



Master's news

Master's Travels

Jaipur

After the Lucknow function Master made a stopover at Delhi and then reached Jaipur by road 29th July. Around 300 abhyasis extended a warm welcome to Master where on arrival he inaugurated the newly built cottage. He went around the cottage asking about various construction details. He said he always feels fresh when travelling by road, whereas even an hour's flight makes him very tired. He sat on the swing in the verandah and talked to the abhyasis gathered. In the evening he came out of the cottage and spent an hour sitting on the lawn and in an informal conversation he said that he is happy in all circumstances. One should always be happy in all circumstances. 30th Master inaugurated the new meditation hall, dedicating it to his Master, Babuji Maharaj. He conducted the satsangh at 9.00 AM with around 1500 abhyasis from Rajasthan, overseas and nearby states in attendance. After satsangh he went around the ashram in the golf cart. The village Sarpanch and others welcomed Master in their traditional way and he distributed prasad and blessed all of them. In the evening Master sat on the lawn for about 1 hour, talked to a number of abhyasis, listened to poems and songs from children and answered the questions and queries of abhyasis.

31st morning he conducted satsangh. In the evening he called the overseas abhyasis to his cottage for a sitting as more than 200 overseas abhyasis were present. 1st August, Master conducted the morning satsangh, listened to bhajans sung by Sis. Ranjana and then addressed the gathering. He took time to go around the ashram and the adjacent colony - 'Master's Creation'. The area of the ashram is about 10 acres and the colony is 20 acres. Master continued to meet several abhyasis during the day. In the afternoon around 3.00 PM he left for his flight to Mumbai.

Mumbai

About 1500 abhyasis from Mumbai and nearby centres gathered in Panvel ashram. Master arrived from Jaipur at 7.20 p.m and headed straight for the ashram. He was given a warm welcome by a young, enthusiastic group with a specially prepared song. The next morning Master surprised everyone by sitting in the terrace adjoining the meditation hall. He enjoyed the cool breeze and then went straight to the meditation hall for satsangh. All through the day he was busy meeting abhyasis and doing his work. At 3.30 p.m abhyasis invited him for a tea-party with all in the dining area. Master sat amongst all and then conducted satsangh at 5.30 p.m. 3rd, after conducting satsangh at 7.30 a.m. he solemnized a marriage. He gave a profound, thought provoking speech focusing on the need for simplicity and contentment. Master then left for some private visits and later left for Chennai on August 5th.

Chennai

Master conducted satsangh on Sunday and left for Gayathri on the 9th, spending his evenings discussing various topics like the duties of an abhyasi, and various cultures. 14th evening, he visited the LMOIS hostel and had dinner with the students. Master was in good spirits and made himself available to answer students' questions, giving a talk and enjoying a song from a group of students who had just returned from winning an award in an inter-school competition. He spoke of the importance of music, saying it is nourishment for the soul, and his hopes that there will be lots of music and singing at the school.

Over 800 abhyasis and 200 children from North America came to Manapakkam for the North American seminar from August 16 - 20. Satsanghs in the presence of Master and his talks were the primary highlight of the seminar. Talks, Master meeting with new abhyasis, meeting of prefects and working groups, trips to the Omega school, Q&A session and cultural presentations by NA abhyasis and children were some of the other highlights of the seminar.



Rev. Master's 84th Birthday Celebrations 23-26th July 2010, Lucknow.



Lucknow is one of the largest ashrams in India with more than sixty acres of land besides a big colony planned for abhyasis. This time, a lot of preparatory work on the campus had been done in view of the heavy rainfall during this part of the year. Concrete roads with rain water drainage system made it more comfortable for abhyasis to move around. Huge rain proof shelters had been erected for meditation hall, dining, canteens and the usual stalls.

Master arrived on the afternoon of 21st July, with about 15,000 abhyasis present to welcome him. That evening, he dedicated the newly constructed meditation hall to Babuji Maharaj. The hall is 15,000 sq. ft. with a seating capacity of 3000.

'Love & Gratitude' was the theme of the celebrations that commenced on 23rd July, with more than 40,000 delegates from all over India and overseas. An important sidelight of the celebrations was a total of 24 weddings solemnized by Master. He also blessed us with three thought provoking speeches. He spoke on "Sahaj Marg towards Infinity" on the 24th and said:-

- After 46 years in Sahaj Marg, I am still on an endless journey. We proceed towards infinity in Sahaj Marg. We have to master infinity and hold it in our fist.

- We think Master will do everything for us, but our cooperation has to be one hundred percent. Then his help will be 1000 percent. Sadhana is not an end in itself, but through sadhana, we transfer our dependence to Master.

On 25th July, Guru Poornima day, Master in his talk in the morning said:-

- Those who are with the Guru on this day will get faster progress.

We should be aware of the need for our own action and responsibility for our progress.

Master was breathless during and after the talk and in the evening, still in the same condition, he told some abhyasis, "I do not know if I am sick, but I am not well at all."

On the morning of 26th July, Master in his concluding talk, observed-

- As Babuji Maharaj used to say, only one thing has no end — the spiritual life, because the soul being an amsha or a spark of the Divine, is also immortal and everlasting.

- Babuji Maharaj said mamta (the love of a mother) is the purest in human life. Therefore accept your guru as your mother.

- When we serve without anticipating, without expecting anything in return, that is pure service. Service is the easiest way to his heart. The Master does not need our service. But if it is a natural thing, that like a child helping its mother because of, what shall I say, being one with the mother, eventually it does become one with the mother.

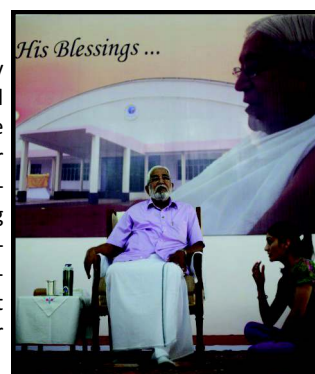
Several bhajans were rendered during the morning and evening sessions by Sis. Aparna Ghosh, Ranjana Mehta, Meena Mishra & Br. Gurpreet. In addition, a bharatanatyam dance recital by Sis. K. Sowmya, a drama on the life of Saint Kabir presented by abhyasis from Baroda Centre and a musical program by abhyasis from Russia were performed.

The celebration was also an occasion for several functions of the Mission such as SMRTI, CREST, VBSE, SHPT, Echoes Newsletter, Website & IT teams to meet and plan for further work. After the meeting of the working committee of the Mission, Master referred to the just released "Whispers from the Brighter World - a Third Revelation" and said, "All that happens here is known to them. It is like a fish tank, we are all inside, but we are watched from outside." Referring to his health and the demands of work, he said that Babuji could climb several floors of the British Consulate when required and had said, "I may be weak, I may be uneducated, but when circumstances warrant, I can do anything!" Master added, "Should I not try to do at least one hundredth or one thousandth of what my Master did?"

Master found time to meet abhyasis and functionaries from all over the world, to discuss the affairs of the Mission and give them guidance, besides meeting with individual abhyasis (and their children) and graciously attending to their personal problems and questions.

As usual, the children's center was a hub of activity and cheer during the celebrations. Over 4,200 children were kept entertained with several activities including magic and puppet shows, games, arts and crafts.

The abiding memory of the well organised celebration would be Master as the ever toiling mother, working tirelessly, looking after the brood collectively and individually with no thought of his own health or comfort.





A day in the life of Master

Excerpt from Echoes of India- July 2010

We asked Master's granddaughter Madhuri to sum up Master's daily routine as she has seen it from close quarters. This is what she came up with.

On a typical day, **4.30 a.m.** - Master is up at the crack of dawn after a night of disturbed sleep. He is ready in no time for his morning meditation which begins immediately.

5.30 a.m. - Having just completed his meditation, He walks out to the veranda for coffee and to enjoy the light morning breeze. Abhyasis are up and ready, anticipating this time with Him and slowly begin to come in. He responds happily to their greetings and welcomes them to sit beside him.

6.15 a.m. - By this time, he is done with coffee and moves into his office to start the day's work. He begins with the emails he receives every day and answers all of them tirelessly.

7.00 a.m. - Takes up the work of preparing two prefects for work in different centres. Upon finishing this, he notices it is 8 o' clock and time for breakfast!

8.30 a.m. - Master finishes with breakfast and goes into his room. There, he meets with abhyasis who are present. He interacts with them and makes sure he meets newlyweds, individuals with birthdays, children and people from afar before he goes back to his office. He promises those gathered a sitting at 9 o' clock.

10.00 a.m. - After the sitting, he goes back office and tends to work regarding

centre administration, ashrams, finance, new buildings etc. and later has a meeting with some important officials.

11.30 a.m. - Does his Russian lessons on the computer for about an hour before lunch.

12.30 p.m. - Coincidentally, three Russians are invited to eat lunch with him. He practices the language and enjoys their company.

1.30 p.m. - Master now goes to watch a short documentary, mostly picks those involving animal life.

2.30 p.m. - Retires to his bedroom for his afternoon nap. Is read to for about half an hour from a book before falling asleep.

5.00 p.m. - He is up and finished with breathing exercises lasting half an hour and is ready for coffee. After this, he goes around the Manapakkam Ashram in his golf cart, meeting everyone on the way and checks the progress of the construction of the new auditorium block. Stops on the way at the canteen for a small bite with all gathered around him.

5.30 p.m. - Master sits outside in the garden with abhyasis and talks about his days in Shahjahanpur with Babuji. He then gives a sitting lasting about 45 minutes and then it is back to the office for the evening's work!

7.30 p.m. - Having answered all his new emails and updated his diary, Master goes for dinner.

8.30 p.m. - Time for the daily movie. He chooses one out a selection brought by an abhyasi and watches it with others.

10.30 p.m. - Goes to bed after a wearying day for a much deserved good night's sleep.

We have been using the term "Masters Cottage" for the premises in ashrams which is actually the place from where the Master carries on his official functions of the Mission. It has now been decided to be more appropriate herein after to use the term "Master's Office" which conveys the actual purpose for which the premises is put to use.



United Nations Day of Peace

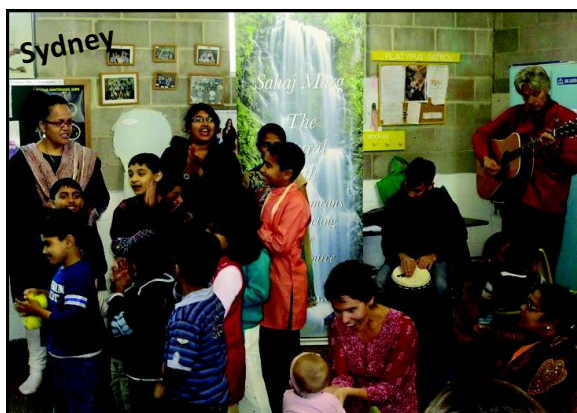
**United Nations International Youth Day
"Youth, A Time for Promise and Effort"
Combined report by Danielle Smith**

On the United Nations International Day of Youth, our Mission's centres in Australia and New Zealand organized outreach programmes on the theme: 'Youth, a time for Promise and Effort' with a prayer/meditation session, group games, songs and stories by children, youth and adults.

Youth represent the future of our planet. Inspiring them to participate in constructing, for themselves and for the world, a peaceful and loving future, is fundamental to our very survival. On 18 December 2009, the United Nations General Assembly adopted a resolution proclaiming the year commencing 12 August 2010 the International Year of Youth with the theme: **Dialogue and Mutual Understanding**. The Year aims to encourage dialogue and understanding across generations and promote the ideals of peace, respect for human rights and freedoms, and solidarity.

Some excerpts of activities undertaken during the events in the region:

Sydney Centre: The programme started with a warm up game



which all age groups thoroughly enjoyed, followed by the Children's programme with the children presenting a power point presentation and entertaining the audience with the song "If you are happy and you know it". Each child recited a little poem on how they can make someone happy and concluded by reciting our prayer.

The main UN PowerPoint was presented by Sis Swaroopa and Sis Dipika. The programme was presented with a lot of enthusiasm and Br Arjun concluded by reciting a poem on "Youth a time of promise" which he had written especially for the occasion.



Brisbane Centre presentation and skits were presented by the youth and children. Our presenter started by asking the audience to give one word that for us encapsulates youth and carried on talking about his special experience, being a child of abhysis, brought up not only within the Mission, but also quite close to Master and his family....and the benefits of such exposure. A skit entitled "the Three Trees" had been prepared for the occasion and was enjoyed by all.



Brisbane



Perth Centre: Teenagers did a presentation on some of Master's statements on youth conduct. The theme for the younger children was **Never give up** and they used the film 'Searching for Nemo' as an inspiration for this. Br Babu made a long presentation on communication, dialogue and mutual understanding.



Melbourne Centre: The program started with the UN Secretary General's message being read out by our youth followed by a UN Youth day presentation as well as personal experiences of this in the audience. During the presentation as well as after the presentation 2 five minute activities (games) which related to our theme of communication (dialogue) & mutual understanding, were played.



The second activity related to our positive behaviours and our values. The programme concluded with the viewing of the Milan Youth seminar video.



United Nations Day of Peace cont.

Wellington centre's event was introduced by Sis Yasmin. Youth read stories from the SMSF website and talks from our Master about patience and tolerance. Another story, entitled "Robert, the Bruce and the Spider" continued with discussions on the transitory nature of success and failures and the recognition that any such experience make us stronger.



Auckland centre: The youth took charge of the planning and action of this event for the first time. A message for the Youth in Dubai – talk given by Master 16 October 2009- was read. An activity on the theme of Dialogue and Mutual Understanding. Another key part to this presentation was Intercultural Understanding and Volunteering. There was a short discussion about how you could volunteer as a person and what you could do for your community. Everyone shared their ideas and their experiences of volunteering and how we could do it more regularly and perhaps as a larger group. After the presentation some of our younger youth planned an activity which requested everyone to talk for 1 minute. A way to get everyone in the group involved. The last activity was a group discussion. 5 youth members picked a paragraph each from one of Master's speeches



and read it out and this was then followed by a short 10-15 minute discussion by all the participants.



Tips from Br. Prasanna

Meditation.. is a process of waiting. Need to be alert to thoughts and cut the thought immediately, don't try to fight thoughts, just ignore them, let them not concern us. No activity, no focus, just waiting, for 1 hour. Often meditation is so disturbed and hard but that is the time it is most important to do it

Be alert with our meditation.. am I doing it rightly... hand over to Master if I can't do it ... at work we are there to make the boss happy... am I doing the right thing that will benefit my company... have to benefit from being here... only I stand to benefit from my meditation...we abuse our relationship with Master by not being obedient, not doing our practice

Why meditate?

Cry from the heart should be so forceful that god comes to find us
Bring the intensity of purpose
Need to be men of passion
Commit our self to these things if we do this right we will always have good things in our life

Cleaning.. none of the rest of the practise is of use if cleaning is not done...

Need to make the suggestion that the heart is being cleaned...as soon as we are aware of attaching to a particular thought, stop and let it go and go back to cleaning...put the thought that this is not my thought but Master's thought

There are 3 levels of cleaning

Daily cleaning ..we need to push out the grossness, not sleep or meditate and then the divine current will flow automatically. Think any unnecessary things, complexities, impurities are pushed out the back and continue after ½ hour if it is not completed...continue till we feel that lightness and the flow from Master's heart to our heart

Sittings.. condition keeps changing if we are progressing..because there are many sub-points, there is turbulence when they are being cleaned and then we experience peace and the turbulence settles. We can take more sittings when you don't feel like meditating because this is the time we need to meditate most. Take sittings x1/week initially and then about every 10 days.

Master's presence.. Be with Him as often as possible. Master says x3/year. More important to have the thought that you want to be with Master. There is an enjoyment in separation which you cannot have by being with your lover. There is no substitute for being in the physical presence of Master and we need to feel a part of His family.



Our Regional in Charge comes to visit

Melbourne (Report by Mohan Gopalakrishnan) centre had the good fortune to host a youth seminar 11-12 September with the theme chosen by Rev. Mater, "Peace for a better future", coinciding with the theme chosen by UN to commemorate UN International Day of Peace. This was also a time for us to spend valuable time getting to know Br. Prasanna Krishna who we are grateful to for visiting us down under.

Before the seminar, a discussion on "Peace for a better future" would perhaps have elicited responses such as putting an end to wars and ending poverty. But Br. Prasanna had made it clear that we were primarily all to gather with the goal of self development and individual change. We all wish to live in a peaceful world, but not many of us think we each can make a difference to achieve



that. One thing I took back from the seminar was that I can take an important step towards that endeavour, which is to realize that peace within myself, by changing myself. The topics discussed during the seminar such as "Character Formation", "Time Management" and "Change" were aimed at eliciting pointers to developing our inner Self to bring about that peace within, or should I say Pain. The reading of Babuji's chapter "My Pain" threw light on how Babuji sees that most people hanker after peace when they really should be craving pain. So seeing pain in light of achieving Peace for a Better Future or even World Peace, was the essence of the profoundly potent Maxim 7 - Be not



revengeful for the wrongs done by others. Take them with gratitude as heavenly gifts.



Before setting out to pen this article, I closed my eyes for a few minutes to think about the seminar and it is still very fresh in

my memory. The seminar was a classic example of "by the people, for the people", where each abhyasi played a significant role in making it a memorable weekend, yet the people seemed inconspicuous throughout. It was an experience of simplicity and a production full of subtle valuable learnings. Towards the end, silent out-pourings from everyone's hearts young and old, took the form of a painting on canvas with amalgamation of thoughts and expressions.

As a highlight, I'd say I have understood that achieving world peace starts with transforming myself to become a being ever emanating love and peace. To achieve that transformation, as Br. Prasanna urged, every time one sits in meditation and satsangh, the cry from the heart and longing to achieve oneness with the goal must be of such intensity, that God should Himself be restless to come to us, help us.



Sydney

Friday 10th Sept there was a full day programme at North Epping Guides hall starting with 7:30 AM satsangh. Br. Prasanna spoke about cleaning, importance of the practice and answered abhyasis' queries. There was a visit to the ashram in the afternoon, preceptors meeting and satsangh then Prasanna conducted evening satsangh. After dinner some stayed for 9 PM universal prayer.

On his return to Sydney Br. Prasanna conducted satsangh at Seven Hills 23rd and Meadowbank 24th. Around 42 and 35 abhyasi were present respectively..

Around 15 abhyasi from Sydney went to Melbourne for the Youth seminar Sat/ Sun 11th -12 Sept.

Our Regional in Charge comes to visit.. continued

Brisbane Prasanna enjoyed a more relaxed time, giving 2 satsanghs, sittings, addressing abhyasis, and checking out the koalas in Lone Pine Wildlife Sanctuary.



New Zealand Report by Raj Joshi, Wellington NZ

Brother Prasanna Krishna arrived in New Zealand 17th September from Fiji to conduct a 2 day national seminar in Auckland and one day gathering in Wellington. Venue of the AKL seminar was situated on 10 acres of land surrounded by beautiful trees and peaceful environment.

The Seminar started with satsangh conducted by Br. Prasanna Krishna, followed by a welcome to Br. Prasanna Krishna and Sis Libby from Australia.

In his talk bro. Prasanna emphasized character formation and asked all abhyasis to re-read Rev. Master's talk on character formation given 10th June 2010 at Chennai. He said abhyasis are lacking in this respect which is adding to Master's misery. He said the only way to make Him happy is by changing our character and each one of us should be a changed person after attending every seminar, otherwise it is waste of time and money and hard work for Rev. Master because he has to do the same cleaning each time we visit him.

Sis Libby presented a workshop on Maxim 7 contents taken from VBSE program, which was very helpful, and one thing was very clear from this workshop that it is we who hold back things, instead of accepting and letting go because we have a choice either to let go or hold on.

He emphasized that we need to develop brotherhood and stop criticizing each other.

He has given some guidelines to abhyasis who wish to visit Rev. Master, especially for upcoming October Oceania meet in Chennai. He requested us to go without any expectation, keep ones mind clear and heart open to receive whatever Rev. Master wishes to give.



We organized a gathering in Wellington 20th September, visited Palmerston North, a center which is 150 Kms from Wellington to conduct Satsangh and meet abhyasis in that center and Br. Prasanna conducted 4 satsanghs apart from giving individual sittings to abhyasis.

We all felt his visit was very useful especially for all those abhyasis visiting Chennai in a few weeks time. It is a great opportunity to work on ourselves by following the guidelines and to reap maximum benefit.



Our Regional in Charge comes to visit.. continued

Fiji Report by Sashi Kieran, Lautoka Fiji

Br. Prasanna Krishna RIC spent 3 days in Fiji. He had a meeting with the prefects and then travelled to Suva Centre to meet with abhyasis. He gave sittings, conducted 2 satsanghs and facilitated a question and answer session.

In Lautoka also he conducted a seminar, gave sittings and conducted 2 satsanghs before leaving for NZ.



**Bro. Prasanna with abhyasis
in Fiji**



Ashram Update

Council requested revised and amended consultants' reports responding to the submissions received against the development. After submitting these, a fire burnt down the Council Hall, and all non backed up reports and applications were lost. We were fortunate that all our files were backed up. There has since been difficulty corresponding with Council as they have had to make do with temporary premises. Due to their inability to make copies we were requested to submit another 2 copies with previous correspondence. This has now been completed and we will wait to hear the outcome. We expect that we should now proceed to the Independent Hearing Application Process meeting which will hopefully take place in November/ December depending on how quickly Liverpool Council can go over the final documents and prior correspondence.



Other developments:

An Ashram Committee meeting was held 1st August, 2010, in which there was discussion on general maintenance issues and housekeeping. Occasional weekend Retreats, and some training programs have been conducted at the Ashram with all attendees basking in the wonderfully charged atmosphere. On 10th September, a small group of abhyasis along with Br. Prasanna visited the Ashram during his visit to the Sydney centre. A preceptors meeting and Satsangh for all, were conducted.

Personal Articles

Lucknow Celebration

Janine Joyce, Dunedin, NZ

What was the practical benefit of travelling so far to be with Our Master?

Maybe we can answer this question by remembering the Divine atmosphere, the Comraderie of brothers and sisters and the delight of Satsangh. Thank you Master.

Maybe we can talk about the way in which our Soul grew as we were given the time to focus upon the Divine. Thank you Master.

Maybe we can talk about the way that we learnt to treat each other with respect whilst the physical body was uncomfortable. Thank you Master.

Maybe we can talk about the way that each of us volunteered, to a greater or lesser degree, and created our infrastructure for the Celebration. Thank you Master.

Maybe it was in the way we learnt to trust that our needs were few...not so many meals needed... not so much personal space required.. not such a degree of choice of food or ways in which to fill in time needed... not so many hours of sleep required. Thank you Master.

Maybe we can say that when we are with Our Master we are completely joyful on the inside and develop a deep unforgettable knowing that outer events are sent to shape and mould us. We are only requested to cooperate. Thank you Master.

And maybe we can say that we journeyed to Lucknow but really we journeyed into the inner world with our Master's guidance- a journey of such immense beauty and subtlety that perhaps there just aren't the words. Thank you Master.



Character Formation

Narayan Mani, Wellington, NZ

Master is the definition of Character. Brother Prasanna did mention in his speech "be true to yourself". What he also meant is when you are alone; you should act like how you were with people at work, functions and gatherings. From our discussions about Character Formation, I recollect an important idea. When you go to an antique store you see a beautiful teacup. It was not beautiful before, it was just brown clay. A specialist of making teacups took it and rolled it and smudged it in many ways to form a shape, put it in the oven to solidify well and then after hours of work on the teacup, it forms its shape and gains its attractive nature. Master is moulding us into perfect being, he cleans us, gets rid of our inner impurities and moulds us like him and the driving force for all that is Character. I would like to share a story with you I got this idea from a movie I watched (Fearless; starring Jet Li)
Synopsis: Fearless is a movie about a man who used martial arts to channel his energy and understood the meaning of mutual respect for all kinds of life.

There were two men (A and B) sitting opposite each other. They celebrated an occasion by having some tea. A who poured the tea asks out of curiosity "do you know anything about the art of tea?"

B answers "it's not that I do not understand, I am just unwilling to understand...I do not want to categorize the tea! As long as its tea it will be fine with me"

A says "but tea has differences in quality and grade"

B says "they all grow in nature...there is no good or bad"

A seems resistant on this idea "seems like you do not really understand, otherwise you will definitely come to realize which is good and which is bad..."

B smilingly replies..." the quality of the tea is not determined from the tea itself..it is decided by man!"

What I gained from this is, character is formed when you have no judgmental capability, when you accept a matter without analyzing pro and cons, you will benefit the most from it. It is our human nature to decide what is right and what is wrong.

Also I wanted to clarify this story a little more :

Enjoying the tea depends on your mood, as long as you're in a good mood....does the quality of the tea really matter?

"sow an act, reap a habit...sow a habit, you reap a character...sow a character, you reap your destiny" **A great leader is born when he or she has the ability to accept suffering as it comes.**

Inception the movie

Rohan Kulkarni and Narayan Mani

A group of Wellington abhyasis saw the movie *Inception* which was recommended by Rev. Master during the Lucknow Celebrations. *Inception* is a 2010 American sci-fi action film. The film is inspired by the experience of lucid dreaming and dream incubation. This movie links many aspects and values of Sahaj Marg and displays the idea of time, dimension, space and constant remembrance.

The layers of dreams shown in the movie are like our layers of samskaras, which have got us entangled and we are forced to live according to them. Master introduces an abhyasi in three sittings by putting a seed into our hearts "Hridaya yoni" and the seed starts growing. And that is Inception. A single idea can define a man and change his world. But one needs the right calibre Master like ours, as the seed/idea can lead one in the wrong direction.

Every morning in our meditation we allow Master to go deeper into our subconscious mind to take us to different dimensions of spirituality. So we need Master's helps in making the seed nurture in our hearts.

In the movie, Leonardo's wife projects herself all the time. It is like our samskaras or impressions which keep showing up and misdirects our life. We need to clean them or suffer them. In the movie Leonardo goes deep into his layers and layers of dreams and enters the dream world which he and his wife took 50 years to build, just think how much time or lives we would have taken to build our own samskaras. At the end of movie Leonardo tells her to go away, exactly what we need to do in Spirituality. Don't hold on to your samskaras. Let them go away. The architect in the movie builds cubes and mazes in the same way we create wishes/mazes in our lives and get stuck in the spider's web!

So our Prayer says "We are yet but slaves of wishes putting bar to our advancement".

Projections shown in the movie are like our thoughts which keep disturbing us during our meditation. As we are going against them, they attack us exactly like they show in movie. Thoughts/projections keep attacking us or disturb us during meditation. Let them go. If you hold on to them they will attack you and bring you back out of the dream/meditation.

The time difference between different dreams is different. A person dreams for 10 hours. In the 1st layer of his dream 10 hours is 10 days. Second dream layer is 10 years. It goes on.... Same with our life... we can't relate to time between our cycles of births. Time is different in different dimensions. It reminded me of the story of

Brahma; where he goes to wash his face, and he gets the news that Ravana is born. He finishes washing his face, he gets the news Ravana is dead. Then Brahma comments, what a small life time.

The movie very well explains the concept of getting stuck in Limbo.

Same as we Human beings... we die, and the soul without Master gets stuck in limbo and roams around until he is reminded of the thought, that he needs to go back to his home. Leonardo reminds the Japanese guy of this at the end of the movie. This section reminds me of the Tibetan book of the Dead. The body dies and if the soul doesn't have a Master in his life or is not able to recollect his memory, the soul will get stuck in his own projections and is lost. But if we abhyasis are in Remembrance of Master, at the time of our death, He will come and take us to our destination.

So constant remembrance is the key to our practice, and meditation is a means to constant remembrance.

The jerks mentioned in the movie are like the jerks we get at times in meditation which are the effect of impressions that are strong and yanked out by our Master

And the best part of the movie is the last scene, the top is still rotating which means even this life which we are



Wellington Abhyasis at Inception Movie

Preparation for meeting Our Master in October

Jottings taken from Br. Prasanna's talks

Because of Master's age and health we must have no expectations..go with an open mind

Pray for Master's health

Cause minimum trouble to Master. Give Master His space.

Just 'be' with Him and accept anything He offers..don't even expect Him to be there

The primary concern is to ensure He is healthy..we need to look after Him

Stay in dependence on Him but make no demands.. supplicant mood, what we need Master will give

Best to stay within the ashram as much as possible

Centre News

New Zealand

Dunedin

Three abhyasis went on silent retreat to Waikawa for four days at the beginning of July, the third such retreat in the last year and it continues to be a powerful way of growing our group. We were fortunate again to have the use of a holiday house there, which has now become a familiar and safe place to bring our silent remembrance. Satsangh was held in the car en route in a small village, since we were travelling at that time and the silence started from that point. The weather at Waikawa was cold but wonderful. There was much work done all round and then some gentle sharing on the way home.

The group is finally beginning to grow and one of the abhyasis kindly made the offer of the use of premises. During September we started having Sunday satsangh in the language centre at 95 Hanover Street right in the centre of town. It is a very good venue for us.



NZ abhyasis at seminar in Auckland

Further Tips from Br. Prasanna

Everything Master does has a class to it, the best. Everything has a place/discipline in His life.. He uses only half a post-it note if using a whole post-it is not necessary to avoid waste. Do things perfectly, the way He would do it that is the secret of Constant Remembrance

Suffering.. either we suffer and He accepts when we can't take any more or He suffers on our behalf ... we need an attitude of *Cheerful Acceptance*, "this too will pass"

Master is not so much worried about the number of sittings we are giving but are we giving them properly? While giving sittings on a regular basis is necessary for Prefects, each sitting should be given as if The Master is giving it.

Master can perceive even if it is just in our heart. But it is important to write to Him so that we develop the attitude of opening up our heart to Him.

Self-denigration is not OK.. no need. We need to be confident that God is in me.. need to learn to be charitable to self .. the only repentance allowed is to resolve not to do it again

We need to take care of our behaviour every second... what others do is none of our business, don't tell them, just pray for them... not OK to criticize or complain...we all have our own deficiencies, only Master is perfect

Best not to do cleaning regularly in a public place

Its time to click, New Zealand Centre is on Internet now!!!

Welcome to Sahaj Marg New Zealand webpage, your very own local spiritual world online. Now it's your turn to experience your own enlivening webpage, defined with your needs in mind.

All New Zealand Centre details like Upcoming and Recent Events, Meditation centre locations etc can now be accessed on your very own Sahaj Marg New Zealand webpage. www.sahajmarg.com/yoga/New_Zealand

This webpage is a helpful tool to communicate and share accurate centre information to all abhyasis in New Zealand and other centres of the world. It signals a break away from the ordinary and conventional communication method, to a smarter solution designed to benefit us.

The Webpage is updated on a regular basis and any new centre details can be easily updated by contacting your Centre Co-ordinators.

Please use this webpage medium as your guide to share information and build strong lasting relationships with each other.

To find out about other centre information, please click here http://www.sahajmarg.com/yoga/Main_Page

Noumea



17th-19th September we met together for a weekend of meditation and introspection in a beautiful, calm and natural environment. We had very interesting discussions on the 10 Maxims, especially the third one which we studied in detail. As well, the issue of Character was discussed in a very interesting exchange. We spent a spiritually nourishing time together, guided by our Beloved Master.

Fiji Suva & Lautoka Centres

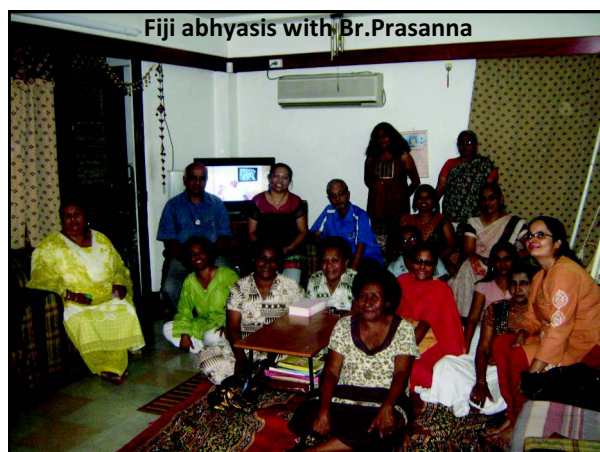
July

Guru Poornima

After Sunday Satsangh we had an extended program to celebrate Guru Poornima at both centres, with a total attendance of 19 abhyasis.

August and September

It has been proposed that one Sunday after Satsangh every month be dedicated to an extended session for an hour. The aim of these sessions is to promote brotherhood, and provide a forum to discuss SM practice and its experience in daily lives of abhyasis. In Suva Centre the first session in July was on the topic "GOAL", in August abhyasis took up the "First of the Ten Maxims" for discussion and in Sept they continued discussing and understanding the "First Maxim" further.



Rev. Masters Birthday Celebrations in Fiji

In *Lautoka* after morning satsangh abhyasis watched the DVD of Master's Birthday Celebrations in Calcutta and in the evening we gathered again for satsangh and to view the Tiruppur 80th Birthday celebration DVD. This was followed by dinner and after the Universal Prayer we departed for our respective homes.

In *Suva* following morning satsangh there were readings. In the evening abhyasis again gathered in Nadawa, and after satsangh abhyasis read about Chariji from Mission literature, this followed viewing a DVD, "Longing for the Original Home", and after dinner and the Universal prayer the program came to an end.

Australia

Perth

July

4 study session on Maxims 6 to 10.

17 & 18 4 abhyasis visited Sydney to take part in the VBSE seminar

August

1 Intensive Focus Session on the 3 messages Beloved Master gave during the Birthday Celebrations.

15 UN Day of Youth

29 Special session Science and Spirituality

Br Vijay from Bangalore presented on "Science and Spirituality". A well done presentation linking quantum physics and Sahaj Marg practice. It was a very invigorating session. Many abhyasis participated in the discussions despite the short notice.

Donnybrook & Busselton Centres.

July

10-11 Donnybrook centre held a weekend study session. Abhyasis from Busselton and Perth participated. Sittings, Satsanghs and discussions were held on the topic of "My Master and I". A wonderfully enriching weekend was had by all.

Master's Birthday in Perth

A total of 28 abhyasis from Perth and Donnybrook arrived for the morning Satsangh then a presentation on "The Master in Sahaj Marg" followed by another on "Love and Guidance". After lunch there was a group activity based on The Master/The Mission and The Practice. In the afternoon the DVD "Future of Sahaj Marg" was played followed by a presentation on "Universal Prayer" and then by one on the importance of Master's vision of a Perfect World and the role of abhyasis in making it happen. Satsangh followed by a Children's Presentation and the programme concluded with the Universal Prayer after dinner.

August A working bee was held at the Busselton Clinic where abhyasis helped with gardening and maintenance work.

Brisbane

July

4 Satsangh at Springfield Lakes with 21 Abhyasis from Brisbane, Sunshine Coast and Toowoomba centres. The session started after a break discussing the role of a Centre Co-ordinator, preceptors and ZIC, in order to understand the correlation and implications and hopefully for abhyasis to involve themselves in tasks/roles in the centres.

24 Rev. Master's Birthday Celebrations

26 abhyasis and 12 children celebrated (1 abhyasi went to Lucknow) commencing with satsangh, then a short reading of excerpts from the literature, mainly on love after which there was a presentation on love and guidance. An interactive practical presentation on Maxim 3 followed, based on an article found in the last Constant Remembrance, by Brian Jones. A spontaneous session developed where abhyasis joined in a circle and started to exchange ideas on what could be done to best suit our needs and practical aspects related to venues, means, age groups re the children. The "Character Formation" series DVDs were watched in the afternoon before satsangh, concluding the day with the Universal Prayer. Abhyasis who live far away stayed overnight and we watched a video from "Here and Now", to conclude.

August

1 The monthly gathering was held in Camira Br Satish from Perth gave the satsangh after which we played the 3 talks delivered by Master during His Birthday Celebrations. After lunch, children started to rehearse a skit entitled: 'The Three Trees' that was played on UN Youth Day.

September

The monthly gathering was conducted in Toowoomba with an open house. 2 visitors attended. DVD viewing "Read with the Heart". Our bush walk family program was cancelled due to rain.



18 Peace and Sustainability Fair, Musgrave Park, South Brisbane: The Mission held a stall on the International Day of Peace to spread the message of peace and prayer. Although there wasn't a great deal of interest, we were there to run the programme and raise awareness in the wider community.

Gympie

July At the beginning of the month an open house was held with two people attending. Master's birthday was celebrated with other brothers and sisters at the Brisbane centre.

August There were many brochures handed out and put on notice boards in a local town called Cooran, about half an hours drive from Gympie.

September During the month there was one new person introduced, the local yoga centre was visited and there were positive discussions with the owner in regard to holding talks and having weekly Satsangh at the centre. A date for next month was decided upon to hold the first talk on Sahaj Marg meditation at the centre. During Br Prasanna's visit to the Brisbane center, four of the abhyasis from the Sunshine Coast attended the gathering in Brisbane. Everyone thoroughly enjoyed the day.

Brisbane Monthly Gathering..



Melbourne

July

The month began with the focus on preparing ourselves for Revered Master's 84th birthday celebrations. 4th July we did a role play aimed at giving abhyasis confidence to talk about Sahaj Marg to interested friends and relatives. As the date of Master's birthday celebrations came closer, we focused on "The Right Attitude towards the Practice".

Revered Master's birthday was celebrated on 24th. The theme was "Love and Guidance". During the day we had 2 presentations – "The Duty towards Ourselves" based on the theme "Love and Guidance". In the evening the presentation was on "Become the Lion, realize your potentiality". Besides that we watched various of Master's talks.

August

The first half of this month we focused on simply trying to absorb the inner condition each one of us were given by Master. We celebrated the UN International Youth Day and the youth did a presentation and a short skit. The rest of the month was devoted to getting our youth together to prepare for the upcoming Youth Seminar in September. 29th August, Sister Danielle was in Melbourne on a short visit and she conducted satsangh and then the **SMRTI Abhyasi Training Program**. 15 abhyasis attended this program which ran for about 3 hours.



Sydney

July

- 4 monthly gathering on the importance of attending Celebrations.
- 10-11 VBSE training weekend in a hall at Bringelly. Abhyasis from Sydney, Perth and Melbourne attended.



August

- 1 Monthly Gathering Maxim 7
- 29 United Nations International Youth Day was observed. There were 46 adults and 15 children present for the session and a mixed programme of children's presentations, abhyasi talks, a poem and music.

September

- 5 Monthly gathering session on preparing ourselves for our visit with Master
- 25 Open House held in Wollongong

Master's Birthday Celebration

July 24th

Rev. Master's birthday was celebrated at North Epping Guide Hall by 94 abhyasis, including abhyasis from Newcastle, Wollongong, and Blue Mountains and around 15 children. 10 abhyasis spent His birthday with Him in Lucknow.

Following 7.30am satsangh we had brunch then a session on Rev. Master's life. This was followed by a presentation on the theme of the celebrations – "Love and Guidance" a power point presentation, with intermittent pauses to allow us to think over the quotations being read. The second phase of this presentation was a group activity where abhyasis were requested to form 5-6 groups and discuss among themselves points relating to the theme.

Golden Silence session was observed from 2:00 to 3:30 PM, followed by high tea. At 4pm a session was conducted from the website at the

Celebrations at Lucknow, India. Abhyasis then shared their experiences of meeting with Rev. Master. An open session in the afternoon included watching Rev. Master's 10 minute internet interview "Ripples of Love". This was followed by another DVD from Here and Now series, "Informal conversation" and "Take One Step in His Direction".

Later we watched the DVD "The Eternal Connection" and the evening satsangh began at 6:15 PM, followed by dinner and cleanup. At 9pm around 10 abhyasis sat for the Universal prayer concluding the session.



We are so glad to inform you that, we have collected around A\$3,149 to buy the laminator equipment and laminating sheets for Omega School. The cheque was handed to Br. Prasanna to deliver to the School.

Oceania Calendar of Events

Date	Event	Venue	Contact
October			
8	Open Day	Yoga Centre, Gympie	bidwood@bigpond.com
14-19	Oceania Seminar with Master	Chennai, India	Centre coordinators
24	Study Group..intro 10 maxims	Toowoomba	danasm@primusonline.com.au
24	Monthly Gathering	Gympie	bidwood@bigpond.com
29	VBSE activities	Willetton, Perth	krishnan13@hotmail.com
30	Ashram Cleanup	Bringelly Ashram, Sydney	rklal@optusnet.com.au
November			
7	Ab experiences re mtg Master	Willetton, Perth	krishnan13@hotmail.com
7	Monthly Gathering	Sydney,Brisbane	Centre coordinators
7	Maxim Discussion	Wellington, NZ	ravi_ravendran@gmail.com
12	VBSE activities	Willetton,Perth	krishnan13@hotmail.com
13	SMRTI Training	Bringelly Ashram,Sydney	rklal@optusnet.com.au
14	Monthly Gathering	Gympie,Qld	bidwood@bigpond.com
19-21	Retreat	Bringelly Ashram,Sydney	ecrichton@optusnet.com.au
21	Intensive Study Session	Willetton,Perth	krishnan13@hotmail.com
26	VBSE activities	Willetton,Perth	krishnan13@hotmail.com
26	Ashram Cleanup	Bringelly Ashram,Sydney	rklal@optusnet.com.au
27	W'shop-Constant Remembrance	Bringelly Ashram,Sydney	davidknoxtodd@gmail.com
27	Meditation Stall	Wild Harvest, Gympie, Qld	bidwood@bigpond.com
28	Universal Children's Day	Wellington, NZ	ravi_ravendran@gmail.com
December			
5	Monthly Gathering	Sydney,Brisbane	Centre coordinators
5	Maxim discussion	Wellington, NZ	ravi_ravendran@gmail.com
11	Preceptor Canberra visit	Canberra, ACT	dharmin01@hotmail.com
18	Ashram Cleanup	Bringelly Ashram,Sydney	rklal@optusnet.com.au
18	Public Speaking re SM	Bringelly Ashram,Sydney	rklal@optusnet.com.au
19	Monthly gathering	Gympie Qld,Wellington NZ	Centre coordinators

