



## Special Bhandara

by Sis. Lakshmi, Singapore



It was around 10 p.m on the evening of 12th August when abhyasis received a Sahaj Sandesh with Master's invitation to abhyasis all over the world to attend a Special Bhandara to be held on 15th August at Babuji Memorial Ashram, Chennai. Master said the Special Bhandara was being held with the permission of the spiritual hierarchy of the Masters and that the abhyasis should make it their first priority to attend. He also mentioned that an extra ordinary general body meeting would be held there.

As soon as abhyasis got to know, many abhyasis started to make travel arrangements to Chennai. The abhyasis were accommodated in the ashram, some in Lalaji Memorial Omega School and some in a marriage hall close by. Food arrangements were made without any compromise. Huge LCD screens were arranged in the meditation hall and at several places in the ashram along with audio for the live telecast.

Every mind and heart was wondering about this special bhandara with only a two-day notice! Something that has never happened before! Only a few days before, we had received a Sahaj Sandesh with an update on Rev. Master's health to say that he was improving. Abhyasis guessed Master was going to say something about his successor.



On the 15<sup>th</sup>, there were three satsanghs – at 6.30 a.m, 11 a.m and 4.30 p.m. Br. Kamlesh Patel conducted the 6.30 a.m and 4.30 p.m satsanghs. Master entered the meditation hall around 10.30 a.m. We could see it was not easy for him. We saw him on the LCD screen through the live telecast and also heard him. He was brought in the wheelchair accompanied by his grandson Bhargav, carrying an oxygen cylinder to aid Master in breathing. Master looked tired and said it took tremendous personal effort from him to present himself before all of us gathered there. He said he had been unwell since July, and was unable to eat by himself and that his children have been feeding him. He also mentioned his hands shook as he signed cheques. He thought it would take several weeks to get better. Considering his poor health, he had written to Babuji Maharaj seeking permission to delegate Presidential responsibilities to his successor Br. Kamlesh Patel. He read out Babuji's reply that said Babuji agreed to it. He then asked abhyasis and members of the working committee for their opinion. The working committee members replied they would like him to continue as the President, and Br. Kamlesh Patel could be the Vice President. Master agreed to it. He then conducted satsangh and left the meditation hall.

That evening at 4 p.m, brothers Kamlesh Patel, Umashankar Bajpai, A.P. Durai and Sister Madhumati translated in Hindi, Tamil and Telugu, what had transpired in the morning. Br. Kamlesh Patel requested abhyasis not to give importance to the titles ('President', 'Vice President') and that these were only for spiritual work to continue. He said Christianity stands for compassion and love. Islam stands for unshakable brotherhood. Hinduism stands for devotion or bhakti. He said he had been thinking for a long time over what Sahaj Marg stood for. He got the answer – 'Unity'. He said Master had spoken of it a long time ago – peace and harmony should always be maintained between two abhyasi brothers. He mentioned that Master was extremely happy to hear that 21,000 abhyasis had attended, and said, "Look! There was not even a two-day notice and here they are. These are my people!" This made the abhyasis extremely happy - to know that they could make Master happy!

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## Special Bhandara

*by Br. Kamal Raj, Nepal*

I received my Master's email with every single word of His penetrating into my heart as jewels, directly causing in me the exhilarating pull towards him that prepared me to leave Kathmandu in a day for Chennai. My inner urge to reach Chennai on time and have his darshan became my top priority and I made it for the 11 a.m satsangh.

The vibrations of Master were felt by all twenty-one thousand abhyasis present even before Master appeared in the hall. Tears rolled down when I had my first darshan of him in his wheel chair. All abhyasis that were present during this special bhandara were touched by his condition, many were weeping, many remained silent internalizing his essence. His Grace was pouring immensely, I felt his alertness and all his divine manifestations were working to the fullest.

The arrangements made were extraordinarily good, everyone felt welcome. I came back to Kathmandu the next day and watched the video on the Mission website.

We all feel that he will undoubtedly recoup from his illness as loving hearts from all over the Earth are praying.





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## The Foundation

by Nidhi Khanjia, Indonesia

The life stops  
The world pauses  
The smile goes  
When you are not well

The mind doesn't work  
The heart doesn't beat  
The bell doesn't ring  
When you are not well

The birds don't fly  
The flowers don't bloom  
The stars don't shine  
When you are not well

Darkness prevails  
Every sight is hazy  
The vision gets blur  
When you are not well

The wind doesn't blow  
The moon doesn't show  
The plant doesn't grow  
When you are not well

The hands shake  
The mind breaks  
The tongue trembles  
When you are not well

There's no life  
There's no happiness  
There's no zest  
When you are not well

You are the seed  
You are the root  
You are the base  
You are the source  
For all the smiles

"YOU" can bring everything back to life  
"YOU" can get everything back to  
normal Just by.....

Taking good care of yourself  
And never fall sick  
Stay healthy

And spread the fragrance of your happiness.  
Get Well Soon, Beloved Master.



## Miracle

Every time I leave you, my Master, I leave a little piece of me with you. But during the Special Bhandara, I left my whole self with you. My heart, my soul has been left behind with you, my beloved Master. This was a miraculous time. The atmosphere was so charged that one felt drowned in the ocean of love. The physical body felt light as if swinging in the air at all times. The ashram was overflowing with abhyasis with each passing hour but everything came to a standstill with the first glance of the Beloved. Emotions played a strong role as tears ran down cheeks without control. Hearts cried and started to pray for your wellness. If there was any magic wand, all I would want it to do is get the roar back into the Lion. Each satsangh that happened during those two days was very powerful. Pure love was felt as if the string from His heart was connected to mine until eternity. Master made some announcements, hearts melted with his humility. We'll always stand by you Master, your wishes and your decisions. Hearts feel more connected and close to Master after this bhandara as there's nothing else on the mind but "HIM".

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## Chinese Fragrance



For the past four years, around forty volunteers mostly from France, as well as Switzerland, Singapore, USA and India have been travelling in Greater China from a few days to six to seven weeks to inform people about the Sahaj Marg system! We were lucky to have fifteen prefects and abhyasis touring for two months, from June to August in Ulan Bator (Mongolia), Taipei and Hsinchu (Taiwan), Hong Kong and ten other centres in mainland China. Every visit was an opportunity that enthusiastic local teams effectively used to organise seminars to "experience Sahaj Marg" to emphasise the dynamism in the practice. This leitmotif naturally became the theme of the seminars. Open houses and prefects meetings also punctuated our schedules and brought much enthusiasm in the centres. Everyone benefited tremendously from these heart to heart moments and was grateful for these enlightening journeys. The Chinese region looks like a spiritual baby in a giant body and we hope to get more support of our brothers and sisters in Asia.

## In the Heart of the Middle Kingdom

*by Br. Anil, Chennai*

It all began with a single line email from Sis. Dolly Nicolai which read, "Perhaps this is the opportunity you were looking for...". It was an email from Br. Stan detailing the tour of Greater China and about Sahaj Marg. Sis. Dolly had forwarded this email to some of us who were participating in the facilitators' programme. My first response to the email was to travel to China, as a retreat away from the hustle bustle of the external world and to dive deep into myself. I have never visited China, which added to the excitement but not without some anxiety.

With no clue as to what my role would be and the value I would add to the team, I wrote to Br. Stan of my eagerness to join the team and the dates that would suit me. His response was prompt – a warm welcome with no questions or any expectations from me. When I finally landed in Kunming, I was warmly greeted at the airport by two sisters.

I joined the rest of the team and my journey began. After the morning satsangh, we drove to a nearby hill station, where a seminar was organised for three days which included prospective abhyasis. My role was to coordinate sittings and also participate in the Q & A sessions that followed after the meditation and power point sessions.

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During one such session, I had a wonderful insight about why Master keeps mentioning **One World One Humanity**. There were around thirty people taking or giving sittings. The group was a diverse mix of people from different countries, some who have been practicing for years to some who were in the process of taking their introductory sittings. Looking around I realised that – all differences, whether in nationality, gender or duration of practice were all external and these differences mattered only when we focused on these external manifestations. Once we turn inwards and delve deep into an absorptive stage, all these differences fall off, to expose the unity of soul that is inside each one of us – **the Pure Self** which is the same in everyone. I was wonderstruck at this reality that was palpably presented at the moment and my heart overflowed with gratitude for Master. This moment, for me, was a complete manifestation of the Unity of Self, where all of us are united as one at the core of our hearts.

Another interesting incident that happened was at the conclusion of the seminar. We were preparing for a round of individual sittings, a lot of activity ensued as to who would give or take sittings. As the “matching” subsided and people settled down with their respective prefects, there were a few who had to wait their turn. During this hectic activity, a brother had settled down in front of Master’s photo and started to meditate. Suddenly it dawned upon me that he was taking a sitting directly from Master. When it was his turn to take a sitting, he silently went to the prefect and took his sitting. Another manifestation of how one can be connected to him irrespective of the external disturbances.

At the end of the trip, I was grateful to Master for giving me such an opportunity to open my heart to see manifestations of his grandeur everywhere and in every person. This great country did not appear to be alien (although the immigration form mentioned people visiting as “Aliens”!)

We did not know the language yet hearts understood each other. We did not know their concerns yet there was an urge to share that which was spiritually beneficial. All that one could feel were **pure hearts, benevolent feelings** and **One Humanity**. For me, it was indeed the opportunity of a lifetime.





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## UN International Youth Day, Singapore

The Singapore Centre celebrated the United Nations' International Youth Day (IYD) on 18<sup>th</sup> August 2012 at Singapore Management University, with the theme **"Building a Better World: Partnering with Youth"**. 31 dynamic youths from universities and educational intuitions such as SP Jain, NUS, NTU, SMU, as well as those from National Volunteer & Philanthropic Centre's SGCares participated in the event that culminated in a workshop, titled, **"The Change Begins Within"**.

The event's concept was to help the participants understand how the desire to bring about change in the world, can begin with change within themselves. Also to demonstrate to the youth how to refocus their attention from the world outside and bring it within.

The event started with an adrenalin pumping "Amazing Hunt" that comprised a series of tasks starting with navigating the streets to locate landmarks, to cleaning up the surroundings and showing random acts of kindness to strangers. The clues for random acts of kindness were supported by the Singapore Kindness Movement. The Hunt ended with the participants having to complete a crossword puzzle at the National Museum that solved to say, "Be The Change".

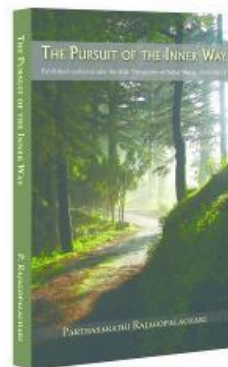
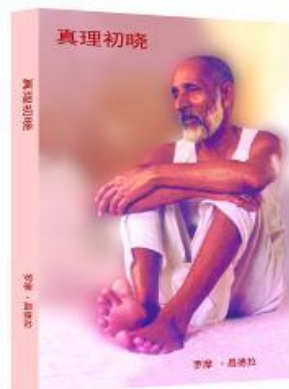
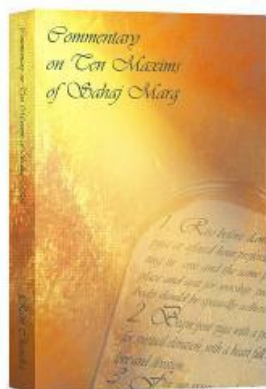
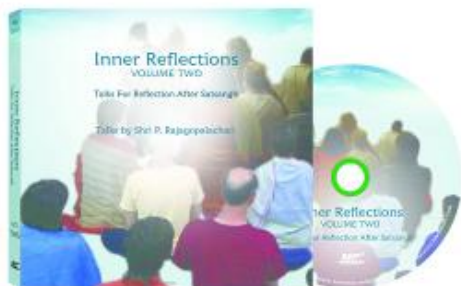
Back at the venue, the participants were asked to "Spot The Talent", in themselves and their teammates with the help of inspiring posters of great personalities, such as Lee Kuan Yew, Mother Theresa, Buddha. These posters were used to prompt participants to think about the qualities that made these people special.

Following this exercise, the workshop continued with the Visualisation segment. In this Collective Dreaming session, participants were requested to relax, sit calmly and visualise an ideal dream world, a world they would like to live in, and with their loved ones. They were then asked to share this dream world within their small groups.

The participants were introduced to the concepts of Personal Transformation & Positive Suggestions backed by a Positive Attitude. Visuals and quotes were used to stress on how positive suggestions have a ripple effect into the world and that in order to bring world peace it is necessary for each individual to become more peaceful. Participants were invited to experience it by sitting with their eyes closed and observing meditative silence, with the thought that everyone was growing in peace and love for ten minutes.

The concluding part of the event saw youths capturing their ideal world on canvas, by exercising their imagination in colour. Each of the canvas papers, had part of a circle that the six groups combined to make a whole. The astounding effect of their imaginary world captured within an allotted time, was both visually stunning and amazing. The event ended with the gifting of a globe to each of the participant's group leader with the symbolic message, "The World is Now in Your Hands."

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Some of the Book releases in JulySome of the Audio-video releases in July**Forthcoming Seminars for the Region**

Greater China Seminar: 1st October – 7th October 2012. Manapakkam, Chennai

Asia Pacific Seminar: 27th November – 1st December 2012, Manapakkam, Chennai

**Seminars at CREST Kharagpur**

Roots of Character Formation (English), 26th October – 31st October 2012. Open to all.

Fundamentals for Character Formation (English), 20th November – 25th November 2012.  
Open to youth up to 35 years.

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