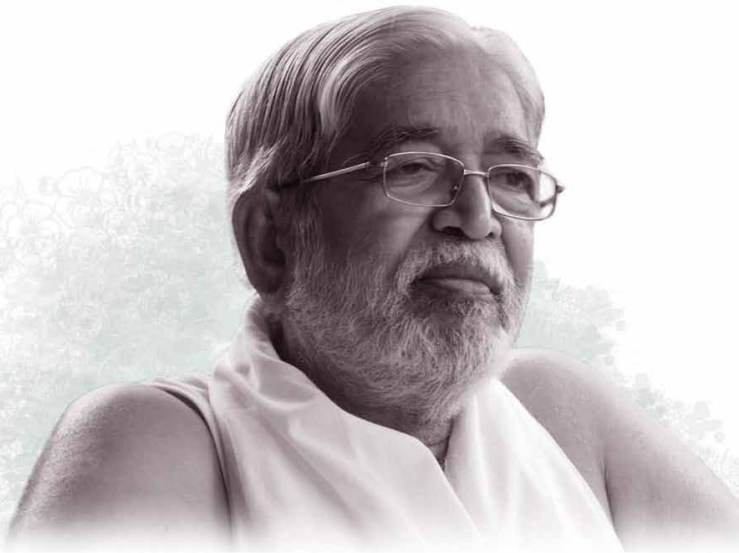




Master's News



Tamil film songs and related them to spirituality and to Master.

On the 16th, Master paid his customary visit to the cattle shed to greet the ashram's cattle on Maattu Pongal day when the Tamil farmer decorates and celebrates his cattle wealth.

During this period, Master was preparing for his Dubai visit, an overseas trip after a long gap. He left for Dubai on the morning of 19th January.

Meditation Hall Inauguration by Master in Dubai on 21-01-2011

During the Pongal season, the ashram in Manapakkam was bustling with visiting abhyasis and Master celebrated several weddings of abhyasis, both Indian and overseas and distributed certificates to scholars who finished their month long training at Manapakkam and in Natrampalli ashram. Br.Lingusamy, an abhyasi and a well known Tamil movie director was seen with his film crew, taking shots of Master in the cottage as well as going around the ashram. Some shots were taken while Master talked to a group of abhyasis sitting near the Babuji Mandap.

On 13th January, Master conducted a working committee meeting. Later in an informal conversation with functionaries, He emphasized the need to select proper candidates to take up the work of the Mission. He said, "Babuji told me, 'You must select men of character and education and then I will give them the abilities.'"

There were about 4500 abhyasis and 500 children at Babuji Memorial Ashram on 15th January. After Master conducted satsangh in the morning, Br. R. Chakrapani gave an engaging talk, revealing his love for Master. He quoted from old

Nearly 1000 abhyasis gathered in Dubai to celebrate the inauguration of the first SMSF Meditation Centre in the Middle East. There were attendees from different corners of the Middle-East region and other parts of the globe to mark this historic event. After the inauguration, Rev. Master conducted a satsangh and released a souvenir package containing a pictorial book and a DVD, documenting his trips and speeches in the region since 1996. This was followed by a speech in which He stressed again and again the importance of shedding the shackles of culture, race and color on our spiritual journey towards human integration. The audio of the speech can be heard at:

<http://www.sahajmarg.org/literature/online/speeches>





Organisational Chart & New Zonal In Charges

Dear Brothers and Sisters,

Our beloved Master has strengthened the team of Zonal in Charges for Australia, encouraging us all to work together effectively, without limitations of ego, and in a spirit of harmony and brotherhood. The new Zonal in Charges and Zones are described below, these appointments are effective from 1st January 2011 and remain valid until 31st December 2012.

Region 1: South East: Victoria State (including Albury Wodonga)

Br. Mohan Gopalakrishnan email: [mohana-
raga@gmail.com](mailto:mohana-raga@gmail.com)

Region 2: Mid East: NSW & ACT States

Br. Rajesh Kumar email: rklal@optusnet.com.au

Region 3: North East: QLD State (Including Tweed Coast NSW)

Sr. Danielle Smith email: danasm@primusonline.com.au

Region 4: West: WA, NT & SA States

Br. Satish Menon email: skmenon.au@gmail.com

Vice President & Country In Charge

Br. John Smith email: au.vp@srcm.org

Secretary

Br. Paul John email: au.secretary@srcm.org

Treasurer

Br. Dipak Joshi email:

dijoshi@optusnet.com.au

Oceania Regional In Charge

Br B.G. Prasanna Krishna email: prasanna.krishna@sahajmarg.org

AMC: Ashram Management Committee

The new Ashram Committee Members are listed below:

Br David Todd - Chairperson

Br Vipul Jajal

Br Sophie Hok

Sr Libby Crichton

Br Venkat Murthy

New preceptors for Oceania

Sydney

Rajesh Kumar

Melbourne

Mahendra Sachen

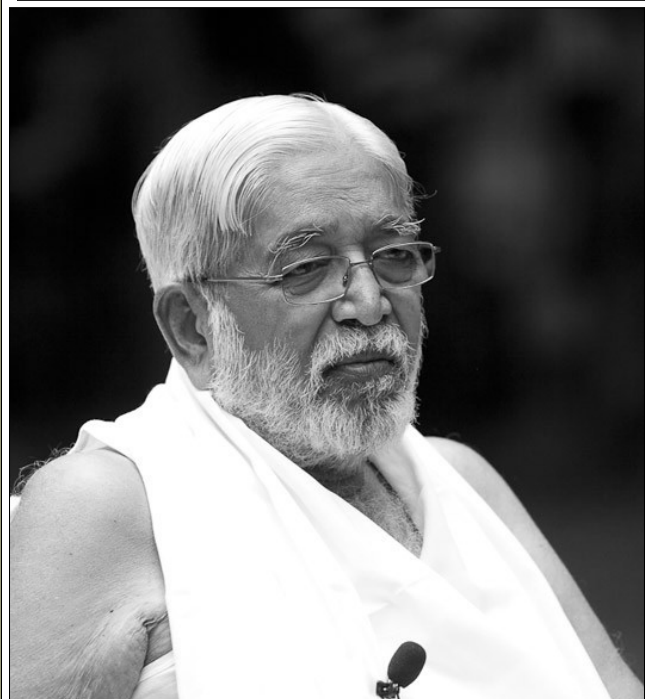
Mohan Gopalakrishnan

Adelaide

Dianne Milburn

NZ (Dunedin)

Janine Joyce



One of Master's babies meets Him in Chennai





Our Ashram

On 2nd December we attended the Independent Hearing Assessment for our Development Application. It was a nerve-racking experience as there were still many residents giving much opposition. After hearing the many submissions against, we gave our response in favour of the application. The IHAP members made a number of amendments to the Application and then it went before Council 22nd of December. The determination was that the Application was rejected, as it now stands. However it would be approved once the visitor stay dormitories were removed from the plans. We later received the same communication from Council requesting the following for a favourable determination:

- A) That the retreat dormitories be removed from the plans
- B) That the special Annual Events be removed from the submission and another new DA be submitted for these special events.
- C) That the whole development be moved a further 5 meters back and it to include a 2 metre high sound attenuation mound at the front.

After consulting with Master, Br Prasanna and the COM it was agreed that we would accept these conditions to gain a favourable determination and later re-apply for the holding of the Annual events ie. the Masters' Birthdays, and at a later stage try again for the Retreat Dormitories. Once the favourable determination is received, we can then start work on the Building Construction of the 1st phase. It is wonderful news to finally have the approval though not nearly as favourable as we would have liked. We do hold hope for the future for things to improve once we have been accepted by the local residents,

and prove that we are in no way a disruption or inconvenience. Our next challenge is to raise enough funds to complete the 1st stage of the development. This consists of the Meditation Hall, Multifunction Dining Hall and car-park facilities. Br Stephen Waterer will be leading our Fund Raising efforts and we hope all abhyasis will be willing to participate with earnest at whatever level they can manage so we can see an early completion. Any ideas and suggestions for assisting in fund raising can be emailed to Br Steven stephen-waterer@hotmail.com

Other Happenings:

Oceania Ashram Maintenance Committee Meeting Held On 7th November, 2010.

Some Items discussed;

1. Ride on mower. We are in the process of selling our 'Ride-On Mower' and will purchase a more robust model in due course.
2. General cleaning issues.
3. Stable side fence. It was agreed that we repair the fence on the stable side of the property.
4. Pond water algae, its management and general care of the pond (dam).

A working Bee was held 27th November with around 15 abhyasis participating.

Main work was to clean the house roof and to erect a new fence between the Ashram Property and neighbouring property 33 Dwyer Road.

The new Ride on Mower and Leaf Blower were purchased 16th December.

There was a **"Tools Training Day"** on Saturday, 22nd January 2010. Ashram Grounds Maintenance Information was the main topic of the Day.

There was a change in the Ashram Management Committee with Sister Libby Crichton becoming a member and Sr Kerrie Anderson stepping down. We welcome Libby to the team and thank Sr Kerrie for her contribution during her time on the Committee.

John Smith





International Scholarship Training Programme (2010)

Janine Joyce, New Zealand

This year's intake of international scholars was comprised of 29 abhyasis ranging in age from 24-58 years and coming from countries as diverse as: Peru (1), Nicaragua (2), Uruguay (1), Russia (2), Ukraine (1), Kazakstan (1), Estonia (1), China (3), Hong Kong (1), Madagasca (1), South Korea (1), Vietnam (1), Haiti (1), Phillipines (1), Nepal (2), USA (2), South Africa (1), Italy (1), Slovakia (1), Japan (2), Romania (1) and New Zealand (1).

We spent 4 -5 weeks together in a loving environment deepening our individual Raja Yoga Sahaj Marg practise whilst attending a full programme of workshops, Masters DVD's and lectures. All lectures and discussions were translated immediately into Spanish, Russian, Japanese and Chinese. As you can imagine there was lots of humour and tolerance as we worked together and developed shared understandings!

There was so much covered in the programme and topics included;

What is Meditation, Why Meditate, How to meditate in Sahaj Marg, Samskaras and how to deal with them, Satsangh: (We were reminded that Babuji said that after Satsangh we should not even drink water immediately. Even that can change our condition. Can we imagine the subtlety of this? We have to stay quiet, sit and absorb. This helps us develop the capacity to ob-

serve. Sometimes the condition will unfold), Cleaning tips and how to do it, Praying for others (Prayer in Sahaj Marg is the cry from the heart), Diary writing, Sahaj Marg as a way of life, Working together, Constant Remembrance: (I think of the Master and the Master is present. He is always there. I was not thinking of him so I was not there). Service and Devotion, Humility and Gratitude, Cheerful acceptance, Power of thought, Being like the Master

What was it like to be on this programme...what was the feeling? Well, Master says that Sahaj Marg is Meditation for Human Integration. And this is what we experienced at the core of our beings; a state of oneness together and an ease with the ego and its manifested individual differences. We became one family.

In a recent e-mail after the course: our sister Vika from Ukkraine said, "In spite of the fact we are already separate our hearts beat in one rhythm now" and I can not say it any better than this.

Thank you Master.



Fiji abhyasis



News from Melbourne Centre

The defining moment in the last quarter for our centre was the regional seminar that was held in Chennai in October. Most abhyasis from our centre went to Chennai and the few who were unable to go attended regular satsangh here. We have had a number of visiting prefects here and our centre was blessed with a visit from Brother Jaganathan and his wife Sister Rukmini – both prefects from Bangalore (CREST) who spent about 3 months in Melbourne. Their guidance to all of us was invaluable. Brother Girish Totloor also from Bangalore visited us for about a month. He too shared his experiences with Master, gave sittings and conducted satsanghs. He was most encouraging to all abhyasis and also introduced a few new abhyasis. We find that the attitude and approach of the visiting prefects rubs off on the rest of us and adds energy to our own practice and spiritual evolution.

There is been a marked change in abhyasis / prefects after the October gathering. Each individual has been going through their own changes and the results are there to be seen. The prefects work in complete co-operation with one another, support one another and this ensures all prefects share the responsibility of giving sittings and supporting the abhyasis in their spiritual growth. Given this dynamic approach from the prefects there is an incredible energy in our centre and soon another centre – Shepparton will be started as a few abhyasis have taken introductory sittings. This is in addition to having Ballarat as a centre.

Melbourne centre has 2 new prefects as well as Brother Paresh Ramjee and his family who migrated from South Africa to Albury where a new centre has now been established.

Abhyasis in our centre have indicated they wish to have more study sessions. As a result of their suggestions we have begun a study session on Maxim 3 and this has been very well received by all abhyasis who actively participate in it and contribute their thoughts and experiences to ensure everyone gains something from these sessions.

News from Sydney Centre

Our Regional coordinator Br. Prasanna's visited to Sydney, then Melbourne and Brisbane. We enjoyed many satsanghs with him and gained insights especially around the cleaning practise and preparation for the seminar with Master in October. He visited Bringelly ashram and conducted satsangh out there. On his return from visiting Melbourne (accompanied by 15 Sydney abhyasis) and Brisbane (accompanied by 3 abhyasis) centres, he conducted satsanghs at the homes of Rajesh and Shalini and also Dharmin and Karishma (their now home warming) before leaving for home.



End of the Year Party – Sydney's Children

The End of the Year Party for the Children's corner in Sydney was originally to be held at Lunar Park; unfortunately our busy little socialites had doubled booked themselves on the Saturday, so we had to postpone it. So we changed the venue to 'Clovelly Beach' and all were welcomed to attend after satsangh. On the day the weather was great. We had around 15-18 participants and third of whom would have been children, the remaining 'Mature Youth'. Our kids played happily, and it was such a beautiful thing to witness their laughing as they raced the waves coming to shore. Veena was our star swimmer and she was more than happy to demonstrate her swimming skills, which consisted of gulping in large volumes of air and plunging her face in the water – 'See Aunty, that's how you breathe under water.' But what wasn't so obvious yet could be felt, was the calmness and easiness that everyone just sitting in the surroundings. The chat was minimal

Sydney Children's Christmas party at Clovelly Beach



Personal and Feature articles cont.

Retreat held Bringelly Ashram

14-16th January, 2011.

Friday night 14th all 5 participants arrived by 8.30pm to commence the retreat with the 9pm prayer and then the sitting. Silence was maintained from then until about 7pm on the Saturday when we prepared our shared meal and ate together. Each participant was given a sitting Saturday morning and then was free to structure their time as they chose. Walking, reading, and diary writing were the main activities with all sitting at times in extra meditation and inner reflection. Even when participants were free to talk, mostly they preferred to still maintain an inner focus.

Each participant was asked to prepare a short reading and at intervals during the day one would be read out, the silence continuing either side of the reading.

Meals were brought and prepared by the Return for another in the near future. My own experience was one of renewal and refreshment and a joy that I was able to spend this time in this way, focussed on my inner journey.



On retreat - Retreatants at Bringelly ashram



Auckland Walkathon Youth activity to raise funds

To raise some funds the youth came up with a brilliant idea this summer, they planned a Walkathon on the 16 Jan 2011. Thankfully it was a Bright sunny day, and after meditation we all drove up to the Mt Eden domain for our power walk up the hill. \$5 or more was the donation suggested per head.

We asked all 17 abhyasis participants to wear our mission's identity card/badge and a white/blue t-shirt. After one round up the top and back we had a mini picnic arranged by the youth. Refreshments included sandwiches, biscuits, tea and juices. It was an amazing day, everybody left feeling light and fit.





O'Lord Of Nature

A lonely tree am I

Dixie Dunford

Standing on the bank of a dam, separated from the cluster of trees on the opposite side.

Standing meagrely and heroically alone, unprotected from the stark exposure of nature's elements

O'Lord looking within I become aware, my trunk has divided, than multiplied into two .
My roots have spread into your earth and my branches reach up into your firmament.

Let the rain wash and refresh me.
Let the wind stimulate and uplift me.
Let the sunlight bath and intoxicate me.

May your creatures find a home in me.
May new saplings grow at my roots.
May they be protected under my branches.

O'Lord may we form new life, indivisible in your creative field where we can all flourish.

New satsangh venue for Canberra

By Rev. Master's grace we have a neutral venue for Sunday satsangh in Canberra. It is a community hall attached to Belconnen Library at 12 Chandler Street. We will be having first satsangh tomorrow 30th Jan at 7:30 AM. Let us pray for the speedy growth of the centre and of all abhyasis in Canberra.

Hall is big enough for 70 people, carpeted area, has AC, small kitchen, one disabled toilet (for every one). The hall is behind the Westfield shopping centre. Belconnen is a northern suburb and is around 14 KM North of Canberra CBD, 20 mins drive. A lot of abhyasis live around this area, 10-15 mins away. Br. Lucky's place in Gordon is 25-30 mins from Belconnen. Charge is \$13 per hour and we are hiring for 2 hours per week.

There is no separate hall for kids, but there is a huge park across a lake, 10 mins walk from the venue where kids can play. During winter there may be some issue for the kids. Next to the hall is a Church, YMCA facility, Senior citizen facility and Child care facility. These facilities could be explored for kids during winter season if required.



Canberra abhyasis and children at new venue.

New centres opening in Australia

- *Adelaide..* a recent open house lead to 4 new abhyasi introductions
- *Shepparton..* (Victoria) six new abhyasis were introduced recently
- *Albury/Wodonga* Br. Paresh Ramjee from South Africa has recently moved here so a new centre is starting on the NSW/Victoria border
- *Coffs Harbour...* There are now 4 abhyasis here and a weekly satsangh has commenced

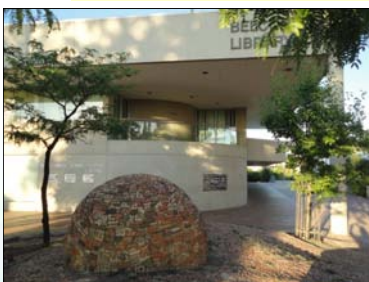
Major Flooding in Queensland

Danielle Smith

As you are probably aware, 75% of QLD has been affected at various levels by floods and most of us are now in the recovery period. We have been supported thankfully by a large number of community members and by local and federal governments and after a period of insecurity followed by grief and practical difficulties, reconstruction around the devastation is in motion and will take quite a while.

Abhyasis in QLD centres have not been greatly affected by the floods. Neighbouring states of New South Wales and Victoria have been in turn touched by Nature's hand.

Let us pray for all and may it not be in vain
Let us work for a brighter future



New Canberra satsangh venue

<http://www.sahajmarg.org/newsletters>





Personal and Feature articles cont.

PERTH ... Study session exercise

This is a study session we used to help abhyasis to exercise the heart more than the mind. We tried it out today and this is how it ran-

1. We sat in pairs
2. Each person had a slip of paper with 3 messages on it, one from each of the three columns on the table below
3. Each person in the pair would take turns at being the 'sender' or 'receiver' of the messages
4. Each message had to be communicated in silence. Hand gestures and facial expression were encouraged but no talking, writing or language of any kind
5. The aim was to try to use the heart to send the message, and for the receiver to use the heart to receive the message
6. At the end, the sender would reveal the messages on the paper to the receiver
7. We then swapped partners to form new pairs and tried the exercise again
8. We tried to get the children involved, by writing and decorating the slips of paper, and participating in the exercise itself, but it did not eventuate
9. At the end of the session the abhyasis gave feedback which seemed to suggest that it was a worthwhile exercise. One abhyasi commented that he was able to sense the feelings being conveyed by the sender, another mentioned the power of positive feelings in influencing our moods and the moods of those around us.

<u>Easy</u>	<u>Medium</u>	<u>Hard</u>
<ul style="list-style-type: none"> · I like your hair · You have nice hair · I like your eyes · You have nice eyes · I like your smile · You have a nice smile 	<ul style="list-style-type: none"> · I am happy · You look happy · I am your friend · You are my friend · You have strong hands · You are a strong person 	<ul style="list-style-type: none"> · I like you · You are special · I love you · You are beautiful · You are a good person · You have a good heart



Glowing abhyasis leaving Master's cottage at our Oceania seminar

Perth Retreat weekend 4-7th March 2011

**A Wonderful venue and programme
has been arranged by Perth abhyasis.
An opportunity not to be missed!**

**Registration forms are available
from, and need to be returned to :-
krishnan13@hotmail.com**



Date	Event	Venue	Contact email
Feb			
2	Basant	All centres	Centre coordinators
6	Monthly gathering..Why Spirituality?	Sydney Brisbane	rklal@optusnet.com.au danasm@primusonline.com.au
11	Stall..Wild Harvest Organic shop	Gympie	bidwood@bigpond.com
12	Dunedin and ChCh weekend	Timaru	mary.butler@otago.ac.nz
12	Bringelly ashram cleanup		rklal@optusnet.com.au
20	Monthly Gathering	Gympie	bidwood@bigpond.com
25	Introductory Talk	Gympie Yoga Centre	bidwood@bigpond.com
26	Abhyasi training 3-6pm	Bringelly Ashram/Sydney	rklal@optusnet.com.au
March			
6	Monthly Gathering ..Master's role	Sydney	rklal@optusnet.com.au
11	Stall..Wild Harvest Organic shop	Gympie	bidwood@bigpond.com
12	Open House	Central Coast NSW	kerrieando@bigpond.com
	Bringelly Ashram cleanup	Sydney	rklal@optusnet.com.au
13	Session on 'cleaning ' after satsangh	Sydney	rklal@optusnet.com.au
19	Character formation and b'hood	Bringelly ashram	rklal@optusnet.com.au
20	Monthly Gathering	Gympie	bidwood@bigpond.com
25-27	Retreat	Bringelly ashram	m_churton@yahoo.com.au
25	Introductory talk	Gympie Yoga Centre	bidwood@bigpond.com

Our Master Pongal
at Manapakkam

