



Master's News



Importance of reading Whispers from the Brighter World

The Whispers from the Brighter World provides a compilation of messages intercommunicated by Rev. Babuji Maharaj, Rev. Lalaji Maharaj, and other spiritually elevated souls, intuitively received and recorded by a sister devotee, and relayed to Rev. Master.

Rev. Master has time and again stressed the importance of reading Whispers. An extract from his talk 18 November 2009 at Bhuaneswar is reproduced here-

"So, to my thinking, our Babuji's messages in Whispers.... they belong to the category of shruti, because, nobody went and thought about them, wrote them or typed them on a typewriter or whatever. They came, they were received and they were written. Like in Babuji's one book, he says he "got it directly from above." So these are worthy of the greatest attention. Some of them may appear not to have any particular message, but don't ignore it because of that, because whatever is the message in it, you will understand after you read it many times."

In his message on Rev. Lalaji Maharaj's Birth Anniversary at Satkhol 2nd February 2009, Rev. Master mentioned the following

"So I would take this opportunity of imploring you all to read these messages again and again. Read it with, you know, an open heart so that the meaning goes into you direct into the heart without going through the brain. We have to bypass the brain if you are going to be a spiritual person seriously interested in your evolution. Anything that you subject to your brain for evaluation will only doom you to further slavery. I hope you will take this last warning of mine to heart — put away your head completely. Read with your heart. "No, no, how can I read with my heart?" Try it and you will be amazed at what the heart can find, which your brain never told you exists."

Therefore let us prepare ourselves to receive the next edition ti-



Master with the scholars February 26, 2012

tled "The Whispers from the Brighter World - A Fourth Revelation" by going through the following talks given by Rev. Master and ruminating on them. The audio of these talks as well as their transcripts can be accessed by clicking on the following links-

<http://www.sahajmarg.org/literature/online/speeches/awaken-to-the-truth>

<http://www.sahajmarg.org/literature/online/speeches/read-with-your-heart>

<http://www.sahajmarg.org/literature/online/speeches/understand-and-achieve>

Rev. Master's Talk on 1st April, 2012 at Manapakkam

Rev. Master gave a short talk after the morning satsangh on the 1st of April, 2012. The transcript of the talk can be accessed at the following link -<http://www.sahajmarg.org/literature/online/speeches/the-art-of-giving-group-sittings>

Rev. Master's talk to Scholars during the International Scholarship Training Programme

Rev. Master addressed the scholars during the International Scholarship Training Programme at Manapakkam on the 11 of February. The transcript of the talk can be accessed at the following link -

<http://www.sahajmarg.org/literature/online/speeches/attach-yourself-to-the-heart>

Rev. Babuji Maharaj's Birth Anniversary Celebrations at Vrads Sande International Ashram in Denmark

Preparations for Rev. Babuji Maharaj's Birth anniversary celebrations at the Vrads Sande International Ashram in Denmark are going on in full swing. The Celebrations will be chaired by Br. Kamlesh Patel. Those who wish to register are requested to register online using the link www.sahajmarg.org/registration latest by 10th April. All the relevant details regarding the Registration process including the amount as well as payment / banking details along with other useful information can be obtained from the attached Invitation Letter.



Beloved Master and his nominated successor Kamlesh Patel

Lalaji's Birth Anniversary Basant Celebrations February, 2012

Fiji

Suva & Lautoka: Amidst flooding, heavy downpours and strong winds, abhyasis were able to come together. We had two group satsanghs in the morning at 6:50 a.m. and 10:00 a.m. followed by readings and DVD watching. The heavy downpour eased up in the evening. We had group satsangh, watched Mission DVD s, had dinner and the celebrations came to an end after Universal Prayer at 9:00 p.m.

Australia

Melbourne : Rev. Lalaji's birth anniversary was celebrated in a simple manner with everyone coming together to spend the day in memory of his teachings and life. A natural, light atmosphere prevailed both at the venue as well as in our hearts.

Brisbane: Lalaji's birth anniversary was another opportunity to be with one's Master throughout the programme, providing one has the right attitude and focus.

Getting closer to him through the heart happened while listening and reflecting on Master's talk 'Lalaji and meditation', sitting with the truth, reading, and with a guided silent introspection session. Here we could look back to when we consciously started our association with our Masters and started the practice of the Natural Path Meditation. Seeing changes inside and out, feelings and moments we cherish, how could this not generate a wave of gratitude for he who is orchestrating it all.

Talks on 'discipline' concluded the day, with an emphasis on the need to avail ourselves of the opportunity to grow in a much deeper way, and to revive our personal commitment.

Sydney We arrived at Pomona Scout Camp at dawn under a dark sky which was finding it hard to make way for the sun's rays. The meditation hall was set up with flowers as well as the cotton shawl that was used by Lalaji's wife, and brought along by Lalaji's great granddaughter Shalini.

The programs and sessions for the day were kept to a minimum to enable abhyasis time to reflect on the purpose of our celebrating Lalaji's birth anniversary however an interesting session using the Chinese zodiac revealed the personality and character traits of our three Masters and provided a different presentation from previous ones.

Lalaji's great grand daughter giving the first satsangh.



Lalaji's wife's shawl

During the late afternoon, we maintained the "Golden Hour of Silence" as prescribed by CREST Bangalore and concluded with a video, satsangh and the 9:00 p.m. prayer.

Perth, Western Australia

We had a full day program in a private home, commencing with satsangh at 6:30 a.m. and 9:00 a.m. and then in the evening at 6:30 p.m. at the Bulcreek Primary school amenities centre. During the day we listened to Br. Kamlesh's talk from Constant Remembrance, 'the real practice' and also watched the new DVD "Heaven".

"The purpose of action is only to express life. If life expresses itself in a natural way without harming anyone it is allowed. There is neither merit nor sin in it." Lalaji



Ashram News



Update:

On Friday March 16, the COM had a meeting with Steel Building Systems, our preferred tenderer regarding the proposal for the Ashram Construction and Project Management. The meeting was to discuss various queries in regard to the tender earlier submitted. We rediscussed the Meditation Hall inclusions to ensure that everything would be adequate and comfortable for the very cool winter mornings and hot summer days that are experienced at Bringelly. We now await the final submission of the tender for checking and submission to the GOS International Finance Committee for approval.

On the budgeting side, we have still to raise some funds. Stage one will include site preparations, Meditation Hall, Ablutions Block sewerage system, car park, fencing, road works and project management. (Dining Hall looks unlikely to be included in the first phase as costs for road and other site related works requested have taken a heavy toll on our budget).

I would like to thank those who have generously given their time, effort and contributions for our Ashram Project; it is very encouraging.

Our other tenderer Builtsmart Homes informed us that they no longer do Commercial Residential sites and we will not be receiving a tender from them.

Our schedule now is:

- receive final tender for checking and submit to GOS Finance for approving
- once approved, sign contracts for engaging Project Manager (PM) with intent to proceed
- PM to engage with Council on final changes to stage one development
- PM to send expressions of tender for all site works and finalise budget expenses
- once Council has approved, engage PM to arrange construction certificate
- after construction PM to obtain occupancy certificate
- start using Meditation Hall and premises as approved.

Other developments:

Ashram Management Committee met February 19 to discuss tasks to be done at the Ashram. A working bee weekend was held and a number of the tasks were completed; servicing of



The new mower purchased last year has been a great asset, keeping the lawns in good shape.



In the back right hand area of the property in the remnants of the Cumberland Forest.

the mower and other gardening tools, mowing and maintenance of the lawns, dog proofing the fence, pressure cleaning of the house and garage roof & gutters, and rain proofing the stables for future storage area while the ashram is under construction.



Centre News

Fiji

USP Orientation

Sashi and Rita were invited to the University of the South Pacific (USP) Lautoka Campus Orientation program on February 21, 2012. Sashi spoke to over 150 new students, who graduated high school to study at USP through distance and flexible mode.



Beginning her talk on “Balance the Crux of Life”, Sashi highlighted the importance of multi tasking in order to achieve good grades at tertiary level.



While speaking of multi tasking and ability to keep focus on the goal, she shared her own experience as an abhyasi. She explained how she balances her challenging job and personal life by practicing Sahaj Marg meditation with daily prayer and cleaning. Sashi also offered students guidance in individual meditation practice. Rita distributed Sahaj Marg brochures and phone contact details to those interested.

The Suva Story: For Suva a renewal of our connection as a small group of abhyasis began this year. Salesni has been steering us to ensure that we remember monthly extended sessions and the last two have been very useful. In the February session we used question and answers to ensure everybody contributed and we found that we all had similar weaknesses. Living in the tropics it is not hard to wake at dawn fill your heart with love and focus on the goal. It is more realistic to be simple in tune with Nature however it is not always easy to be truthful and we all complain

and moan about miseries and forget that they have lessons in them. Suva abhyasis have a very close relationship which makes being sisters a joy and we are endeavouring to expand this to those who are not yet abhyasis; in a country with racial intolerance this is essential.

New Zealand:

Auckland ATP Janine from Dunedin visited Auckland on March 11 to conduct ‘Grounding in the Practice’. The program went on silently. No one felt anything during the program but after the session everyone could feel the program was fantastic. Because in this program the essence reached to every heart through reading, listening, discussing and absorbing of the same subject that is the importance of diary writing and spirituality as told by our loving Master. The program was very simple and deep.

Dunedin:



For the first time, this year we had a stall at Clubs and Societies during Orientation week. We followed the advice of our young abhyasis and produced large amounts of baking. However, this was not the main attraction and it was surprising just how quickly people found their way to us. There is a lot of interest in meditation, particularly among young medical students who are aware of the pressures that they are going to face. We took turns at manning the stall and it gave us good experience in learning to explain Sahaj Marg succinctly. By the end of the day there were fifty eight people who had signed up as interested; we contacted them the following week and seventeen met with the preceptors individually; six individuals had introductory sittings and have started their abhyas. We handed the names of those people who chose not to take the opportunity at this time to the established meditation group at Clubs and Societies. We hope that this will help with good will and also enable those who are only mildly interested to be catered for. At the end of the first week we had a social evening to welcome the new members, and also the children of abhyasis who have come to Otago for study. There was a shared meal and we watched “Darjeeling Limited” together – a good choice for fun and as much spirituality as you want to take from it.

Australia

Canberra : Stall at Multicultural Festival

February 12, an Information Stall for SRCM was setup in Canberra Multicultural Festival. Local abhyasis and preceptors from Sydney manned the stall and distributed brochures to visitors. There was little interest during the event however one person made contact later to start the practice.

Centre News cont.

Australia cont.

Sydney

Abhyasi Training Sessions



A training session for two new facilitators held at the ashram, offered an opportunity for abhyasis to reap the benefits of a wonderful session 'Getting closer to our Master' as well as providing facilitators the valuable training time and coaching needed for them to take on this role.

Experience of an abhyasi who attended the 'Brotherhood' facilitated session

Even though one should not have expectations, as Master says, I did have them and in my heart I felt I was going to get something good out of it, and I did indeed.

I had not been to the ashram for a while and I wanted to feel something special, but I didn't and wondered about my 'sensitivity'. The programme went ahead, and it was a happy atmosphere and I was looking forward to what was unravelling. Still my 'lack of sensitivity' was bothering me. At a break time, I was sitting at the table and suddenly turned my head towards the door which is supposedly to be Master's room and there I suddenly saw and felt a faint figure of Master standing at the door. I get huge surprises when I wonder about lack of sensitivity. That was my answer and I considered myself blessed.

Our group was very harmonious, interested, we had fun and there was a real sense of brotherhood. We were very happy, even though we had moments when issues were coming up to challenge us.

Brotherhood could mean so many different things to people, but, as Master says, brotherhood is not friendship, brotherhood is a feeling of all belonging to the 'same family' as we do, not only Sahaj Marg, but the whole world. For me brotherhood means to treat all the same way I would like others to treat me, with respect, kindness and acknowledge that 'the other being is the same as me'. We heard about how we can improve our skills for practising brotherhood, such as good listening skills, patience, tolerance, tolerance in abundance.

During the group discussions the realization came, that by not practising brotherhood our thoughts and actions create a 'domino effect' in the whole universe and we carry a huge responsibility towards 'our universal family', including animals, and all of nature. How much we can hurt others by forgetting brotherhood.

We all know that sometimes it is difficult to feel a sense of brotherhood especially if someone hurts us or if a particular person is

not interested in us, or if there are cultural nationality, religious, differences, etc. What should we do then? Work hard, and be in remembrance and pray, pray, pray...

Movie night, fundraiser proved to be a great success and was enthusiastically attended by our local abhyasis. The movie chosen for the event was Kpax, an enlightening movie—thought provoking and very engaging. Afterwards, we enjoyed the most delicious array of gourmet foods cooked by our hosts. On the donations front we raised a whopping \$1200 dollars for our Bringelly ashram project. Thank you to all the generous Sydney Hearts!!

Monthly Gathering program February. A panel of abhyasis who attended CREST Bangalore during the month of December, each spoke about their experience of being in CREST and how attending CREST was useful in their sadhana. **March** *The Joy of Service*'-this month a panel was set up with participants asked to share their experience of service within the Mission and the benefits they enjoy. **April** we focused on 'Want to change, embrace Change' with a focus on Whispers messages and personal reflection.

The first Sunday in March we began our new **VBSE programme offered to children** of all ages during the Monthly Gathering Sunday satsanghs.



Youth weekend was held at the ashram and a number of our young abhyasis and other youth enjoyed a fun time, learning the art of tying different knots, and their chinese horoscope, games amongst other things.





Perth

The **Abhyasi Training programme** was the highlight of the Perth and Busselton Centre this quarter. The long weekend of March, Sunday and Monday we had the training in small groups at Bull Creek. The rich atmosphere with 'silence' and stillness pervaded the entire session and abhyasis were drenched in his Grace and love.

In March, the ATP was taken south to the Busselton centre, which was greatly appreciated by the abhyasis. Here too the abhyasis felt it was a special experience of oneness and togetherness and enjoyed every moment of it.



Busselton Centre training

New Centre Coordinator for Perth

Mahua Singh has taken over the role of Centre Coordinator for Perth Centre after Srikrishnan informed us that for personal reasons, he wished to step down from the role. We thank Srikrishnan for his efforts in supporting the centre for the past two years and wish Mahua all the best for her work in the role.

Brisbane

Our first **ATP** Grounding in the Practice session on 'Why Spirituality and Diary Writing' was held in Brisbane and six participants attended, ranging from our newest abhyasi to our most senior. A great deal was learned about what to include in one's diary as well as understanding what Sahaj Marg means to us.

The same module was facilitated in Toowoomba in March. The session materialized when Ramesh of Toowoomba donated a prize he won for a weekend's accommodation in a Toowoomba Hotel. This allowed a few families from our Moree centre, approximately four and a half hours travel away, to be accommodated and attend the session. In all we had eleven attendees, five from Toowoomba and six from Moree. Individual sittings were given to all the Moree abhyasis Saturday morning prior to the training then the first session was held Saturday afternoon. The second was held Sunday morning after satsangh, finishing by midday to allow ample time for the long drive back to Moree. Though some struggled with English coming from a Tamil speaking background, an abhyasi was able to assist by translating a few of the questions and answers. Everyone left in good spirits.

The environment that Master gives during these sessions is quite exceptional and is a real aid for our learning and growth.



Toowoomba/Moree abhyasis



March, we extended the monthly gathering programme with a **fundraising activity**. All stayed to view "The Mahabharata - part 1" by Peter Brooks and shared snacks.

Melbourne

Abhyasi Training Program (ATP) Ron Mendelsohn who attended the CREST program in Bangalore took the initiative to conduct an ATP session based on his learnings from the CREST Sadhana Program. The session was well appreciated and re-emphasised the system and practice in a holistic manner to the participants. It was also the first gathering of the year.

Movie Night This was the first fundraiser event of the year. A very endearing Iranian movie, "Children of Heaven", was played and enjoyed, despite the many 'inexplicable' logistic hurdles in screening it. A total of \$1111 was raised.

Workshop on the topic The SEED (as in, the seed of divinity which is planted into each one of us.) A thought provoking workshop was conducted with a number of interesting questions posed.

Wollongong, South Coast. With the arrival of 2 preceptors in the area, one from Melbourne and the other from India, the south Coast is set to take off. Carolyn Smith has been appointed Centre Coordinator and preceptors from Sydney are still visiting on a regular basis to offer support.

*Calendar of Events 2012*

Date	Event	Venue	Contact
April			
15	New abhyasi session Satsangh	Sydney, Australia South Coast, Australia	rklal@optusnet.com.au rklal@optusnet.com.au
21	Preceptor visit Gladstone Abhyasi training session Preceptor visit	Gladstone, Australia Bringelly Ashram Canberra, Australia	danasm@primusonline.com.au rklal@optusnet.com.au rklal@optusnet.com.au
22	Preceptor visit Satsangh Preceptor visit Abhyasi training programme	Gladstone, Australia Holgate, Australia Canberra, Australia Melbourne, Australia	danasm@primusonline.com.au kerrieando@bigpond.com rklal@optusnet.com.au mohanaraga@gmail.com
28	Ashram Cleanup Satsangh	Bringelly Ashram South Coast, Australia	rklal@optusnet.com.au rklal@optusnet.com.au
29	Babuji's Birth Anniversary Celebrations all QLD and Moree Afternoon get to- gether: Picnic & bush walk at Mt Coot- tha Preceptor meeting Babuji's Birth Anniversary celebrations Day 1-	Brisbane, Australia Other centres	danasm@primusonline.com.au Centre coordinators
30	Babuji's Birth Anniversary	All Centres	Centre co-ordinators
May			
5	Topic of month-understanding S/Marg Abhyasi training session	Auckland, NZ Melbourne, Australia	srcmakl@gmail.com mohanaraga@gmail.com
6	VBSE children's programme Workshop	Sydney, Australia Melbourne, Australia	rklal@optusnet.com.au mohanaraga@gmail.com
11	Monthly Gathering VBSE	Sydney, Australia Perth	rklal@optusnet.com.au sujatha.au@gmail.com
12	Grounding in the practice session	All Queensland Centres,	danasm@primusonline.com.au
13	Satsangh Satsangh	Valentine, Australia South Coast, Australia	kerrieando@bigpond.com rklal@optusnet.com.au
19	Abhyasi training programme	Bringelly Ashram	rklal@optusnet.com.au
20	New abhyasi session Satsangh Satsangh Open Day Fundraiser-Carrom competition	Sydney, Australia Holgate, Australia South Coast, Australia Perth, Australia Melbourne, Australia	rklal@optusnet.com.au kerrieando@bigpond.com rklal@optusnet.com.au arlette@brighterrealty.com mohanaraga@gmail.com
26	Ashram Cleanup Preceptor visit	Bringelly Ashram Canberra, Australia	rklal@optusnet.com.au rklal@optusnet.com.au
27	Satsangh Preceptor visit Satsangh	Valentine, Australia Canberra, Australia South Coast, Australia	kerrieando@bigpond.com rklal@optusnet.com.au rklal@optusnet.com.au

Calendar of Events 2012 continued

Date	Event	Venue	Contact
June			
	Topic of the month	Auckland, NZ	srmakl@gmail.com
3	VBSE children's session Monthly programme World Environment Day Abhyasi training programme	Sydney, Australia Sydney Australia Bondi pavilion, Bondi beach Perth	rklal@optusnet.com.au rklal@optusnet.com.au rklal@optusnet.com.au ramklulu@bigpond.net.au
9	Abhyasi training programme UN World environment Day VP visit and Open Day	Donnybrook, Australia Melbourne, Australia Melbourne, Australia	ramklulu@bigpond.net.au mohandaraga@gmail.com mohandaraga@gmail.com
10	Monthly gathg around World Environt Day Preceptor meeting VP visit and Open House Satsangh Satsangh	Brisbane, QLD Australia Brisbane, Australia Shepparton, Australia Holgate, Australia South Coast, Australia	danasm@primusononline.com.au danasm@primusononline.com.au mohandaraga@gmail.com kerrieando@bigpond.com rklal@optusnet.com.au
16	Abhyasi training session Preceptor visit	Bringelly Ashram Canberra, Australia	rklal@optusnet.com.au rklal@optusnet.com.au
15-17	Visit to Gladstone by preceptor	Gladstone, QLD Australia	danasm@primusononline.com.au
17	New Abhyasi session Satsangh Satsangh Preceptor visit	Sydney, Australia Valentine, Australia South Coast, Australia Canberra, Australia	rklal@optusnet.com.au kerrieando@bigpond.com rklal@optusnet.com.au rklal@optusnet.com.au
23	Preceptor meeting	Bringelly Ashram	rklal@optusnet.com.au
24	Satsangh Satsangh	Holgate, Australia South Coast, Australia	kerrieando@bigpond.com rklal@optusnet.com.au
30	Ashram cleanup Satsangh	Bringelly ashram Holgate, Australia	rklal@optusnet.com.au kerrieando@bigpond.com
30-1 July	Preceptor visit	Coffs Harbour, Australia	rklal@optusnet.com.au

