmail.com
18	Jamaica	Movie Friday	unselfishlove2010@gmail.com
31	Jamaica	New year's eve Satsang	unselfishlove2010@gmail.com

We request all the abhyasis who have any article regarding their experience about spiritual journey through the Sahaj Marg to send them to us to the following e-mail: [leatorres@casadalea.com.br](mailto:leatorres@casadalea.com.br). Frequently, our shared experience comes as an act of love and can be of help to other sisters and brothers.

We wish to clarify that our Latin America Echoes is a quarterly newsletter issued in the months of March, June, September and December, reaching abhyasis all over the world. It is published in four languages (English, French, Portuguese and Spanish), and distributed to all the abhyasis in Latin America. It can also be accessed in the four languages through the Mission's site: [www.sahajmarg.org/abhyasi](http://www.sahajmarg.org/abhyasi).

Thank you, with love,  
Latin America Echoes team

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For feedback, suggestions and news articles please send e-mail to [leatorres@casadalea.com.br](mailto:leatorres@casadalea.com.br)