



News from Manapakkam

May 2014

After Bhandara: Master mentioned sadly that as the bhandara was now over, abhyasis would start leaving the ashram and the place would become empty. This bhandara has been special in that Master conducted the morning satsangs on all three days of the celebration. His health has been quite good and he has been having sessions and discussions in the cottage whenever possible. On Saturday, 3 May, in the morning, Master met a lot of people after his breakfast and wanted to give a sitting. He was very specific about whom he would call and asked the rest to sit outside while he gave a long sitting. Afterwards, he spent the morning talking with a group of abhyasis in his office room.

New Golf Cart: A new golf cart with a detachable, electronically-operated chair has been brought for Master. The wheelchair now can be attached to the golf cart, which lifts the chair along with Master and moves him into position. Master went for a round in this golf cart and was very impressed with the mechanism. This has made it easy for him to get in and out of the golf cart and he was looking forward to going more regularly on rounds.

As his grandson Bhargav was in town, Master spent time with him and the family. He did not go to rest but was talking and at 5:30 p.m. he went for a round in his new golf cart with Bhargav driving him.

Master is back to his routine on some days, waking up at 5 a.m. for his meditation, having the news read to him, taking breakfast and checking emails. He has been keenly following the news on the ongoing election process in India. He is completely silent when he watches the news and is observant of everything that is happening. He was especially keen on watching the exit polls and the observations of the commentators.

Gurubhai's family visit: A family belonging to one of Babuji Maharaj's guru bhais, came to meet Master. Master was quite tired but still met them and then gave them all a sitting, even though it was time for his rest.

Master has been watching the TV serials of Mahadev, Mahabharat and Buddha. He has said





more than once that he is learning a lot by watching these episodes. A few of the abhyasis who watch with him do not understand Hindi, so Master translates and explains the dialogues for them as the episode continues.

On 19 May Master went out to a shopping mall at around 10:30 a.m. He was there for quite some time and reached the restaurant only by 2 p.m. He had lunch with around fifteen abhyasis. Even though Master ate very little, he made sure that everyone had ordered enough. He was the perfect host. Unfortunately, this trip made him very tired and he was having body pain. For the next two days he ran a fever and the doctors gave him some treatment. He started getting better within a few days.

Learning – a continuing process: On 23rd May, Master had called some Russian abhyasis for a sitting. After the sitting, Master said that he was very keen on learning Russian again. He asked brother Alexey to come and record lessons for him so that he could listen to it later. Master said, “I am going to create my own lessons, record them and play them back later and learn.”



Saturday, 24 May 2014: About sixty abhyasis from Puduchery came for the weekend to Manapakkam. Master sat outside the cottage at around 6 p.m. and spent about 45 minutes with these abhyasis.

Sunday, 25 May was sister Priya and brother Krishna's wedding anniversary. As soon as Master woke up, he offered prasad and gave it to everyone. Master gave a sitting to everyone present at 7 a.m.

Monday, 26 May, Master went to MIOT Hospital for a check-up as there was some concern with his fluctuating health. The results turned out to be okay. Master watched Narendra Modi's swearing in ceremony as the Prime Minister of India.

Lalaji Memorial Omega International School: Results for both the 10th and 12th standard CBSE classes were announced and Omega school has got a hundred percent pass. In the 10th standard, 142 students appeared for the CBSE exam and all of them passed, with nine students getting a CGPA (Cumulative Grade Point Average) of 10. Master was very happy and has been telling everyone this news.



“Remembrance brings a lover close to the beloved. There is no limit to this closeness. The greater the love or affinity, the more does one advance towards Him. This relationship comes to us by inheritance. Now it is up to us to develop it as far as to secure utmost nearness to Him.”

Babuji Maharaj

"Complete Works of Ram Chandra, Vol. 1, Chapter "Maxim 2"



Kerala Prefect Seminar

May 30,31 & June 1, 2014

Around sixty-five prefects from Kerala gathered at Manapakkam to attend this seminar. Brother Kamlesh addressed the group on the first day. There were sessions arranged for prefects on all days, including giving sittings to each other. The sessions included reflecting on Master's quote followed by discussion and sharing, a Q&A session by brother Rajesh Rathod and a session on service. This session stressed the importance of observing oneself, keeping in mind the principles of conversation, and the art of listening and tolerance, while serving. The activity arranged for this session was rooftop gardening. All the prefects worked together to set up a vegetable garden on the terrace above the library building. On May 31, Master met all the prefects and gave a sitting. The meet concluded with two video sessions on Sunday - one by brother Kamlesh Patel on how to make a centre active by small but relevant things and another by Master on refinement.

Third Omega Alumni Meet

June 9 -14, 2014

The seminar started off with a satsang by brother Kamlesh on June 9. Soon they congregated in the seminar hall and were addressed by brother Kamlesh which was a brief but nevertheless illuminating talk. The days that followed were divided amongst talks and sessions with different visiting abhyasis, a fair amount of volunteering, practice for the upcoming cultural programme and of course meditation and abhyas. The sessions and seminars they had were entertaining as well as

enriching and touched upon many aspects of life and values. On 12th they received a sitting from Master in the cottage. He gave a small talk wherein he declared 14th June as the Omega Alumni day. On 14th, they visited LMOIS and spent an amazing time with their teachers and wardens and gave tips to boost the juniors. Once back in the ashram the last stage of the trip, a cultural programme, began. It was beautifully performed by all, and once again they all got a chance to meet Master and had a group photo with Him. Participants felt that the programme was most fulfilling and memorable.

New Prefect Preparation Seminar

May 31 to June 14, 2014

About twenty-seven prefect-to-be candidates from all over India went through an intense two week seminar at Manapakkam as part of their preparatory process. Apart from preparatory sittings, they had workshops in the morning session and selected videos of Master and brother Kamlesh on prefect's work were shown to them in the evening session. This was followed by discussion on the same topic to take them deep into the subject. The participants also discussed in groups a few chapters from the book *Reality at Dawn* and presented it. Two of the sessions were dedicated to service where they did gardening and levelling work. Towards the end of the seminar, the participants were able to spend time with brother Kamlesh during a moonlight dinner.



My approach to Sahaj Marg

Panvel, Mumbai

Brother Mohandas Hegde, Director of CREST Bangalore, on his visit to Mumbai on 25 May, conducted a session in Panvel ashram for around eighty abhyasis. Everyone introspected on the topic 'My approach to Sahaj Marg', and shared their thoughts on their approach now and when they had started.

He explained that the first sitting we receive is the most powerful one given by Master where the seeding takes place and the soul is awakened. He asked if everyone valued this work of Master and if they were willing to participate in their spiritual development. He also emphasised the importance of the prayer and having a clear objective.

Visit of ZIC to Paramakudi Centre



The zone-in-charge of Tamil Nadu Zone 2D, brother P. Ramanathan, visited Paramakudi centre on 17 May. Sixty-four abhyasis, including prefects from Paramakudi, Manamadurai, Ramanathapuram and Sivagangai centres, attended this programme. Morning satsang was followed by an open house attended by about twenty invitees. The purpose of

meditation, the salient features and efficacy of Sahaj Marg were explained to the participants by prefect brothers Ramanathan, Radhakrishnan, Kumar and Baskaran. Ten invitees were willing to start and eight of them began their introductory sittings immediately.

After talks given by abhyasis on their experiences and gains from meditation, the session concluded with the evening satsang.

IISc Bangalore abhyasis visit to Manapakkam

The Indian Institute of Science, Bangalore, now has around thirty abhyasis on campus. Brother A. Perumal, who is Professor Emeritus at the Institute and also a prefect, accompanied these abhyasis on a visit to BMA Manapakkam on 7th and 8th of June. Apart from attending satsangs during their stay, the young abhyasis cheerfully plucked mangoes as part of their voluntary work. The highlight of their visit was a brief meeting with Master on the evening of the first day when he enquired about them individually and blessed them.

On Sunday after satsang, they interacted with three 'seasoned' abhyasis of the Mission: brothers V.K. Somakumar, A.P. Durai and Alberto Lafranchi, who answered a lot of questions regarding Master, Mission and Method. Their responses were interspersed with interesting incidents and personal experiences. All members of the group returned feeling spiritually enriched and more motivated than before to do their abhyas well.



Faculty Development Programme, Kharagpur



At the zonal meeting held at Patna in February 2014, it was felt that there was a need for large number of volunteers in order to give a boost to the existing 'Grounding in the Practice' programmes (GITP) in Bihar and Jharkhand. Consequently, a Faculty Development Programme (FDP) was planned at CREST Kharagpur by brother Manoj Tiwari (ZIC, Zones 17 & 20) for delegates from Bihar (34), Jharkhand (22), West Bengal & North Sikkim (2) and West Bengal South (18).

With the help of sisters Nandita Mathur, Chhavi Sisodia and brothers Santosh Sreenivasan and Alberto Lafranchi, the new volunteer coaches got together, studied and prepared hard, not only for training the delegates but for themselves too.

From the feedback received, the programme was very effective and provided a lot of learning for everyone. There were moments of revelation, laughter and joy, intense contemplation, hard work and most importantly, an excellent environment of brotherhood among all concerned. Fifty trainees are now ready to start conducting the GITP programme and twenty-five are ready to assist.



Harur



Salem

Prefect Training Programme, Jabalpur



A four-day 'Prefect Training Programme' was conducted at zonal ashram (8B), Jabalpur from 5 to 8 June, for prefects from MP (East & West) and Vidisha. Brother Santosh Sreenivasan conducted the sessions. The theme of the programme set by Master was 'Work Your Heart to Develop Your Heart'. The special feature of the programme was that it had no fixed schedule and just went with the heart, in silence. All the participants appreciated the event and enjoyed the spiritual fervour.

Re-awakening – Tamilnadu North

Zone 2A had a rejuvenating spiritual gathering on 25 May at Salem, Krishnagiri, Vellore (Vadavirinchipuram) and at Harur on 1 June, on the 'Ten Maxims as Tools of Character Formation'. Facilitators, sister Ezhilarasi, brothers Raghupathy, Sudarshan and Murugarasan, had been invited to guide and enlighten the abhyasis from these four centres respectively. Maxims 1 and 3 were taken up.

The sessions were very interactive and enriched with quotes from Master and Babuji and passages about their relationship. They had a practical focus with sharing of real-life personal experiences. The gathering brought joy to all which was carried back home to be spread to all.



Krishnagiri

Inauguration of Meditation Hall Navsari, Gujarat



The Mission has a large piece of land on the outskirts of Navsari centre, which is the oldest centre of Gujarat. The abhyasis of this centre had a great longing for a meditation facility on this land. They all worked hard to make their dream come true by building a temporary meditation hall. With Master's permission, on 11 May 2014, the hall was inaugurated by ZIC (6B) brother Surendra Agarwal with a satsang for the hundred or so abhyasis from Navsari and nearby centres of Chikhli, Billimora and Amalsad. He spoke on the occasion about the importance of having an ashram, and emphasised that time was running out, so we must focus upon our goal all the time and should all utilize our centre of light effectively. Sunday satsang has now been shifted to Navsari ashram. Master's presence was felt by everyone. The CIC of Navsari centre, brother Nitin Hariyani, appreciated the hard work of all volunteers of Navsari centre and also mentioned the effort put in by the team of volunteers from Valsad centre.

Zonal Meeting, Haryana

A zonal meeting was held on 25 May at Sonapat ashram, where prefects, coordinators, facilitators, volunteers and CICs from all the centres were invited to participate. The meeting was chaired by Dr Satya N. Mondal (ZIC). Presentations were made by CICs on their respective centres, and by Zonal Coordinators on their areas, like Training & Development, U-connect, CREST, Value Education, Essay



Writing, IT, Abhyasi Registration, volunteer services, Echoes Newsletter, History and Accounts. After the presentations, ways of developing new centres were discussed and it was decided to form five clusters of centres in order to utilize the available resources optimally and serve abhyasis from new and remote centres effectively.

Training on Mission Activities, Shahjahanpur



A three-day seminar on how to conduct VBSE, open houses, home gatherings and the Essay Event was organised at Yogashram, Shahjahanpur from 9 to 11 May for eleven prefects and forty-one abhyasis from across Zone 12B. Brother Uma Shanker Bajpai (Secretary) and brother Prabhat Kumar (ZIC) were among the speakers. The participants were filled with new energy and ideas. They vowed to flag off the VBSE programme at their centres. The participants also had a discussion aimed at planning the Essay Event.

Youth Sessions



Banashankari Ashram, Bangalore

A weekend residential programme was organised on 14 & 15 June 2014 for around thirty-five young people from Bangalore. On Saturday after registration, an introduction and an ice-breaker game, sessions were conducted on 'Ripples and Reflections' and 'Prejudice & Judgment'. In each session ample time was given for the participants to introspect and share their thoughts and was also followed by an activity based on the topic. A video clipping of Master's talk based on the topic was also played. Some time in the afternoon was spent in volunteer work. 'Being in Tune with Nature' was a session on what it means to be simple and how to live by our needs and not our wants.

The first session on Sunday was a discussion with a panel of senior abhyasis which covered many topics like how to spread the message of Sahaj Marg, maintain balance in life, encourage volunteer work etc. After lunch a brother briefed the group on how the 'Welcome Desk' interacts with aspirants of Sahaj Marg. He also informed them that those who were interested could be trained to do this work. In the final session, on communication, the importance of the ability to communicate was brought out through a game, followed by a few sample videos of inspiring speeches. This gave them some ideas as they moved on to 'Pick and Talk' in small groups. Each group was then asked to select one person to talk on a topic keeping in mind the tips that had been given for public speaking. As the programme came to an end, the participants expressed their happiness at having been a part of this initiative.

Bhilwara, Rajasthan



A youth meeting attended by thirteen abhyasis, was held at Bhilwara Centre on 27 April 2014. Participants shared experiences they had had during bhandaras, then discussed how they should prepare themselves to attend such events. It was recommended that all abhyasis should take at least two individual sittings before attending bhandara celebrations. Another important point that came up was how to maintain for as long as possible the condition that is given during bhandaras. They decided that they would prepare themselves for attending the bhandara in similar fashion whether it was the celebration at Tiruppur or at Bhilwara.

Vijayawada, AP

A considerable number of young people and other abhyasis participated in a youth seminar organised on 11 May 2014. The topics were 'Character Formation' and 'The Role of Money in the Life of an Abhyasi'. In his opening talk, the CIC exhorted the youth to be more attentive and pro-active in discharging their duties, without prejudice to the ethical way of living which results in a spiritually-oriented life. Brother Ram Chandra in his address presented vistas of human consciousness regarding character formation.



Youth Session continued...

There were ten presentations by young abhyasis followed by a group discussion. The presentations were a healthy mix in the sense that the conceptual aspects were interspersed with personal experiences. The abhyasis said that they were able to acquire rich insights into various aspects that would be of immense benefit in their future endeavours. A video presentation of Master's message on love stood as the grand culmination of the seminar. Divine effulgence was felt throughout.

Kothagudem, AP



With the idea of strengthening and inculcating the understanding of spiritual values and of developing a sense of belonging with regard to Mission initiatives, an interactive youth session was organised at Kothagudem Ashram on 20th April, 2014. Young people from Aswapuram, Bhadrachalam and Polvancha Centre also participated. It was a full day session which started with discussion-oriented activities on themes like 'Why is youth a time of promise and for effort?' 'What should be your vision as a youth?', 'What should be the structure and purpose of youth teams?', 'What sort of activities can be conducted to inspire, motivate and bring Sahaj Marg youth together?' and 'How can youth contribute in the Mission's initiatives?' All of the participants were delighted to be sharing their thoughts on how our mental and physical energy can be used to make ourselves a perfect example for other people. The ideas in this session were expressed through demonstrative activities so that the young abhyasis could participate to their maximum level.

Varanasi, Uttar Pradesh

A full day programme was conducted at Varanasi centre on May 11, 2014. In an effort to motivate the abhyasis to read Mission literature the centre has been conducting quiz programs on selected books. The book selected for the last two sessions and the final one being on 11th was 'My Master'. The abhyasis were given fifty questions and thirty minutes time to answer them. After half an hour the correct answers were explained with reference to the book. The abhyasis felt the need to read the Mission book minutely. Post lunch there was a discussion on the topics from the book My Master. The very effect of these exercises has been that abhyasis stay and enjoy the full day programme. As a result the attendance for evening satsang has also increased.

Heart to Heart, Indore, Madhya Pradesh

A Heart to Heart programme was organised at Indore Ashram on 15th June 2014. Preparations for this programme started about a month before with announcements requesting abhyasis to submit a list of people in their social and official circle who has shown interest in spirituality. Soon a list of about 300 people was prepared and they were invited to attend the programme. Volunteers made lot of follow-up so that maximum people could take benefit of this programme.

About 180 people attended this programme on 15th June. The main speech was on 'Spirituality-The prime need of Life'. The topic was covered in detail with examples. This was followed by a presentation on Sahaj Marg and its philosophy. After a Q&A session around forty people have shown interest in joining the system. A separate volunteer desk was arranged in the hall who coordinated with the aspirants for their introductory sittings. During lunch time a team of about ten abhyasis interacted with them closely and replied their queries.

It was an event which really came as an opportunity for volunteer team to serve our Master. A team of about thirty brothers and sisters made all arrangements to make this programme a success.



Summer Camps

Summer camps were held at various centres in India during the months of April and May. In each centre, the camp was organised by dedicated volunteers, who put in their best to make the event a success. These camps aimed at motivating and instilling moral values in children. Activities like photography workshops, music, painting, storytelling, treasure hunts, paper bag making, movie time, quizzes, carnival, mini-science fairs, tie dyeing, animation, paper jewellery making etc. kept them engaged. The games, sessions and activities, like dumb charades and skits on value-based topics, helped the children to learn values in a fun way. Discussions, presentations and educative videos were shown to the older children. In some centres it paved the way to introduce young people to spirituality.

The three-day camp at BMA Pannel, **Mumbai** was attended by 110 children. On the last day they were asked to write one positive quality about one another on a handkerchief, which they then took away with them as a souvenir. Nearly thirty children participated in the two-day camp at **Raichur** ashram in Karnataka. They enjoyed the sessions very much and said that they had learnt a lot, and even requested the organisers to continue the sessions for few more days.

Sixty students from various schools participated in the nine-day summer camp held at **Sitapur**, Uttar Pradesh. A ten-day summer camp was organised in an abhyasis' tuition-centre campus by the U-connect team in **Bikaner** with an intention of introducing young people to spirituality. There were talks on general awareness and self-development related topics followed by activities.

Around sixty children attended the camp held at Banashankari ashram in **Bangalore**, Karnataka.

In addition to the inspiring topics and fun-filled activities, the camp held in the **Trichy** ashram, Tamil Nadu, provided a session on 'Fire Safety and Rescue Measures'. The children were also taken on a trip to Janaki farm, where they found the sight of preparation of jaggery an interesting treat.

During the three days of the camp in **Manapakkam**, each participant was presented with a sapling for them to grow at home and nurture with love, in parallel to their own growth and as an inspiration to establish a balance in their life. The campers also participated in Maypole Dancing, the traditional European folk dance performed at onset of May. Most of the children maintained their camp journal and noted each day's experience and reflections after 'eternal' moments. As a token of gratitude, a group photograph, a paper bag made by the children and





sapling were presented to Master for his benevolent grace.

The ten-day camp at **Gola Gokaran Nath** ashram was attended by fifty-one aspiring children. In the camp, lessons from UNESCO's book '*Learning to be*' were explained daily by abhyasi brothers & sisters. Similarly, guests from various departments and areas like health, safety, banking, forestry, police, railways etc. were invited & delivered talks on their area of expertise.

120 children of different age groups participated in the three-day camp at **Vishakapatnam**, Andhra Pradesh. The value-based activities were complemented with activities like clay modelling and making newspaper kites. The participants were taught about the basics of medical first-aid and safety.

Forty children attended the camp in **Indore**, Madhya Pradesh. A group song was sung by the children every day, creating a feeling of oneness and brotherhood. On the last day, children enjoyed a picnic at the new ashram land recently bought at Indore in a remote place full of trees.

The children expressed with enthusiasm their joy at attending the summer camps every year, and in most of the centres requested the organisers to extend the camp's duration. For all those who attended, including the volunteers, the camps served as a good learning and fun experience.

Announcement

The facility at Kharagpur, West Bengal, which was serving as a CREST Institute will now onwards be a retreat centre. This is in addition to the existing two retreat centres already in operation at Malampuzha, Kerala and Pune, Maharashtra. This retreat centre at Kharagpur will primarily serve the needs of abhyasis from the Northern and Eastern parts of the country. CREST will continue its activities of Research, Education, Sadhana and Training at Bangalore, with this being the only such centre in India for the time being.

Bhilwara, Rajasthan

A two-day programme on values was conducted for children at Bhilwara centre. On May 11, a movie was played followed by a few games to improve interaction among the participants. The session on May 17 was attended by around eighty youth in the age group of thirteen to seventeen years and fifteen teachers.

It began with Master's DVD show and was followed by some value based videos in which all the participants were asked to tell what message they received from the video clipping.

After lunch Master's speech was played. A speech on the need to have positive attitude was followed by the performance of instant drama on topics like love, kindness, sacrifice and real life incidents. A game on the importance of the goal using the pipe and ball displayed the virtues of brotherhood, love, team spirit and harmony. In the last session the importance of guru was discussed. Everyone enjoyed the whole programme.





Mumbai, Maharashtra

An awareness event for value based education was conducted for around twenty-five teachers at Billa-bong High International School, Juhu on 23rd May, 2014. The Principal of the school had also invited volunteers to conduct value based classes in the school. The event started with the introduction by sister Rakhee Arora about value education, followed by sister Lalitha's speech on the impacts of the evils in the society today and about the need for value education at home as well as in school so that it will make kids stronger from inside. This was followed by a video of a father and son story. It was a heart touching story and the teachers felt that the parents as well as teachers need to give time to kids to understand and guide them to stay on the right path. After the event some of the teachers had informal talks with volunteers and a few showed interest in understanding and starting meditation.

Karkala, Karnataka

Twelve abhyasis attended the full day programme conducted at Karkala centre on June 1, 2014. After a video of Master's talk, sister Nalini introduced the theme of the programme 'Role of Attitude in Sadhana' to the abhyasis. She spoke about the need to have a right attitude and how regular practice of ten maxims help in developing the right attitude. The



participants were asked to evaluate themselves based on a few questions on their goal in life and their daily practice. She asserted the need to have positive attitude and also spoke about the factors that are detrimental to our progress. The presentation had several clippings of talks by Master. After lunch, there was a group discussion and stories on attitude. Towards the end of the programme, abhyasis were divided into two groups and each group was asked to enact two skits based on the stories narrated. The programme came to an end after the evening satsang.

Sholavandan Ashram, Tamil Nadu



150 abhyasis from Madurai, Vadipatti, Usilampatti, Chinnalapatti and Batlagundu gathered at Sholavandan Ashram on May 25 for a one day programme on the theme 'Sahaj Marg and Family Life'. Sister Kasturi Venkatachalam from Chennai, brother Palaniappan from Madurai and sister Savithri from Chinnalapatti centre were the faculties invited for this programme.

The programme kicked off with a talk by sister Kasturi in which she revealed that the relationship between guru and disciple continues for many births. In his talk brother Palaniappan nicely described the maxims 5 & 7 and beautifully conveyed a message among abhyasis that miseries are blessings from God. Sister Savithri in her talk stressed the importance of family life in an abhyasi. Post lunch there was a group discussion about changes within oneself after starting Sahaj Marg practice. Sister Kasturi concluded the discussion with a small talk. The programme ended with evening satsang.

Gangtok Ashram, Sikkim



Gangtok is the capital of the small hilly state of Sikkim located in the lap of the mighty Kanchenjunga mountain in the Eastern Himalayas. The state of Sikkim is surrounded by three international borders – Nepal on the West, Tibet on the North and Bhutan towards its Eastern border. This land is noted for its fast flowing streams, high altitude lakes and glaciers and forests, full of diversity that Nature has bestowed on it.

Gangtok centre was started in November 2005, when Sunday satsangs were conducted at the residence of an abhyasi. Sikkim was blessed when Master visited Gangtok in November 2009. He stayed in Gangtok for three blissful days and was extremely happy to be there. During this visit the idea of having an ashram also took root.

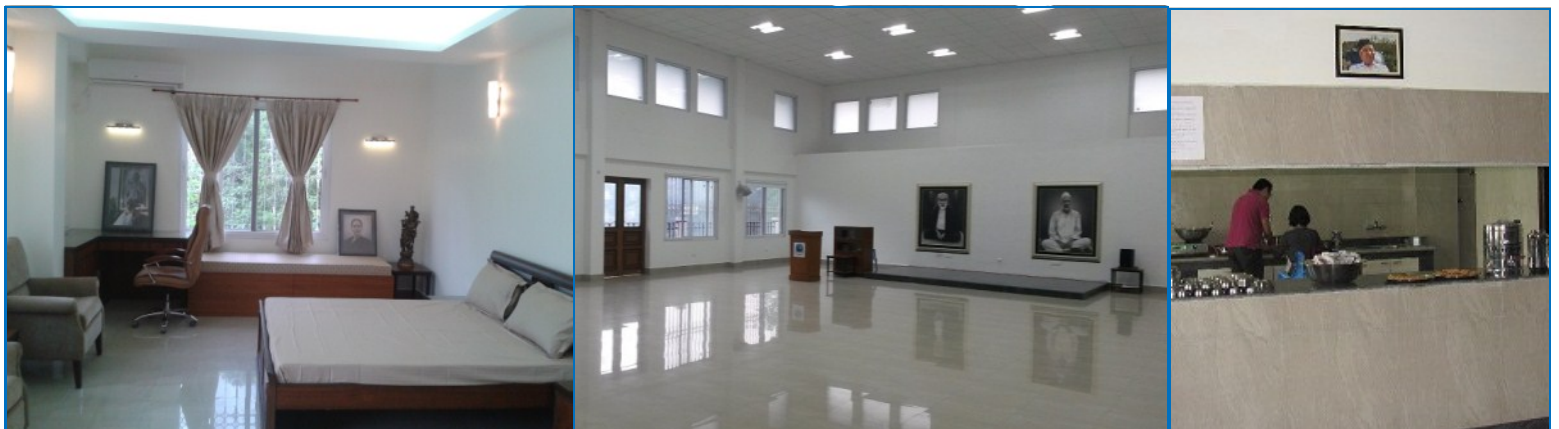
In 2011, the Government of Sikkim decided to allot a piece of land measuring 0.33 acres to the Mission. This piece of land was located right in the heart of

Centre of Light

Gangtok town. Master approved the construction of an ashram on this site. Construction of an approach road and boundary wall started on 12 September 2011. Nature tests the will and faith of man, and this was indeed tested when a devastating earthquake hit Sikkim on 18 September 2011 six days after construction started. This called for change in the design parameters to make the ashram earthquake resistant and the work resumed in March 2012. The challenges of the steep terrain, heavy rains, etc. were overcome with the grace of Master. The facade of the building was designed to merge with the surroundings as per directions from Master. The ashram, though constructed on a small plot of land, has all the facilities – a meditation hall with the capacity to seat 200 abhyasis, President's office, dining hall, kitchen with store, Ashram Manager's quarters, children's centre and toilets and rooms for stay of twenty abhyasis at a time.

The location is marked by two fresh water streams on either side of the ashram and a beautiful valley view towards the North-West.

The ashram was inaugurated by Master on Guru Purnima on 22 July 2013 from Chennai. Abhyasis from Gangtok were present there with a DVD of the ashram. After the inauguration he said, "... I want to visit this place, Kamlesh, if Babuji gives permission..."



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