



## News from Manapakkam

August 2014

**Sunday, 3 August**

Master conducted satsang and then performed a marriage. It was nice to see him without any of the tubes he had during his illness; it is a sign that he is recovering. When he went back into his office, several abhyasis took photographs with him. It was a light and festive moment. Master was however quite tired after this and rested for most of the day.

In the evening, he watched 'Somewhere in Time', a fascinating movie about hypnosis. Master watched the entire two-hour film starting at 9 p.m.

Master's routine for this week has been that he wakes up around 6 a.m., does his physiotherapy then comes in his chair to the office, and has breakfast while listening to the newspaper being read. After that, he comes and sits in the sun for some time.

On the 4<sup>th</sup> he came out at around 8.45 a.m. and gave a short sitting to the few abhyasis who were present. He went in and watched a TV interview about an abhyasi doctor from Bangalore. Master was very interested and kept watching it for more than half an hour. Then he watched an episode of 'Justice' by Michael Sandel and said that this was one of his favourite shows.

**5-7 August 2014**

After Master's breakfast, a sister said, "Master I have been far from you, but I never felt that you have not been with me." Master said, "Yes, that is the power of constant remembrance. No matter where we are, the Master is always with us."

After breakfast, Master came out and sat in the sun for a long time. He was asking Jacky about the state of affairs in the current Gaza war. He was also interested in knowing the history of this conflict between Israel and Palestine. Master listened intently to the various points raised by Jacky and said, "One of the main reasons for any of these wars is religion." Around 11.30 a.m. he went in.

On the 6<sup>th</sup> morning, an abhyasi came to meet Master who said, "I heard you are not attending satsangs. What happened?" The abhyasi did not respond and Master said, "Don't think that just doing service is enough. We serve only out of duty, but that will not take us forward. Abhyasis have to do the practice regularly." On the 7<sup>th</sup>, Master came out to see a new car that an abhyasi had bought. Master was asking about the various controls inside the car and was particularly impressed with the size of the trunk. He then sat outside and gave a sitting to all, synchronised with the 9 a.m. satsang.

**Whisper's discussion:** On the 9<sup>th</sup>, Master was looking at a copy of some Whispers messages and an abhyasi read out some excerpts from the book.



This was Lalaji Maharaj's *mahasamadhi* day but as Master was tired, he gave just a short sitting to those who were present in the cottage and Kamlesh bhai conducted the 9 a.m. satsang in the meditation hall. The Whisper that was read out after satsang referred to the importance of the day and how one should spend it in remembrance.

Master listened keenly and said, "I used the word 'hierarchy' long ago and now Babuji is using this word in the Whispers!" Everyone had a laugh.

There were four young boys and girls under eighteen years old who wanted to start the practice and Master was very keen on giving them all a sitting. However, he was quite tired, so Kamlesh bhai agreed to give them the sitting.

August 10<sup>th</sup> was **Raksha Bandhan** (day for celebrating the bond of love between a brother and a sister). Master got up by 6.30 and a sister from Moradabad tied the *rakhi* (sacred thread) around Master's hand. Master's family came and he was in good spirits. Master had breakfast while Kamlesh bhai conducted the Sunday satsang in the meditation hall. Master was listening to the newspaper being read with his eyes closed. Just as the satsang ended, Master said he would like to go inside.

After that, Master came out to sit in the sun and those around him sat in silence. A couple of sisters came forward and also tied a rakhi on Master's hand.

#### Thursday, 14 August 2014

After breakfast and newspaper reading, Master met several abhyasis and addressed all their questions. One sister from China came in and said, "I am happy to see you today morning" in Chinese and Master responded, "I am happy to see you today morning in all languages," and everyone had a nice laugh. Even though Master was quite tired, he lightened the atmosphere with such a simple statement. A sister said that she was leaving that day and would like a message from Master which she could follow all her life. Master said, "Love all whom he loves."

#### Friday, 15 August 2014

As it was India's Independence day, the ZIC Vineet Ranawat, hoisted the flag near the meditation hall at 6.30 a.m. Kamlesh bhai conducted the 9 a.m. satsang followed by a marriage. Master had been feeling a little weak over the past few days and it looked as though he was going to become ill again. However, the doctors identified the problem well in advance and started treatment so it did not affect Master that much.

#### Sunday, 31 August 2014

Master got up by 7.30 a.m. and went through his emails. He then had breakfast and had a long session reading the newspaper. After this he was quite tired and went into his bedroom. While everyone thought that he would rest, he surprised them by coming out to sit in the shade. He had a long discussion on several topics. One abhyasi said, "Master, I never thought of love as a force. Only after coming to Sahaj Marg, am I able to see how effective love is." Referring to ashrams Master said, "I would like to have ashrams where there are thirty or more abhyasis because then abhyasis will not feel uncomfortable to go to someone's house to take sittings, as the sittings can happen in the ashram itself."





## September 2014

### Friday, 12 September: Stay in Dwaraka:

Master went to inaugurate his apartment at Dwaraka apartments just behind the ashram. It was drizzling in the morning but Master got ready and went in the golf cart. He conducted a satsang for everyone assembled there. After the sitting, Master was very exhausted but still wanted to finish giving gifts to some of the guests whom he had invited. Though the doctors advised him to rest, considering his health, he stretched his willpower and finished all his work and then when everything was over, he retired for some rest.

In the evening Master sat with about thirty abhyasis for a short while and then went back inside. He went to bed in the evening itself.

**Saturday, 13 September:** Master came back to the cottage and as he was quite tired he had a full day of rest.

**15–19 September:** Master has been mostly resting for this whole week occasionally coming out to the office room to have his breakfast or lunch, and then going back into his bedroom. Abhyasis visiting the cottage to meet Master have been restricted as Master was not available to meet anyone. However, when he would come to the office, if there were some abhyasis, he would meet them for a short while. The weather in Chennai has also been very cloudy and rainy, reflecting this sober mood that prevails in the cottage with not much activity happening. In general, this month, Master has been

quite restricted to the cottage itself.

In the mornings after breakfast and news reading, there have been times when Master would come out and sit in the sun and have sister Elizabeth read some of Babuji Maharaj's letters and articles. She is compiling these for a new Mission publication. Master would usually be quite tired and sleepy when he came to sit out in the sun, but as sister Elizabeth started reading Babuji's literature, Master would get absorbed in the reading. With all abhyasis sitting around him with their eyes closed, a complete calmness would prevail. When the reading session was over, one could see Master literally shining, and he would meet abhyasis happily as he went back into his room. This was a very welcome change for Master from his regular routine and he really enjoyed it.





## African Seminar - 'Being Together'

**13–21 August 2014**

Twelve abhyasis representing Angola, Cameroon, Congo (Brazzaville), Côte d'Ivoire (Ivory Coast) and Gabon, were in Manapakkam to attend a week-long seminar organized for the French speaking African countries. During the seminar the abhyasis discussed in detail selected readings from Whispers which emphasised the need and importance of 'being together'. One sister abhyasi from Côte d'Ivoire and one brother from Angola were made prefects by Master.

On the penultimate day of the seminar, Master received all the participants in the cottage and gave a sitting, which was very deep and profound. They had a Q&A session and also a very absorbing, eye-opening session with Kamlesh bhai on the importance of the various aspects of sadhana. By the time he completed his speech, all the abhyasis were immersed in a deep spiritual state.

## Onam Celebration

**6–8 September 2014**

About 350 abhyasis from Kerala came to Manapakkam to celebrate Onam, a festival in Kerala, with Master. On 'Thiruvonam' (7 September), abhyasis put together a *pookkalam* (floral pattern) in front of Master's cottage gate.



Master came out to see this and wished all the abhyasis on the festive occasion. While addressing the abhyasis he spoke about the need for harmony and unity beyond any differences of culture, language and religion and wished 'Happy Onam' to all. Volunteers prepared an Onam feast in the ashram kitchen and this was served to about 3000 abhyasis who were present for the Sunday satsang. Abhyasi sisters presented a cultural programme in the evening in the meditation hall, which Master enjoyed watching from the cottage. On the 8th, another pookkalam was made and Master came out to see it and then interacted with the abhyasis from Kerala in the cottage.

## Tamil Nadu & Karnataka Prefects Seminar

**23–27 September 2014**

Around 400 prefects participated in this five-day seminar at Manapakkam. Kamlesh bhai conducted the satsang everyday at 9.00 a.m., addressed the prefects on 4 days and also answered some important questions raised by prefects. Master addressed the prefects on the third day and spoke about 'Humility', the theme of the seminar. He said that humility means the inside and outside being the same, and being true to oneself. He was never concerned about his role of being a prefect, senior prefect, Secretary or President of the Mission, for Him, just being a *chela* (disciple) of Babuji Maharaj was enough. His life has been focused only on Mission work and the greatest joy in life is to work in such a way that when one goes to see Babuji Maharaj one sees a smile on his face; for Master this was the greatest reward.

Though Master was unable to be with the prefects during the seminar, he received updates from the facilitators to understand the day's proceedings. In an informal conversation Master said that it is important for prefects to become role models. He





said, “Internalise the Master and externalise His teachings”, a profound statement for all of us to work upon and put into practice.

The inaugural talk from Kamlesh bhai was focused on prefects’ behaviour with abhyasis and how that initial experience will be an important factor for the continuation of the abhyasi in the Mission. During the other days Kamlesh bhai touched upon topics of how to read the condition of an abhyasi, the importance of Whispers and the role abhyasis have to play in the changing of the present-day world through regular and intense practice. He also spoke about acceptance and explained how humility, loyalty and sincerity help us with acceptance but, unfortunately, we carry a heavy baggage of prejudice, hatred, judgment, etc. We have to learn to tolerate people and this will lead to acceptance.

All the talks given by Master and Kamlesh bhai were translated into Tamil and Kannada for the benefit of prefects who knew only their mother tongue. They had group discussions, exchange of individual sittings and various kinds of volunteer work which taught every participant how enjoyable it is while working in a group.

## October 2014

### Chinese Seminar

**2–6 October 2014**

Abhyasis from mainland China (113) as well as 3 abhyasis from Turkey and 16 abhyasis from South Africa participated in this seminar at Manapakkam. During the seminar the group was addressed by Kamlesh bhai on three days as well as a Q&A session with the participants on 5th October. These inspiring sessions were deeply appreciated and enjoyed by all. He also conducted meetings with the Chinese and South African prefects twice during this event, in the course of which valuable information was shared and discussed.

On the last evening, everyone enjoyed a specially prepared Chinese dinner made by the Chinese abhyasis, on the library rooftop where Kamlesh bhai was guest of honour. The abhyasis could spend some quiet precious time with Master every day in the garden of the cottage after the evening satsang. After the 5-day seminar, 65 Chinese abhyasis visited Satkhol Himalayan Ashram from 7 to 11 October.





### First Anniversary Celebrations, VGTM Regional Ashram, AP

This was celebrated with great fervour and enthusiasm by the abhyasis of the region on Sunday, 7<sup>th</sup> September. About 1000 abhyasis representing five centres and 20 sub-centres took part in what became a mini bhandara. There were three satsangs and several talks during the occasion. Skits with the message of love and devotion, dance performances depicting Lord Krishna with gopikas, presented by children of Guntur and Vijayawada centres, ecstatic poems and rendering of songs by the abhyasis, filled the hearts of participants with divine effulgence.

### Sahaj Marg Quiz, Navsari, Gujarat

13	Master CD	700
12		700
11		500
10		400
9		300
8		200
7	Master Book	100
6		100
5		80
4	Photo	30
3		20
2		20
1		10

Options: A. Chariji, B Babuji, C. Kamlesh Patel, D. Lalaji

On 5 October 2014 a Sahaj Marg Quiz was organised at Navsari Centre. It was on the style of 'Kaun Banega Crorepati' a very popular television game show in India. This idea was to bring more zeal among abhyasis and the result was a very innovative and attractive quiz format. Brother abhyasis prepared a computerised programme and all the questions were based on the Mission and Sahaj Marg sadhana. Nine abhyasis were selected from those who showed an interest to play. A total of 13 questions were played. Each one present at the time of the quiz, enthusiastically participated in it. Mission books, Master's photo and a CD/DVD of the Mission were given as prizes.

### Prepare to Serve, Nandyal Ashram, AP

A three-day get together was organised for a group of 170 volunteers working across the zone from 12 – 14 September. All the participants were prepared for over a month before through a well-prepared pilot. Under the constant loving guidance of Kamlesh bhai, brother Gangadhara (ZIC), accompanied by a fifteen member team organised the programme.

Love, service and unity were the key areas of focus. Recognition and development of these key elements in oneself was brought out diligently through Whispers messages, recent Glimpses, some of Master's talks (DVDs), etc.

Each day started with satsang followed by 10 minutes silence and watching an episode of 'Glimpses'. During the day, there were various sessions and in each session a Whisper on an identified theme was read out and participants were asked to feel the vibratory effect in them and note down their feelings/experiences. They were able to observe the steady transformation of their inner condition.

The video on 'Slices of Eternity' and a motivational video on how one person can make a difference were shown. This was in line with what Master has said that 'One sparrow can make a summer and one person can make a difference'. There were prefects' meeting, youth meeting, etc. after the programme on each day.

An important aspect that was brought was the example of service of our Master, who forgets himself and only thinks of his Master while serving humanity and how we can emulate Him if only we put Him before us while doing any work.

Feedback was collected for a week after and the abhyasis were gripped by Master's love and were enthused in deepening the practice and nurturing the feeling of service with love while carrying out the work in their centre.

## Prefect Meetings

### Uttarakhand



A two day get-together of all CICs and prefects-in-charge of Zone 18 (Uttarakhand), facilitated by the ZIC, was organised on 30<sup>th</sup> and 31<sup>st</sup> of August at the Satkhoh Himalayan Ashram. Eighteen participants gathered in a very informal atmosphere and discussed the various activities held in their centres. The programme ended with a very clear awareness of how to use the heart to work spontaneously. A wonderful bonding of oneness and togetherness prevailed.

### Kakinada, Andhra Pradesh

A meeting of 25 prefects from AP-1B zone was conducted on 13<sup>th</sup> September at Kakinada Ashram. After satsang at 9.00 a.m., the ZIC addressed the gathering and gave valuable points from his conversation with Kamlesh bhai. Various topics, like how to give sittings, how to read the condition, the role of suggestion while giving sittings, the character of a prefect and the importance of Whispers were discussed. The programme concluded after lunch with satsang at Amaravilli Ashram, around 22 km from Kakinada Ashram. It was decided to conduct the next quarterly meeting at AJR Nagar in Visakhapatnam District on 13<sup>th</sup> December.



### ZIC's visit to Bhilwara, Rajasthan East

ZIC of Zone 7B, Dr J. Madhukar Kochar visited Bhilwara on 28 September along with prefect Pooran Mal Bainsa. Satsang was attended by 116 abhyasis. Addressing those present, brother Kochar shared some memorable moments he had spent with Master. He said that Master's work on an abhyasi starts long before one joins the Mission and it is Master who brings us into the Mission. He invited questions or clarifications and concluded with a remark that having no questions is spiritually a good condition. After brunch brother Kochar visited the land proposed for an ashram in Bhilwara, about 5 km from the present meditation hall. During the half an hour spent there, he had a detailed discussion about the land and also pointed out certain formalities yet to be completed. His visit to Bhilwara inspired the abhyasis to work for the Mission tirelessly.

### Navarathri Celebration, Vadodara, Gujarat

Navaratri was celebrated by the children and youth in Vadodara on 5<sup>th</sup> October with around 50 of them in traditional dress. After satsang the children played garba for around 1½ hours with high spirits, love and brotherhood, as though they were offering a devotional dance to Master. Looking at the vigour of the children, the older abhyasis also joined in. All dispersed after light refreshments in the ashram.



## U-Connect Initiative

### Self-Development Course, Sikkim University



Sikkim University launched an optional course on 'Self-development in Context of Spirituality - A Practical Approach' under the U-Connect initiative of SRCM. U-Connect started with the objective to offer the youth an aspirational set of values to live by; to help them achieve a balanced life focused on a spiritual goal and an ethical material life and to contribute to nation building.

The course is designed to equip students with the skills of introspection, contemplation and meditation which would be useful for developing right values and bringing about internal transformation in a natural way. The course content includes topics covering values, discovering the true self, yoga, concept of the Divine, power of thought, meditation practices, theories of life and living, excellence and choices we make and love.

The course started on 6<sup>th</sup> September facilitated by brothers Harshal Jawale (Pune), Misal Mehta (Kolkata) and Ravi Telang (Sikkim) and sister Elizabeth Kingsnorth (Chennai). Feedback from students was positive and encouraging. They also helped in modifying the course as per their need.

### Faculty & Facilitators' Training Workshop

#### Pulgaon Ashram, Maharashtra

A training workshop for 24 U-Connect faculty and facilitators was organised at Pulgaon ashram on 17<sup>th</sup> & 18<sup>th</sup> August. Volunteers from Nagpur, Chandrapur, Wardha, Raipur (Chhattisgarh), Yavatmal and Pulgaon attended this training. Shridhar Thoda (Mumbai) conducted the session, Sudhir G. Akojwar (CIC Chandrapur Centre) coordinated the workshop and R. Rajendran (ZIC)



and volunteers from Pulgaon Centre worked enthusiastically to host the workshop.

Abhyasis worked in groups and presented a 'mock session' as well as games and other activities. One session was conducted with PPTs in Marathi so that the course can be conducted in the local language. In the concluding session, a 'road map' was planned and the faculty expressed enthusiasm.

#### Nachipalayam Ashram, Coimbatore, TN

A three-day U-Connect Training Workshop, held at Nachipalayam Ashram, Coimbatore from 15<sup>th</sup> to 17<sup>th</sup> August, was attended by around 100 abhyasis from Tamil Nadu and Kerala. An ice-breaker was followed by sessions led by brothers Sriraman and Krishnan from Chennai on the spirit of U-Connect, how to approach institutions, and the roles and responsibilities of the coordinators, facilitators and faculty. They also conducted mock sessions. Participants were divided into 12 groups and each was assigned a chapter from the U-Connect curriculum.

On the second and third days, each group presented a mock session on a different topic. The programme concluded with a feedback session and defining an action plan. This training programme gave the participants the necessary courage and competence to handle sessions in colleges.



Email [uconnect@srcm.org](mailto:uconnect@srcm.org) on to how to start this programme in your centre or contact your ZIC.

## Youth Programmes

### Trichy, Tamil Nadu

A two-day session for 47 abhyasis of zone 2B between 18 and 35 years was organised at Trichy ashram on 16<sup>th</sup> and 17<sup>th</sup> August. The



programme included enriching sessions on naturopathy, self-exploration, teamwork, and leadership and equipping oneself. Kitchen volunteers prepared 'Food without Fire'.

There were also sessions which reiterated the importance for youth of meditation and Sahaj Marg practice. The talks kindled the fire in them and the determination to proceed with courage and let the 'inner lion' roar, as told by Master himself.

### Bangalore, Karnataka

Thirty-five youth from Bangalore gathered at Banashankari Ashram for a day's programme on 'Communication' on 21<sup>st</sup> September. The aim of the sessions was to bring out the importance of communicating with the Self, communicating with others, the role of listening and how to talk about Sahaj Marg to others. In each session, video clippings of Master's talks about the topic were played to give more clarity.

As part of the topic 'communicating with the Self', everyone was given a Whispers message to reflect and meditate upon. Thoughts and feelings were then shared with a partner. The game 'Flipping the Switch' examined different types of communication suitable for different situations and environments. Another game demonstrated the importance and skills required to be a good

listener.

Each group was given a talk presented by Master to a specific audience. After discussing it, one person from each group spoke. The 'Oh!' game was then played to show how the same word, pronounced with different intonations and facial expressions, could change meaning.

Participants were given a 'Must Read' list of books useful for understanding the basic philosophy of Sahaj Marg. It was suggested that those who are free on Sundays after finishing their volunteer work could get together and read for half an hour.

### Essay Evaluation Workshops

The evaluation of essays for the recently concluded Essay Event 2014 was conducted at the zonal level.



### Bhopal, MP, Zone 8A

The aim was to create an awareness of the evaluation guidelines. Following some talks, everyone was

asked to complete a questionnaire which helped to clear many doubts. All participants were given sample essays to evaluate, after which the evaluation criteria and methodology were presented. Participants were then asked to re-evaluate the same essays, taking into account what they had learned. The workshop concluded with an open session and feedback from the facilitators: Sudarshan Singh (Baheri centre), Dr Rajeev Kumar (Agra centre) and Vinod Kumar (Sitapur centre).

### Ghaziabad, UP (Zone 12A)

On 27<sup>th</sup> & 28<sup>th</sup> September, after the initial screening of 450 out of 700 essay entries, about 40 were shortlisted to be forwarded to the World Headquarters in Manapakkam, Chennai. Around fifty abhyasis from nearby centres were present as evaluators.



## Regularising One's Sadhana

### Gurgaon, Delhi

Sessions on the theme 'Dynamic Practice' are being conducted in Hindi every Sunday morning at the Zonal Ashram, Delhi. These three-hour sessions, which started in August, are followed by satsang. So far the following topics have been covered: Basics of Sahaj Marg Sadhana, Guru, Brotherhood, Diary Writing, Cleaning, Tools of Character Formation and Meditation. The Ten Maxims will be covered from the month of October. The aim is to give a fresh impetus to abhyasis in their basic practice. This initiative has provided clarity on the method and helped abhyasis to open up, interact effectively and experience brotherhood.

### Ongole, AP



In an effort to regularise the practice, a seven-day programme was conducted from 28<sup>th</sup> September to 4<sup>th</sup> October. It was attended by 18 abhyasis. All the aspects of sadhana, including Constant Remembrance and the Ten Maxims were meticulously covered with the support of DVDs and presentations. Brother M. Bhasker (CIC) participated in the entire programme and encouraged the abhyasis.

### Karumathampatty, TN West

Thirty abhyasis from the Karumathampatty Centre, 20 km from Coimbatore, took part in a



session on 'Sharing of Experiences' on 21<sup>st</sup> September, organised by sister A.K. Muthulakshmi. The programme focussed on the changes observed in oneself after following Sahaj Marg. Among the qualities mentioned by abhyasis were: growing love and faith towards Master, reduced anger, decreased feelings of jealousy, more tolerance and forbearance, increased self-confidence, fewer worries, greater simplicity and stronger brotherhood. It was very interesting to listen to everyone's experiences and all the abhyasis enjoyed the programme.

### Gulbarga, Karnataka



On 6<sup>th</sup> and 7<sup>th</sup> September, a programme on the 'Importance of Reading Mission Literature' was conducted in the ashram. Around 150 abhyasis from Gulbarga, Bidar, Humnabad, Changler, Chitapur, Sedum, Chincholi, Shorapur, Gogi and other centres attended. After morning satsang, an elaborate presentation was given with many examples, graphic designs, audio and video clips from Master's talks. The sessions ended with evening satsang. All the abhyasis expressed great joy and benefit from the programme.

### Trichy, TN East

A one-day hub gathering was held on 14<sup>th</sup> September. Zone 2B (Tamilnadu East) consists of three hubs: Villupuram, Trichy and Tanjore, which each organise a one-day meeting over a 3 to 4 month time-frame in order to foster brotherhood.

The seminar theme was 'Towards Reaching the Goal'. Each centre came prepared with a topic including Tolerance, Will, Surrender, Service, Obedience, Faith and Conviction, Cooperation and Brotherhood and Love. The day commenced with a cultural programme by the children and youth. After sessions on the topics, the day ended with an evening satsang.

## Cuddalore, TN East



About 120 abhyasis from Villupuram, Neyveli, Pondichery, Cuddalore and other sub-centres attended the annual hub gathering on 21<sup>st</sup> September. This was the first big event since the meditation hall was donated to SMSF. Group discussion was held on the *Basics of Sahaj Marg* followed by a speech on 'Realisation'. The DVD 'India in the West' was played and two abhyasis from Cuddalore made a presentation on the book *At the Feet of the Master—The Becoming of a Disciple* by brother Prashant Vasu.

## Vadodara, Gujarat



Vadodara city is divided into 7 zones, each with a volunteer team assigned responsibility for an area of activity. Home gatherings, Open Houses and other initiatives are held to improve the quality of sadhana. On 13<sup>th</sup> September, around 45 abhyasis from Makarpura and Manjalpur, assembled for a workshop on the 'Goal of Life'. After satsang, abhyasis were requested to write their goal in their diary, and then given three questions on which to contemplate. After listening to the reading of a paragraph from the chapter 'Goal of Life' from *Reality at Dawn*, participants were divided into small groups and asked to share their understanding. A prefect brother then spoke about the reading and abhyasis exchanged their experience in pairs. Finally, they again wrote the goal of life in their diary, this time based on their new understanding. It was a fruitful workshop.



## Tiruppur, TN West

After morning satsang on 5<sup>th</sup> October at Chettipalayam Ashram, brother N. Prakash gave a brief talk about the prefects' seminar held in Manapakkam at the end of September. After breakfast, the 600 abhyasis present formed groups with the prefects from whom they take individual sittings. The prefects explained that Kamlesh bhai had stressed that the practice should be done at a fixed time. It was suggested that abhyasis who found it difficult to meditate at home, could assemble at one place and meditate together. The main focus was creating fervour in the practice. Kamlesh bhai's advice is that practice should be done with determination for at least ten days to see the results. After the discussion, abhyasis left with an intention to put this into practice with utmost fervour. At present, daily 6.00 a.m. satsang is going on in two places in the city.

## Vittal, Karnataka Coastal

A full day programme was conducted on 21<sup>st</sup> September on the 'Goal'. Sixteen abhyasis attended and began by sharing views on how their idea of the goal had changed with their progress in sadhana. After reading excerpts from Babuji Maharaj's books, abhyasis realised that real goal of life is 'Master' himself. They discussed the various methods of achieving the goal and concluded by reflecting on the meaning of the first line of the prayer, "Thou art the real goal of human life."



### Grounding In The Practice

These training programmes are going on in full swing in several centres in India. The training consists of four modules Meditation, Cleaning, Diary Writing and Prayer.



The workshop organized at **Bikaner** in Rajasthan, on 26 September, was attended by 85 abhyasis from Bikaner, Ladnun, Jaswantgarh, Deedwana, Kuchera and Sriganganagar centres.



In **Goa** the programme on 16th & 17th August was attended by 32 abhyasis from Goa, Karwar and Kolhapur.



The session conducted at **Triprayar** Ashram, Kerala, on 12 October was attended by 34 abhyasis.

In **Hapur** Ashram, Uttar Pradesh, 87 abhyasis benefitted from the training programme conducted on 7 September.

### Spreading the Word

The Echoes team have received a lot of articles on open houses conducted at various centres in India. The photographs of some of these events are given below.



## New Publication Releases



What is Sahaj  
Marg  
English



What is Sahaj  
Marg  
Kannada



Devotion  
English



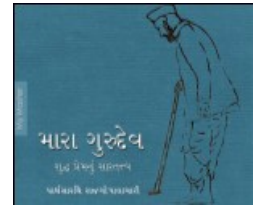
Heart Speak 2011  
Marathi



Heart Speak 2013  
English



Heart Speak 2011  
Hindi



My Master  
MP3 Audiobook  
Gujarati

## Snippets



### Ballia, Uttar Pradesh

On 14<sup>th</sup> September a youth seminar was conducted at a polytechnic college in Ballia. The theme was 'Youth: A Time of Promise and of Effort'. Around 100 students and 25 teachers and guardians attended this seminar.



### Children and Youth Centre, Kolkata

Keeping in mind the needs of a growing number of children coming to the Kolkata ashram, the construction of an independent Children and Youth Centre (CYC) room was sanctioned with the grace & permission of Revered Master. A simple construction, it came up over an open area which was used by children for small games & play. The new facility was inaugurated in the Kolkata ashram on 14<sup>th</sup> September in a simple ceremony performed by the children guided by a group of dedicated CYC volunteers.

## Values Education Updates

### New Delhi

The programme was started in Ambience Public School in April 2014. The classes are held once a week. Though not much interest was shown by students initially, by the end of the first three lessons classes 8-12 settled down with the curriculum. Courage, sincerity and humility are the three values covered so far. The idea of 'humility' as a value met with a lot of resistance. There is something each student is taking away from these classes – however small it may be.

The second institution, Vidya Bharati School, in West Delhi started the classes in July 2014 for classes 8 and 9. The school has a large strength and the two classes put together have 7 sections with a total strength of approximately 400 students. Both the schools are located in different socio-cultural milieu of Delhi. However, the response has been more or less similar.

### Mumbai, Maharashtra

On 27<sup>th</sup> August, around 45 teachers attended the awareness event held at JH Ambani Vidyamandir Marathi medium school, Nagothane. The programme was conducted in a gentle yet effective manner by Seema Tripathi. Towards the end of the session, some of the teachers inquired about meditation. Five to six teachers promised to help the volunteers and proposed conducting classes for classes 8 and 9. The Principal spoke of the common goal of helping children grow into human beings full of humane qualities, for which values education is very important. She also promised her full support to volunteers.

Email [vbe@shpt.in](mailto:vbe@shpt.in) if you want to start a Values Education programme in a school in your centre or contact your ZIC.

## Sholavandan Ashram, Tamil Nadu

## Centre of Light



Sholavandan is a town panchayat, 28 km from Madurai. It was formally initiated as a SRCM centre by Dr Sadayandi on 5th August 1987, at his house. During the early days, there were around fifteen abhyasis attending satsang. Master visited Sholavandan many times during the '70s and '80s and conducted satsangs at Dr Sadayandi's house. He had shown a personal interest in the growth and development of the centre.

### Ashram

When the need for an ashram was felt, Dr Sadayandi bought 2 acres 43 cents near Sholavandan railway station, out of which, 1 acre 20 cents was given for the ashram. Construction of the ashram started in 1996, with donations from abhyasis and financial support from headquarters. Brother A.P. Durai, Joint Secretary, visited the centre on 24 August 1998 during the construction and gave all the necessary help. The ashram was registered on 12<sup>th</sup> May 1999 and was inaugurated by Master on 12<sup>th</sup> January 2000. Over 300 abhyasis from various centres assembled for the inauguration function.

The meditation hall is 52 x 22 feet and can accommodate around 200 abhyasis. In addition, there is a kitchen, library and toilet block within the ashram. Through many open houses, the strength of the abhyasis has increased steadily and the centre now has around 110 abhyasis who are regularly attending Sunday satsangs which are held here. On every third Sunday a full day programme is conducted and every fourth Sunday is the day for volunteer work. The centre has a strong youth team and they are spreading spiritual awareness. They participate in CREST programmes, perform awareness skits about sadhana, involve in group discussions and skill development programmes. This centre also took care of sub-centers located nearby like Dindigul, Batlagundu and Vadipatti in their initial stages.



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