



SHRI RAM CHANDRA MISSION

FAR EAST
NEWSLETTER

2015 New Year Message - Rev. Master 1st January 2015, Manapakkam



“I wish all of us would introduce ourselves when they are asked ‘What are you?’- ‘I am an abhyasi’ because that is the primary thing in my life, in my heart. It must have a permanent imprint on our heart that I am an abhyasi. Every moment it must be impressed upon so much that not a moment passes without his loving remembrance, moment wasted should be regretted. Otherwise, years and years will fly, existence will float like rivers dissipating in deserts. Our existence will also disappear in this timeless ocean of time.”

Master's News

Montpellier, France – 7 January 2015

The quite unexpected news, received on January 1st, had local abhyasis mobilise as many brothers and sisters as they could to welcome him. Twenty-four hours later, a venue had been found for the 800 abhyasis who came with their families from all parts of France and also neighbouring countries.

At 7.30 a.m. Kamleshji conducted the first of three satsangs, in a very prayerful atmosphere. Then he traced the road for us when he said:

“...So please, don't restrain your feeling. If you feel happy at one moment thinking of Master, feel happy, if you feel sad about his absence, it is okay to shed two tears. With desolate heart, with thankful heart, with smiling heart, we can always remember Him. Now he is more accessible and he is dissolved in us. Now our exercise is how to dissolve ourselves in Him. It's up to all of us, and I pray that we achieve that state of dissolution the sooner the better. That's what Babuji Maharaj wants, that's what Master wants, that's what the Hierarchy wants - that total absorption in His Universal Presence, and this is what we call this absolute merger in the Ultimate. With prayers, thank you all.”

He also said how deeply moved he was that so many abhyasis had managed to come at such a short notice. Not only did we all leave with full of joy and gratitude for the fantastic day he offered us, but he also thanked us for having come in large numbers to share the day.





Bhandara in the US

The abhyasis of North America were overjoyed to spend the 23rd to 25th of January with Kamleshji in his new role as spiritual Master and president of Shri Ram Chandra Mission. The impromptu bhandara, on the occasion of Basant Panchami, in New Jersey, turned into a North American gathering attended by over 1100 abhyasis from across the continent. A core group of fifty volunteers worked together on the arrangements.

The gathering took place in a hotel, which became an ashram for three days. Its large ballroom became a spacious and very aesthetic meditation hall. Almost all outstation abhyasis stayed there, as did Kamleshji.

On Friday evening, the gathering opened with a 5 p.m. satsang, followed by a heartfelt talk by Kamleshji on the call by his Master, Chariji, for the urgency of sincere practice. He mentioned that Chariji was very candid in his diaries and exhorted abhyasis to be absolutely honest, especially with themselves. At the close of the talk he invited all abhyasis to reassemble in the hall for the Friday night sitting at 9 p.m.

On Saturday morning, on the occasion of Basant Panchami, Kamleshji inaugurated the Toronto Ashram at 7.15a.m. via Skype, addressing a gathering in Toronto of two hundred abhyasis from across Canada and the US, followed by a wonderful sitting.

After the 9 a.m. satsang and another short talk, Kamleshji sat at the registration desk for several hours taking pre-registration orders for a new book

to be released later this year on Lalaji's life, and interacting with abhyasis with touching warmth, directness and humour. He later met with around 150 prefects from North America, where he mentioned some of the new changes the Hierarchy of Masters have permitted in the Mission, as have also been indicated in recent messages from the Brighter World.

He also mentioned that in keeping with the changing times there is a need to reach out to seekers in simple ways, and encourage them to meditate and experience the changes for themselves. He gave a sitting to all the prefects present. This was followed by his meeting with new abhyasis at 8 p.m. The day ended with satsang at 9 p.m.

Kamleshji held a Q&A session after the morning satsang on Sunday. One could feel the heart-to-heart bonding between the new Master and his abhyasis. There was love, humour, patience, joy, as well as commitment to a deeper practice and interiorisation, and to a constant connection with the Master through thought. As the session progressed, many abhyasis saw in Kamleshji a true reflection of Chariji, and they were so touched and moved that they were in tears as the session ended.

As one abhyasi said, "I feel it in my heart. They are truly one."

After leaving the venue, Kamleshji visited the nearby Monroe Ashram with the local volunteers. He gave them a sitting there and had lunch with them before leaving for his home.

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Sahaj Sandesh No: 2015.13**Thursday, 12 Feb 2015**

Respected elders, dear sisters and brothers,

We all had a wonderful time during the two seminars in New Jersey, USA – one from the 23rd to the 25th of January and the second one from the 1st to the 3rd of February. Both occasions were very special. My return was fixed for the 27th of January but I could not leave because of some work. Then I planned the departure for the 4th of February, and that too did not materialise due to 'flu.

Fortunately, I was able to leave with considerable improvement in my health on the 9th of February, and reached Manapakkam on the night of the 10th of February.

During both seminars in New Jersey, we were able to discuss many aspects of our sadhana, which are now made available via Sahaj Sandesh. Implementations of the recommended prayerful suggestions will deepen our involvement, and I am sure that all those embracing these prayerful suggestions will witness definite positive changes.

There were many important topics related to perfect work discussed as well. There have been requests from so many prefects to share the contents of the talks delivered to prefects in New Jersey. I would like to share the same theme in person with prefects all over the world in a systematic way. The program will be announced shortly.

Currently at Babuji Memorial Ashram, we have twenty-five ISAW candidates who are undergoing training to work as prefects in their respective regions. This program should conclude on the 15th February. Moreover, we have more than 100 participants from South America, and the special program for them will go on until the 14th of February.

Plus, we have more than twenty weddings on Valentine's day!

With prayers to beloved Master for love and blessings.

Kamlesh D. Patel

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Prayerful Suggestions for Deepening One's Involvement

- ✧ 9pm Universal Prayer - All sisters and brothers throughout the world are being filled with love and devotion, and real faith is growing stronger in their hearts.
- ✧ All sisters and brothers are developing correct thinking, right understanding and an honest approach to life.
- ✧ Everything around us is deeply absorbed in Godly remembrance.
- ✧ All sisters and brothers who are really craving for the Ultimate are being attracted towards our great beloved Master. They are all being pulled towards him. We submit our prayer to our Master that, "May they all benefit with your Grace."

Talks

1. During the North American Seminar held in New Jersey from January 23rd-25th on the occasion of Basant Panchami:
<http://www.sahajmarg.org/literature/online/speeches/newjersey-20150123>
<http://www.sahajmarg.org/literature/online/speeches/newjersey-20150124>
2. On the topic of "Deepening your involvement" on January 30th and 31st, 2015 at the Monroe ashram in NJ, USA, just before Lalaji Maharaj's birth anniversary celebrations.
<http://www.sahajmarg.org/literature/online/speeches/newjersey-20150130>
3. During Lalaji Maharaj's birth anniversary celebrations at the Monroe Ashram in New Jersey, about how to become like the Master, and the qualities of our Revered Master Chariji Maharaj.
<http://www.sahajmarg.org/literature/online/speeches/newjersey-20150201>
<http://www.sahajmarg.org/literature/online/speeches/newjersey-20150202>

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Beloved Remembered**Group sittings for prefects:**

On 3rd and 4th December Master gave the final group sitting to a batch of 39 new prefects. He also managed to sign all the certificates. During the days that followed, Master generally went back to rest almost immediately after breakfast and woke up again only in the afternoon.

880 volt transmission:

An 83-year-old abhyasi came from the USA and waited for more than four hours to see Master. When they finally met, the abhyasi said, "Master, I remember on one occasion, you started a sitting and the transmission felt like 880 volts was sent into me – I was floored!" Master laughed. The brother added, "I am moved to see how you go on giving transmission to everyone who comes to you." Master laughed again, then there was a moment of absolute stillness. Only Master knows what happened in that brief moment, but many in the room were moved to tears.

Silent sitting:

One evening, Master was in great pain and his eyes were closed. It looked as though he was going to sleep, when suddenly he said, "That's all." Everyone was surprised, but Master explained, "I was giving a sitting." It was truly amazing that despite his ill health, his work continued.

Wednesday, 10 December

Brother Krishna had become very concerned about Master and decided to stay in the cottage. After several bad days, Master appeared to feel better and even planned to go out in his golf cart. Everyone's happiness was however short-lived, as Master became very unwell again the following day.

Entertainment:

Apart from the regular evening movie, Master continued to follow various TV series – among his favorites were 'Mahadev', 'Mahabharat', 'Buddha', and 'Grand Designs'. The last episodes of 'Buddha' showed the final days of his life and how he took food even though he knew it was poisoned. Someone said to Master, "The same thing happened to you back in the old days. You knew, but you still took it." When asked why one would do this, Master replied, "That is how it is."

Do your work perfectly:

One day, a sister came to the cottage and said, "Master you are suffering so much, please permit me to share your pain." Master replied with a very gentle and loving smile, "That is forbidden, it is not asked for. If you really want to do something for me, do your work perfectly, it is the best thing you can do."



A message from Master:

The Russian seminar started on Monday, 15th December. From his bed, Master recorded the following brief message for them, which was played in the meditation hall: *“Dear brothers and sisters, I regret I cannot be with you all, but I am with you in spirit and I hope you can feel it. Please believe me when I say that I shall be with you all, all the time, whether here or in your Russia or in other countries, it does not matter. Distance does not make any difference – there is no difference. I pray for you all and wish you the best. Blessings to all of you.”*

Last time outside:

Some special equipment from the USA was used to help Master move from his bed to the wheelchair and enabled him to go outside the cottage one last time. After his breakfast and the newspaper reading Master asked for a book to be read and sat listening with his eyes closed.

Master has always been an avid reader and he kept up this interest till the very end. As well as the daily newspaper reading, he liked to have a book read to him, especially when he couldn't get to sleep. He would listen very keenly and even correct the pronunciation of the reader! After a while, he would drop off to sleep.

The final two days:

From 18th December, Master was very unwell and slept most of the time. On the afternoon of the 20th, Master's condition became unstable and he had started having breathing difficulties. Despite the best efforts of the doctors to stabilise his condition, Master passed away at around 9.45 p.m.



Lalaji Maharaj's 142nd Birth Anniversary Celebrations

Singapore

The celebrations started with Sunday morning satsang at 7:30 followed by a brief video of Master's talk. Afterwards abhyasis ate breakfast silently while pondering over excerpts from Lalaji Maharaj's *Complete Works of Ram Chandra* that the programme coordinators had carefully selected. This served the dual purpose of digesting the spiritual food that was offered during satsang and prepared us for the upcoming session where everyone shared their excerpt and their understanding.

Later in the morning abhyasis were tested with the knowledge of Sahaj Marg history and some key facts, by the children in the centre. A merry time was had by all, especially the children, who obtained a great deal of pleasure to yell out "Wrong!" whenever the abhyasis exposed their lack of comprehension. The day ended with a session on 'Being - becoming an example' and a second satsang at 12:30 p.m.

The second day of the gathering commenced with a morning satsang at 7:30 and a short video of Master's recent message from the ashram in Monroe, NJ, USA.

Once again, the abhyasis had breakfast while silently taking in an excerpt from *Truth Eternal*. Subsequently it was a packed day with many



activities diligently tailored to help abhyasis sustain their state of contemplation. These included: a video of Chariji sharing His experiences during the bhandara days in Shahjahanpur, a quiz on Lalaji's life, reading Lalaji's Whispers messages, watching 'Life of Lalaji' movie, children performing a skit on 'The Real Goal' and abhyasis staging Narada's experience of illusion with the help of Lord Krishna — a story that Lalaji Maharaj's father had told him. The two-day get-together concluded with a satsang in the evening at 7:30 p.m.

These two days offered some delightful sights of abhyasi brotherhood, children rejoicing and His grace blanketing the centre throughout this special period.



Hong Kong

Retreat - 31st January to 2nd February 2015

We were a group of 55 including children. The feeling of inner joy had already started when the retreat was announced. We reached the retreat Centre, Po Leung Kuk Pak Tam Chung holiday camp, which is located at a slightly hilly area in Sai Kung district of Hong Kong. The weather was wonderful. We reached there by 4 p.m. and settled down in our respective rooms.

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Kids were already in their gala mood and looking forward to playing with each other. After the group meditation at 5 p.m. we all had a nice Chinese Barbeque dinner, thus unfolding the joy and cheerfulness of the event. At 9 p.m., we had a quiz prepared by sister Kothai and sister Nithya. Everybody took part, sharing the excitement of their knowledge about the system and the Masters.

On 1st February, we had a Workshop on Universal Evolution and abhyasis shared their queries regarding how our system was in harmony with Nature and how we all can make a difference by just doing our practice meticulously and with devotion. The movie which was played on the 2nd, brought clarity on how meditation can help us to eliminate the unfavourable tendencies and induce growth of positive tendencies in our personality, thus making us evolve and thereby helping the Universe in its own way.



“Happiness is not anywhere outside. It is in our fixing the attention, in the steadiness of disposition, and in the withdrawal of our mind. Those who know this secret need not search for happiness outside.”

“Behind the drop the sea extends, The sea supports the drop. To make the drop realise the ocean, is all the Reality.”

- Lalaji Maharaj

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During these three days, it was amazing to see how the children were observant of what their parents did and what they knew about the Mission. During the event, kids enjoyed playing badminton, cycling and trail walking. The atmosphere at the retreat was in itself a blessing of the Divine.

On the afternoon of 2nd February, we dispersed after the 3.30 p.m. satsang, with our blooming hearts and fond memories, with our newly introduced brothers and sisters, and with a better understanding and self-commitment to pursue our practice with dedication.

Japan

Kyoto Centre

On February 2nd seven abhyasis gathered to celebrate the birth anniversary of Lalaji Maharaj. We were particularly happy that some new abhyasis from neighbouring Shiga prefecture joined us for these uplifting celebrations.

Tokyo Centre

We had group meditations on the 1st, 2nd and 3rd.. A total of 16 abhyasis participated. Every satsang was followed by a video session. It was very nice to be with all the brothers and sisters, to meditate together and most of all to be connected to Him within us.



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Malaysia - Klang Ashram

The celebrations commenced with an evening satsang at 6 p.m. on the eve of 2nd February which was attended by around 30 abhyasis from the Klang valley and Seremban centre. A presentation by sister Jogeswary facilitated by brother Siva Kumar on Lalaji Maharaj and his messages to Babuji Maharaj taken from various books of Babuji Maharaj. Post dinner, all abhyasis sat for universal prayer at 9 p.m.

On the 2nd morning, around 40 abhyasis from various centres in Malaysia had gathered for the morning satsang at 7.30 a.m. followed by a beautiful video of beloved Chariji's speech. After breakfast a presentation on 'Love by brother Nikhil Paliwal of Subang Jaya centre, focussed on the importance of love in every aspect of our lives be it sadhana, work and family life and how we could be a better abhyasi and a human being if every action of us is imbibed/imbued in love. In fact the very existence of the system is due to the great love of our Masters towards humanity.

After this another detailed and informative presentation by sister Jogeswary of Klang centre titled 'March to Freedom and Cosmic Positions' was based on various books such as *Complete Works of Ram Chandra* and *In His Footsteps*.

The late morning satsang followed at 11.30 a.m. and abhyasis were treated to a delicious lunch afterwards. Post lunch brother Sundaram of Seremban read an article on Lalaji's life. An interactive quiz was organised by brother Siva before the final satsang for the day.

The last day commenced with a satsang at 7.30 a.m. attended by around 40 abhyasis. A video presentation and breakfast followed thereafter. Post breakfast a presentation based on respected Kamleshji's speech also included a brain-storming session based on the presentation, which marked the end of the celebration.



“Action (karma) is the practical or utilitarian side of the manifestation of existence, whereas knowledge is its essential aspect. These two aspects are conjoined with the middle link, which is the human heart. This very heart sends its current in the grosser regions of existence, causes the action to be performed and practised, and thus arranges for the expression of its existence.”

-Lalaji Maharaj

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Malaysia**New Venue for Sahaj Marg - Seremban**

The Sahaj Marg centre at Seremban has been in brother Adrian Ramesh's house for the past eight years since beloved Chariji Maharaj had given consent in 2006 to have weekly satsangs conducted at this place.

The outreach team had made their headway in recruiting many new abhyasis over the past two years and had impacted the growth of the Seremban centre significantly.

Brother Nitin (RIC) along with the local management committee headed by sister Sulochana (CIC), made a visit in August 2014 and recommended that the centre be shifted to a bigger premises in view of the growth of the centre. A neutral and commercial area was suggested to be explored for this purpose.

After a couple of weeks the abhyasis of Seremban centre had narrowed down their search to two shop lots situated at a very ideal location in a very popular commercial area, convenient for all the abhyasis. After some deliberations the CIC and the management committee made the decision to shift the centre to - First Floor of a shop house, No 3375, Jalan RJ /11, Taman Rasah Jaya, Seremban effective from 1st October 2014.

The venue for the new centre had to be made ready for use in less than one month. Some renovation plans were made to partition the space for the meditation hall, library, kitchen and

a store. The renovation also included electrical wiring, plumbing, painting and re-ceiling. The mediation hall was designed so as to accommodate 80 to 100 abhyasis for satsang. All the plans and the proposal were approved by Chariji Maharaj and he sent us his blessings. An extract from his mail is appended here below.

Chennai, Thursday, 4 September 2014 11:22:43 am

*Dear sister Sulochana,
I am happy for you all and bless all of you.*

*With Love and Master's Blessings
Affectionately,
Parthasarathi*

All abhyasis of the Seremban centre were very enthusiastic and collectively worked and contributed towards this project. All renovation and furnishing was successfully completed and the centre was officially opened on Wednesday, 1st October 2014 by sister Sulochana. The opening ceremony was at 6:00 p.m. followed by satsang and dinner. Around 45 abhaysis from Seremban and Klang centres were present to take part in this happy and memorable occasion.

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Youth Get-Together - 2014

Jayanthi Nagappan

Our youth gathering was scheduled for Saturday afternoon on the 1st of November. We started off with individual sittings for those who came early. After lunch we continued the tentative programme with the presence of ten brothers and sisters. Although we have known each other for a number of years, the ice-breaker session gave more insights into all our lives. We were asked to reveal five positive and five negative attributes to our partners. This brought us closer to each other and towards the end we found ourselves being comfortable with each other without reservations.

We had an active interaction session on understanding the deeper aspects of Sahaj Marg, which was presented by sister Kamala Murugappan. After the evening satsang, dinner was held at a Chinese vegetarian restaurant. We had an awesome time as the food was as great as our appetite! We were back in time for the individual cleaning and universal prayer. The programme continued with viewing of 'Meanderings', which although had been viewed numerous times, yet is still inspiring to listen to Master's teachings.



Singapore

A Day at the Botanic Gardens

On November 16th 2015 an invigorating gave abhyasis a chance to get rejuvenated! After satsang and breakfast, abhyasis got ready to head for the Garden. Children who don't usually pack their bags for school, had packed their bags for this trip a day ahead! They had been waiting with enthusiasm for this trip for weeks. The participants (46 adults and 37 children) got into two buses and a few took the metro transportation. All arrived at the Botanic Gardens and headed toward a spot close to the Eco Lake.

An icebreaker game had a valuable message for everyone, to make us aware of unity and resilience in a group. We individuals are linked together by one common element – the rope (love, brotherhood). The rope needs to be kept tense so that the tension (dedication to the practice) keeps the person(s) holding on to it, together.

A game with hoops had so much to learn from. It conveyed cooperation, listening, not blaming others but constantly adjusting oneself in accordance with the team, following the leader and brotherhood.

A human obstacle game had some of the brothers and a few children volunteering to be the obstacles – one child was blindfolded and had to be guided by another child till the goal-point. This activity showed how some children are so good at guiding and how some are good listeners.

There were a couple of fun-filled and message giving activities after which there was lunch. Following lunch, children were taken to the Jacob Ballas Children's Garden. Children were happy; they had a marvelous time there. Then came the rain, which changed the weather and made it very pleasant. When the rain stopped we all headed back home feeling refreshed, young and happy.

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Japan

Kyoto Centre

Amid an unusually snowy winter season, Kyoto centre held a one-day session on January 18th. Around ten abhyasis and their children gathered in Kyoto for the long session.

Tokyo Centre

Picnic on the outskirts of Tokyo November 2nd 2014

We all gathered after the morning satsang for a picnic in the outskirts of Tokyo. It was the perfect time of the year as we could enjoy the autumn season.

Around 25 of us hopped into cars and trains to get to an abhyasi's home in that area. Then we all had lunch in the park and took a walk in the garden. This was followed by a group meditation. This outing brought us all closer and also was much enjoyed by children, as it was different from the usual one-day sessions done indoors.



Philippines

Since the early part of 2014, the Manila Centre has been doing extended sessions once a month after Sunday satsang. The abhyasis agreed to tackle the 'Grounding in the Practice' modules and half of each module was discussed every month. For the year 2015, the centre is now focusing on the Ten Maxims as topics for the extended sessions.

During Lalaji Maharaj's birthday celebration, the abhyasis held a special satsang on the morning and evening of February 2. A short video showing the life of Lalaji was played afterwards. Grace of the Masters was felt by everyone.

By Master's grace, His work continues to grow in the country. New abhyasis from other parts of the country (Roxas and Davao Cities) are beginning the practice. Support via the prefects and dedicated abhyasis from other parts of the world continue to lend a hand. We are grateful for the love, compassion and attention given to us by our Master.

Invitation - Japan Spring Retreat, 2015

Abhyasis from all over Japan will gather in Kani City in Gifu prefecture (near Nagoya) on March 27-29 for the semi-annual retreat. These retreats provide a priceless opportunity to deepen our remembrance and strengthen our commitment as abhyasis. Overseas brothers and sisters are most welcome to participate.

For questions or information, please contact
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