



Babuji Maharaj's 111th birth anniversary was celebrated in Tiruppur at the DJ Park from 29th April to 1st May, 2010. Around 9,000 abhyasis gathered on this occasion. On the 29th, Master conducted satsangh and then released many new publications. On the morning of the 30th, he conducted satsangh after which he read out three messages from Babuji Maharaj and then solemnised nine weddings. In the first message dated April 19, 2010 (Babuji's mahasamadhi day), Babuji says, "Everything works in our way towards this flowering of the soul in its aspiration for the Divine, the ultimate goal of its journey. They (abhyasis) are given the basic elements from the outset. It remains for our candidates to grow through their efforts and perseverance. "The second message received on April 29, 2010: "This gathering of faithful souls here below is touching. A true love song rises up to us. ....Beyond this birth anniversary celebration, it is the whole Mission that rises to the occasion. It attracts the Divine flow illuminating the hearts."

In the message received on the morning of the 30th, addressing Master specifically, Babuji says, "You are a leader of men, my son, a born organizer. This dimension gives you a special place in our Mission where you will keep an iconic stature for centuries to come. ... May tomorrow's world be united for the better in recognition of the unique power without which it would have been reduced to nothing a long time ago."

For the complete audio of this speech go to:  
<http://www.sahajmarg.org/audio/talk/april-30-2010-tiruppur>

Master said that the three requirements for a sadhak or devotee are Love for the Master, Satsangh with the Master, and Obedience to the Master. The divine flame should be kept burning by each of us by doing the daily sadhana. He recalled the days with Babuji Maharaj when they used to gather for bhandaras (spiritual gatherings) with hearts bursting with love and no expectations for spiritual growth. He said, "This is not a give and take situation. It is to put everything you have on the maidan (open field) in an effort to get everything that He can give you at his will and pleasure in his own time when he thinks you are fit for it."

"Sahaj Marg preaches simplicity of life. ... Each one of you in your individual life must strive to become simple, reduce your needs, simplify your wants remembering that Babuji Maharaj has assured us that our needs will be fulfilled, our wants are not relevant to the picture at all."





## Master's Invitation to all North American Abhyasis



Greetings!

What a blessing that we have a spiritual guide in the form of our beloved Master. He has traveled the distance on that road of spirituality on which we each seek to journey further. "He has said that if you take one step towards him, then he will take four steps towards you." Indeed, it has been our interest and enthusiasm that has prompted our Master to warmly invite each and every one of us to come be with him this August 16-20 in Manapakkam. Physically, although he can no longer take those steps towards us, this hasn't hampered his desire and willingness to give each of us exactly what is needed to further our journey on this path of spirituality.

His loving invitation to all North American abhyasis to come join him is a rare opportunity for each of us. If this will be your first visit with him, or to India, please don't hesitate to ask for guidance from your prefect or Regional Coordinator; we are here to help you. Registration is at <http://www.srcm.org/registration/>

Looking forward to us all gathering together in our beloved Master's love,  
Diana Waycott

### VBSE Worldwide

VBSE has been one of Rev.Master's dreams. He wants values to spread and hopes that abhyasis all over the globe will practice such values as would help them improve their external behavior.

VBSE is picking up in some parts of the world, especially in Europe.

In Europe the work of VBSE was again reinforced in the half-yearly seminar for the coordinators of all countries and their teams. Most countries were represented in Paris the first week-end of May along with Dominique Descartes, Tilde a Troedni and Elizabeth Denley from Australia. It was a week-end full of inspiring presentations, sharing and lots of promise for future work, and also for introspection and a continuously deeper understanding of VBSE.

During the birthday celebrations of Babuji Maharaj in Vrads Sande, Denmark, there was a practical presentation, on the 9th Maxim along with a short presentation of VBSE. Around 85 adults participated.

UN Day of Families, the 15th of May, was held in many centers and ashram throughout Europe with VBSE activities.

The week-end 21st-23rd May is the national seminar in Italy with both a presentation on the VBSE activities supported by daily activities for 3 age groups of children.

In Germany, a program on "Animals are our friends" was conducted.

In Denmark, a program on "What is silence?" was conducted. Both children and adults participated.

UN's Day of Families: the 15th of May, was held in many centers and ashram throughout Europe with VBSE activities.

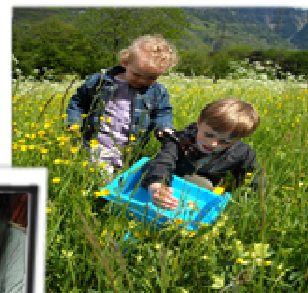
"VALUES, ATTITUDE AND THE 10 MAXIMS" have been conducted in Belgium, Denmark, Switzerland, UK, and Italy.

### VBSE India

A 3 day workshop for our abhyasis from the southern zones was conducted during the last week of April at Babuji Memorial Ashram, Chennai. About 75 abhyasis among whom there were more than a dozen teachers and 3 principals of schools attended the same with a lot of enthusiasm. The new syllabus which is being prepared by the LMOIS and SMRTI together was discussed and the participants were requested to give their ideas on the modules, assessment sheets for the students and the feedback forms prepared for parents. It was a very fruitful exercise and lots of inputs were given by the participants.

The syllabus is getting ready and it is hoped that the Primary School syllabus would be ready soon.

Seetha Kunchithapadam  
Co-ordinator, VBSE, India







## Upcoming Seminar



### North American Family Seminar: Building Blocks of Family Life Molena, Georgia Ashram, June 23 – 27, 2010

#### Invitation

Let's gather with our families in the relaxing and charged atmosphere of the ashram to spend time together and grow as a family under the umbrella of spirituality. It's an opportunity to experience and participate in a seminar run for and by the family. Family members who are non-abhyasis are welcome to attend. By coming to spend quality time together at the ashram, families will experience the beauty of being together in such a sacred environment. There will be two satsanghs a day and many activities to enjoy together. It is a time to slow down, rejuvenate and appreciate the beauty and wonder in our lives.

#### Activities

In addition to daily satsangh each morning and evening, and the nightly Universal Prayer at 9 pm, there will be a wide variety of activities and outings to choose from. Examples include:

- The Garage – Recycled materials creation area
- Play Zone – Jumping, toy rides, hula-hoops, jump ropes, stomp rockets etc.
- Art studio – Clay, handicrafts, jewelry making
- Outings to nature parks including swimming, trails etc.
- Nature walks
- Daily yoga
- Cooking classes
- Star Gazing
- Sing along



***"The family seminar is focused on creating the lovely understanding that spirituality must be the very foundation upon which our family life should be built and nurtured. Our children, especially, should be included in all its aspects in the same manner as Master includes us in His work for humanity." Family Seminar at Vrads Sande Ashram, Denmark (Constant Remembrance, April 2007)***



**Location:** 1030 GA Hwy 109 Molena, Georgia 30258

**Registration:** <https://www.srcm.org/registration/index.jsp>

**Contact:** Tracie Pape, [tracieo@sbcglobal.net](mailto:tracieo@sbcglobal.net), Meg Hartley, [meg.hartley@gmail.com](mailto:meg.hartley@gmail.com),

Vera Lef, [veralef@comcast.net](mailto:veralef@comcast.net)

## Ashram and Center News

### Youth Abhyasi Program, Molena, GA

Shymala Subramanian, Tanuja Ram Majeti, Tripti Mahakul

Our beloved Master said, "So it is not enough to have a youthful power behind what we are doing. It is necessary to have it guided, with wisdom, towards not merely desirable, not merely an achievable, but towards an evolutionary oriented goal of self-development." It was with this in mind that the first Youth Abhyasi Program was conducted at the Molena ashram from May 28 – 31, 2010.

The theme was *Living Sahaj Marg: Deepening our relationship with the Master, Method and Mission (the three M's)*. A dedicated team of brothers and sisters carefully designed and facilitated the program, which included Betsy Barlow, Brian Jones, James Joseph and Veronica Carter. Eighteen abhyasis from North America attended this one of a kind intensive seminar. As the facilitators are all long-term abhyasis, they had a wealth of personal experience with the three M's to share with us. The overall approach was illuminating as it helped participants assess themselves. This fit perfectly with Master's description of "an evolutionary oriented goal of self development."



The atmosphere at the ashram helped us to better listen and perceive with our hearts, especially when reading from *Whispers from the Brighter World*. We were enlightened on Maxim 3, "Fix up your goal, which should be 'complete oneness' with God. Rest not till the ideal is achieved." And we were given valuable tips to cultivate dynamism in our practice.



continued...

In a subtle way there was a change in our perception regarding self and the importance of a sincere attitude towards practice. When reading excerpts from the Masters' diaries, we could relate to both the struggles and progress that they experienced on the path that we now walk. This in turn showed us the importance of observing one's condition and recording it in the diary.

Our facilitators put their hearts and souls into the program, which helped in bringing about transformation, enthusiasm, and a sense of purpose.

We are grateful to our beloved Master for showing His care through such a program.



## Spurs Retreat Center

### SPURRED to Write

Tom Whitlam, Nanaimo, Canada

I have found an oasis of sanity in a mad, mad world. SPURS retreat center in Austin, Texas has met and exceeded my prior expectations of spiritual benefit. Even though everyone I had met before my going there praised it to the skies, in this case the reality rose higher than expectation.

The specifics of the spiritual work and the experiences we are granted must be different for each individual abhyasi; as different as our unique samskaras and the path we chose to arrive at our current point of existence. However, the catalysts for those unique changes are the same: the charged spiritual atmosphere, the self-imposed seclusion from others at the retreat center, the very special sanctuary, the beautiful setting of flora and fauna (deer, turkeys, jack rabbits, squirrels, peacocks and multitudes of birds) which can be seen from the porch.

A thirty-five minute ride from the airport brought me right to the door of the retreat center. Immediately I was offered an individual sitting and given concise, comprehensive instructions covering all that I would need to know for my retreat - all lovingly presented by our caretaker brother and sister, Tom and Mary-Lou Stoner.

The first couple of days brought meditations plagued with thoughts; perhaps because of the lack of the formerly constant externally imposed prods to action, the mind spins out of control; whatever the reason, this passed, to be replaced by a serene experience of timeless being, followed by a significant shift in spiritual awareness, which must be unique for each individual on their unique path. After three days, I could start to read books, if I wanted to; I only read the 10 maxims; and I

could do an hour of work each day to help with the upkeep of the retreat center.

The weather was gorgeous, though sometimes overcast, spiritually and materially; the climate reminded me of Bangalore, mild and warm. If you have the chance to go, act at once. Apply on-line, reserve transport, take leave from work and family, rush there, and relax in Him.

### Jill Stallard-Sames, Caledonia Michigan

Arriving at SPURS this spring was like coming home after a long, long, weary trip. For weeks my heart had increasingly been filling with a sense of joy and anticipation at the thought of coming back. The spring flowers, which lined the drive and filled meadows with color suggested a sense of renewal; a perfect welcome.

Somewhat surprisingly, I found that this time it was very easy to drop into the quiet, reflective space and to soak in the subtle vibration everywhere. Decompressing from the busyness of the outside world to calm alertness came quickly. My soul rejoiced at the life-giving atmosphere. Very soon the theme of surrender revealed itself. This idea repeatedly presented itself in meditation, dreams, reflection and nature.

I've come to see that SPURS offers many things; a rarified atmosphere, spiritual sustenance, and opportunity to deepen one's practice. It is the fertile field for spiritual growth, different from a gathering. Each visit is unique and miraculously we receive just what we need.

I am so deeply grateful that Master has so lovingly provided us this oasis for our growth and well-being.





## Ashram and Center News continued...

Reverend Babuji Maharaj's 111<sup>th</sup> Birth Anniversary was celebrated at various centers throughout North America. Joyous and wonderful feelings filled the atmosphere with His Divine love. The selection of excerpts from reports given below may provide readers with a sense of what it felt like to attend this blessed event.

**Molena, GA** (Reported by **Parimala Galipalli**) One hundred and twenty-four abhyasis and children attended the celebrations of Revered Babuji's Birth Anniversary Celebrations at the Molena ashram. The theme of the program was 'The Lover and the Beloved', a touching theme by itself, and to me, has the essence of our practice and a very positive short-cut to get to our goal. The program started with readings and discussion about rising in love with our Beloved Master. Two main ideas brought out during the discussion were how important and fortunate it is to have a living Master and how he is like a match-stick to ignite the divine flame in us, to set our hearts afire in his divine love. And the importance of meeting him physically at least once to alight the flame in us was felt and perceived by all. Spontaneous bonfire... with songs and dancing, which all the children and abhyasis enjoyed thoroughly filled the atmosphere with love and joy... The program ended with the Sunday morning satsangh... yearning to be with Him physically... in August North American gathering.

**Shankar Sinduvalli** wrote: "One, who is able to love oneself, will be able to love others and the Master. Love everyone and everything without inhibition, without reservation and with faith... There was sheer joy among brothers and sisters in being together... While it was Babuji's birthday celebrations, I felt what we really celebrated was being together with fellow companions on this journey. And I feel that I need to be part of this togetherness more and more in the future."

**Sunderland Ashram, Boston** (Reported by **Joan Even**) "One hundred and twenty abhyasis from New England, NY, Canada, and India came to our Sunderland Ashram to attend Babuji's birthday celebration. The Boston Center hosted and "Babuji" was our theme. In the weeks before Babuji's birthday celebration, I was determined to be aware of any chances that Master sent my way to help me with my external work. An



opportunity came when I was asked to make the announcements at the gathering - a small task to some, a **big** one to me. Speaking in front of a group would definitely take me out of my comfort zone, which meant an opportunity to step aside and put Master in my place. As the weeks went by, a feeling of fear would come up and I'd hand it off to Master with gratitude. When the gathering finally arrived, I set out to do my best while in constant remembrance. I got up to the microphone in remembrance... made mistakes and forgot announcements... No one was critical - everyone was supportive. I left the gathering disappointed in my performance, but, grateful for all the warmth and openness that I experienced from my fellow abhyasis..."

**Vera Lef** wrote: "About twenty-five children of all ages attended Babuji's Birthday at Sunderland Ashram in spite of the school day. After decorating the ashram with pictures of flowers for Babuji's birthday, the children took full advantage of the beautiful weather by doing various activities outside and going to a nearby park for an outing. The day concluded with a cultural program, consisting of songs, a guitar recital and interviewing the children about Babuji."





## Ashram and Center News continued...

**Beavercreek, OH** (Reported by **Greg Karch**) "Babuji's spirit and teaching was brought to life with particular poignancy at the Beavercreek, Ohio gathering. Over the span of the three-day celebration nearly 200 people, including 40 children, attended. While the weather was variable, clear spring sunshine followed by cleansing rain, the constant each day was Babuji's palpable presence. The program for the event, provided by the Indianapolis center, was elegantly simple and featured reading aloud Babuji's writings and statements. His love and enthusiasm poured forth as he related his painstaking research into the development of the most efficacious method of accomplishing the goal of human life...It was in this perfectly charged atmosphere that groups coalesced, dispersed, regrouped, and dispersed again, sharing food, stories, thoughts, and conditions. Lingered from the gathering is Babuji's suggestion to all; *"You see, practice makes a man perfect. You practice and you will get. It is not that I can get and you cannot get. It is not that. It is, the door is open for all humanity."* **Babuji Maharaj in Shahjahanpur 1971-75, p. 43.**



**Houston, TX** (Reported by **Divya Thota**) "Planning and the atmosphere of the celebration started way before the actual event...as working together as brothers and sisters would please Master, everybody put their individuality aside and worked as a team. The mood was festive as 130 of us gathered to celebrate Babuji Maharaj's birthday, including 41 kids from Texas and Louisiana. Visiting abhyasis were accommodated at the local abhyasis homes. The meditation hall was so charged that one would feel absorbed even when satsangh was not in progress."

Abhyasis from Houston and College Station performed skits on the Maxims of Sahaj Marg... Abhyasis from Austin prepared a program on how to prepare oneself to approach the Master... Abhyasis from the Dallas area came up with another program, dividing the gathered

abhyasis into six groups, and providing materials on six different topics compiled from the six volumes of 'Salient Features of Sahaj Marg'. There was also an exciting game of jeopardy for everyone with Sahaj Marg themed topics.

The children's center was bustling with yoga sessions, creative writing, weaving class, science projects, scavenger hunts, quizzes, arts and crafts, movie time and more. The kids from different centers made arts and crafts items before the gathering for display. They wanted to offer Revered Master the voluntary donations received for their creations... Everyone present for the gathering felt that those three days had flown by very fast. Abhyasis carried a beautiful feeling in their hearts back home..."

### NYC Center Gathering at the Renaissance Charter School in Jackson Heights, Queens - Honor Finnegan, Manhattan, NY

The theme for our May 22, 2010 gathering was *Deepening our Understanding and Use of the 3 M's*. We listened to Master's speech on April 30th, 2010 after the morning satsangh. In addition, we read an excerpt from "Use the 3M's". Quiet reflection and journaling was encouraged, and we also took time to share our ideas and experiences on the subject as a group. Lunch was shared on the roof top garden with a feeling of peace and congeniality. After lunch, two sisters read aloud an excerpt from "The Heart's Adventure", and again there was reflection and sharing. Afternoon satsangh was at 3:30. All felt grateful to be in the company of brothers and sisters, and to be so fortunate to have found the 3 M's!







## Ashram and Center News continued...

### "Re-lighting the Fire" in British Colombia

Robert Boyle, Powell River, BC, Canada

On March 20<sup>th</sup> 2010, Fort Langley Center hosted a gathering with the theme "Re-lighting the Fire." Many brothers and sisters traveled a considerable distance to be together. The program enabled everyone to participate either by asking clarification questions about their individual practice or expressing something learned. The atmosphere was harmonious and conducive to individual reappraisal of our goals and our need to change. The day also included satsangh, DVDs of Master's message to N. American abhyasis at the October, 2009 Molena gathering, as well as questions and answers from the new DVD release, **Here and Now**.

Coming together in this open atmosphere brought a cheerful feeling of togetherness, which pervaded throughout the day and was expressed in moments of smiles and laughter. We look forward to the next gathering where the soul refreshes itself and the heart, re-ignited, can go further *in His footsteps...*



### A Very Special Weekend Gathering in Maui, Hawaii

Stan North and Nanji Cohran North, Maui Center

On the weekend of March 26-28, the Maui center hosted a gathering at the home of Betsy Cammack, the local prefect in Kihei, Hawaii. Ten abhyasis, including three prefects, were present from six different centers. Visiting abhyasis were accommodated in the prefect's home, and were encouraged



to come a few days early, in order to enjoy the beautiful island of Maui before the gathering began.

The theme of the gathering was "The Role of the Master." Each reading explored

one or more aspects of the various roles that the Master plays in our spiritual evolution. These included **field preparation** (responding to the call of sincere hearts who might benefit from spiritual practice), **cleaning and purification** of the abhyasi, **transmission**, which makes possible the process of spiritual evolution without limits, **protector** of the abhyasis as they proceed on their spiritual journey, **spiritual guide**, helping and assisting them when they encounter difficulties and insurmountable obstacles on the path, and the role of the guru as a **connecting link to God**.

The program sessions included lively discussions about theme-related topics such as: What is a Master; Why do we need a Master; Fears and insecurities about having a spiritual Master; The importance of a Master's presence among us; Meeting the Master; How to develop/deepen your relationship with the Master; How does a Master-disciple relationship evolve over time; and Connecting with our own inner Master.

During one afternoon session, each abhyasi was asked to draw a short, theme-related reading out of a basket. We then listened to a talk from Master, entitled "Listening to Nature." Following this, we were directed to go out to spend time in nature to reflect on our own personal readings. Maui is lush and green, abounding in natural energy, so it is an excellent place to be in tune with nature. As we soon found out, it is also very conducive to meditation and reflection. Our quiet time in nature was followed by a very spontaneous session, as we shared our readings and many of the deep, meaningful insights that emerged from our reflection time.

As the weekend evolved, we realized the beauty of having such a small group size. It made possible a level of closeness and personal connection that is not always possible in larger gatherings. By the end of the weekend, we all felt a deep bond with the brothers and sisters of our intimate little group.

By Master's Grace, the weekend turned out to be highly successful. Powerful meditations, informative readings, and insightful reflection and sharing time all combined to provide the participants with a much better understanding and appreciation of the role of the Master in our spiritual evolution. And we all realized, at a very deep and grounded level, the need for this special spiritual connection with our beloved Master.





## Echoes from South of the Border, Bogota, Colombia

The first ever South American international seminar for prefects was held in Choachi, Colombia on May 14 – 17. Twenty-one prefects from Ecuador, Venezuela and Colombia and six from North America gathered in this spectacular



Andean pueblo to consider the importance of *Faith, Will, and Surrender*, in our work as abhyasis and prefects. The Colombian prefects hosted the event with loving care and attention to every detail of the seminar providing for their guests just as the Master would. Nature's tantalizing abundance in this region, its arid climate, tropical flora and verdant Andean valleys, provided the ideal setting for spontaneous gratitude and wonder. Master's grace provided the impulse to look



softly on Nature's bounty utilizing a gentle outer perception, while making space for an exploration of the infinite inner vista and Nature's more discreet, hidden wonders.

Led by **Ademir Agudo Ramirez**, Center-in-Charge, the prefects of Colombia did more than present the theme of the seminar - they modeled it. Collaboration, respect for one another and for their guests, patience, reverence and above all, a deep and abiding love for the Master are the fruits of years of cultivation. It left us longing for the day that our centers and collaborations might also resemble this and energized us to make it so. As one Colombian prefect shared, *"this level of cooperation was **not** instantaneous"*. Through effort, proper utilization of the will, sensitivity, humor, *Faith, Will, Surrender*, Sahaj Marg is flourishing in Colombia. It has the potential to serve as a refreshing model for other Latin American prefects/abhyasis and Sahaj Marg practicants throughout the world.

A core team of Regional Coordinators from North America as well as volunteer prefects and abhyasis regularly visit both new and established centers throughout Latin America. If you have a heart-felt interest in doing the same, please contact **Bill Waycott** at [wwaycott@srcm.org](mailto:wwaycott@srcm.org).







## Administration Team Update:

**New ashram projects:** the procurement of the two new ashrams (New Jersey and California) is moving forward quickly.

1. **New Jersey:** all requirements have now been fulfilled and our Beloved Master has asked us to proceed with the purchase of the property and its development as per the approved site plan. Completion of those renovations will be later this year.
2. **California:** the city planners have given their verbal approval to the development plan in preparation for a hearing before the municipal Planning Commission during the second week of June 2010. The Planning Commission is expected to give their approval, whereby the Mission will acquire the property by the end of June or early July 2010. Renovation of the building will begin after that with an estimated completion by the end of the year.

**Existing ashram projects:** Recently, Master has approved the maintenance budgets for the three existing ashrams and the long awaited building repairs and improvements can now begin at each of the sites. Abhyasi volunteers are urgently needed at the Dayton, Molena, and Sunderland locations to assist on the improvement work. Please contact: Dayton – Vijay Chitkara, [vchitkara@sbcglobal.net](mailto:vchitkara@sbcglobal.net), Molena – Teresa Valentine, [tmvalentine@bellsouth.net](mailto:tmvalentine@bellsouth.net), and Sunderland – Rick Pivrotto, [rick558@verizon.net](mailto:rick558@verizon.net).

**Admin Team Working Groups:** Highlights from some of the working groups activities for the first quarter are as follows:

1. Abhyasi Training Program (ATP): The first group of sixteen ATP presenters was trained at a meeting in Cleveland, Ohio in early March 2010. Presentation sessions have already been conducted in centers in North, Central, and South America. **A second training for presenters is scheduled for Sunday, June 13, 2010 at the Dayton Ashram and Toronto Centre.** If you are interested in becoming a presenter, please contact: USA – Christine Jones, [chrisj40@aol.com](mailto:chrisj40@aol.com), Canada – Kim Hansen, [srcmcan@ica.net](mailto:srcmcan@ica.net) and South America – Janmarie Connor, [janmariec@comcast.net](mailto:janmariec@comcast.net).
2. The Children and Youth group will present a family seminar at the Molena ashram from June 23 - 27, 2010. To participate in the family seminar, please contact Tracie Pape [tracieo@sbcglobal.net](mailto:tracieo@sbcglobal.net).
3. The Young Adult group presented a seminar for abhyasis between the ages of 18 and 35 at the Molena ashram from May 28 to 31, 2010. The theme of the seminar was *"Living Sahaj Marg: Deepening our Relationship with the Master, Method and Mission"*.
4. The Community Outreach group has been investigating ways to connect the Mission with interested seekers. Recently, they have initiated two exploratory campaigns using the websites "meetup.com" and "craigslist.org" in pre-selected cities in North America. Results of these campaigns will be available later this year. Concurrently, they are reviewing introductory information and materials available from the Mission with the goal of providing more complete support to new abhyasis with less than one year of practice. To participate in this group, please contact Chris Mills, [millsctm@yahoo.com](mailto:millsctm@yahoo.com).
5. Seminar and Gatherings group has developed a system of scheduling regional gatherings several months in advance in centers throughout North America. That information is now accessible on the Mission's website <http://www.sahajmarg.org>.
6. The United Nations Activities group has selected specific days throughout the year when abhyasis are requested to conduct a "prayer event day" in observance of special UN days. The most recent UN day observance was the International Day of Families on May 15, 2010. If you would like to support the UN Activities group, please contact Amy Mody, [amymody@yahoo.com](mailto:amymody@yahoo.com).

### New Regional-in-Charge for North America

On May 5, 2010, Revered Master appointed Brother Santosh Sreenivasan to serve as Regional-in-Charge for North America. As such, he is responsible for the growth of the Mission and for all spiritual activities in our region. We are all most grateful for the support and guidance given by our Brother P.R. Krishna who has been serving us in this position and look forward to working with Br. Santosh Sreenivasan.



## United Nations News

### UN International Day for the Elimination of Racial Discrimination Observed

March 21<sup>st</sup> was the United Nations International Day for the Elimination of Racial Discrimination. Across North America, abhyasis and friends came together at local prayer events to commemorate the day with thoughtful discussions and heartfelt prayers.

Since March 21<sup>st</sup> was a Sunday, many of the events took place after Sunday satsangh at the local meditation venues. Such was the case in San Jose, California where about 100 abhyasis viewed a presentation of slides about the UN day and how our Mission complements the UN charter with the Universal Prayer. After the slide show, the abhyasis present sat for prayer-meditation for about ten minutes. Similarly, in Baltimore, Maryland about twelve adults and eight children participated in commemorating the UN day after Sunday satsangh. While the children were busy with games, adults discussed material from Revered Master's talks, focusing on human integration and togetherness to dispel discrimination of any kind in the world. In Toronto, Canada, the UN commemoration included recitation of a speech by Dr. Martin Luther King, Jr. entitled, "Loving Your Enemies," as well as a slideshow presentation, and prayer-meditation for thirty minutes.



Organizing and participating in a UN prayer-event can have a profound impact. An abhyasi from the Midwest wrote of the experience: "The meditation itself knocked my socks off. It was very subtle and powerful at the same time. At one point I felt that there were about 50-100 people present meditating with us, instead of the 4 people who were there. The meditation brought me to tears. I feel that this event was planting a seed for other like-events at the same venue. It was full of purpose and the fact that it was poorly attended wasn't that important,

in a way, compared with the fact that it took place. It was our first event. We'll do it again."

Many other centers, also participated in commemorating the UN day on March 21<sup>st</sup>. The centers we heard from are: Caledonia, MI; Indianapolis, IN; Detroit, MI; Bowling Green, KY; Cleveland, OH; Seattle, WA; Portland, OR; Denver, CO; Phoenix, AZ; Arcata, CA; San Francisco, CA; Santa Cruz, CA, and Victoria, B.C.

Be sure to mark your calendars now for the next UN Prayer Event: **International Youth Day on August 12, 2010**. Stay tuned for additional information and promotional materials.

***Please let us know if your center commemorates a UN day. Send your summaries and photos to [amymody@yahoo.com](mailto:amymody@yahoo.com).***

### United Nations Days and SRCM – An Abhyasi's Perspective Shelly Gould Burgess

A few years ago when I first heard about the Mission's observance of United Nations Days, I was confused. I admit it. I didn't understand why we were doing them or what our involvement with the UN really meant. I meditated over my confusion, and, over time, a "big picture" emerged for me, and it's a very simple picture. Shri Ram Chandra Mission is associated with the United Nations because Master saw fit to create that official association. In order to maintain this association, we must participate in some activities annually that support the spirit of the United Nations charter.

The North American Mission participates in about a half dozen UN Days annually. A committee selects these from about sixty possible events. A center's observance of these events can be elaborate or simple, depending on what's appropriate for the center. Some centers have done fantastic, creative events involving art, entertainment, food, and exercise in addition to the Universal Prayer. Some centers simply meet and pray. Regardless of the approach, what is important is that we observe the events *somehow* and then report our activities to our UN Days committee members. The UN, in order to properly document SRCM's participation in the event and our association with them, require reports.

In terms of benefits, these United Nations Days provide a fantastic way to reach out to our communities. Here in America our culture can tend to be suspicious of a spiritual organization that has a guru. However, the United Nations is generally





## United Nations News continued...

considered a positive, upstanding global organization. When we reach out to our communities via our association with the United Nations, we may become a bit more legitimized in the eyes of a society that views the unfamiliar with apprehension. That's a good thing in terms of opening people's minds and hearts to the wonders of Sahaj Marg.

I also think that our association with the United Nations is an encouraging sign that our Master thinks we are becoming better tools for spiritual work. When Master re-introduced the Universal Prayer in 1989, it showed that we were becoming more capable of aiding in human evolution by participating in selfless prayer. Now Master has given us this new opportunity to conduct prayer events with larger communities, and I think it is a wonderful vote of confidence that we are becoming more effective tools.

Finally, I'd like to share an experience I had with conducting an event on the United Nations Human Rights Day in December of 2008. I organized the event at a school and was excited for a big turnout. The hour of the event rolled around, though, and my excitement diminished as, with each passing minute, I began to realize that no one was coming. I decided to pray on my own. What followed was nothing short of remarkable. Of all the Universal Prayers I've prayed at 9 PM, never before and never since, have I had such a profound experience. I felt as if I heard a million voices praying with me. It was incredibly deep. It was then that I realized no matter how small or "unsuccessful" our attempts, the results are beyond what we can truly know.

## Calendar of Events: June, July, and August, 2010

| DATE       | WHERE                        | EVENT                         | CONTACT   |
|------------|------------------------------|-------------------------------|---|
| June 4-6   | Camp Bonita, Toronto, Canada | Regional Gathering            | Anil Pathak <a href="mailto:anil.pathak@sympatico.ca">anil.pathak@sympatico.ca</a>                      |
| June 5     | Duncan B.C. Canada           | Regional Gathering            | Shea Nacci, <a href="mailto:shea123@shaw.ca">shea123@shaw.ca</a>  |
| June 5-6   | Bowling Green, KY            | Regional Gathering            | Babu Bellamkonda <a href="mailto:shrimaster@yahoo.com">shrimaster@yahoo.com</a>                         |
| June 12-13 | Sunderland, MA               | Regional Gathering            | Colleen Sackheim <a href="mailto:colleensackheim@yahoo.com">colleensackheim@yahoo.com</a>               |
| June 19    | Winston Salem, SC            | Regional Gathering            | Srikanth Katakam <a href="mailto:srikanth.katakam@gmail.com">srikanth.katakam@gmail.com</a>             |
| June 23-27 | Molena, GA                   | North American Family Seminar | Tracie Pape <a href="mailto:tracieo@sbcglobal.net">tracieo@sbcglobal.net</a>                            |
| July 2-4   | Toronto, Canada              | Regional Gathering            | Anil Pathak <a href="mailto:anil.pathak@sympatico.ca">anil.pathak@sympatico.ca</a>                      |
| July 23-25 | Sunderland, CT               | Master's Birthday Celebration | Colleen Sackheim <a href="mailto:colleensackheim@yahoo.com">colleensackheim@yahoo.com</a>               |
| July 23-25 | San Francisco, CA            | Master's Birthday Celebration | Neelam Ghuliani <a href="mailto:neelamghuliani@gmail.com">neelamghuliani@gmail.com</a>                  |
| July 23-25 | Beavercreek, OH              | Master's Birthday Celebration | Vijay Chitkara <a href="mailto:vchitkara@sbcglobal.net">vchitkara@sbcglobal.net</a>                     |
| July 23-25 | Molena, GA                   | Master's Birthday Celebration | Bharath Madhavan <a href="mailto:madhavan.bharath@gmail.com">madhavan.bharath@gmail.com</a>             |
| July 23-25 | Austin, TX                   | Master's Birthday Celebration | Prashanth Srinivasan <a href="mailto:prashanth_srinivasan@yahoo.com">prashanth_srinivasan@yahoo.com</a> |
| Aug 16-21  | Chennai, India               | North American Gathering      | Naren Kini <a href="mailto:us.secretary@srcm.org">us.secretary@srcm.org</a>                             |



## Abhyasi Training Program

In March, the Cleveland center hosted the first training session of presenters for the Abhyasi Training Program (ATP), a global initiative to be implemented in the U.S. and Canada. The presentation combines slides of text and transcriptions about the Master, Mission and Method, with numerous audio and video clips of Babuji and Master. Currently we have 16 trained presenters for North America that have been prepared to offer this standardized tool to heighten awareness of the essence of Sahaj Marg. While originally the program was suggested for newer abhyasis who have practiced for up to 1 year, we are now encouraging all abhyasis to participate in an ATP when the opportunity arises in your center.

The ATP has thus far been presented in Columbus, Phoenix, Indianapolis, Chicago, and several centers in California, as well as Toronto, Montreal and Winnipeg in Canada. All centers report that the daylong program has been well received. A



sister abhyasi conveyed, *"Each and every one of us learned something which broadened our understanding of the Master, the Method and the Mission. Hearing the Master himself explain key elements of our practice with such love and clarity seemed to redirect us again and again to the Master within."* You may contact the Presenter and Regional Coordinator to arrange a date for this enriching Abhyasi Training Program in your center.



***At present, the Dayton Ashram and Toronto Centre is scheduled to offer the program on Sunday, June 13, 2010.***

### **ATP Coordinators: (USA, Canada, Central/South America)**

Christine Jones: USA [chrisj40@aol.com](mailto:chrisj40@aol.com)  
Kim Hansen: Canada [srcmcan@ica.net](mailto:srcmcan@ica.net)  
Janmarie Connor: Central/South America  
[janmariec@comcast.net](mailto:janmariec@comcast.net)

### **ATP Presenters: (USA, Canada, Central/South America)**

#### **Region 1**

George Zogbi (Boston, MA) [srcm\\_boston@yahoo.com](mailto:srcm_boston@yahoo.com)  
Shruti Sehra (Boston, MA) [shruti96@gmail.com](mailto:shruti96@gmail.com)  
Sandra Ferrera (New York & Central/South America)  
[sandraferrera@optonline.net](mailto:sandraferrera@optonline.net)  
Jose Poy (New York & Central/South America)  
[poyjose@aol.com](mailto:poyjose@aol.com)

#### **Region 2**

Keerthi Mummaneni (San Jose, CA) [keerthipm@yahoo.com](mailto:keerthipm@yahoo.com)  
Harshada Jawale (San Jose, CA) [harshada.jawale@gmail.com](mailto:harshada.jawale@gmail.com)

#### **Region 3**

William Biddle (St. Louis, MO) [william.biddle@sbcglobal.net](mailto:william.biddle@sbcglobal.net)  
Tracie Pape (Chicago, IL) [tracieo@sbcglobal.net](mailto:tracieo@sbcglobal.net)  
Natasha Harroff (Champagne, IL) [harroff@illinoisalumni.org](mailto:harroff@illinoisalumni.org)  
Bob Connor (Indianapolis, IN) [bob@connorpainting.com](mailto:bob@connorpainting.com)  
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Brian Jones (Cleveland, OH) [brianjonesart@yahoo.com](mailto:brianjonesart@yahoo.com)  
Erin Holston Singh (Lexington, KY) [doctorerin@gmail.com](mailto:doctorerin@gmail.com)

#### **Region 5**

Tom Hansen (Toronto, CANADA) [nyland@ica.net](mailto:nyland@ica.net)





## New Publications



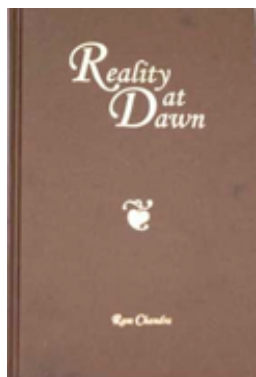
### HeartSpeak 2009 (English)

It is our privilege to present *HeartSpeak 2009*, the latest addition to the *HeartSpeak* series, featuring the talks and informal discussions given by our beloved Master, Shri Parthasarathi Rajagopalachari, in India during 2009. These messages by Master, given in the eighty-third year of his life and with the same enthusiasm as in his youth, are a reflection of his untiring commitment to the spiritual cause and to his own guru, Babuji Maharaj.

The book begins with a New Year message where Master urges us to go deep within ourselves and stop looking at the outside world: "That is why in meditation we close our eyes — remove the world from ourselves ... to see what is really inside ... That it is not just a heart, that it is the abode of the Divine."

Check the availability and buy the book at <http://www.sahajmarg.org/publications/bookstore/online-bookstores>

This book is being distributed to the book corpus members.



### Reality at Dawn

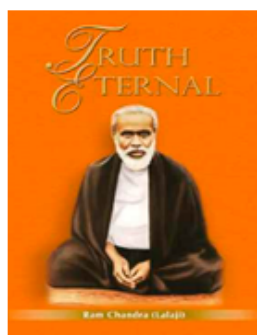
This is one of the most popular books in Sahaj Marg literature, written by Babuji Maharaj. It is a treatise on Raja Yoga and it deserves to be studied with close attention by those interested in spirituality. The topics dealt with in the book are all of vital importance to one having a craving for realization.

For the first time, this book is now released in a hard bound edition with an all new cover page.

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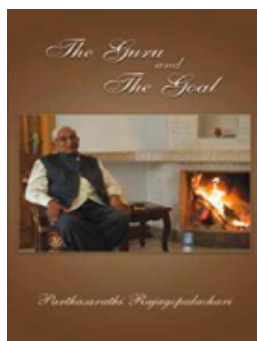
### Truth Eternal

A collection of Lalaji's original writings translated from Urdu which form the foundation of Sahaj Marg teachings that have been subsequently expanded on by the lineage of Sahaj Marg gurus. The first chapter of the book contains a short and loving biography of Lalaji by his disciple and spiritual representative, Babuji.

This book has been out of stock, as well as out of print, for several years now. This book is available in two varieties. One is a hard bound edition **priced at \$10.00** and the other is soft bound **priced at \$8.00**.

Buy this book online now <http://www.sahajmarg.org/publications/bookstore/online-bookstores>

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### The Guru and the Goal

The Guru and The Goal is the collection of talks given by Rev Master specifically on the topics of character formation and attitude. This important collection is available online now.

Priced at \$10.00

Buy this book online now <http://www.sahajmarg.org/publications/bookstore/online-bookstores>

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## Book of the Quarter: Heart to Heart Volume III

### Master's Journey to the Heart of the West



In the late 1980s and through the 1990s, Master toured extensively throughout Western countries. The six-volume *Heart to Heart* series chronicles his talks and discussions with abhyasis during those visits. The books feature many photos of Master with abhyasis, typically in casual settings. In those days, gatherings in the West were small.

*Heart to Heart Volume III* consists of Master's talks in France and the United States. In a public talk in France, Master reveals how the strong intellectual framework of Western experience has led to a divergence between religion and spirituality. He talks about the oneness of humanity and the illusion that one faction can excel technologically and materially while others suffer from want of basic needs; if one is dying all are dying. (p. 23)

His talks are framed by remembrance of his beloved, Babuji Maharaj, the memory of whose physical company at that time would have been fresh in Master's heart. In one talk, Master retells the touching story of his first meeting with Babuji, a story first related in *My Master*, but told in this volume from a new and poignant perspective that enhances the beautiful story.

The last few talks in the book were given in Georgia, U.S.A., where Master spent a couple of weeks with abhyasis near the future site of the Molena Ashram. In his address to the U.S. Annual Meeting, he urges Americans to keep appropriate humor and lightness in their work for the Mission which should not weigh us down with concerns but always remain what it is, a service organization whose services we must lovingly use and make available to others. (p. 243)

To read through this collection of speeches is to follow Master in his travels as he meets with brothers and sisters while nurturing the growth in an emerging Mission outside of India.

**Regular Price: \$10.00**

**Discounted Price: \$7.50 (25% discount, valid only between June 1<sup>st</sup> and August 31<sup>st</sup>)**

Buy it from your local bookstore or online at <http://www.sahajmarg.org/publications/bookstore/online-bookstores>

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