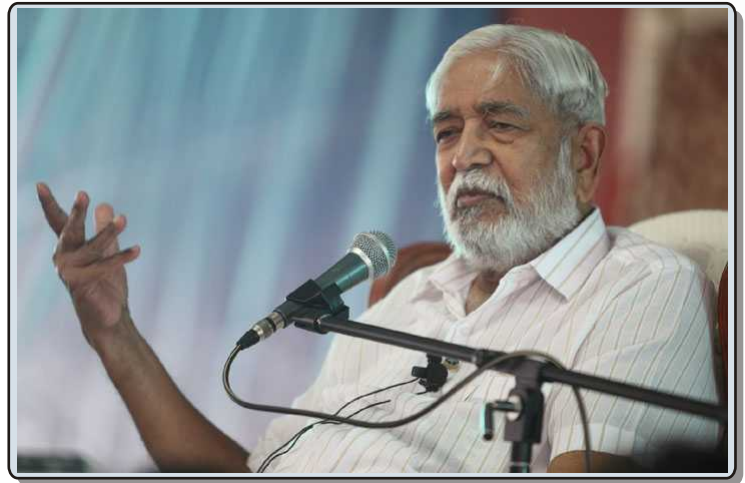


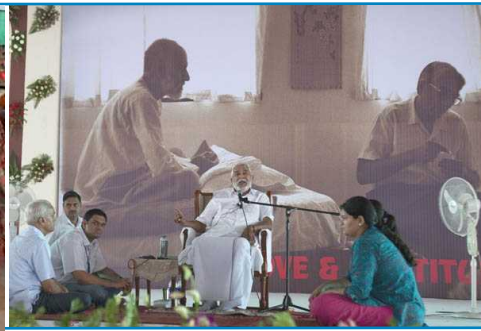
Master's 84th Birthday Celebrations 23rd to 26th July, 2010 at Lucknow

Lucknow is one of the largest ashrams in India with more than sixty acres of land besides a big colony planned for abhyasis. This time, a lot of preparatory work on the campus had been done in view of the heavy rainfall during this part of the year. Concrete roads with rain water drainage system made it more comfortable for abhyasis to move around. Huge rain proof shelters had been erected for meditation hall, dining, canteens and the usual stalls.

Master arrived on the afternoon of 21st July, with about 15,000 abhyasis present to welcome him. That evening, he dedicated the newly constructed meditation hall to Babuji Maharaj. The hall is 15,000 sq. ft. with a seating



Master addressing abhyasis at Lucknow, July 2010



capacity of 3000.

'Love & Gratitude' was the theme of the celebrations that commenced on 23rd July, with more than 40,000 delegates from all over India and overseas. An important sidelight of the celebrations was a total of 24 weddings solemnized by Master. He also blessed us with three thought provoking speeches. He spoke on "Sahaj Marg towards Infinity" on the 24th and said:-

- ★ After 46 years in Sahaj Marg, I am still on an endless journey. We proceed towards infinity in Sahaj Marg. We have to master infinity and hold it in our fist.
- ★ We think Master will do everything for us, but our cooperation has to be one hundred percent. Then his help will be 1000 percent.
- ★ Sadhana is not an end in itself, but through sadhana, we transfer our dependence to Master.

On 25th July, Guru Poornima day, Master in his talk in the morning said:-

- ★ Those who are with the Guru on this day will get faster progress.
- ★ We should be aware of the need for our own action and responsibility for our progress.



Master was breathless during and after the talk and in the evening, still in the same condition, he told some abhyasis, "I do not know if I am sick, but I am not well at all."

On the morning of 26th July, Master in his concluding talk, observed-

- ★ As Babuji Maharaj used to say, only one thing has no end — the spiritual life, because the soul being an amsha or a spark of the Divine, is also immortal and everlasting.
- ★ Babuji Maharaj said mamta (the love of a mother) is the purest in human life. Therefore accept your guru as your mother.
- ★ When we serve without anticipating, without expecting anything in return, that is pure service.
- ★ Service is the easiest way to his heart. The Master does not need our service. But if it is a natural thing, that like a child



helping its mother because of, what shall I say, being one with the mother, eventually it does become one with the mother.

Several bhajans were rendered during the morning and evening sessions by Sis. Aparna Ghosh, Ranjana Mehta, Meena Mishra & Br. Gurpreet. In addition, a bharatanatyam dance recital by Sis. K. Sowmya, a drama on the life of Saint Kabir presented by abhyasis from Baroda Centre and a musical program by abhyasis from Russia were performed.

The celebration was also an occasion for several functions of the Mission such as SMRTI, CREST, VBSE, SHPT, Echoes Newsletter, Website & IT teams to meet and plan for further work. After the meeting of the working committee of the Mission, Master referred to the just released "Whispers from the Brighter World - a Third Revelation" and said, "All that happens here is known to them. It is like a fish tank, we are all inside, but we are watched from outside." Referring to his health and the demands of work, he said that Babuji could climb several floors of the British Consulate when required and had said, "I may be weak, I may be uneducated, but when circumstances warrant, I can do anything!" Master added, "Should I not try to do at least one hundredth or one thousandth of what my Master did?"

Master found time to meet abhyasis and functionaries from all over the world, to discuss the affairs of the Mission and give them guidance, besides meeting with individual abhyasis (and their children) and graciously attending to their personal problems and questions.

As usual, the children's center was a hub of activity and cheer during the celebrations. Over 4,200 children were kept entertained with several activities including magic and puppet shows, games, arts and crafts.

The abiding memory of the well organised celebration would be Master as the ever toiling mother, working tirelessly, looking after the brood collectively and individually with no thought of his own health or comfort.

Master's Travels

Chennai

Master spent most of his time resting, shuttling between home and ashram. He spent time with visitors during the morning and the evening at Gayathri and frequently conducted satsangh. He also visited Marina beach and spent time there talking to the abhyasis and answering questions. When asked about the role of an abhyasi and expectations of life he very categorically said, "Do what is to be done without any expectation. That is the essence of Karma Yoga". After an hour of cracking jokes, answering questions and having ice cream, he would leave, while abhyasis watched on and wished that time would stand still and that they could spend more time with him. With a few visits to the school he left for Kolkata on 8th July.

Siliguri, West Bengal

Master visited Siliguri centre on 9th & 11th July. Local abhyasis as well as those from neighbouring centers, including Nepal, welcomed Master as he arrived at Bagdogra.



Dining Hall



Meditation Hall



Children's Centre





The Mission has recently been registered in the Republic of Nepal and in his message to the Mission's functionaries there, he had written, "This is indeed a great day for the people of Nepal, though they may not be aware of it in their consciousness. Now we have to gear ourselves up to bring real spiritual service to the people there, with honesty, love and dedication." Consequently the first meeting of the Board of Directors of Nepal as well as the General Assembly of members was held at the Siliguri Ashram on 10th July.

On 11th morning Master inaugurated the meditation hall and in his talk on this occasion, Master emphasized the need for outer and behavioral change in abhyasis and said that unless this comes about, everything else will be a waste. He also said that, "I've been watching over the last 40 years in Sahaj Marg, that as human beings we are not improving, what you are inside the Master knows, the spiritual condition, but unless you are within as you are without, inside and outside must be balanced, thought and action must be balanced, say what you mean and mean what you say. These are fundamental tenets of Sahaj Marg. I am afraid our preceptors don't emphasize these fundamental requirements of an abhyasi."

Master declared that food and accommodation at Siliguri Ashram will be free and provided for by the Sahaj Marg Spirituality Foundation. He expressed the hope that all abhyasis from East and North Eastern States will utilize it as a retreat and that there would be at-least 3-4 regional gatherings.

Master left for **Kolkata** on the 11th afternoon. He spent two days at Br. Ajay Bhattar's house prior to his stay at the Kolkata Ashram. From 14th to 19th July there was a seminar for about 300 abhyasis from **Russia** and other

CIS countries. A daily schedule from 6.00 AM to 9 PM included satsanghs, individual sittings, talks on various topics and group discussions. Master spent time with the abhyasis in the evenings on the cottage lawns. He answered questions, clarified doubts and narrated several anecdotes which revealed deeper teachings.

The seminar included talks that were given by abhyasis on topics like 'Willingness to change', 'Practice of Sahaj Marg' and 'Power of thought'. These talks threw light on the finer points of the practice and its impact on our daily lives.

The visiting abhyasis set a benchmark for co-operation and tolerance. The hot and sultry conditions of Kolkata and consequent health issues were very trying for them. However, they showed the resolve of not letting these aspects overcome their focus on the purpose of their visit being with Master.

Jaipur



After the Lucknow function Master made a stopover at Delhi and then reached Jaipur by road from Gurgaon, on 29th July. Around 300 abhyasis extended a warm welcome to Master where on arrival he inaugurated the newly built cottage. He went around the cottage asking about various construction details. He said he always feels fresh when travelling by road, whereas even an hour's flight makes him very tired. He sat on the swing in the verandah and talked to the abhyasis gathered.

In the evening he came out of the cottage and spent an hour sitting on the lawn and in an informal conversation he said that he is happy in all circumstances. One should always be happy in all circumstances.





have some rest, Master said that he first wanted to meet his abhyasis. He came to the dining hall, to fulfil the craving of many a heart, to have a glimpse of their beloved.

The next morning Master surprised everyone by sitting in the terrace adjoining the meditation

On 30th Master inaugurated the new meditation hall, dedicating it to his Master, Babuji Maharaj. He conducted the satsangh at 9.00 AM with around 1500 abhyasis from Rajasthan, overseas and nearby states in attendance. After satsangh he went around the ashram in the golf cart. The village Sarpanch and others welcomed Master in their traditional way and he distributed prasad and blessed all of them.

In the evening Master sat on the lawn for about 1 hour, talked to a number of abhyasis, listened to poems and songs from children and answered the questions and queries of abhyasis.

On 31st morning he conducted satsangh. In the evening he called the overseas abhyasis to his cottage for a sitting as more than 200 overseas abhyasis were present.

On 1st August, Master conducted the morning satsangh, listened to bhajans sung by Sis. Ranjana and then addressed the gathering. He took time to go around the ashram and the adjacent colony - 'Master's Creation'. The area of the ashram is about 10 acres and the colony is 20 acres.

Master continued to meet several abhyasis during the day. In the afternoon around 3.00 PM he left for his flight to Mumbai. During his stay, he was also busy in his office, replying to mails and attending to other administrative work and made a few Prefects too.

Mumbai

Abhyasis in Mumbai were in for a pleasant surprise when Master decided to visit on 1st August. Many had just returned from Lucknow and all geared up to receive Master with preparations going on amidst heavy downpours. About 1500 abhyasis from Mumbai and nearby centres had gathered in Panvel ashram.

Master arrived from Jaipur at 7.20 p.m and headed straight for the ashram. He was given a warm welcome by a young, enthusiastic group with a specially prepared song. He was happy and cheerful being amongst all. Ignoring his need to



hall. He enjoyed the cool breeze for a while and then went straight to the meditation hall for satsangh which lasted an hour. All through the day he was busy meeting abhyasis and doing his work. At 3.30 p.m abhyasis invited him for a tea-party with all in the dining area. Master sat amongst all for half an hour, enjoying the snacks served with coffee. Master then conducted satsangh at 5.30 p.m.

On 3rd, after conducting satsangh at 7.30 a.m. he solemnized a marriage. He gave a profound, thought provoking speech focusing on the need for simplicity and contentment. Master then left for some private visits and later left for Chennai on August 5th.

Chennai

On his return to Chennai, Master conducted satsangh on Sunday the 8th and the joy on the abhyasis' faces was clearly seen. He left for Gayathri on the 9th, and spent his evenings discussing various topics like the duties of an abhyasi, and various cultures.

On 14th evening, he visited the **LMOIS hostel** and had dinner with the students. Master was in good spirits and was exceptionally generous with his time, making himself available to answer students' questions, giving a talk and enjoying a song from a group of students who had just returned from winning an award in an inter-school competition. He spoke of the importance of music, saying it is nourishment for the soul, and his hopes that there will be lots of music and singing at the school. Everyone felt deeply blessed to have shared this time with Master.

Over 800 abhyasis and 200 children from North America came to Manapakkam for the **North American seminar** from August 16 - 20. Satsanghs





in the presence of Master and his talks were the primary highlight of the seminar. Talks by Br. Kannan, Br. P.R. Krishna, Annual General Body Meeting of SRCM USA and SRCM Canada, Master meeting with new abhyasis, meeting of prefects and working groups, trips to the Omega school, Q&A session and cultural presentations by NA abhyasis and children were some of the other highlights of the seminar.

As in a fairy tale, a spell was cast from the very first sitting allowing for easy release of useless thoughts and worries from home. In Master's address at the USA General Body Meeting, he spoke of the immense opportunity at our disposal which should be seized and not hoarded, "...like the squirrels which find nuts and bury them somewhere and often in the winter, in the snow, they are found dead right over their own hoards of nuts which they have not eaten."

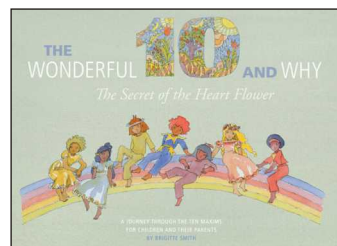
Throughout the seminar, the gates to Master's cottage were periodically opened wide to allow one and all nearer to the flame. This gesture was both generous and instructive as if to tell us how to realize our purpose. Brothers and sisters, transforming your nations begins and ends with you - open your hearts wide and never let them close. The seminar ended on Friday, August 20th with abhyasis' hearts brimming with his graceful love and a craving to spend more time in His presence.



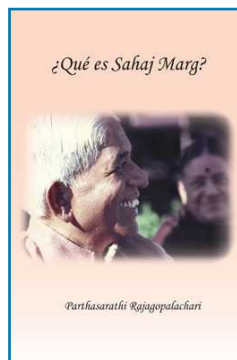
New Publications

There were several new releases at Lucknow during the birthday celebrations. Listed below are the books that were released.

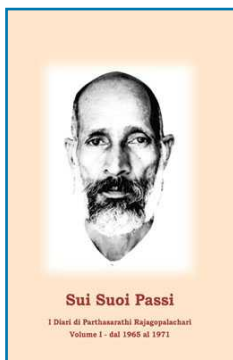
A book for children and parents, written and illustrated by Sis. Brigitte Smith of Germany, revealing in simple words the Ten Maxims of Sahaj Marg. It is truly a work of art!



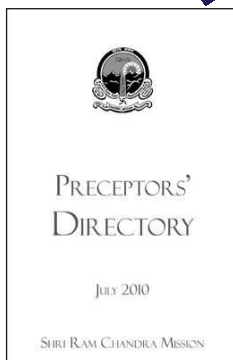
The transcripts of Hubble Bubble, the second in the 'He, Hookah & I' series, has been simultaneously released in six Indian languages: Marathi, Gujarathi, Kannada, Tamil, Telugu and Malayalam.



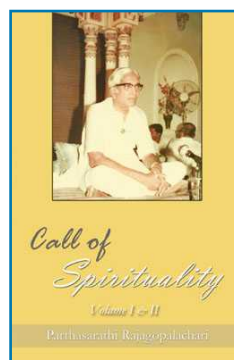
What is Sahaj Marg
Spanish



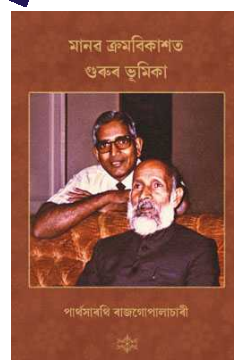
In His Footsteps-Vol 1
Italian



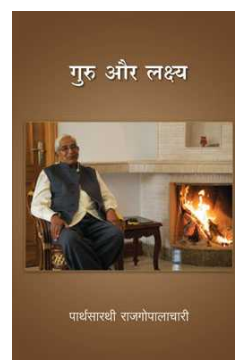
Prefect Directory



Call of Spirituality
Vol I & II
English



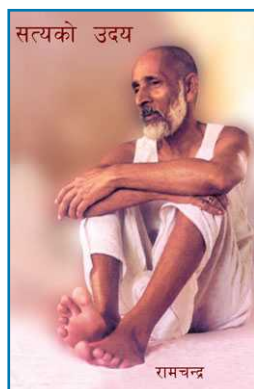
Role of the Master in
Human Evolution
Assamese



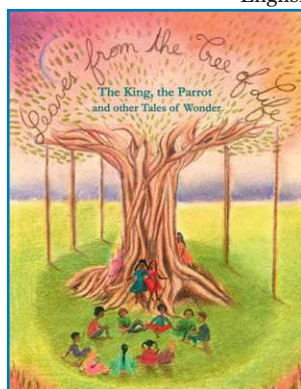
Guru and the Goal
Hindi



HeartSpeak 2005
Hindi



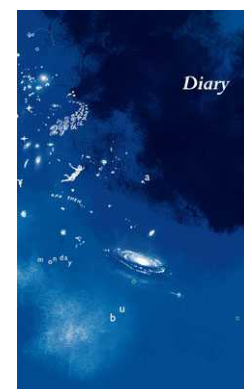
Reality at Dawn
Nepali



Leaves from the Tree of
Life
English



Preceptor's Journal



Youth Diary



A Peep into the Past

Centenary Celebrations of Lalaji Maharaj's Birth Anniversary, Madras, 1973.



Master describes the occasion beautifully in his diaries, published as 'In His Footsteps (Vol.2)'. The celebrations started with a prayer song by a group led by our beloved Mami. Master then garlanded Babuji with an enormous jasmine and rose garland brought specially for the occasion from Madurai. There was a special release of "Truth Eternal", containing Lalaji Maharaj's works. All 500 books, at a price of Rs. 10 each, were sold out immediately after release!

Master recalls that Babuji Maharaj read out his message published in the special centenary souvenir, and writes, "He read from his prepared script for about 20 minutes and twice choked with emotion on references to Lalaji. Tears streamed down once, and he had to stop to wipe them off before he could continue to read! What love and devotion he has for his Master! Can we ever duplicate it for our own Master?"

The feeling that Babuji's message evokes in us is indescribable and it seems to take us to a place deep in our hearts that reminds us of the real Goal of our lives, and our eternal connection with our Beloved.

Master recalls lovingly how happy Babuji Maharaj was with the way the celebrations were organized and writes on 27th February, 1973:



"Master came to Gayathri in the evening and when we were alone, embraced me and said, 'I am pleased with you; you have performed a very big work'. Let us hope and pray that we are able to bring such joy in our Master's heart through our love, devotion and commitment.

Excerpts from Babuji Maharaj's message on the occasion:-

"We should utilize this occasion to get into the Master and Master alone, which will act as food and tonic for spiritual evolution. Remembrance should be in such a way that we feel the thought of remembrance oozing out from the objects everywhere! It is the real remembrance which mortals can have. It is a play for our good."

"If a man wants to work out the problems of his life easily, he should give right suggestions to the mind. It is the condition which comes by practice and proper moulding of one's self. It is very easy to remain in one's condition which is divine. It is the sure process for evolution. A little inclination towards the attainment of the Reality will start weaving the future."

All-India Essay Writing Event, 2010

This event is being organised by SRCM in collaboration with the United Nations Information Centre for India and Bhutan, in commemoration of the UN International Year of Youth (August 2010 to 2011). The students can write in the following languages: English, Gujarati, Hindi, Kannada, Malayalam, Marathi, Tamil and Telugu. For more details on the event and how to participate, please talk to the head of your institution or email us at essay2010@sahajmarg.org

You can also download the brochure and regional language leaflets (English, Gujarati, Hindi, Kannada, Malayalam, Marathi, Tamil and Telugu), from the mission website.

"Character Protects Life"

[Classes 6 through 9]

"Freedom Does Not Mean License, but the Wisdom to Choose What Is Right for Oneself"

[Classes 10 through 12]

"From Ambition to Aspiration, From Acquiring to Becoming"

[Undergrad and Postgrad]

New Appointments

Rev. Master has made the following appointments on 24th August, 2010.

Br. P. C. Johri

Manager, Siliguri Ashram

Br. S.S. Murgod

Manager, CREST, Bangalore

Correspondence Guidelines

All Abhyasis are requested to review and follow the guidelines for correspondence to Master, located at:

<http://www.sahajmarg.org/resources/correspondence-guidelines>

Translators Required

The Echoes India team requires volunteers for translation of the newsletter from English to Hindi, Marathi, Gujarati, Bengali, Telugu, Tamil, Kannada & Malayalam. You will be required to translate as well as type the content.

Please write to in.newsletter@srcm.org with details of your background, time availability and computer skills.



Upgrading Knowledge and Practice

N. Karnataka

A series of Abhyasi Training Programmes for new abhyasis were held in Basavakalyan, Bijapur, Gadag, Yelburga, Hubli and Dharwad, Belur, Kallur and Navnagar. Br. Nijalingappa, Dr. Gajendra Singh, Br. Ajit Kamath, Sis. Sujata Navale, Sis. Geeta D, Br. Prahlad Paknikar, Sis. Geeta Reshmi and Br. Raju Kashampurkar conducted the programmes, using audio-video aids besides the Kannada New Entrants Training Program prepared by SMRTI.



Gadag

The basics of Sahaj Marg sadhana, meditation, cleaning, diary writing, prayer and bhandaras, aims of our Mission, brief introduction to our Masters, information about the sister concerns like SMSF and their functions, SMRTI, CREST, and RETREAT centres were covered in the training.

Andhra Pradesh

A full day ATP Level-1 was organized at Kurnool, on 18th July. Around 21 abhyasis participated in the program. The participants were mainly youth and those who have started Sahaj Marg sadhana in the last one year. The program was received with great enthusiasm. The participants felt that the audio-video clips of Master clarified most of the queries related to the basics of their sadhana. They expressed that the program was highly beneficial and they got to know more about SMSF activities like CREST, retreat centres, etc. through this program.



Kurnool

A full day ATP Level-1 in Telugu was organized at Yemmiganur centre, on 8th August, for 30 abhyasis. Yemmiganur is an upcoming centre with 80 abhyasis. The participants were those who have started Sahaj Marg sadhana in the last one year and more. The abhyasis were very interactive throughout the programme and for most of them this was the first training programme since the start of the practice.



Yemmiganur

Tamil Nadu

A three-day training program for abhyasis was conducted at the Yogashram in Chettipalayam, Tiruppur from 25th to 27th June. 69 abhyasis from 19 centres of Tamil Nadu participated in the program. Br. Vishwanatha Rao, ZiC, TN-South gave a welcome address. Br. Dhanumoorthy and Sis. Ramya Ramprabhu conducted an ATP in Tamil which focused on the topics of Sahaj Marg meditation, cleaning and prayer. On the second day, there was a session on 'Discipline and Obedience' by Br. Ananth followed by a lecture on 'Constant Remembrance' by Br. Ravi Subbaiah. In the afternoon session, Br. Radhakrishnan spoke on 'Faith'. On the third day, after the Sunday satsangh, 'Ten Maxims' was handled by Sis. Ramya. The program concluded with motivational speeches by Br. Vishwanatha Rao and Br. Prakash. The participants expressed that they were highly benefitted by the program.



Tiruppur



Yelburga



Basavakalyan



Home Gatherings and Open Houses

Gulbarga, N.Karnataka

A home gathering was organized at Sis. Radhabai Kulkarni's residence in Gulbarga on 23rd June. Six aspirants attended the program. Sis. Meera Kulkarni spoke about various aspects of Sahaj Marg. A question and answer session was conducted by Br. Manohar Singh. Four aspirants commenced their sadhana the same day. There was a joyous atmosphere in the house during the whole period.

An Open House was conducted at Yelburga in Gangavati Taluk on 11th July, after evening satsangh. 10 aspirants attended the program. Br. Raju Kashampurkar, Br. Rajulal and Br. Nijalingappa spoke on the occasion. Br. Rudrappa, local prefect was also present during the occasion. Most of them have shown keen interest to start the sadhana.

Chikmagalur, S. Karnataka

Abhyasis of Chikmagalur centre and a few aspirants gathered at an abhyasi's residence on August 15th. Br. Satyanarayana explained to the aspirants about the three M's which also inspired the abhyasis.

A DVD on Master was played followed by speeches by abhyasis present who spoke on different aspects of the system. Sis. Myna read out a snippet from an old edition of Sahaj Deepa about Master's visit to an abhyasi's farm house in Chikmagalur. Being inspired by this, Br. K.U. Shetty spoke about Master's concern for the abhyasis, narrating a few instances.

Towards the end of the program, the abhyasis were asked to sit in meditation and think of how each abhyasi can help in the work of the mission. There were suggestions that an ashram should be built and that home gatherings should be conducted every month.

A Fruitful Full Day



Thrissur, Kerala

A full day program was held at Yogashram, Thrissur, on 4th July. After the morning satsangh, children presented a skit on honesty and truthfulness. The story of a king who wanted to find one honest citizen among his subjects brought out the values of trust and honesty in our daily living. The enthusiasm with which the children performed the skit was an indication of how they have assimilated these values in themselves to become promising candidates of Sahaj Marg.

Master's video was then played in which he has described how pain is a part of the spiritual journey. Br. T.P. Narayanan, CiC, translated Master's speech into Malayalam. Abhyasis presented the ideas contained in various speeches published in 'Revealing the Personality'. First published in 1993, this book had then seemed to be a message to the people of the West, but now republished in 2009, it is a message universally applicable in this globalized world. The book discusses how we can practice values in our daily life. In essence, this book is a detailed commentary on the Ten Maxims, which is the cornerstone of a value-based existence. The program concluded with satsangh in the evening.



Discussion on Ten Maxims, Indore

About 27 abhyasis of Indore centre have formed a group for discussing and practicing the **Ten Maxims**. The participants meet regularly and hold discussions on one of the maxims. Then they put efforts in practicing the maxim. They have observed a unique enthusiasm among themselves. Br. Avinash Karmarkar and Br. Rajesh Raverkar are coordinating this activity.

Hassan, S. Karnataka

On Sunday, 11th July, Br. Srinivas and Br. Subramanya were invited to conduct a full day programme at Hassan centre which was attended by 60 abhyasis from Hassan and Chikmagalur.

In the first session after satsangh, Br. Srinivas explained the Sahaj Marg system, method and importance of a Guru. In the second session Br. Subramanya spoke about the importance of character and the need to incorporate the ten maxims in one's life.

In the afternoon session, there was a question- answer session in which abhyasis clarified many doubts that they had on their daily sadhana. Some abhyasis shared their experiences and the programme ended with the evening satsangh.



Bangalore



Ghaziabad

Group Discussion, Moradabad

A group discussion was organized in the meditation hall at 'Yogashram', Moradabad centre on 15th August. Thirty abhyasis participated in the discussion which was conducted after the satsangh. Br. Amit coordinated the session and abhyasis were divided into 7 groups. The topics allocated were Master's talks at Lucknow utsav, service and self-evolution. Each group spoke for few minutes with their summary and conclusion of their discussions. The participants felt that it was a very useful session which was filled with the warmth of brotherhood and love and gratitude for our Beloved Master.

Memorable Week-ends for Bangalore Volunteers

Bangalore centre has been blessed with three ashrams - Param Dham, Zonal and Banashankari. To provide abhyasis an opportunity to spend time at each ashram, participate in volunteer work and be in a spiritual atmosphere, the "**Weekend at Ashram**" program was planned. The first program was held at Zonal ashram in June, followed by Banashankari ashram on 10th and 11th July.

Abhyasis took part in various activities like cleaning of the meditation hall and surrounding areas, preparation of breakfast and lunch. The second half of the day had an enlightening session on various aspects of service and the attitude that an abhyasi should have while taking part in volunteer work. On Sunday, after satsangh, there was a presentation of the ongoing activities in Bangalore centre after which several abhyasis expressed their eagerness to contribute.

At Param Dham, the program started on August 13th evening. Over the next two days around 30 volunteers enthusiastically got down to work and cleaned up an area for setting up a children's park, cleaned the rainwater filtration unit and water tank, sorted the kitchen store room and attic, cleaned the meditation hall and cleared an area for growing vegetables.

Before lunch, the volunteers watched Master's talks on 'Service'. Post lunch, they spent some time in the serene atmosphere at a lake nearby getting to know each other better. Some abhyasis shared their experiences at

bhandaras and with Master. A campfire at night lit up everyone's faces and the children enjoyed singing and delighting the hearts of the abhyasis present. After dinner, a movie was shown.

The next day, after morning satsangh CiC Br. Prabhakar concluded the meet with a very encouraging talk. This program served as a unique opportunity for volunteers of different areas to meet and share views and hence many problems were solved with unique ideas emerging from different approaches.

A Time for Youth: Ghaziabad

Ghaziabad centre organized a two-day residential youth seminar on 26th-27th June. The theme of the seminar was 'Youth: A Time for Effort and Promise'. Br. Mahavir Singh Rohila delivered the welcome address followed by the playing of one of the Master's talks on 'Youth'. Then Sis. Preeti conducted an activity called 'Learn to Prioritize'. Sis. Anita conducted interesting games post dinner. The second day after satsangh a documentary about the power of thought called 'The Secret', was shown. Sis. Anita then presented 'Responsibility of Youth towards Society and Nature'. Br. Jatin conducted a small activity on the 'Regulation of Mind' and presented quotes from Master's talks. The effort was well appreciated by the participants.

News from Jammu - A New Centre



As a part of Vanmahotsav drive, trees were planted in the newly purchased piece of land in Jammu on 15th August. The construction of the boundary wall was completed in July 2010. Over ninety plants of different species, such as Arjuna, Bottle Brush, Pine, Neem, Amla, Alestonia, Panch Sitara, China Rose, Sheesham,



Silver Oak, etc. were planted on one acre of land purchased for the construction of the ashram. About 30 abhyasis participated inspite of the simmering heat. The construction plans of the dining hall, kitchen and toilet block has been submitted to the Master for his approval.

Davanagere, Karnataka: Ashram Construction



Davanagere centre had started with a handful of abhyasis and has now grown to a hundred abhyasis. Sunday satsangh used to be conducted in abhyasis' residences and then as the number grew, a school became the venue. As the centre started growing, a need for having an ashram was felt and this came into reality when 2 acres of land was purchased for the Mission. The ground breaking ceremony was done on 2nd February 2009 and satsangh was conducted on 25th April 2010 and work was commenced by marking for the meditation hall and kitchen block. The size of the mediation hall including the corridor is 45ft x 45ft and the kitchen and store cum office block is of 60ft x 15ft.

The construction of meditation hall is now up to the plinth level while the kitchen roof has been cast. An additional borewell was dug for construction, drinking and gardening purposes. Greening of the land has been taken up by planting 60 teaks, 10 neem, 10 honge and a few coconut trees. The new ashram building is expected to be ready by October this year.



Values for Children

Hathras, Madhya Pradesh

Hathras centre organized a VBSE camp on 27th of June in which 30 children participated with great zeal and enthusiasm. The session started with prayer-meditation for five minutes. Br. Arvind gave a brief introduction about Sahaj Marg and its vision. Br. Rishiraj Singh explained the importance of physical exercise, health and hygiene in our daily life to the children who were carefully listening and noting points. Br. Amit, Br. Harendra and other volunteers organized various skits. Spelling Bee, I.Q. and general knowledge games were also conducted making learning enjoyable at the camp. The summer camp came to a closure with distribution of mementos to the participants.

Indore, M.P.



Indore centre organized a 5 day VBSE children's camp from 21st to 25th June, which was attended by around 70 children. This was the twelfth year in succession when the centre conducted such an activity for imparting values to the children. VBSE sessions were conducted along with activities such as clay art, glass painting, dancing and fireless cooking.

The day began with the mission prayer followed by five minutes of silence and then yoga. The next ten minutes had a movie with a valuable message. Then the children joined their respective activity groups for about two hours. They learnt values like sharing, appreciating and co-operating through the various activities.

Pilibhit, U.P.

Pilibhit Centre organized a VBSE summer camp from 11th to 20th June for children in the age group of 10-14 years. Forty children participated in the camp with great enthusiasm. The camp started at 6:30 am and the activities were divided into sessions. The first session included physical exercises, prayer and meditation, besides one subject from the VBSE syllabus. Along with this were talks and presentations from guests from various fields like newspaper, traffic rules, post office, time management, computer, health, etc. Activities such as origami, craft, painting, singing, essay writing and skits were conducted. On the last day of the camp, parents of the participating children were invited to watch the songs and dance programs presented by the children.



"Life is an eternal system of education. ...In life it doesn't end. It is *anadi anantham*. We don't know where that education began, it will never end because as we rise progressively, level after level of evolution, we continue to work."



Natrampalli, Tamilnadu

The ashram at Natrampalli was gifted to the Mission in October 2004 by Shri Om Prakash who later became an abhyasi and a prefect, too. Natrampalli ashram serves as an ideal stop-over for Master on his frequent travel by road between Chennai and Bangalore. It is located in an idyllic environment in the midst of a village surrounded by hills, with the Yelagiri hills just 20 km away.

The original site of one acre of land is long and narrow and the ashram building built on it lengthwise looks like a battleship from a distance. The ashram is perhaps one of the few that have been donated to our Mission in a built-up and ready-to-use condition. It was built in several spurts by the generous donor, as and when the financial resources became available for expansion, and the built-up capacity is significant for an ashram of this size. Even at the time when it was donated, it already housed a hall that could be used for meditation for 2,000 abhyasis, dormitory for about 500 with adequate facilities for kitchen and dining. A couple of small buildings have been converted to become Master's cottage and a library.

The ashram is also ideally located amidst a cluster of centers and sub-centers of SRCM, and has become the

meeting point for spiritual gatherings. Satsanghs conducted here on Sundays are attended by abhyasis from nearby centres like Tirupattur, Vaniyambadi, Vellukottai and Pachur. Besides these, monthly full day programmes are attended by abhyasis from Hosur, Krishanagiri, Bargur, Kaveripatnam, Kuppam, Panandur, Jagadevi, V.Kote, Arni and Vellore - altogether reaching a strength of 200.

The ashram was also Master's choice for hosting the Preceptor's Seminar (Kerala Zone) in August 2005 and the International Scholarship Training Program for three weeks in December of 2006.

Over the last two years, additional lands to the tune of 1.75 acres and 0.94 acres have been purchased on either side of the ashram. On the larger plot, vegetables, fruits and flowers are being cultivated, which serves as an avenue for abhyasis to offer their services, bringing them together in the process. A big papaya garden raised to earn some revenue has earned Master's praise - he says it is the tastiest papaya in the country!

Natrampalli ashram serves as a spiritual garden for yearning hearts and will continue to foster and nurture their growth in the years to come.



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