



Dear Brother and Sisters,

Welcome to the final issue of Echoes India Newsletter for the year 2008. It was a fulfilling year for the Newsletter team from all across the country to compile the news of our Mission and translate it into eight regional languages. The timely release of the newsletter would not have been possible without the whole hearted co-operation of the translation teams. The ever growing inputs that we receive has been made possible by the immense enthusiasm shown by the news volunteers, Zonal coordinators and ZICs.

The November issue of the Newsletter carries reports on Master's visit to Tamil Nadu, China and Andhra Pradesh. The Essay competition that was held in numerous schools and colleges across the country, training programmes, open house sessions and the VBSE initiatives are some of the key news items in this issue.

The last date for receipt of news articles for the 2009 January issue would be 15th December 2008. Please route the news write-up along with some photographs of the event through your respective ZiC or Zonal Co-ordinator.

Echoes India Newsletter Team

A Nostalgic Visit to Madurai

Master drove from Trichy and arrived at Madurai ashram on the evening of 30th August. Madurai is our largest centre in Tamilnadu after Chennai and Tiruppur. The ashram here covers nearly 3 acres and the semi-permanent meditation hall could accommodate the 2000 abhyasis from all centres south of Madurai who had gathered for the week end to be with Master. The theme printed on the delegate cards was, 'Basking in Master's Love'.

On Sunday the 31st August, after satsangh, Master talked in fluent and homely Tamil for thirty minutes. His theme was family life and spirituality. He said women should hold the hand of the husband but keep Master in their hearts. It is still better if both wife and husband come into Sahaj Marg. For a happy married life, we should keep out three things- anger, suspicion and jealousy. Finally, Master observed that we should not be obsessed with building houses on earth and should remember our Home lies within.

Master took time off to go down memory lane and visit the wedding hall in Madurai where he was married and Valamjee Mansion where satsanghs used to take place. Nostalgia was in the air whenever Master shared old memories of his visits to this area during his working career in TTK concerns.

He paid a brief visit to Chinnavallikulam ashram near Virudhunagar and spent a restful time with local abhyasis. He said, "Whenever I come here, I sleep well!" Master also looked at albums of old photographs of Babuji Maharaj's visit to Virudhunagar and carefully identified abhyasis figuring in a large group photo. He was sad to hear that most of his associates in the TTK concern in Virudhnagar had passed away.

As usual, Master found the time to receive scores of abhyasis every day and look into their personal requests and problems. On 3rd September, Master flew back to Chennai.



Master's Historic First Visit to China (16-23 September 2008)

Master arrived at Shanghai Pudong International airport and, after immigration clearance, as he sat in the car, he said, "At last, we are in China". A welcome party comprising local abhyasis as well as a small group of Chinese abhyasis from other countries eagerly awaited him at Green Court where Master stayed. He immediately proposed a sitting saying, "Let's start the fireworks and light the torch like the Beijing Olympics". He enquired if all present in the room were abhyasis and immediately added that it really did not matter, as he would anyway be transmitting to the whole of China.

Master conducted a three day seminar with the theme, "The Language of the Heart". He found time for sight seeing and some shopping along with the forty strong abhyasi group. Sometimes, he would speak at length after a meal. Talking of China, he blessed Chinese abhyasis and hoped the seeds now sown would reap a rich harvest in future. He specially mentioned that Sahaj Marg would begin to grow in China in the city of Xi'an in the province of Shaanxi.



In his message for the seminar addressed specifically to the Chinese people, Master said-

We distinguish ourselves as nations, religious group, etc. God did not create these differences. God did not create anything except human beings and love.

We are expected to first become human ourselves and then help others to become human.

We only come here to place the choice before you and to help you to go with that choice through your life and to regain your inner freedom, which you have lost. Sahaj Marg is the way of freedom.

“Are we really willing to serve Him?

The qualities required are CAD:

Commitment, Application & Determination.”

P. Rajagopalachari, China 2008

Master's visit to Hyderabad

Master arrived on Saturday, the 11th October 2008 from Chennai. At the ashram He was welcomed by several thousands of abhyasis who stood quietly in a disciplined way all along the path from the main gate to the cottage. Master conducted the evening satsangh in the meditation hall.

During the visit Master met abhyasis from different parts of Andhra Pradesh and discussed various administrative matters of the Mission. He prepared 4 new Prefects and appeared happy and relaxed throughout.

On Sunday the 12th, morning satsangh was followed by 3 marriages solemnized by Master. Following this, Master gave a talk and started with, "There are two aspects to my work, 1: I cannot do more than what the Master permits me to do. 2: I must have the strength and will to do what He permits me to do. The third and most important is your cooperation in permitting that work, to bear fruit in you. By cooperation I mean living a life according to the ten maxims of Sahaj Marg, regularity in practice, discipline- inside and out, discipline – material and spiritual, discipline – at home and the outside world and discipline most of all in regulating your thoughts. Because that is where the origin of all problems lies."



On Sunday afternoon, there was a Prefect meeting attended by over 125 prefects mostly from Andhra Pradesh. The Prefects had the opportunity to reflect on the 8th October message from Master as well as the talk given in the morning. Master then came and addressed the Prefects and gave a sitting.

He conducted the evening satsangh and decided to advance his departure by a day, saying that He had finished his work early.

On Monday Master left for Domalguda Yogashram which He was visiting after nearly 5 years. Master conducted evening satsangh and spent the night at the Ashram. On Tuesday morning Master left for Kolkata.



Ethics and Morality

Anna University, Chennai

A talk cum interactive session for two hours was held for six faculty members and 125 students of Engineering, Department of Printing Technology in Anna University campus, Chennai on 21st August 2008. The subject of the talk given by Br. A.P. Durai, Joint Secretary, SRCM was, 'The Pathway to Destiny is paved with Ethics and Morality'. He presented the Sahaj Marg perspective and Master's observations on the subject from time to time. "Ethics is what concerns you and another. Morality is what concerns you, not to think or do things that might do damage to your physical, mental or spiritual systems."

Many students asked questions on Master and the Mission and some of them expressed interest in visiting Babuji Memorial Ashram. Senior lecturer Shri K. Vipinendran who is a new abhyasi, had organised the session.



Publications - New Releases



A DVD containing two talks in Tamil was released this Diwali.

Inauguration of Meditation Hall at Tiruppur
2nd March, 2008 - 25 mins.

Talk given at Madurai
31st August, 2008 - 20 mins.

Ashraya - Home for the Aged

As blessed by Master, a group of around 250 abhyasis, participated in the inaugural ceremony of 'Ashray' a home for the aged at Erode. This is promoted by a brother abhyasi.

The function started at 7.00 am, with the arrival of a few abhyasis from Tiruppur. After satsangh few brothers delivered talks on Sahaj Marg's view on the society and the care for the aged.

Participants were receptive and all felt a very nice atmosphere and blessings from Master.



International Peace Day

Prayer sessions commemorating the United Nations International Peace Day were held in centres all around the world on 21st September. In Gujarat, at the venues of Wednesday satsanghs friends and colleagues of abhyasis were also invited to join in. Master's audio talk in English delivered at Lucknow on 23rd July was played or read out after the prayer which gave an excellent gist of what Sahaj Marg stood for, to the invitees.



Mangalore, Karnataka

On 24th August, Br. Mohandas Hegde conducted Advanced Training Seminar at Mangalore centre. It was aimed at spiritual growth of abhyasis through right understanding of the Mission and to encourage abhyasis to avail of the constant spiritual support from Master.

The highlights were the explanation of the basics which was useful for both new and old abhyasis. The need to attend bhandaras, develop love for Master, efficacy of prayer were explained. A video clipping of Master's discussion in Dubai with abhyasis was shown in which He explains how to create a condition. Whenever a blissful condition is created by Master in an abhyasi, he should remember that condition again and again and try to retain that condition as long as he can.

Kodaikanal, Tamilnadu

The Mission's efforts to take Sahaj Marg to this hill station is being sustained by our team from Madurai centre and local abhyasis of Kodaikanal.

Brindhavan Public School was the venue of a lecture on Sahaj Marg for twenty teachers on 12th September. The topics included were the system, the Mission, Masters, Methodology and Practical benefits. A few of the teachers showed interest to join the system. Principal Shri Munna Singh who extended excellent cooperation also agreed to introduce VBSE Training to the teachers shortly.

A two day programme was organised at **Sri Jayendra Saraswati College**, an institution teaching Rural Development. The first day, 26th September 2008 was for ten faculty members. On the next day, a hundred students attended a session on meditation in Sahaj Marg system. Fifteen students wanted to commence the practise. These

programmes were co-ordinated by brothers Prasad and V.C. Rao, local abhyasis.



Training Programmes

Panshet Retreat Centre, Pune

Developing closeness to Master was the theme of the two day Maharashtra SRCM Youth convention held at Panshet Retreat Centre on 4th and 5th October.

The serene atmosphere of the retreat centre was an ideal setting for the program involving forty abhyasis and a team of facilitators. The topics revolved around relationship with Master and role of youth as torch bearers of Sahaj Marg, besides refreshing them on the fundamentals of Sahaj Marg practice.

The talks were interspersed with movies, quiz, games, interesting Power Point presentations, relevant snippets from Master's talks, and some melting music by the abhyasis. The food and stay arrangements and the care and love showered by the Pune abhyasis made it a memorable experience for all participants.

Ghaziabad, U.P.

About 50 abhyasis who have practiced for less than two years participated in this programme organised on 28th September 2008. They were from Ghaziabad, Sahibabad and Noida. Emphasis was given for correct and regular practice than for the theoretical aspects.

The participants felt that the basics of the sadhana were explained in a simple and effective manner. Many doubts especially relating to Constant Remembrance and cleaning, that remained even after reading books, got clarified. Frequency of such training modules, especially for new abhyasis should be increased.

Jammu

Two open houses were conducted on 26 September and 9 October. One which was conducted in Genesis Institute of Competitive Studies (Institute for IAS aspirants) constituted of 35 students in the age group of 21-25 years to whom Sahaj Marg was presented as a 'Balanced Way of Life'.

The second one was conducted in Jyotipuram town 90 km from Jammu for employees of NHPC in the age group of 40-45 years. Sahaj Marg was summarized as 'A New Ray in Spirituality'.

Both the programs evoked very good response. Fifteen participants expressed their interest in starting the sadhana.



Hyderabad, A.P.

A workshop for 120 new abhyasis was held in S.R.Nagar meditation centre on Sunday, the 28th of September 2008. An interactive Workshop was conducted for abhyasis who took up the practice in the last one year. Participants felt the interactive pattern was better than the regular lecture based class-room method.

Group discussions were guided by the topics covered in the booklet "Welcome to Sahaj Marg". All the topics were exhaustively discussed in an open atmosphere where abhyasis felt free to express themselves and interact with each other. The session concluded with the playing of the audio of Master's talk titled, "The Practice of Sahaj Marg".

Tinsukia



An abhyasi training programme was conducted for 64 abhyasis at Tinsukia ashram and for 19 abhyasis at Dibrugarh centre on 19th September 2008.

A slide presentation was conducted by Br. Asoke Sengupta. He quoted Master and said, "All this talk about surrendering to Master is unrealistic. It is not so easy. But it is easier to make the Master surrender to us. That is by taking up His work!"

Full Day Programme in Bidar, Karnataka

A full day programme was conducted in Bidar on Sunday 21st September by the Joint Secretary of our Mission Br. A.P. Durai. N. Karnataka ZIC Br. Raju Kashampurkar and around 50 abhyasis from Bidar, Bhalki, Thanakushnoor and Gulbarga attended the programme. Morning satsang was followed by a discussion in which all abhyasis actively participated. The topic was how to contribute towards development of our Mission in our respective centres. Many abhyasis expressed their views which ranged from conducting open houses and home gatherings to developing ourselves so as to become role models to present our Mission. In the afternoon there was a screening of Master's talk from the 'Hubble-Bubble' series. All in all it was a good interactive session, a day full of learning experiences leading to an increase in enthusiasm among the abhyasis to practise their sadhana with renewed vigor.



Boom Time for VBSE programmes in Hyderabad

The Hyderabad VBSE centre has been paying sustained attention to education of both abhyasis as well as the student population in practice of spiritual values.

A two and a half hour interactive program on 'Life in Perspective' and 'Setting Goals' was held for the first year students of Osmania Medical College on the 22nd of August. Educative, informative, inspiring, touching, cleansing were the impressions gathered from participants.

In the 2nd weekend of September, the team visited Nandyal to conduct a training program at the S.P.Y. Reddy school for about 38 school teachers from the area. The topics discussed were Education, Role of teachers, Primary and Secondary school Syllabus, Values, Life and its true perspective, Teaching values with maths and Regulation of mind.

An orientation program on VBSE for abhyasis was conducted on 7th September and this was followed by a full-fledged training program on 20th and 21st September for about 65 abhyasis. Apart from listening to talks on various topics they were also encouraged to actively participate in value based games and group activities such as skits, songs, etc. They were instructed on how to approach schools and discuss the value based education programs we had to offer, how to actually conduct the program and do the follow-up work.

On 28th September, a seminar on VBSE was conducted at the Zonal Ashram for the teachers of the E and L Group of Schools and others. The participant teachers also had a generous taste of the ashram environment and some stated that the session had brought a change in their lives and would affect the way they handled both the curriculum and the children!

Ghaziabad, U.P.

The ashram here hosted a VBSE workshop for seventy B.Ed. students of a local college. The Principal, heads of departments and faculty of the college also attended the session in which the need for values was emphasized and the importance of regulation of mind through meditation was highlighted.

The importance of soul and purification of mind, who am I and what is the role of the mind in human body, how we can use our mind to connect to the soul and the need to divest ourselves of grossness, etc. were the subjects covered. Practical demos were used to bring home the concepts.

A brief introduction of the Mission and Sahaj Marg method of meditation was given. The session was concluded with a five minute prayer meditation. The response from both students and faculty was positive. The programme was facilitated by Sis. Chander Kanta and Br. Ankur.

VBSE in Ranchi

St Aloysius School

As a result of the essay competition a program was scheduled and held on 2nd September at the school auditorium. The school declared the day as a holiday so that the teachers from its Montessori, primary and secondary section could take part in the workshop without any distraction.

The program was inaugurated by Br. Arun Kumar Lal and Br. Sylvester Surin, Principal of the School. Br. Manoj Tiwari an ex-student of the school introduced the subject by giving the background of the Mission, SMSF, SMRTI and VBSE initiative of SMRTI.

After a session on VBSE by abhyasi brothers and sisters, Brother Gilbert Pinto SJ, gave a vote of thanks and was immensely grateful to the abhyasis of Ranchi Center and the Mission for the workshop. He was particularly happy to see the ex-students of the school take so much interest in the well being of the students of the school.

Ursuline School

This time the good word of the VBSE program held at St. Aloysius School had travelled to Ursuline sisters who called on Br. Mukesh Taneja with a request to organize a similar session for the Ursuline community of teachers.

A VBSE workshop was organized on 27th September for about 100 teachers from Montessori, primary, secondary, inter college and also from other Ursuline institutions. The feedback received from St Aloysius School was used to make the program here shorter, crisper and with more interaction with the teachers.

VBSE engagement with at least two schools will begin in a regular manner. This gives an immense opportunity for SRCM to take Master's program to the masses and try to make a difference to value inputs to young students.



Barauni, Bihar

On 29th September 2008 a session in VBSE was held for the abhyasis, teachers and children at Barauni. Br. Dr. Vijay Kumar of Patna Center, introduced the subject with the state of values in the current education system and various methods used for imparting value education to children. Sis. Deepti of Dhanbad Center demonstrated how experiments can be used to impart value education to children.

Open House Sessions

Barauni Refinery Trainee Engineers

A workshop on Stress Management and Self Development was organised for thirty probationary engineers of IOCL Refinery division on 20th September 2008. The program was attended by senior officers of the refinery. Br. Probodh Sanghvi led the discussion on Stress Management through Meditation. In the session on 'Efficacy of Meditation for Self Development', Dr. G. M. Bhatnagar dwelt on how spiritual practice by Sahaj Marg can address self development comprehensively. Abhyasis of Begusarai and nearby centres were present in good strength during this workshop.

Ramnagar, Uttarakhand

Fifty two employees of Forest department attended an open house organised at the invitation of Br. N.V. Singh, Conservator of Forests. The talks on 'The Call of Spirituality' by prefects of the Mission were heard with rapt attention and the ensuing interaction showed the keen interest of the audience in knowing more about Sahaj Marg.

Ujjain

5th October saw around 110 seekers of spirituality who had been invited by brothers and sisters from the centre.

The open-house started with two talks on 'The Goal of Human Life' and the 'Basics of Sadhana'. Br. Sanjay Khandelwal spoke about 'Master and the Mission'.

At the end of the programme there was a question-answer session handled by Br. Vikalp Mundra and Br. Y. G. Joshi. Approximately eighty guests liked the programme and have indicated their willingness to join SRCM.

Ahmedabad

Mind Management through Meditation was the topic of the open house held on 28th September. Students of the engineering faculty were invited for the same. The programme resulted in successful introductions of young students as abhyasis.



A presentation on **Stress Management** was held at the spacious Nirma University Campus for the faculty of Nirma University, Ahmedabad. Need for meditation as a panacea for effectively handling stress and promoting efficiency and effectiveness was covered.

The faculty was thoroughly impressed and invited the speaker, a functionary of the mission to preside over the Foundation Day celebration and address the students on that day.

BHEL, Hyderabad

Seventy five students of St. Xavier's PG College, Scholars Degree College and Rao's Institute of Commerce actively participated in a full day programme on 20th September on the theme 'Meditation for Regulation of Mind'. They were enlightened on the goals of the Mission, importance of meditation for youth and concept of individual change which leads to societal change. Interactive games, question-answer session and a video clipping of Master's talk further enhanced the session.

Thirty participants showed interest in the practice and introductory sittings and follow up meets are currently being arranged by BHEL centre.

Sibsagar, Assam

Two open house sessions were conducted in Sibsaigar district on 20th September by Br. Sudhir Bhartia, where abhyasis from Jorhat, Nazira and Tinsukia had gathered. In the morning session, the guests were mostly from the business community along with a few journalists and educationists. During the evening session, 17 guests from Oil India and planter's families were present. The next day 9 aspirants commenced introductory sittings.



Mussoorie, Uttarakhand

Sahaj Marg was in focus in the country's premier administrative training institution - the Lal Bahadur Shastri National Academy of Administration in Mussoorie. Mid course training program of the 1995 batch of the Indian Administrative Service was attended by about 110 officers from all over the country in the months of April and May 2008. During the course of the training, many informal discussions about Master, Mission and Method were held with the participants by brothers Ravindra Telang of Gangtok centre and Sachin Sinha of Bhopal centre, both being members of the IAS. A formal presentation and discussion on 'Balanced life through Meditation- A spiritual approach' was also organized.

A similar presentation was organized for the 2007 batch probationers of the IAS on 31st May 2008. The listeners evinced keen interest in yoga, meditation and its beneficial effects on human values and stress management which eventually results in a balanced life. Overall, 21 officers and five family members, including one officer of the Sri Lankan Administrative service took introductory sittings and started meditation during the course of the two month long training program. Satsanghs were organized including one on 30th April, Babuji Maharaj's birth anniversary. A few of the brothers attended satsanghs at Dehradun ashram as well. Master in a message welcomed and blessed the new entrants and asked the mission functionaries to follow up with them.

North Karnataka

Open House at Wadi

On 17th August a program was held at Railway Colony Mazdur Union Hall which around 20 aspirants attended. Most of them were railway employees. Dr. Gajendra Singh gave the main talk in Hindi, and spoke about various aspects of Sahaj Marg and explained it to them in simple language. Br. Raju Kashampur spoke about various subtler aspects of Sahaj Marg. Preceptor of Wadi Br. Kishan Rao Deshpande concluded the session. A very encouraging discussion session followed. 5-6 aspirants showed their willingness to commence the sadhana.

Chitapur

On 24th August a session was conducted at Vithal Mandir, Chitapur which was attended by about 50 local residents. Br. Raju Kashampurkar spoke in Kannada about our Mission and Master. Then, Dr. Gajendra Singh spoke in Hindi about the Real Goal of Human Life and Sahaj Marg System of Practice. Finally Br. K. Narayan Rao spoke in Kannada on the urgency and need to begin spiritual practice. All the aspirants listened attentively to the talks. They asked few questions at the end which were clarified. The program was concluded by vote of thanks by Br. Madhukar Rao Naik, preceptor of Chitapur.

Home Gathering at Gulbarga

A gathering was organized at Br. Mahesh Deshpande's residence in August which was attended by around 10 people in the age group of 20-25 years. Dr. Gajendra Singh spoke in Kannada and Br. Srikant Joshi spoke in Hindi. The simplicity and effectiveness of Sahaj Marg System of practice was highlighted. They listened to the talks very attentively and asked several questions at the end. The response was very good. Master's presence with a subtle spiritual atmosphere was felt to be pervading in the house during the program.



Koppal

25 spiritual aspirants were given an introduction about our Mission by Br. G.S. Kamath and Br. Raju Kashampurkar. Following the discussions there was a short cultural program by the children of Yelburga and Koppal. It was followed by a group discussion on 'How to improve our sadhana' and 'How to speed up the growth of our centers'. There were 10 groups & each group leader gave a gist of the views expressed by the abhyasis of his group. 130 abhyasis from various centres like Koppal, Gangavathi, Bellary, Kampli-Kottal, Yelburga & Hubli participated in the day-long program. All abhyasis expressed that they were immensely benefitted by the program.

Essay Writing

The all India essay competition to commemorate the United Nations Youth day was conducted in



schools, colleges and SRCM ashrams across the country, under the joint auspices of the United Nations and Shri Ram Chandra Mission. The objective of this event was to inculcate values in children and youth which furthers and tones the abundant energy, enthusiasm, idealism and open-mindedness prevailing in them.

The essays which are now being evaluated, saw nearly 25,000 children and youth in the age group from 10-24 participating in the event. The children from the junior category, in the age group of 10- 16, wrote an essay on the topic "Truth is courage". The senior category, age 17-24, wrote on the topic "Self-respect and self-confidence can shape one's Character". The essays were written in English and some Indian languages. It was seen that not only did the students enjoy the competition, but it was also a huge learning experience for the volunteers of the mission.

The competition saw widespread participation of students across the country from the Doon school at Panchakula and Punjab University in the North to a large number of schools in the South. About 6500 students from schools in Ranchi wrote essays in English and in Hindi.

Centres like Jamshedpur, Dhanbad, Bokaro, Ramgarh, Lalpania, Patna, Sindri, etc. also organized the essay competitions which touched the hearts of a large number of young students. At Shimoga, in Karnataka, 50 blind students from 5th to 10th standard, participated enthusiastically. These students dictated the matter and the volunteers took notes.

The Essay competition helped the volunteers in fine tuning organizing skills. This exercise helped centers in galvanizing a large number of abhyasis who got down to the task of contacting the institutions, volunteering to invigilate and evaluate the essays. They were also pleasantly surprised at the interest shown by Principals and teachers in arranging the competition in their schools. Many teachers and head of institutions enquired about Sahaj Marg system of meditation and some of them evinced interest to start the practice.

The results of the essay competition are expected to be announced by the end of November. The best three Essays in English and Hindi in each category will be awarded Trophies. For all other Indian languages, books will be given for the best three Essays. Certificates of Merit will be awarded to all participants who secure more than 60% markings in their essay.



Centres of Light

Another Centre of Light in the Making: Sewashram, Thiruvananthapuram

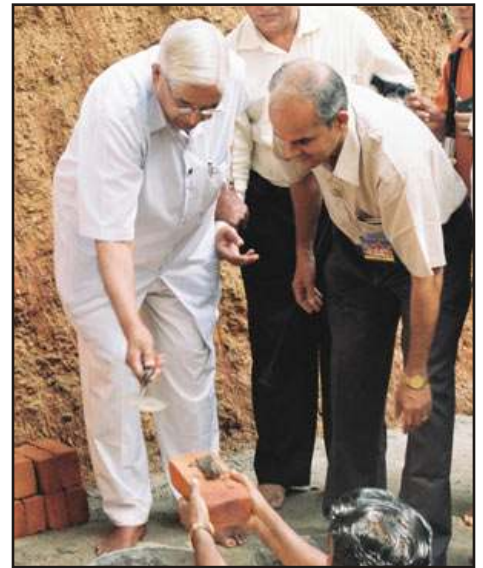
Thiruvananthapuram, the capital city of Kerala is blessed with a beautiful site for its ashram near the Aruvikkara dam. It is worth remembering that several years before, Master had visited this city with Babuji Maharaj, as guests of the then Maharaja of Travancore when the Maharaja and his family had participated in satsanghs. For the last one decade, abhyasis of Thiruvananthapuram; which is situated in the narrow strip between the Arabian Sea and the Western Ghats, were dreaming of having an ashram. Their prayers were answered when Master laid the foundation stone for the ashram on 15th April 2006 in the presence of thousands of abhyasis from all over Kerala and also from nearby centres in Tamilnadu.

15th April 2006 was a day which would be remembered forever by the abhyasis of Trivandrum. After laying the foundation stone, our Beloved Master conducted satsangh at the site itself and subsequently he blessed the abhyasis further by his words of wisdom.

The area of the ashram is three acres and an abhyasi residential colony spread over two acres is adjacent to it. The site is 17 kms from Thiruvananthapuram railway station and 25 kms from the airport. Aruvikkara Dam is near by and gives drinking water to the city. The ashram land is in the catchment area of the dam and is full of trees. The greenery and the panoramic view are a thrilling experience. Beloved Master named the ashram as "Sevashram". This Ashram is located on the left side of the Thiruvananthapuram - Vellanad bus route.

A small building available on the site was converted into a temporary meditation hall and is being used for conducting Sunday satsangh. Master has approved the ashram plan and the basement work is currently being completed.

As our Master has said, ashrams are Centres of Light. They will disperse darkness and spread Divine Light. All of us are anxiously waiting with a feeling of impatience to witness the inauguration of this new Centre of Light by our Revered Master and we are quite sure that that day is not far-off.



SRCM Identification Cards

There are two types of cards issued for abhyasi identification in the Mission. An abhyasi should have any one of these two cards.

Introductory Card

This card is issued when an abhyasi is introduced to the Sahaj Marg practice. It has one year validity from the date of issue. The abhyasi should fill in the 'Abhyasi Introduction Form' and submit it to the introducing preceptor to obtain this card.

Abhyasi Card

This card is issued to an abhyasi after minimum six months of regular practice. To obtain this card :

- Abhyasi must have the Introductory Card
- Abhyasi must have completed six months of regular practice.
- Preceptor recommendation is required.
- Abhyasi may apply for a replacement card for a lost or old abhyasi card.

Any other form of identity card is invalid. To apply for above cards or for related queries, an abhyasi should contact local center membership coordinator or center-in-charge. The local center coordinator works with the nodal center membership coordinator. Your zonal-in-charge has the contact details of your nodal center membership coordinator. For all other queries write an email with details to in.idcard@srcm.org.

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