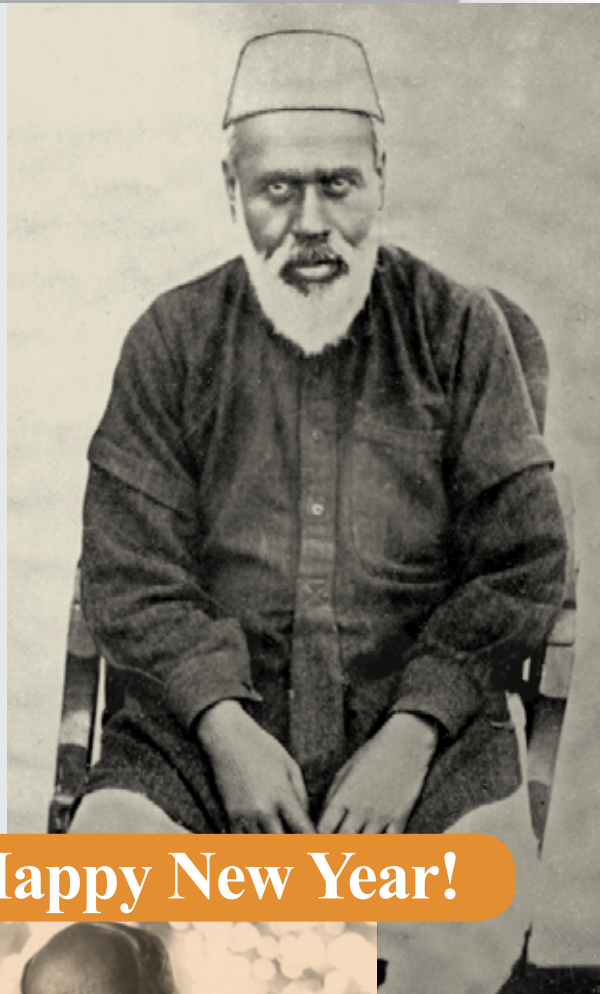




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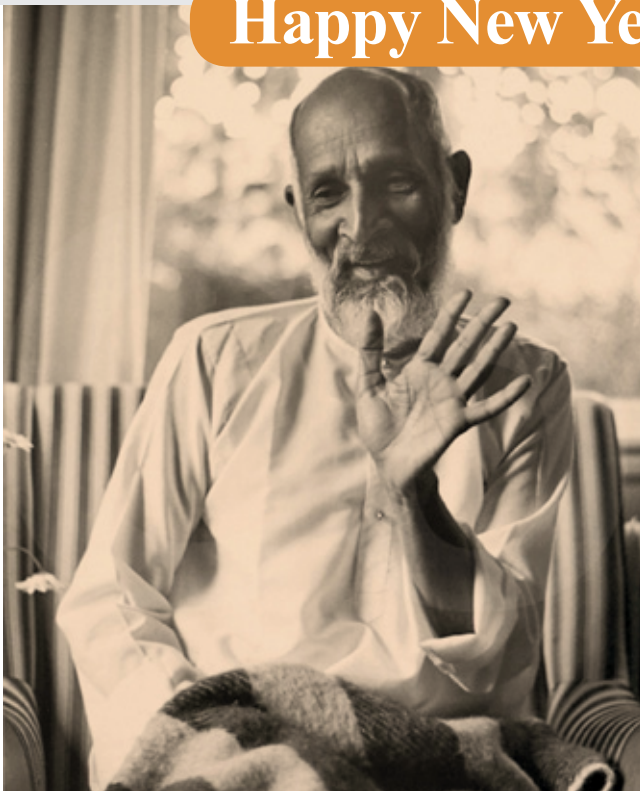
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“Sow an act, you reap a habit; sow a habit, you reap a character; sow a character, you reap a destiny. A good character is, in all cases, the fruit of personal exertion. It is not inherited from parents; it is not created by external advantages; it is the result of one’s own endeavours – the fruit and reward of good principles manifested in the course of virtuous and honourable action.”

Truth Eternal - p. 8 - Lalaji

Happy New Year!



“May faith and love guide you on the way of discovery; these two powerful engines will naturally open all secret doors to you.”

Babuji - Whispers - Fourth Revelation



“Don’t waste time. Love all whom He loves.”

Chariji



Speech by Master

Excerpts from the Master's New Year message for abhyasis

1st January 2014, Chennai

My Dear Sisters & Brothers,

“**B**r. Prakash has just been telling you that in another month I will complete fifty years in Sahaj Marg. It shows how little is fifty years in a man's life for purposes of sadhana, spiritual practice. I used to wonder when I heard or read of rishis in the past, meditating for 20,000 years, some from one yuga to another and what was that time in comparison to ours. And now in our life in Kali Yuga, full of corruption, immorality, lack of peace, violence, avarice — with all these negative qualities our Masters have made it so easy that Babuji Maharaj could say it with conviction, that if we practice Sahaj Marg properly everyday, systematically as prescribed, it is possible to achieve a goal, even higher than what the rishis achieved, in this life time.

But like all foolishness when we have wealth in our hands whether it is physical or mental or spiritual;

we waste. We waste our time; we waste our energies, in foolish pursuits. I mean its common knowledge that human being possesses an intellect and will power which are supposed to take him on the path of evolution. But we seem to use both in the wrong ways. Even though we know what is right, we do wrong things, isn't it?

We see in Babuji's messages repeated again and again that a human life is nothing compared to infinity and if you want to evolve we have to use this correctly, systematically, dedicatedly, devotedly following the maxims of Sahaj Marg. But most importantly throw away all prejudice, no anger towards anybody, no prejudice, no hatred. Only love must be in our heart for other human beings, abhyasis or not it doesn't matter.

So at least now you should wake up, throw away all this hatred from your heart, rejection of other human beings, you know, judgement of other human



beings. Look at the mirror and see what you are, like the queen in Snow White. For her the hatred increased and she wanted to destroy Snow White. But for us the more we see ourselves in the mirror, with truthful eyes with the need to know what I see, you see, I will become capable of first assessing myself, then correcting myself, to move step by step on the ladder of evolution. Otherwise it becomes meaningless, you know, it's a great tragedy, you know, that we are bestowed with diamonds and throw them, and we pick up stones and treasure them.

Man's, human beings life should not be measured in years, but if it is possible, how many steps in the ladder of evolution has been climbed during a particular time.

So you see the number of years have no meaning. From the moment we start meditation, our evolution must have begun. The very first sitting that we take, our evolution must have begun. When a rocket is fired, you see it keeps going until it is out of the gravitational pull of the earth and then it is on its way unimpeded; nothing can hold it back. Like that we have also, a gravitational margin which is created by our desires. These desires interfere with our intellect and power our will power unfortunately, and in that situation we don't grow. Power wrongly applied. It's like a motor car going in the reverse gear instead of in the forward gear. It has to be put into forward gear and then the accelerator pressed, so that it will not only go forward but go with increasing speed.

So you see, I have no profound message to give. This is the message that is more important. What are you doing with your life? I know I am happy to see so many thousand people here, but that is not the true measure of spirituality. Once, Babuji and I were together in Shahjahanpur. I was then the General Secretary of the Mission. He told me, "Parthasarathy, you must be very strict." I said, "Babuji Maharaj, when I am strict, so many bad things are happening, people are leaving. If I am very strict there will be very few people left in this Mission." He told me, "It does not matter. If only you are left in this Mission, it's enough." I was wondering, you know, what is the meaning of this. Then I realized

that a tree must give at least one seed from which other trees can grow. Otherwise that variety is lost, that species is lost. If there is at least one pair of something, they can mate and produce a few cubs and if they are given protection may be in a few years instead of just two lions there will be a hundred lions. But if that female is killed, it is finished, for ever and ever.

So you see it's most important to keep this little tiny flame here, permanently there, growing and growing and growing, until, if you believe me, it will illuminate the universe. Not with visible light, but with what Babuji used to call, light without luminosity. Even in material light, if there is no object to reflect light, you cannot see light. That is why it is the nearest to spiritual light, and Babuji Maharaj says this light will illuminate the universe, light without luminosity. Do we have it or are we making it more and more, you know, less luminous?

Spiritual practice is simple, it takes very little time, maximum two hours a day. One hour in the morning for meditation, say half an hour for evening cleaning and night prayer. If you have time, more time in between, you can meditate for another hour, another hour like that you know but breaking in between, you don't meditate continuously. Messages in spirituality are even short; this is not like long lectures given by the gurus on stages. These are practical, shall we say, teachings, you see, if I speak to you for half an hour, Babuji speaks in three sentences in the messages. One line is enough. DON'T WASTE TIME.

So I have only two messages, 'Love Him, who loves all'; which is very easy. At least everybody claims that they love Babuji Maharaj. I don't know whether it is from the heart or from the lips, but let me assume it is from the heart. But, love all whom He loves; has anybody understood its meaning, or tried to put it into practice? So my message has two items today. 'Don't waste time, Love all whom He loves'.

My blessings to all of you."

Hear the full message by accessing the link:

<http://www.sahajmarg.org/literature/online/speeches/new-year-20140101>



Master's news

Three main functions have been planned for 2014

Sahaj Sandesh No: 2013.54 Wednesday, 18 December 2013

Dear brothers and sisters,

“**F**or this year (2014), 3 main functions have been planned, viz. Lalaji Maharaj's Birth Anniversary on 2nd February (4 days - 1st, 2nd, 3rd and 4th February), Babuji Maharaj's Birth Anniversary on 29th, 30th April and 1st May, both being held at D.J. Park, Tiruppur, India; the current President's birthday celebrations to be held at Tiruvallur near Chennai, India, on the 23rd, 24th and 25th of July. The last mentioned celebration is to be held at the recently acquired agricultural land at Tiruvallur, which is under conversion.

I suggest that, in these days of high expenditure, abhyasis choose one of the three celebrations and register for it as early as possible, so that we know how many abhyasis to plan for at each of the celebration location.

This will permit abhyasis to come with their families, whereas an abhyasi wanting to participate in all three would find it extremely difficult to bring their family along. Please consider this request seriously and register as early as possible for any one of the celebrations.

Abhyasis unable to attend any of the celebrations can participate in their own centres, wherever they are. In such cases, the celebrations will be held for one day only, viz. the 2nd February, 30th April and 24th of July. As usual, abhyasis are requested to go to the nearest Ashram to participate, if that is possible. Otherwise, staying in your own home is possible in lieu of the economic conditions prevailing today.

Blessings to all."

P. RAJAGOPALACHARI

Friday sitting by the Master

Sahaj Sandesh No: 2013.54 Wednesday, 18 December 2013

Dear Sisters & Brothers,

“**R**ecently, there have been a few queries raised about the timing of the direct sitting being given by Rev. Master on Friday nights.

Rev. Master has categorically clarified as follows:

*** **Quote**

Subject: Friday sitting by the Master

Chennai, Friday, 3 January 2014 1:36:47 pm

Dear brother,

It is 9.00 p.m., with the prayer done at bedtime as the last thing for the day.

With Love and Master's Blessings

Affectionately,

Parthasarathi

Unquote ***

Hence it is clear that, abhyasis desiring a direct sitting from Rev. Master, can sit on Fridays at 9.00 pm. (Local Time), the way and for a duration they would normally meditate. This direct sitting is available to all abhyasis worldwide and anyone (whether they have a local prefect or not; whether they have taken an individual sitting recently or not) can benefit from this direct sitting being given by Rev. Master on all Fridays at 9.00 pm. (Local Time).

Prefects and other functionaries of the Mission are requested to share this information among abhyasis in their respective centres for their spiritual benefit.

Most affectionately,

Kamlesh D. Patel



Inauguration of Minsk Ashram, Belarus

source: Echoes India Newsletter November 2013



On Sunday, September 1, Master attended the Gita session as usual. After the session, Master came in to the office room and ensured that all the Russian abhyasis in Manapakkam and all the students of LMOIS who were from Russia were inside, to be a part of this event. He spoke to the abhyasis in Minsk via the video link and said, “For us, this is the Russian ashram and we shall have more ashrams.”

Monday, September 16, was the Onam festival. Around 350 abhyasis had come from Kerala. Early in the morning, Master spent some time watching the abhyasis prepare the floral design in front of the cottage. Master wished everyone „Happy Onam“. At 9 a.m., he came to conduct satsangh in Dorm A where the abhyasis had assembled. Before satsangh, he spoke about religious practices and peoples“ beliefs. He said that there is no Hindu, Christian or Muslim but we are all human beings.

Love is the most important aspect and it is the only tool to overcome all such beliefs. Master said that each and every abhyasi is an ambassador of Sahaj Marg and there is no difference between prefects and abhyasis and everyone has to participate in this growth of the Mission.

Master came back to ashram by Saturday, September 28. A European seminar is being planned for November and the topic is „From Ignorance to Knowing to Unknowing“. Master was very involved in this topic and the discussion went on to will and thinking. Master said, “Will is the link between knowing and doing. „Aude Sapere“ [Dare to think], but after you have dared to think, you should do and you need the will for that. As you use your will, your choices will reduce. This will lead to simple living. So you see, be simple and in tune with nature is possible in this way of using our will and reducing choices. Simple living is not easy.”





Hosur Abhyasi Colony

source: Echoes India Newsletter November 2013

An example of good planning and execution

The abhyasi residential colony which is coming up fast with required infrastructure and ambience for quality life for abhyasis is a model for other abhyasi colonies. Detailed financial planning and team work of abhyasis has resulted in a model colony as an adjunct of the ashram in Hosur.

Hosur is an industrial centre promoted by Tamil Nadu government located just twenty-five kilometers east of Bangalore. Search for ashram land at Hosur started way back in 1995. The fruit of the search could be realized in 2009 at Avalapalli village facing Kelavara-palli Dam, around 5 kms from Hosur bus stand. Br C. Rajagopalan, then ZiC, visited the place and gave the green signal to proceed further.

His Vision

Years ago, when an abhyasi wanted to donate land for Hosur ashram, Master gently replied, "Hosur needs in acres." His vision could be realized when with his blessings 13.8 acres of land was acquired out of which 4.75 acres were reserved for the ashram and the rest was formed into an abhyasi colony. The ashram land was registered on 22 January 2010 by Br A.P. Durai, Jt. Secretary. Master was delighted by the team work and named the housing colony as "Pragati Enclave".

Core Team

A Core Team of seven members was formed for making decisions regarding finance, infrastructure, legal issues, etc. The team coordinated with the abhyasis and made decisions after deliberations. They designed the methodology for the cost of plots keeping in mind the cost of the land, housing infrastructure, donation to buy ashram land, ashram infrastructure and long term maintenance.

Infrastructure

There are 102 plots in this layout with each plot approximately 2400 sq.ft.. The infrastructure available currently includes the compound wall, storm water drains, overhead tank of capacity one lakh cubic litres from two bore wells and water line connection for all plots, concrete roads, a community hall (currently

used as the meditation hall), playground for children and common parks. Around 700 avenue trees were planted which adds to the beauty of the ashram. Provision for power connection has been provided for each plot. A 24x7 security is provided by a German shepherd dog. Future plans for the project include the installation of solar lamps throughout the layout and completion of rain water harvesting.

Community Living

In a short span of three years, ten houses have been completed in the layout. Two more are under construction and a few more may come up very soon. Abhyasis are happy to live in the ashram atmosphere. Everybody realizes that this is a great opportunity given by Master to live together as a big family by developing brotherhood and tolerance. The serene and peaceful atmosphere helps them to introspect and refine themselves towards being ideal abhyasis. The general feeling among all has been that once they come inside the campus they don't feel like going out. The children living in the community are enjoying the most in terms of the natural space to play and explore, bonding with each other and living in a balanced environment.

The seasonal vegetation and the cereals grown in the ashram land are also taken care with the help of the abhyasis. The produce from individual kitchen gardens are also shared. The main benefit of living in such a community has been that all the abhyasis are living to achieve a common goal, attain higher level of brotherhood, mutual trust and tolerance. The serene, clean and eco-friendly atmosphere is most welcoming for anyone who visits the place.

Ashram Project

Master has given his approval for the ashram construction. The final design and approval is in progress at HQ which includes a meditation hall, dormitory and dining hall. At present, satsanghs are being held in a semi-permanent hall which will be converted to some other use. Similarly, temporary kitchen and a guest room also have been set up.

Colony planners in other centres/ashrams will profit from a visit to this colony and ashram.



The Ashram Project in Latin America

Bill Waycott – USA

“An ashram is a hermitage, a place for spiritual renewal. In India, ashrams are found in many places and people go there to withdraw from the worldly life. During their stay, they focus on their inner evolution.

In Sahaj Marg, we believe the worldly or grihasta life is the ideal place for spiritual advancement. We do not seek to renounce material life and run away to the forest. Instead, we accept the worldly life and use that framework to achieve a more pious life while living at home with family. Thus, by knowing how important it is to participate in the worldly life, what role does an ashram play in our spiritual practice?

For us, an ashram is a place to meet and meditate. It is a refuge from the busy, often crazy world. Our beloved Master has systematically established ashram properties throughout much of the world in an attempt to help cultivate a stronger resolve for each of us to reach the goal. He has called for us to make plans and begin saving funds towards the launch of future sites. His vision going forward is to have ashrams as centers of light, where sisters and brothers congregate and periodically withdraw from the worldly concerns of life to focus on their spiritual self. Slowly, each region worldwide is being blessed with an ashram for use by abhyasis for their spiritual benefit.

An example of the proliferation of ashrams occurred last year when a regional ashram was completed in San Francisco, USA. It is located in the town of Fremont, along the bay. The process used to acquire the property, and the contribution of time and money by the abhyasis to insure the project reached its goal, are good models from which we can learn.

The San Francisco project started 15 years ago when some local abhyasis grouped together and approached the Master with a plan. In order for an ashram to manifest, there must first be a vision for a future need. Abhyasis located in an

area begin discussing the possibility and then start to search for the means to accomplish it. In the case of the SF project, the collection of funds and the selection of a suitable property were considered as the next step in the process.

As happens in many cases, once abhyasis initiate an ashram project, they are often shocked to learn that the scope of the project can be larger and more complicated than they originally thought. Quite often, they find the funds they have saved are inadequate, the location they have chosen is too remote, or the property they have selected cannot be developed legally as an ashram due to local government restrictions. In the case of the San Francisco project, all of these scenarios occurred at one point along the way. Needless to say, after a period of 15 years, the region has a brand new facility that will serve the abhyasis for generations to come.

In Latin America, we are ready to commence one or more ashram projects. By the Master's grace, the vision is already there. Abhyasis are now thinking of forming a committee to pursue this goal. There is already a palpable level of enthusiasm knowing there will be a few ashrams soon in Latin America.

Knowing that the process of acquiring a property and preparing it for use by abhyasis can take time, we need to start things moving as soon as possible. And, as we learned in the example of San Francisco, we need to accumulate enough funds to be able to afford the property large enough to adequately serve the abhyasis who use it.

For this purpose, we will organize a committee to begin the process of locating and funding one or more ashrams in Latin America. A request for participation will go out to all countries during January 2014. We are ready. There is enthusiasm. We have the Master's support. We can see the future before us.

Thank you Master!"

Young Activities

First International Youth Seminar - Latin America



From November 14th to 17th, 2013, the First International Youth Seminar in Latin America took place in Brazil in the city of Rio de Janeiro.

Abhyasis from Chile, Colombia, France, Uruguay, Venezuela and Brazil participated in the event.

The activities started at 5 a.m. and the lights went off around 11 p.m. The schedule was intense, with individual meditation, physical activities, satsangh, diary writing, reading from *Whispers from The Brighter World*, breakfast, workshop on health food, shared food preparation, lunch, shared kitchen cleaning, spiritual program (games), workshop on ecology, cleaning (individual practice), second satsangh, shared food preparation, dinner, kitchen cleaning, sharing reflections on the messages from *Whispers from The Brighter World* read in the

morning, Universal Prayer, cultural program and bed time.

On Saturday the 16th, at 2 p.m., our group participated in the International Webinar, hosted by North America (Enjoying the Practice); before the end of the webinar, the group, as a gift to all the participants of the webinar, sang a beautiful song.

Those who had the opportunity to witness these young people's touching work, could see how much the language of the heart prevailed, crossing boundaries and breaking barriers. Although most people there had never met before, it was not an obstacle for their fraternal and loving spirit to emerge. They were brothers and sisters playing, getting emotional and evolving together in a warm atmosphere permeated by Master's grace.

These are some of the messages left by abhyasis, reflecting their feelings at the end of the seminar:



“Thank you Master for everything.”

“I am thankful to Master and to the brothers and sisters from Brazil for their hospitality and love. It was a special seminar that brought us together as youth and filled our hearts with love!”

“In a world where you are invited to think, Sahaj Marg gets you back to feeling again.”

“Thank you all for the affection given to us, for allowing us to get to know you and keep you in our hearts as a big family.”

“Thank you for all the love!”

“I feel so grateful for everything I have received and shared during this seminar. Thank you Léa for allowing us to enjoy your beautiful house and for your dedication. Thank you to the organizing time

for this experience! I feel so happy to have such brothers and sisters in South America!”

“Thank you Brazil for all this love, for your hospitality and for opening your hearts.”

“Thanks for the hospitality of this house, which allowed us to be as simple as nature.”

“Thank you Master for allowing us to be surrounded by brothers and sisters with whom we share the same feelings and the same pulse. To the brothers and sisters from Brazil, a thousand thanks for all your affection. A strong hug from the heart!”

“Happy for every moment, every look and every smile we shared, offering us love and light. I hope we keep all this in our hearts. Thank you for everything, Master!”



The journey of the heart

Maryin Alape - Colombia

“In the daily search for the encounter with our heart, we pass through good and not so good moments. Then we understand that the path for the encounter with our heart is the Master, who guides and gives us the possibility of the absolute encounter, where his grace gives us unique and wonderful opportunities like giving himself, for our spiritual, personal and social growth. It is a complete transformation that while time passes by, it can be seen reflected and more when Sahaj Marg gives us the option of participating in important activities such as the seminars. It gives the opportunity of achieving strength in the heart, so magical, that each time it allows a stronger union with Master.

The experience in this First International Youth Seminar in the city of Rio de Janeiro, 2013, was a special occasion that allowed us to open up to the vision of commitment of the youth with each one of us, with others and with the Mission; fixing goals that could help strengthen and unify the group that has the poten-

tial to initiate a change in society.

This is an invitation for the young ones to participate in the events, letting the grace of Master descend on them, to take the opportunity of every moment that could contribute to their personal growth. For that, I am grateful, because I was allowed to realize everything with more calm, learn to keep the harmony where the randomness of our daily life and the turbulences of the exterior don't cut it. I learnt that nothing else matters, just the feeling of having Master inside us, the opportunity of knowing incredible persons that nurture your self, where brotherhood between persons that meet for the first time in a place different from their respective places and with different cultures; wasn't an obstacle to have communication because everything was done with the language of the heart.

To all the organizers that made possible the first gathering of the youth and for believing in us. They made us feel at home with their kindness and hospitality, for receiving us, thank you very much."

Youth Seminar Experience

Sarak Alape Gómez - Colombia

“I only want to express my deep gratitude to the divinity for letting me live such a beautiful experience in the First Latin American Youth Seminar in the city of Rio de Janeiro in 2013. I had the opportunity to recognize you, Master, in the sunshine that surprised me every morning, in the smile of my sisters and brothers that made me happy in every moment, for feeling you in the warmth of the hearts that at first glance were strangers, but in them I could feel, your generosity with everybody's hospitality and effort to make us feel at home.

“The youth is the time were we need wisdom. Further, it is enough with intelligence...” [1] It is undeniable that in the trip of life, in each step, we have a transition in which we assume unknown roles, responsibilities and commitments that can make us get absorbed by trivialities, stressing working days that promote the ego and the mirages of a material world, pushing us apart from spiritual growth and the genuine goal. For this reason, these fortunate gatherings let us interact with the contemporariness of other young persons that are forging the fu-

ture with diverse professions or jobs that contribute to the formation of new families and a renewed society.

To share with them their practices, in the way that spirituality could be balanced with the requirements of each incarnation. It is a very privileged event that strengthens self-trust and returns serenity of traveling a path, even though there are difficulties. These become teachings that polish the soul, that make viable the self-knowledge and when interiorizing, we overcome and grow.

Thanks to those who, in some moment, dreamed of this event that has allowed the unification of the bonds of Latin America. Thanks to the organizers, for the approach of cultures, realities and living experiences. Thanks because, particularly, I feel that my relationship with Master has being transformed, I feel him close, living by my side and I am convinced that I met him through all of you. I will also like to invite all the youth to participate in the next seminars; it is a great opportunity to ponder over your own path of life.

Thank you."

1_ P. Rajagopalachari, Heart Speak 2009, p. 217



Activities in the centers of Latin America

Brazil

Sahaj Marg National Seminar

On Friday, October 4th 2013, the Sahaj Marg National Seminar took place at Pousada Maristela, in Tremembé, São Paulo.

The event started at 7:00 p.m. with satsangh followed by dinner. There was a pleasant and happy atmosphere with Master's blessings. Before retiring to the dorms, the abhyasis did the Universal Prayer.

The next day, Saturday, October 5th, after the 7:00 a.m. satsangh, there was breakfast, followed by study sessions.

The central theme of the seminar was the content of the DVDs – *The Sahaj Marg Meanderings*, a series of three DVDs, with Master's questions and answers, addressing the subjects 'Understanding the System', 'The Roots of Sahaj Marg' and 'The Self, The Journey of The Soul & Soul Consciousness'. These DVDs, with sub-titles in Portuguese, are available for abhyasis interested in learning more about the 'meanderings'.

After watching the first DVD, the participants took some time to think the subject over and then share its content.

At 11:30 a.m., there was a second satsangh. After lunch, abhyasis enjoyed some free time to go for walks, talk to each other and share information, surrounded by a lovely and natural atmosphere.

At 3:00 p.m., the second part of the DVD called 'The Roots of Sahaj Marg' was shown.

Jonathan Degani shared his experience at the Vrads Sande ashram (Denmark) during the encounter of young abhyasis from all over the world. He said that one of the several outcomes of that meeting of the youth was that they started renovating the ashram's buildings.

During this seminar, the book *The Fruit of the Tree*, translated into Portuguese was released. It is a series of talks which Master Chariji gave in Germany, Italy and the United States, during the year 1986.

At 6:00 p.m., the third and last satsangh was con-



ducted, followed by dinner, the Universal Prayer at 9:00 p.m., some time for chatting and finally bedtime.

On the last day of the seminar, Sunday, October 6th, there was satsangh at 7:30 a.m., followed by breakfast and the third and last part of the DVDs: 'The Self, The Journey of The Soul & Soul Consciousness', which was another opportunity for assimilating Master's teachings.

At 12:00 p.m. the last satsangh was conducted, followed by lunch and goodbyes.

This pleasant atmosphere inspired the abhyasi, Rose Puppa, to share with us her reflections:

“In this path of boundless mystery where I find myself, I feel and see an endless horizon – Light which reaches and penetrates all... I am absorbed by God, by His expression of infinite beauty. And, thus, I await, with serenity, for the time when I will be allowed to live with my Master – an inexhaustible source of love.”

We thanked our Master for giving us yet another opportunity for our spiritual evolution.



Activities in the centers of Latin America

Brazil

Extended Sunday

São Paulo-Center Team



On the 24th of November 2013, a meeting called 'Long Sunday' with twelve people, took place in the Mission center in São Paulo, at Alameda Santos.

After the 7:30 satsangh, we read, commented on, and had a Q&A session on the book *Fruit of the Tree*. These readings have been happening for the last few weeks.

The reading was followed by a breakfast of cakes, breads, fruits and juices brought by everyone.

The next activity was the showing of a DVD featuring three presentations from Master Chariji (with subtitles in Portuguese): 'The internal tranquility brings Peace to the World', 'Attaining the goal of Humankind with God' and 'Working for the betterment of Humanity'. All presentations were made in 2007 in Manapakkam to abhyasis that were visiting at that time.

During that activity the group had the pleasure of the presence of brother Kathiresw Swaminathan, from Tiruppur. It was a memorable day, blessed by the venerable Master.

Meeting of São Paulo prefects

São Paulo Center Team

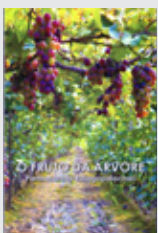


On December 15, the abhyasis from São Paulo met for breakfast in a charming bakery near the center to celebrate the end of 2013. We had the pleasure of the presence of an abhyasi from India who was spending some time in Sao Paulo on business.

On 26 December, the prefects gathered for lunch to celebrate the closing of the year and to assess the year's work. They discussed the implementation of the activities planned for 2014. Some of the objectives to be achieved are: 1) organize more dynamic 'open houses' to motivate future abhyasis and abhyasis in general; 2) support and collaborate with other centers and 3) organize meetings and study groups among the prefects.

The 'material' wing at the meeting was a simple yet tasty lunch made by Helena, who had also offered the space of her apartment.

New publications in Portuguese



**The Fruit
of the Tree**



**Sahaj Marg
Meanderings - 3 DVDs**

Year-end Celebration

São Paulo

This year we could rejoice. Once again we have received many blessings from Master. On Sunday, December 15th, we celebrated the year-end, after satsangh 7:30 a.m., in his remembrance, we met for breakfast in a very fraternal climate. Relatives and friends also attended.

Thank you Beloved Master!



Activities in the centers of Latin America

Jamaica



International Children's Day

Catherine Johnson, Kingston, Jamaica

“It was another of two activities on the Jamaica Centre's Calendar of Events – a trip to the East of the Island; Portland, Winifred's Beach and International Children's Day. These two events were merged on 23rd November 2013. Seven abhyasis, ten children and four visiting sisters and brother arrived on one of the most naturally beautiful and untouched public beaches in this part of the parish.

The children said the Mission Prayer on departure from the centre. Their special occasion, that of International Children's Day, was announced and they were excited and enthused.

Our sisters abhyasis and friends of Portland were already on the beach awaiting our arrival. It was indeed a delightful moment for all and the activi-

ties progressed as a family occasion.

After lunch and much fun and frolic, the children were ushered to an area, on the beach, to engage in the activities which were planned for them. They competed, lovingly, in related historical questions and answers pertaining to the parish. There were other activities, for which they received tokens for their participation. A brief presentation on, 'Youth a Time of Promise', was made and they were encouraged to keep their hearts filled with positive thoughts.

A shower of rain, with which the parish is synonymous, culminated the day's activities. We returned with delightful hearts, loving exchanges of goodbyes and continued existence of brotherhood.”



Activities in the centers of Latin America

Martinique

SAHAJ MARG (The Natural Path) Insights

Fabrice Montlouis -Félicité, Fort de France, Martinique

“Sahaj Marg is a path of love. Its purpose is to make each one of us a loving being. Love is the way, the goal is to become Love.

Cleaning, Meditation, prayer, participation in satsangh (group meditation, deep cleaning by the Master or a Guide (sitting), the integration of the ten maxims, the practice of constant remembrance, reading of own condition and dairy writing constitute the practice of Sahaj Marg.

Do not confuse the practice and the real goal. The practice of Sahaj Marg as stated above simply helps us to soften the heart, to prepare and purify it, as a farmer prepares his land, cleans it and fertilize it before inoculation. The abhyas (practice) are purely preparatory actions before seeding the heart.



Why the heart?

The human heart is the seat of life; it is the seat of the soul. It is the heart that defines us, it is toward it that we point a finger to identify us, it is where the Self is loaded, our being, our person. This is the place where the emotions live, where the feelings experience themselves. It is where we find the courage to move up when our hopes are shattered. And what about the joy that makes us fly, and the sorrows that

torment us. Every life unfolds in the heart.

It is the field in which we build our lives and that heart ultimately shows us our real life: The heart does not express the amount of money, the wealth, the social position or power, it shows us how to develop our inner beauty and rich virtues.

It is therefore natural that Sahaj Marg focuses on the heart as being the Sovereign Master in the human being, not that part of the body that beats but the vast center that includes myself as well as the simple organ that beats.

Sahaj Marg teaches that this center called heart can be cleaned, cleared, stripped of all its burdens accumulated over eons, released buried fears, feelings of shame, layers of guilt, prejudice, slag which are: depreciation, self-sabotage, aggression etc.

This heart can be turned to its original state, free of all impurities, clear as a crystal, radiating softness and full of love. It can be restored to its original condition: calm as a lake, deep as the ocean, lighter than the flight of a hummingbird.

What this heart cannot become in the hands of a perfect artisan? In the hands of a perfect craftsman and his apprentice?

If Sahaj Marg is essentially a heart affair, the transformation of the heart requires the talent of a craftsman with adequate tools at his disposal to perform a high level of expertise. That type of craftsman can be called Master because he has full Mastery of his science and art.

He is a craftsman-Master enjoying full Mastery of his art and serving with extreme humility. It seems that the Master becomes both the servant and the apprentice: the Master because it depends on the goodwill of the apprentice to be shaped.

In fact the Master, as a perfect craftsman, is at work. He is involved in a business where he wants to drive success no matter how long it takes. Continue..."



Activities in the centers of Latin America

Martinique

Sahaj Marg Experience

Linda, Fort de France, Martinique

“My name is Linda and I started the practice with my prefect at the end of July 2013. I am a mother of two children, aged 6 and 2 years 4 months. My younger was enrolled in kindergarten last September. All went well the first ten days, and then he started to suffer from the change. One day he was in anguish when I dropped him off and, not knowing what to do, I strongly prayed to Masters Babuji and Chariji to watch over him and help him.

A few days later during the drop off at the kindergarten, I told him that he may need his blanket in case the situation worsens. He replied, "But mom, the 'men' at home take care of me." I was surprised and asked him which men he was talking about. He did not want to tell me and changed the subject. I did not insist but kept asking myself what he meant.

A few days later, I caught him staring at the cover of the book *My Master*. Then I asked him if he knew that man. He answered, "Yes", smiling with a funny face. He wanted to change the subject again. But this time I insisted and recalling what he had said a few days ago, I asked him if he was one of the men he told me about. He turned his head quickly to avoid eye contact and nodded his head with a smile.

The following week, I was looking at Chariji's picture and he approached to scrutinize. I told him that his name is Chariji. He responded with a smile. I asked him if he knew him. He replied yes and told me that, "He is like Babuji." I asked him if they are the men he mentioned to me last time and he said yes!

I attended my first GITP (Grounding in the Practice – Cleaning module) training on September 22nd, 2013. I learned a lot of things during that training, mostly about the fact that we should avoid doing it in the presence of children. I was already questioning about this, but I did not have a choice because my son was still very attached to me and was still being breastfed; I did the cleaning and meditation in his presence. I was disturbed by this clarification as I did not know



how I could then practice properly. The next day, I was not able to meditate because my son was there throughout.

Having learned during the GITP that it was permitted to write to the Master, I started to write to him while waiting for my prefect to give me his address.

To my surprise I woke up an hour earlier the next day and was able to meditate without my son. Then in the evening, while going to bed feeling tired, I was again lost asking myself if I am going to do my cleaning or not because my son was already in the room. I felt sad and by the time I knew it, I experienced the same sensation that I usually feel when I start my cleaning. I understood that my Master has authorized the cleaning process as my son was in the room and I was not able to do my cleaning.

Since then, circumstances have helped me to my half hour meditation and cleaning daily.”

Activities in the centers of Latin America

Peru

First Open House in Lima-Peru

Zolly Menéndez – Peru

“Between the 31st of May and the 2nd of June, the first Open House was organised in Lima-Peru. We had the participation of Mario Martins, Vincent Willaerts, Juliana Urrutia, Luis Degani and Bill Waycott.

As a result of this presentation two brothers started the practice –Magno Vargas and Vanessa Tomairo, who were very grateful for the attention towards them. A peaceful, harmonious and calm environment was felt, full of Master’s presence. We could have sittings and satsanghs in everyone’s company. The energy experienced was amazing. Something difficult to express was occurring within us.

In spite of the short duration of the workshop,



the seed planted by Master in the hearts of many, could be felt. The waves of energy that were emanating will soon give fruits. The goal is to start a group in Lima-Peru. Then Master's work can continue, hoping that one day, the whole of humanity will join in.

Second ‘Open House’ Lima-Peru

Zolly Menéndez – Peru

“By the grace of Master there will be a second ‘Open House’ in Lima-Peru. This event was held on December 28th with the participation of brother Vincent Willaerts.

Even in the arrangements it was possible to feel the divine touch of our Master, who permitted the development in an natural way. Everything happened

magically. Leaving everything in his hands and working with him, we could find a suitable place for the workshop.

We know that we should not have expectations regarding the results because this does not depend on our decision. It will be and has always been what he wants it to be. We only have to learn to listen to him better.

**Calendar of events 2014**

January			
05	Guadeloupe	Extended Day	v.scala@wanadoo.fr
05	Martinique	Families day celebration	martine-calka@wanadoo.fr
11 - 12	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
19	Brazil - São Paulo	Extended Day	srcm@gmail.com
25	Martinique	Evening reflection	martine-calka@wanadoo.fr
26	Jamaica	National Gathering	unselfishlove2010@gmail.com
31/1-02/02	Guadeloupe	Lalaji's Birthday celebration	v.scala@wanadoo.fr
February			
02	Brazil – all centers	Lalaji's Birthday celebration	srcm@gmail.com
02	Martinique	Lalaji's Birthday celebration	martine-calka@wanadoo.fr
02	Jamaica	Lalaji's Birthday celebration	unselfishlove2010@gmail.com
02	Venezuela-all centers	Lalaji's Birthday celebration	mlorenzo0503@gmail.com
02	Colombia-all centers	Lalaji's Birthday celebration	magusti22@gmail.com
02	Mexico-all centers	Lalaji's Birthday celebration	vincent.willaerts@gmail.com
02	French Guayana St Laurent du Maroni	Lalaji's Birthday celebration	ma.bayard@laposte.net
09	Guadeloupe	Extended Day 10 maxims	v.scala@wanadoo.fr
23	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
26	Brazil – Rio Claro	Open House	srcm@gmail.com
March			
02	Guadeloupe	Extended Day	v.scala@wanadoo.fr
08	French Guayana - Cayenne	Grounding in the Practice, Dairy writing	dtrebes@voila.fr
09	Guadeloupe	Grounding in the Practice	v.scala@wanadoo.fr
7-8-9	Merida-Venezuela	Prefect's Training	mlorenzo0503@gmail.com
9	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
15-16-17	Puebla, Mexico	National Seminar	vincent.willaerts@gmail.com
16	Brazil – Rio de Janeiro	Grounding in the Practice	srcm@gmail.com
22	Martinique	Open House	martine-calka@wanadoo.fr
23	Brazil – São Paulo	Extended Day	srcm@gmail.com
28-29-30	Neiva, Colombia	Prefect's Training	magusti22@gmail.com
29	Brazil - Americana	Grounding in the Practice	srcm@gmail.com
30	Brazil - Americana	Extended Day	srcm@gmail.com
April			
04 - 06	Chile - Picarquín	Seminar	srcmchile@gmail.com
06	Guadeloupe	Extended Day 10 maxims	v.scala@wanadoo.fr
06	Martinique	Grounding in the Practice	martine-calka@wanadoo.fr
11	Haiti	Caribbean Prefects training (tentative)	Judithrj@yahoo.com
12	Brazil – São Paulo	Open House	srcm@gmail.com
12 - 13	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
25	Jamaica	Friday social activity	unselfishlove2010@gmail.com
26	Martinique	Evening Reflexion	Martine-calka@wanadoo.fr
30	Guadeloupe	Babuji's birthday celebration	v.scala@wanadoo.fr
30	Martinique	Babuji's birthday celebration	martine-calka@wanadoo.fr
30	Jamaica	Babuji's birthday celebration	unselfishlove2010@gmail.com
30/4-01/05	French Guyana St Laurent du Maroni	Babuji's birthday celebration	ma.bayard@alaposte.net
30/4-01/05	French Guyana - Cayenne	Babuji's birthday celebration	dtrebes@voila.fr
29/04 - 04/05	Brazil - Tremembe	Latin America Seminar, Babuji's birthday celebration	srcm@gmail.com

**Calendar of events 2014**

May			
2-3-4	Los Teques-Venezuela	National Seminar	mlorenzo0503@gmail.com
03	French Guyana - Cayenne	Grounding in the Practice Meditation	dtrebes@voila.fr
04	Guadeloupe	Extended Day of Reflexion	v.scala@wanadoo.fr
10	Brazil – Rio de Janeiro	Grounding in the Practice	srcm@gmail.com
11	Martinique	Grounding in the Practice	martine-calca@wanadoo.fr
11	Guadeloupe	Grounding in the Practice	v.scala@wanadoo.fr
11	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
15	Jamaica	United Nations Day	unselfishlove2010@gmail.com
18	Brazil – São Paulo	Extended Day	srcm@gmail.com
24	Martinique	Evening reflexion	martine-calka@wanadoo.fr
24	Jamaica	Mission's activities	unselfishlove2010@gmail.com
25	Brazil - Americana	Extended Day	srcm@gmail.com
31-June1-2	Bogota, Colombia	National seminar	magusti22@gmail.com

June			
01	Guadeloupe	Extended Day 10 maxims	v.scala@wanadoo.fr
5	Jamaica	United Nations World environment Day celebration	unselfishlove2010@gmail.com
8	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
8	Brazil – São Paulo	Extended Day	srcm@gmail.com
15	Guadeloupe	Grounding in the Practice	v.scala@wanadoo.fr
22	Martinique	Grounding in the Practice	Martine-calca@wanadoo.fr
19 -22	Brazil	Prefect meeting	srcm@gmail.com
28	Martinique	Evening reflexion	Martine-calka@wanadoo.fr

July			
5	Brazil - São Paulo	Open House	srcm@gmail.com
06	Guadeloupe	Extended Day 10 maxims	v.scala@wanadoo.fr
12 - 13	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
24	Guadeloupe	Master's birthday celebration	v.scala@wanadoo.fr
24	Martinique	Master's birthday celebration	martine-calca@wanadoo.fr
24	Jamaica	Master's birthday celebration	unselfishlove2010@gmail.com
25	Jamaica	Friday social activity	unselfishlove2010@gmail.com
23 - 27	Brazil – Garopaba SC	National Seminar - Master's birthday celebrations	srcm@gmail.com
27	Jamaica	National Gathering	unselfishlove2010@gmail.com

August			
03	Guadeloupe	Extended Day 10 maxims	v.scala@wanadoo.fr
03	Brazil – Rio Claro	Open House	srcm@gmail.com
10	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
10	Brazil – São Paulo	Extended Day	srcm@gmail.com
12	Jamaica	International Youth Day	unselfishlove2010@gmail.com
30 - 31	Brazil - Americana	Grounding in the Practice - Extended Day	srcm@gmail.com
31	Brazil – Rio de Janeiro	Grounding in the Practice	srcm@gmail.com



Calendar of events 2014

September			
07	Guadeloupe	Extended Day 10 maxims	v.scal@wanadoo.fr
13	Martinique	Open House	Martine-calca@wanadoo.fr
14	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
21	Martinique	United Nations Day	martine-calca@wanadoo.fr
21	Jamaica	World Peace Day	unselfishlove2010@gmail.com
26	Jamaica	Friday social activity	unselfishlove2010@gmail.com
27	Brazil – São Paulo	Grounding in the Practice	srcm@gmail.com
28	Guadeloupe	Grounding in the Practice	v.scal@wanadoo.fr
28	Brazil - Americana	Extended Day	srcm@gmail.com

October			
05	Guadeloupe	Extended Day 10 maxims	v.scal@wanadoo.fr
05	Brazil – São Paulo	Extended Day	srcm@gmail.com
11 - 12	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
17 - 19	Brazil – Tremembé SP	National Seminar	srcm@gmail.com
26	Guadeloupe	Grounding in the Practice	v.scal@wanadoo.fr
26	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com

November			
08	Brazil – São Paulo	Open House	srcm@gmail.com
09	Guadeloupe	Extended Day 10 maxims	v.scal@wanadoo.fr
09	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
09	Brazil – Rio de Janeiro	Grounding in the Practice	srcm@gmail.com
16	Martinique	United Nations celebration Day	martine-calca@wanadoo.fr
20	Martinique	International Children Day	martine-calca@wanadoo.fr
20	Jamaica	International children Day	unselfishlove2010@gmail.com
22	Jamaica	Mission's activity	unselfishlove2010@gmail.com
23	Brazil – Americana	Extended Day	srcm@gmail.com
29	Martinique	Evening reflection	martine-calca@wanadoo.fr

December			
05 - 07	Jamaica	Regional Gathering	unselfishlove2010@gmail.com
06	Brazil – São Paulo	Grounding in the Practice	srcm@gmail.com
07	Guadeloupe	Grounding in the Practice	v.scal@wanadoo.fr
10	Martinique	United Nations celebration Day	martine-calca@wanadoo.fr
14	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
26	Jamaica	Friday social activity	unselfishlove2010@gmail.com
27	Martinique	Evening reflexion	martine-calca@wanadoo.fr

We request all the abhyasis who have any article regarding their experience about spiritual journey through the Sahaj Marg to send them to us to the following e-mail: leatorres@casadalea.com.br. Frequently, our shared experience comes as an act of love and can be of help to other sisters and brothers.

We wish to clarify that our Latin America Echoes is a quarterly newsletter issued in the months of March, June, September and December, reaching abhyasis all over the world. It is published in four languages (English, French, Portuguese and Spanish), and distributed to all the abhyasis in Latin America. It can also be accessed in the four languages through the Mission's site: www.sahajmarg.org.

Thank you, with love, Latin America Echoes team