

# SMSF Newsletter

Volume I No.1-2006

SMSF Newsletter is a quarterly newsletter that will provide updates on SMSF activities and announcements & notifications of events. Archives of these newsletters will be available on SMSF website [www.sahajmarg.org](http://www.sahajmarg.org)

### Featured in this issue

**Education:** Lalaji Memorial Omega school has completed six fruitful months and is educating 156 students.

**Health:** Medical centers are functioning at Satkhol and Manapakkam ashrams. An initiative is underway to build a database of physicians to better serve this cause - Sahaj Marg Physicians Group. A spiritual Retreat Center is coming up at Malampuzha, India.

**Spiritual training:** A training center at Bangalore, CREST, is getting ready. This will impart training in Spirituality, Religion and the Practice of Sahaj Marg. Scholars Training Program has been conducted recently for 40 Abhyasis from 26 different countries. In this issue, we cover Short Stories section in Sahaj Marg website that is useful to impart values to children.



Revered Master hoisted the Republic Day Flag in Lalaji Memorial Omega School on Jan 26, 2006.

## Message from Rev. Master

Rudrapur, Feb 7, 2006

*Dear sisters and brothers and friends all over the world,*

*I am happy that Sahaj Marg Spirituality Foundation is placing this newsletter in your hands (metaphorically speaking) and this is the first issue ever to be published by the foundation.*

*I would like to inform you that the foundation is nothing but another wing of the bird namely Sahaj Marg. One wing is Shri Ram Chandra Mission, the other wing is now coming to public existence as Sahaj Marg Spirituality Foundation and of course the bird is our great Master, Babuji Maharaj. Under His blessings and in fulfillment of His hope for humanity, these two organizations are making such effort as is possible for the uplift of the spiritual values in human beings all over the world.*

*This publication will essentially focus on the spiritual needs of human beings, how they are being or trying to be fulfilled by the Sahaj Marg philosophy and practice and the foundation is now sharply focusing on the need, the essential need, to bring children up in the true values of human life such as truthfulness, honesty, friendship, a common brotherhood where all are one and one live for all. I hope that with my Masters blessings all these values by the children will be realized in the Lalaji Memorial Omega school which is now getting into its second year of operation, and that the higher values of morality, ethics, human brotherhood, love and a common purpose for all humanity will be realized for our adult membership throughout the world. May it always be so.*

## About CREST Bangalore

Under the guidance of Revered Master, CREST - Center for Research, Education, Sadhana and Training - is coming up in Bangalore. This is a residential center that will impart rigorous education to abhyasis in Spirituality, Religion and the Theory and Practice of Sahaj Marg.

It is located in a beautiful piece of land at survey no. 272 of Kaggalipura village, Uttarahalli hobli, Bangalore South Taluk on the Bangalore-Kanakapura Road at a distance of about 23 kms from Bangalore City. This land measures 5 acres, 11 guntas excluding 14 guntas of kharab land (1 acre = 40 guntas).

The land is shaped like an ankle boot and a nala (rivulet) runs along the western and southern perimeter of the land. The nala is fed by the Obichudanahalli tank towards the North-eastern side of the land and Suvarnamukhi river from the south-eastern side and is therefore flowing almost 8 out of 12 months in a year. A beautiful feature of this land is the presence of many chikoo, coconut and teak trees. The gurgling water of the nala, the verdant orchard and the Sylvan surroundings indeed present a picture of the very paradise transported to earth!

The CREST programmes will be conducted for about 60-70 abhyasis at a time. The faculty is expected to be both

local from among experienced and seasoned preceptors/ abhyasis and guest faculty. Experts from different religious backgrounds will be invited to speak. The trainees will undergo rigorous training, which will include physical exercise, classroom lectures, meditation and library work.

The complex will have a meditation hall, a dormitory for accommodating abhyasis, guest rooms for faculty, a kitchen, a dining hall, an academic block to house the office, library, and lecture halls, the care-takers house and Master's cottage. CREST will have a wonderful library. Rev. Master is building this collection. The entire complex will be built in gurukula style of architecture in keeping with the surroundings and the objectives of CREST.

Master laid the foundation stone for the building on 24th September 2004. The response of the abhyasis of Karnataka zone in general and Bangalore Centre in particular to the construction work at the Retreat Centre has been very enthusiastic. Several abhyasi sisters and brothers, both young and old, can be seen busily occupied in Shramadan work at the site particularly during weekends. The majority of construction work is over. Interior work has already started.

Source: Bro. S.T. Ramesh, Bangalore

## Introducing Short Stories section at [sahajmarg.org](http://www.sahajmarg.org)

SMSF site has a series of short stories for children and teenagers. These stories have been taken from many traditions and cultures. They serve as an effective way of presenting values, concepts and ideas.

Each story can be related to the ten maxims of Sahaj Marg. These can read aloud or acted out. After each story there are some questions for discussion. They are meant to

stimulate thought about the value of each story. Aspects covered include goals in life, rising above challenges and disappointments in life, brotherhood and friendship, importance of humility, valuing the inner person and Importance of discipline and obedience.

The location (URL) of this site is <http://www.sahajmarg.org/youth/introduction.html>



Meditation Hall at CREST Bangalore



Dormitory and Guest Rooms at CREST Bangalore



Academic Block at CREST Bangalore

*Scholars Training Program*

Rev. Master is a silent Builder. His Master's house has grown considerably during all this years of work. It is not only visible in the buildings that are sprouting out of the ground in no time in India, especially in the last few years, or in the properties that the Mission possesses nowadays all over the world. His house made of dedicated heart is expending. In certain countries, it is exploding! One of Rev. Master's tools is the Scholarship Training Program, one of the activities supported by the Sahaj Marg Spirituality Foundation (SMSF).

Before summer of 2002, a program was existing where abhyasi brothers and sisters received a scholarship from the Foundation to participate in the life of Manapakkam ashram for a period of 3 months. Emphasis was on their personal practice in the divine atmosphere of the ashram and their participation in volunteer work.

In the summer 2002, the program slowly took a new shape and became the Scholarship Training Program (STP). Eligible candidates must be abhyasis practicing for at least a year and recommended by the Region/Zonal-in charge. The selected scholars receive a confirmation that he/she has been accepted for the next STP and are provided with all support and funds to travel to Chennai. Their travel expenses are borne by the Sahaj Marg Spirituality Foundation, including expenses for getting passport and visa.

The first batch had **three candidates**: one from Kazakhstan and two from Cameroon. For the batch December 2002- January 2003, Master selected a group of **seven scholars from seven countries**; Poland, Czech Republic, Mexico, Chile, Venezuela, Colombia, Brazil. Rev. Master gave the scholars His precious time, received them several time in His cottage for group sittings and lunch, gave them special speeches and took them with Him during his tour to Hyderabad and Pune. He made 5 of them prefects. All of them remain

active in the Mission today. This close and intense exposure to Master and His care and love for them has transformed their hearts and made them definitively part of His plan; four of them have become Centers-in-charge for their countries, one is the Secretary, the other two participate actively either in seminars or in translation work.

Rev. Master gave us more strength and confidence and the next year, in December 2003-January 2004, He invited **17 scholars from 13 countries**. Wishing the language not to be an obstacle to participate in such a program, Master helped us to find several translators for Spanish, Russian and French. This year was very special again, Master showering them with love and attention. He was so happy Himself that He graciously invited them all at the end of the program to have dinner in His own house "Gayathri". Master made 11 of them prefects, 3 of them became Center-in charge, one is the Mission's treasurer for his country, all of them are actively participating in international seminars, setting abhyasi training courses and helping in translation work.

In winter 2004-2005, Rev. Master selected **30 scholars from 22 countries**. Master extended the countries selected to South East Asia. We received brothers and sisters from Latin America (Argentina, Peru, Colombia, Ecuador & Brazil), Jamaica, Iran, Africa (Ivory Coast, Madagascar, Rep. of Congo, Senegal & South Africa), Fiji, Indonesia, Philippines, Thailand, China, Belarus, Kazakhstan, Russia, Croatia and Romania. Master made 22 of them prefects. After this session, scholars actively participated in organizing two international seminars in Romania and Malaysia. The Mission has been registered in two new countries under the efforts of ex-scholars. Most of them are actively working for the Mission, joining translation teams or participating in international gatherings. For the first time after

years, Master selected a Chinese sister and set a first stone in this country.

For the recent batch 2005-2006, Master envisioned that the STP be held in another ashram and not Manapakkam. Our resistance played against us! For logistics purpose, we planned everything in Manapakkam, too scared somehow to be sent away from Him. Nature decided for us and after the flood in Manapakkam, we were all very happy to find refuge in one of the jewels of the Sri Ram Chandra Mission, the ashram of Tiruppur! We spent 4 weeks in the dormitories, living together a simple life, in tune with Nature, learning brotherhood, and we

starts at 5:30AM with personal practice followed by an hour of outdoor physical exercise before breakfast. The morning was devoted to classes and talks about the major topics of Sahaj Marg literature. Afternoons were kept free for reading and English classes for those who needed. Master spent almost everyday some time with the group of scholars, either in front of his cottage, or inviting them to visit with Him different sites and ashrams in Tamil Nadu and Kerala. He even decided the special menu to be offered to the group during those trips! Rev. Master gave especially for us 3 talks per week, taking Himself the time to elaborate on the topic of the day.



Master with Scholars 2005-2006 at Chennai

Experiencing brotherhood through our diversity, practicing remembrance and learning to pass on the message of Sahaj Marg - were three goals fulfilled in this program 2005-2006 under the divine care of our Master. Addressing the scholars after the lunch He organized for them, Rev.

were blessed by Master's presence for the whole stay.

This year, from 11th of December 2005 to 18th of January 2006, Master chose **40 brothers and sisters from 26 different countries**. The selection was extended to new countries like Latvia, Lithuania, Moldova, Armenia, Slovenia, Angola, Malaysia, Singapore and Australia. We had two sisters from China this year and 13 abhyasis from Latin America. During the sessions, translation was going on in Spanish, Portuguese, Mandarin Chinese, Farsi, Russian, Romanian and French! Master's care this year was beyond anything we could have expected. He took care of everything; the location of the course, the reading material, the choice of the speakers. The program was built on a 4 weeks course and the daily schedule resembled the program Master has designed for the CREST centers. The day

Master revealed the transformation that had happened inside the group and that summarized the course:

"Similarly we must have humans, white, black, yellow, blue and I don't know what else, but we must all think of the same goal, our hearts must support us in the same way, we must all be brothers and sisters, no more Christians, no more Muslims, no more Hindus, no more Buddhists, we are humans, we are all one, within one world, united, again I say, not politically or economically, but through the love that we shall have for all of us."

"I hope that such a world will come into being. We see a small sample here, a very small sample, minuscule, atomic, but remember that the world is made of atoms and molecules, everything in this universe is made of atoms. So we should not laugh at atoms, or be depressed

that, "Oh, this is only an atomic example." From one atom will come two, and then become a molecule, then become a super molecule, and voila! we have the world."

"I present to you the possibility of such a world provided you all cooperate with your heart in this magnificent, desirable venture. Thank you. All of you will be going home, bon voyage. Wherever you go, may you have a happy journey back to your families, may you spread the light that you've got here, to your people, without bias and without reserve."

What makes them so enthusiastic once they return to their countries? Yes, the selection of the scholars is strict and very well done by the local in charge, but most of all, Master is choosing them out of the proposed list. He sees the potential and gives them Life. Yes, the material has been carefully prepared and is refined every year but most of all, He is guiding us closely in our choice and our way of presenting the topics

and in the shape of the time table itself. Yes, the coordinators have more and more experience but most of all they are learning to expose only Him before and during the course, and their capacity of work increases tremendously at His side, carried by His love and example. Yes, the faculty members are excellent and it is Him who is choosing carefully, new speakers to participate, and giving us a wonderful new experience. Yes, Manapakkam Ashram is a very special place to dive into spirituality. And even in this, Master is always choosing the best.

Looking back at the work done, after 5 batches of this Scholarship Training Program, having known 97 scholars from 39 countries, we are discovering in wonder the edifice of Hearts that Master has built, silently, with its foundations deep in the heart of abhyasis who have become, after this divine encounter, devoted abhyasis, taking care of His house, of their house, all around the world.

Source: Sister Dolly

### *Malampuzha Retreat Center inaugurated*

A Retreat Center is coming up at Malampuzha in Kerala district of India. Rev. Master inaugurated this center on 23rd December, 2005.

Master said that in the present days of stress and strain such retreats are of great significance and it is therefore to be made maximum use of. He has also said that this is more like a forest lodge where people can get spiritual rejuvenation.

Malampuzha is actually a dam site about 8 km from Palakkad town as well as from Palakkad Junction. The retreat is about 6 km farther from dam site and is reachable by bus.

This area consists of about 8 acres of coconut and areca-nut plantation and borders into the reserve forest. Rev. Master has instructed that no trees are to be cut. A stream flows by the side providing water throughout the year. A

pond will be constructed in the middle of the structure. This will assure a lush green atmosphere all through.

The total built up area of the buildings in the complex will be approximately 20,000 Sq. Ft. Rev. Master has planned for construction of a dormitory of about 24 rooms to accommodate 60-65 people at a time. There will be a library and a meditation hall as well.

Admission will be by invitation as in Satkol. This means prior permission of Rev. Master is necessary. Abhyasis are allowed to stay for up-to one month.

Adjacent to the retreat is the resort where individual villas and cottages are available to abhyasis for purchase. This resort will also have, in stages, an Ayurvedic treatment centre and such other facilities for a true health resort - Madhuvan Health Resorts (India) Pvt. Ltd.

Source: Bro. Ravindranathan C

*Lalaji Memorial Omega School*

Lalaji Memorial Omega School in Chennai, India has completed six fruitful months in providing quality education. Rev. Master inaugurated Lalaji Memorial Omega School on June 2005.

The school is functioning with a strength of 156 students offering CBSE Pattern of education in the medium of English for Classes Pre-KG to V. It is being upgraded up to VIII in the academic year 2006-07. Residential facility will also be available to students of Classes V to VIII.

The school is built on a sprawling 9 acres serene campus in Kolapakkam, just five km away from the airport and from Porur, Chennai. The three floors of the Primary block of the School consist of 21 rooms of 750 sq ft. each and 6 rooms of 380 sq ft. each. All the specialized learning centers are equipped with state of the art computers and ergonomically designed furniture.

The academic year 2005-06 has been rewarding and the greatest feather to our cap in its very first year of inception is the certification of the School by ISO (International Standards Organization)

The Lalaji Memorial Omega School is one among the 12 schools all over India to be selected for the III stage of Intel School Contest 2005 for the "Best Integration of Technology in Education". Among the 27 teachers selected for Intel Awards 2005 Contest for School Teachers (Primary Category) THREE are from Omega. This is largely a result of greater thrust by the School in integrating Technology-aided, Interactive and Activity/Project-based learning for providing quality education.

The school also organized two major celebrations - Independence Day and Children's Day. Children of the school anchored and conducted the programmes. This was appreciated by one and all. Celebrations and activities of this nature enable children to develop life skills along with academic

skills.

In tune with Master's Vision of providing "Education to Inspire Excellence", the Quality Policy and Objectives have been designed for our School:

**QUALITY POLICY**

" We at the Lalaji Memorial Omega School are committed to provide quality education of international standards, to raise the level of our students to excellence in entirety, and transform them into responsible citizens. We are determined to achieve this through a highly dedicated team of competent facilitators, use of integrated technological and holistic approach to the learning process, and to provide value-based education to inspire and create excellence in our students, our future citizens".

**QUALITY OBJECTIVES**

- o To provide Quality education to inspire Excellence in entirety.
- o To produce balanced and skilled individuals with all round development.
- o To achieve outstanding results in areas relating to Academics, co-curricular activities and life skills.

Admission for all Classes for the academic year 2006-07 has already begun. In addition to the printed applications being sold at the School Premises, applications are also available online at school's website <http://www.omegaschools.org>. We are in the process of recruiting Teachers for Lalaji Memorial Omega School at Chennai. Kindly visit our website at <http://www.omegaschools.org> for further details.

Source : Sister M.L. Nirmala, Principal

*Medical Center at Satkhol*

Medical Center at Satkhol is situated in the Ashram on the right side of the Dormitories. It started operation on May 12, 2001 during Rev. Master's visit to Satkhol along with the first batch of the Abhyasis. This center is providing free medical service to all villages within 30 km radius.

A well-equipped Dental clinic has been started. Three qualified Dental Surgeons, Dr. Alok Tandon, Dr. Mrs. Renu Tandon and Dr. Hiralal Murjhani visit the center every second and fourth Sunday of the month. They provide services such as tooth extraction, fillings, root canal treatment, artificial dentures and cosmetic treatment like scaling.

Everything is free for Villagers including Dental treatment. Dental

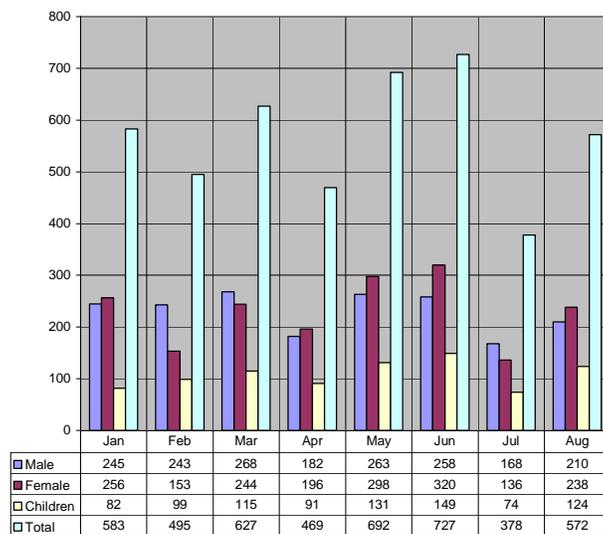
Abhyasi patients have to pay 50% of charges as per instruction of Rev. Master.

Up to the end of August 2005, this center has treated 19,043 cases.

Specialist camps are held every six months inviting doctors from all disciplines. Five such camps have been held so far. The recent one was held from 23<sup>rd</sup> to 25<sup>th</sup> September 2005.

Future plans include establishing a DOT (Directly Observed Therapy) Centre for Tuberculosis Patients and an Operations Theater. Money received through donations will be used for expenses such as medicines, spectacles for patients and medical equipment.

Source: Dr. C.K. Prasannakumar, MD, Resident Physician, in charge of Satkhol Medical Center



Outpatients treated at Medical Center, Satkhol during 2005

#	Discipline	Cases
1	Medicine	120
2	Surgery	40
3	OBG	230
4	Cardiology	78
5	Pediatrics	77
6	ENT	72
7	Orthopedic	82
8	Dermatology	40
9	Ophthalmology	188
10	Dental	174
11	Ultrasound	89
12	Lab. Invest.	95
	<b>Total</b>	<b>1285</b>

Medical Camp Statistics  
September 23-25 2005 at Satkhol

*Medical Center at Manapakkam*

Free medical center at Babuji Memorial Ashram, Manapakkam was established in January 2005, with the idea of providing free medical treatment to the local population as well as to the abhyasis. It is funded by SMSF. In this center services of different system of medicine like allopathy, Homeopathy, Accupuncture, physiotherapy and

specialties like ophthalmology, dentistry, gynaecology, dermatology, general surgery, pediatrics & general medicine are provided. Necessary drugs are also dispensed free of cost.

In the past one year 17,500 patients were offered treatment in the free medical center.

Source : Sister Harshita Bakshi

## *A call to all the physician Abhyasi Brothers and Sisters*

Dear Abhyasi Brothers and Sisters,

I am Dr. Murthy, a Family Physician and Geriatrician currently in Michigan, USA. I had the good opportunity to meet with Master recently in Chennai and discuss about the healthcare delivery at the free health clinics at Chennai and Satkhol. I toured the Chennai facility and thought that we all can come together and make great strides in trying to become part of Masters Vision and work for the clinics.

A year ago in December of 2004, Master spoke about SMSF supporting the free clinics in Satkhol and Madras and He suggested that we should get more involved in the clinics. I asked Him if we can get involved, and He said that the river is flowing and He would like to see us jumping in to help with the clinics. Master has agreed on the name of the group as Sahaj Marg Physician Group.

I proposed to Master about forming a central database with all your personal contact details including (name, specialty, address, email, and telephone numbers). Our beloved Master kindly consented and gave me the go ahead to collect the details of all the practicing physicians of all the branches of medicine like allopathy, homeopathy, ayurveda and others which includes even nursing personnel.

We are privileged that He gave us the go ahead to get involved in the clinics. Hence I am requesting you all to forward your details to my email:

RGOKULA@HOTMAIL.COM OR  
MURTHYG@MSU.EDU.

If you wish to call me or mail your details in post please forward the details to: Murthy Gokula, 2740, North Lake Shore Road, Harbor beach, Michigan-48441, USA. (Home: +1-989-479-3665, Cell: +1-517-896-0360). I am hoping that in future we can meet as a group and decide on the way we can all get involved with his work.

After we collect the details of all the physicians then we will request you all to sign up at your own will to donate your time for 1-2 weeks or more at these free clinic sites.

The accommodation will be free either at the ashram site or in a private flat nearby the ashram. I think this way you all can have a working vacation at the ashram along with the privilege of being at the ashram and also work for the Master as well as the mission. Master has agreed that we can work with the website coordinators to form a link for sign up. I will start working with the web site coordinators shortly.

I will be looking forward to all your help with sending me your details as soon as possible.

Thanking you all,

In Service of Master, Mission & Method,

Affectionately yours,

Murthy Gokula

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