



Moments with Master

August 2014

It was nice to see Master without any of the tubes he had during his illness; it was a sign of his recovery. Master's routine for the first week was he would wake up around 6:00 a.m., do his physiotherapy, then come in his chair to the office, and have breakfast while listening to the newspaper being read. After that, he would sit in the sun for some time.

On the 6th, an abhyasi came to meet Master, who said, "I heard you are not attending satsangs. What happened?" The abhyasi did not respond. Master said, "Don't think that just doing service is enough. We serve only out of duty, but that will not take us forward. Abhyasis have to do the practice regularly."

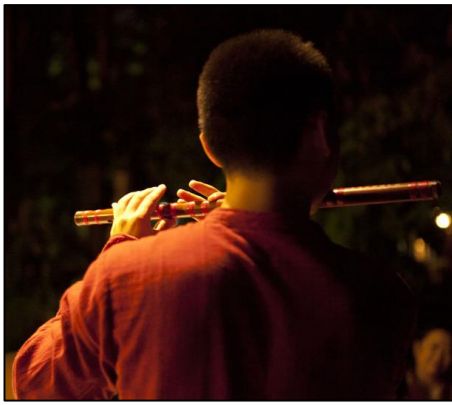
On the 31st, after a long session reading the newspaper, Master had a long discussion with abhyasis on several topics. Referring to ashrams, he said, "I would like to have ashrams where there are thirty or more abhyasis because then abhyasis will not feel uncomfortable to go to someone's house to take sittings as the sittings can happen in the ashram itself."

September 2014

On 12th September, Master inaugurated his apartment at Dwaraka apartments just behind the ashram. He conducted a satsang for everyone assembled there. After the sitting, he gave gifts to some of the guests whom he had invited.

In general, this month, Master was quite restricted to the cottage. In the mornings, after breakfast and news reading, he would sit in the sun and have sister Elizabeth read some articles of Babuji Maharaj which she was compiling for a new Mission publication. When the reading session was over, one could see Master literally shining, and he would meet abhyasis happily as he went back into his room.





October 2014

On Wednesday, 1st October, Master came out in the wheelchair and met with about 20 new abhyasis who had come for the five-day Chinese Seminar due to start on the 2nd. He had planned to meet all the Chinese on the 4th. On that day about 120 abhyasis from China and around 15 abhyasis from South Africa were eagerly waiting to see him, but unfortunately Master was feeling tired and said that he would try to meet them in the evening.

By 6 p.m. Master was ready and sat for about an hour with the abhyasis assembled at the entrance of the cottage. With the help of a brother who was translating, he was able to interact with them. They offered Master a lovely gift which was a figure of the Buddha made from white porcelain. The coordinators then introduced abhyasis to Master and he listened to them keenly. An abhyasi played two songs on the flute in the typical Chinese style and Master and everyone around really enjoyed it.

Australian Seminar:

On 5th, during the live video conference with the Australian seminar taking place in Brisbane, Kamlesh bhai said that though Master was physically suffering, he was able to do his duties with cheerful acceptance, and in doing so bring a feeling of joy and spiritual uplift to all those around him. In spite of his physical ailments he was always concerned with spiritual service to others, whether close by in the Ashram or far afield. The abhyasis were deeply moved when Kamlesh bhai added that Master was restricting certain types of treatment for his illness as they would have made him very vulnerable to infections and meant that he would not be able to meet abhyasis. This is the level of sacrifice that Master undergoes.

Around hundred abhyasis and thirty children had gathered at Brisbane for a national gathering on the

theme of 'Meditate with Joy' at a beautiful hall in a local Montessori School in a natural setting on the banks for the Brisbane River. Brother Prasanna Krishna (RIC) was also present for this gathering.

In the second week of October, Master's routine changed a little. He would get up very late, after 9.30 or even 10 a.m. on some days, have breakfast and spend some time with the news. On a couple of days, he came out and sat in the sun. He would then go for his rest, get up at around 3 p.m. and have his lunch. In the afternoon he would watch some TV or listen to a book being read and later in the evening come outside. Most of the time, Master has been silent – even while meeting abhyasis he would simply bless them. There has been a general sense of silence and calm felt in the cottage.



Video Conference with US Seminar: On 11th October, Master was awake by 5 a.m. Kamlesh bhai casually informed Master about the plan to have a video conference to address abhyasis participating in the US seminar. Kamlesh bhai asked him if he would be interested in addressing the abhyasis. Master said, "Why not?" That night, Master finished his dinner by around 8.30 p.m. and he was informed that the link was ready. Master was able



to see the abhyasis from large centres like Molena, Monroe, San Jose, Texas, etc. on his screen. He gave a short talk which lasted about 20–30 minutes. He seemed very happy to address this large number of abhyasis distributed across the USA.

US National Seminar:

Across the United States over the weekend of 10–12 October, abhyasis gathered in six locations for a national seminar on the theme, 'Designing a Loving Heart'. The highlight of the gathering was a much-anticipated live video link Saturday morning with brother Kamlesh in India. When the moment came for the connection, all got a wonderful surprise when beloved Master appeared on the screen instead! The moment everyone saw him, the atmosphere suddenly changed. Abhyasis said that it was so magical that it could not be expressed in words, "Seeing the Master there, his message touched all our hearts, and it felt like we were with him. At the end of his message, we truly felt his blessing."

In his address, Master urged everyone to understand that we are now mature enough to use our hearts. "How to use it? The only way is to love." He said that we cannot go wrong when we use the heart. We shouldn't be afraid to use it; it is not risky. Without the heart there is no spiritual life at all. There are no foes if our hearts are open. We will never be able to know what the heart can do for us unless we have the courage to open it, trust the Master, do the practice.

October 22–23: The Diwali Festival - On the 22nd, Master was intending to conduct satsang in the meditation hall. However, after breakfast, when he was attempting to get into the wheelchair, he felt that it would not be possible for him to go, so Kamlesh bhai conducted the satsang. In the afternoon, he met with some abhyasis who had been waiting since the morning to get a glimpse of him.

In the evening, Master went around the ashram in the golf cart. The crowd of abhyasis was enormous and as everyone was pushing to see him. Master still managed to meet a lot of abhyasis. On Thursday also, there was a large number of abhyasis who had come. Even though

he could not go out that day, Master made himself available to meet them in the cottage. Overall, there was a festive feeling, with lamps lit inside the cottage as well as in the hearts of everyone.

Friday, 24 October: In the evening, there was a garbha dance in the meditation hall by sisters from Gujarat; Master watched this via CCTV in his room. Master gave a gift to everyone who participated in the dance and casually said, "This gift is precious, don't give it away." Abhyasis responded saying, "Master you are precious to us and everything you give us is also very precious." They took a group photo with Master before he went back inside his room.

Sunday, 26 October: Master Addresses Abhyasis: After the address to the US Seminar, Master had felt good that he was able to address so many people. Master said, "It will be nice to do more of this." The very next day, Kamlesh bhai arranged everything and announced that Master would address all abhyasis in a live telecast broadcast throughout the world via the internet. Master spoke for about 50 minutes to an audience of abhyasis from countries worldwide who had gathered at ashrams and centres, or connected from home to listen to him. After the talk was over, one could see a sense of satisfaction on Master's face, which was glowing; it had been several months since he addressed a large assembly.

Wednesday, 29 October: Marriage in the Cottage: Master conducted a short satsang and then performed the wedding. It was a very pleasant sight to see a wedding happening in the cottage after such a long time. Group photographs were taken and a very festive atmosphere prevailed.





Centre Reports

CHINA

About 100 Chinese abhyasis, three from Istanbul and 17 from South Africa, came to Manapakkam from 1st to 7th October to participate in the Greater China Seminar 2014 with the theme of 'Balanced Existence'. Master's living room in the cottage was filled with Chinese abhyasis which delighted him! The Kunming centre, on behalf of all the Chinese abhyasis gifted a big statue of Buddha and the Turkish side - a small statue of Rumi which he said he would treasure and a book of Rumi poems which he enjoyed listening to. One of the Turkish sisters told Master, "Not only do you have a beautiful heart but you are also very handsome!" Master became so cheerful on hearing this from a new abhaysi and was stroking his beard.



Brother Kamlesh conducted most of the 9 a.m. satsangs and gave talks everyday. All the participants had dinner with him on the terrace of the auditorium block. *Sahaj Marg Meanderings* was released in Chinese which was a big hit among the abhyasis! The proceedings of the seminar was released in a DVD on the last day and the media room in BMA turned into one Chinese factory! Brother Kamlesh was amused to see the video clip of the media room filled with Chinese volunteers helping to make the DVDs overnight.



Master was hoping... and so it happened this year we've the first Chinese student in Omega school. A couple of Chinese children sat on Kamlesh bhai's lap, sang Chinese poems for Master and kissed Master's cheek. It was very touching!



Upon Master's suggestion a batch in Satkhol was reserved and right after the seminar about sixty-five abhyasis went there to digest what was given during the seminar. When Master first proposed this visit to Satkhol, abhyasis were wondering how they would be to afford another ticket to Delhi. It's incredible to note that many abhyasis were attracted about coming to India because of the Himalayan ashram visit!! Like always, Master knows what's best for each one of us.



MALAYSIA

15 – 16 August 2014

Melaka centre had planned an open house on Saturday, 15th August and abhyasis had invited friends and a group from the line dancing class (near the centre). It was good to see more men and people from the Chinese community attending the session. Sister Jenny from Singapore centre who speaks Chinese, visited Melaka to help with the Chinese speaking guests. Sisters Jenny, Mary Goh and brother Ramchandra were more than happy to visit the centre and join in the activities.

After the open house there were individual sittings, lunch and then a sharing session. The day ended with satsang at 5 p.m. The next day we had an extended session after Sunday satsang on the topic of 'Commitment'. This was followed by the introductory sittings given to three new abhyasis.

11 – 12 October 2014

Visit by abhyasis from other centres: Sis Jenny (prefect) and bro Sakthi from Singapore visited the centre on 11 – 12 October and stayed overnight at the centre.

Study session on 11 October brother Sakthi from Singapore talked to centre abhyasis about the basic practice in an interactive session.



GITP: Thirteen abhyasis attended the GITP on 'Diary Writing' on the 12th. Brother Sakthi from Singapore centre conducted the session in both Tamil and English. This was because at least six abhyasis understood and speak mostly in Tamil.

The session gave more depth about why maintaining a diary is important to our practice. Besides noting the experiences during daily meditation, sitting or satsang, it is also useful for a way to write our inner thoughts and dreams or expressing ourselves to Master and also as a way to gauge changes in ourselves.





JAPAN



All Japan Retreat

Report by brother Nat Preston

From 13th to 15th September, abhyasis and their families from all over Japan, gathered at scenic Yogo in Shiga Prefecture for the 'Autumn 2014 Sahaj Marg All-Japan Retreat'. A total of thirty-five adults and nine children participated, making this one of the largest retreats so far. The theme of the retreat was 'Change and Evolution', which is a timely topic as the Mission in Japan has recently been experiencing a great deal of change in the form of the NPO registration and translation activities. At the retreat we sought to complement these external developments with the evolutionary inner change that will make the Mission in Japan balanced and strong.

The theme was explored in two sessions held on September 14. In the morning, sister Kayoko Takahashi, Japan's newest prefect and sister Victoria Taylor led a workshop in which we

reflected on how we have changed our lives in accordance with one of the Ten Maxims, and how we wish to change in the future. In the afternoon sister Asuka Nakazawa and brother Nat Preston led a discussion of the ideas about change in the final chapter of *My Master* which sister Asuka is currently translating into Japanese. In the evening, we ventured to modify our usual routine by maintaining golden silence during dinnertime.

The retreat was held at a venue in the mountains just north of Lake Biwa. We were pleased to be joined by several residents of a nearby town who took their introductory sittings and participated in discussion activities during the retreat. It was very nice to feel the sincere interest from these local residents who are approaching our system with open hearts and minds.

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