



SHRI RAM CHANDRA MISSION



Master's News



Editor's Note

As we come to terms with the passing of our beloved Master Chariji, we are also in the process of getting to know His successor respected Kamleshji. He has not wasted any time in setting the pace for his work, in bringing about changes in the way abhyasis are to approach him and work for the Mission while maintaining their focus on their own sadhana. His updates to us via Sahaj Sandesh are comforting and give us a glimpse into his vision for the Mission. The visit to France and the gatherings in New Jersey have already brought about many changes in the functioning of the Mission. In this issue of the newsletter we bring you highlights of this tour and his talks given in New Jersey.

Montpellier, France – 7 January 2015

The quite unexpected news, received on January 1st, had local abhyasis mobilise as many brothers and sisters as they could to welcome him. Twenty-four hours later, a venue had been found for the 800 abhyasis who came with their families from all parts of France and also neighbouring countries.

At 7.30 a.m. Kamleshji conducted the first of three satsangs, in a very prayerful atmosphere. Then he traced the road for us when he said:

"...So please, don't restrain your feeling. If you feel happy at one moment thinking of Master, feel happy, if you feel sad about his absence, it is okay to shed two tears. With desolate heart, with thankful heart, with smiling heart, we can always remember Him. Now he is more accessible and he is dissolved in us. Now our exercise is how to dissolve ourselves in Him. It's up to all of us, and I pray that we achieve that state of dissolution the sooner the better. That's what Babuji Maharaj wants, that's what Master wants, that's what the Hierarchy wants - that total absorption in His Universal Presence, and this is what we call this absolute merger in the Ultimate. With prayers, thank you all."

He also said how deeply moved he was that so many abhyasis had managed to come at such a short notice. Not only did we all leave with full of joy and gratitude for the fantastic day he offered us, but he also thanked us for having come in large numbers to share the day!





Prayerful Suggestions for Deepening One's Involvement

- * *9pm Universal Prayer - All sisters and brothers throughout the world are being filled with love and devotion, and real faith is growing stronger in their hearts.*
- * *All sisters and brothers are developing correct thinking, right understanding and an honest approach to life.*
- * *Everything around us is deeply absorbed in Godly remembrance.*
- * *All sisters and brothers who are really craving for the Ultimate are being attracted towards our great beloved Master. They are all being pulled towards him. We submit our prayer to our Master that, "May they all benefit with your Grace."*

Excerpt from Master's talk given on January 30 & 31, at Monroe Ashram. The complete talk is available at <http://www.sahajmarg.org/literature/online/speeches/newjersey-20150130>



On Friday evening, the gathering opened with a 5 p.m. satsang, followed by a heartfelt talk by Kamleshji on the call by his Master, Chariji, for the urgency of sincere practice. He mentioned that Chariji was very candid in his diaries and exhorted abhyasis to be absolutely honest, especially with themselves. At the close of the talk he invited all abhyasis to reassemble in the hall for the Friday night sitting at 9 p.m.

On Saturday morning, on the occasion of Basant Panchami, Kamleshji inaugurated the Toronto Ashram at 7.15a.m. via Skype, addressing a gathering in Toronto of two hundred abhyasis from across Canada and the US, followed by a wonderful sitting.

After the 9 a.m. satsang and another short talk, Kamleshji sat at the registration desk for several hours taking pre-registration orders for a new book to be released later this year on Lalaji's life, and interacting with abhyasis with touching warmth, directness and humour. He later met with around 150 prefects from North America, where he mentioned some of the new changes the Hierarchy of Masters have permitted in the Mission, as have also been indicated in recent messages from the Brighter World.

Bhandara in the US

The abhyasis of North America were overjoyed to spend the 23rd to 25th of January with Kamleshji in his new role as spiritual Master and president of Shri Ram Chandra Mission. The impromptu bhandara, on the occasion of Basant Panchami, in New Jersey, turned into a North American gathering attended by over 1100 abhyasis from across the continent. A core group of fifty volunteers worked together on the arrangements.

The gathering took place in a hotel, which became an ashram for three days. Its large ballroom became a spacious and very aesthetic meditation hall. Almost all outstation abhyasis stayed there, as did Kamleshji.





He also mentioned that in keeping with the changing times there is a need to reach out to seekers in simple ways, and encourage them to meditate and experience the changes for themselves. He gave a sitting to all the prefects present. This was followed by his meeting with new abhyasis at 8 p.m. The day ended with satsang at 9 p.m.

Kamleshji held a Q&A session after the morning satsang on Sunday. One could feel the heart-to-heart bonding between the new Master and his abhyasis. There was love, humour, patience, joy, as well as commitment to a deeper practice and interiorisation, and to a constant connection with the Master through thought. As the session progressed, many abhyasis saw in Kamleshji a true reflection of Chariji, and they were so touched and moved that they were in tears as the session ended. As one abhyasi said, "I feel it in my heart. They are truly one."

After leaving the venue, Kamleshji visited the nearby Monroe Ashram with the local volunteers. He gave them a sitting there and had lunch with them before leaving for his home.



Extract from Sahaj Sandesh

12 February 2015

We all had a wonderful time during the two seminars in New Jersey, USA – one from the 23rd to the 25th of January and the second one from the 1st to the 3rd of February. Both occasions were very special. My return was fixed for the 27th of January but I could not leave because of some work. Then I planned the departure for the 4th of February, and that too did not materialise due to 'flu.

Fortunately, I was able to leave with considerable improvement in my health on the 9th of February, and reached Manapakkam on the night of the 10th of February.

During both seminars in New Jersey, we were able to discuss many aspects of our sadhana, which are now made available via Sahaj Sandesh. Implementations of the recommended prayerful suggestions will deepen our involvement, and I am sure that all those embracing these prayerful suggestions will witness definite positive changes.

Currently at Babuji Memorial Ashram, we have twenty-five ISAW candidates who are undergoing training to work as prefects in their respective regions. This programme should conclude on 15th February. Moreover, we have more than 100 participants from South America, and the special programme for them will go on until the 14th of February.

With prayers to beloved Master for love and blessings.

Kamlesh D. Patel

"...So at the end of this what little thing I had to share with you sums down to only one thing. Have one channel, one connection with Master that's all. Rest of the things are to support and to strengthen this channel. Anything else is going to dilute my efforts or dilute or weaken my connection with my Master, I should stop it, that is wisdom and to recognize this I must be able to discriminate things properly."

— Kamleshji

2nd February 2015, Monroe Ashram



Pujya Lalaji Maharaj's 142nd Birth Anniversary Celebrations



Pujya Lalaji Maharaj's birthday was celebrated on 1st and 2nd February 2015 at Colombo, Karaveddy and Kandy Centres. Abhyasis from Kilinochchi centre attended the programmes at Karaveddy while abhyasis from Galaha, Matale and Balagolla centres attended the sessions at Kandy centre. In Colombo 37 abhyasis participated on the first day and 29 on the second day. In Karaveddy 38 abhyasis attended on the first day and 29 on the second day and in Kandy, 24 abhyasis attended on the first day and 22 on the second day.

The seminars started in all three places at 7.30 a.m. with satsang and was followed by screening of a video of respected Kamleshji's speeches which were delivered at Manapakkam during the Russian seminar. The Tamil translation of this speech was read out so that the local abhyasis could

understand and absorb. Several Whispers messages were read and it was also explained about how to read a Whisper message and feel the vibration in the heart.

The morning meal, tea and lunch were served at the centres on both the days. On the first day after lunch, the programme started at 2.30 p.m. and Kamleshji's talk at Manapakkam was discussed after reading it in English and in Tamil. The seminar for the day ended with satsang at 5.00 p.m. On 2nd February, in the afternoon, there was a question and answer session. Abhyasis actively participated in this session to clear their doubts and gained more clarity about Sahaj Marg. The seminar was highly appreciated by the participants and they were present with enthusiasm and devotion.

Grounding In the Practice, Balagolla Centre

Thirteen abhyasis participated in this session on 'Cleaning' conducted on 6th November 2014 by sister Rathythevy Ilaguppillai. This was the second programme in the series of four topics – Meditation, Cleaning, Prayer and Diary Writing.

The programme began at 9.00 a.m. after registration. The satsang at 9.30 a.m. was followed by an audio talk by Master on 'Sahaj Marg Practice – Cleaning.'

The abhyasis started by reflecting on how the daily cleaning is done and then proceeded to the group activity on cleaning. This was followed by a video on 'Cleaning' by Kamleshji.

During this session there were reading of Whispers and presentation of video clippings of Master's talks on cleaning, as guided by the SPD Team.



This programme has provided clarity on the topic and helped abhyasis to open up, interact effectively and experience brotherhood.

All the abhyasis felt that this session was an eye opener for them and they have learned a lot of new things. They left with the intention of making these changes in their daily practice - cleaning with utmost fervour.



Visit To Manapakkam, December 2014

In December 2014, 24 abhyasis from Sri Lanka visited Manapakkam Ashram. On all five days, morning satsang was conducted by Kamleshji. In addition to that along with abhyasi sisters and brothers from Russia, they attended the five talks delivered by Kamleshji after every morning satsang.

Guru-disciple relationship, sensitivity, reading the condition and sincere practice as prescribed, are some of the topics he touched in detail. He emphasised very clearly that by cleaning impurity and complexity we become simpler and purer thus anyone can reach the goal easily.

Apart from this, they also attended the workshops during which they learned how to work as an effective team to fulfill His mission. They had a wonderful time by working in pairs, groups and collectively sharing their own experiences, introspection and finding what qualities are lacking in them and finding ways to correct and change their life style in order to suit a spiritual learner/trainer/leader. On the last day they had dinner along with Kamleshji, the team members and their families. Everyone enjoyed the serene atmosphere all the time during their stay at Manapakkam.



Visit by the Travel Team, October 2014



In October 2014, a Travel Team from Chennai consisting of four members, visited Sri Lanka. Seminars were held in Vavuniya, Kilinochchi, Karaveddy, Kandy, Galaha and Colombo from 1st to 6th October 2014. The abhyasis from Balagolla attended the session at Kandy centre.

Out of the four team members brother Satish and sister Sujatha visited the northern centres and brother Muthu and brother Murali visited the central centres and all of them shared their experiences at Colombo Centre. 125 abhyasis participated from different centres.



The travel team mainly dealt with the practice: morning meditation, evening cleaning, night prayer, individual sitting and group meditations, supported by video clippings of the Masters and Whispers messages. They prepared the programme well considering the need of the abhyasis and giving special attention to each centre in Sri Lanka.

By Master's love and grace the programmes went on well with the sharing of experiences, discussion, introspection and interaction with each other. All the Sri Lankan abhyasis had a fantastic time with the Chennai brothers and sisters and enjoyed the seminar with home-made meals and fun.





Prefects Seminar

31st December 2014

Eight prefects gathered at YMHA Hall, Kandy to receive the team who were full of love and joy to share their experience with us as spiritual trainers. The team comprised of brothers Chakra, Muthu, Satish and Murali.

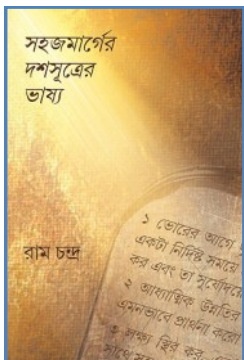
The prefects were given a manual, covering the basic requirements/essentials for a spiritual trainer and the relevant Whispers messages along with its Tamil translation, well ahead by the team. The facilitators asked them to reflect on how they see themselves in regard to basic human qualities, how to communicate with others and also to find scope for improvement.



The workshop started with a wonderful satsang followed by Master's video. In the course of the day three Whispers messages on the topics 'Unity and Brotherhood', 'Service', and 'Beacons' were read. The participants were then asked to introspect on the same. In between a video talk given by Kamleshji on the topic 'Fulfill his Mission' was played along with translation.

Post lunch was a Q&A session, sharing the experience of essentials of prefects and a video titled 'Beloved Remembered'. The programme ended with thirty minutes introspection which helped to impart the findings and make a *sankalpa* to change.

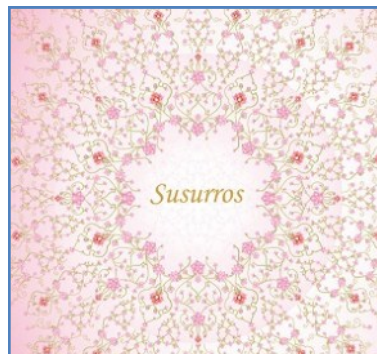
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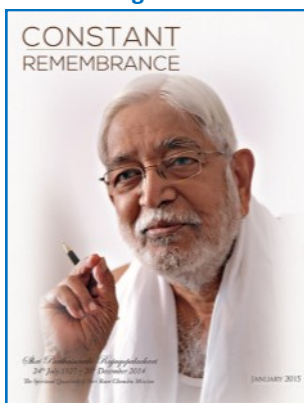


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Constant Remembrance - English

This January issue is a special issue commemorating the life and work of our Master, Chariji Maharaj. All subscribers will get this copy, in addition this volume will be available for sale at the bookstall and the corpus section.

Announcement

Birthday celebration of Pujya Babuji Maharaj will be held at Lucknow, UP, India from 29 April to 1st May 2015.

Birthday celebration of our beloved Chariji Maharaj will be held at Thiruvallur, Tamil Nadu, India from 23rd July to 25th July 2015.

SHRI RAM CHANDRA MISSION



ECHOES OF SRI LANKA NEWSLETTER

Laya Yoga Ashram, Varanasi, Uttar Pradesh

Centre of Light



Sunday satsang started in Varanasi in the year 1989. From 1989 to 2001 satsang venues kept changing until a temporary meditation hall was set up on the ashram land.

Emergence of the Ashram

In 2001, during his visit to Delhi, Master mentioned to Dr Prasanna Kumar (CIC) to look for a separate land for the ashram at Sarnath. On 5th July 2001, a piece of land measuring over 5,438 sq feet was registered by the then CIC Dr Prasanna Kumar in the name of Shri Ram Chandra Mission. Master visited Varanasi centre on 16th December 2001 and laid the foundation of the ashram and inaugurated a temporary meditation hall. In the year 2005, Master approved the proposal for the construction of a new meditation hall and on 16th February 2006, he laid the foundation stone.

It took four more years to get approval for the layout of the ashram and raise funds. The construction of the new meditation hall started in the presence of brother U.S. Bajpai on 2nd November 2009. The octagonal-shaped meditation hall with a lotus on the top was ready in May 2011. On 4th December 2011 Master inaugurated and

"Sahaj Marg is the path of love. We should use this place for our spiritual development. There is no place for hatred in Sahaj Marg."

—Parthasarathi Rajagopalachari
4 December 2011, Chennai

dedicated the meditation hall through a video link from Chennai. Around 1000 abhyasis were present on this auspicious occasion.

Activities

Zonal level youth workshops, VBSE workshops, GTP sessions, etc. have been organised in this ashram. The essay event has been organised in the centre for the last ten years.

Currently the centre has a strength of 1,352 abhyasis and around 325 abhyasis come for regular Sunday satsangs.

The other facilities available in the ashram include the dining hall, Master's Office/Guest suite, library, IT Room, Accounts Office, GTP Training Hall, Ashram Office, Dormitory, a garden, Children's Centre and a caretaker's room.



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