

"Meditate, remove everything progressively, and then you will find that from a character, with which I was born, if my sadhana is perfect, regular, in accordance with the principles of the Ten Maxims, I will find I am a soul which has no character."

Address at the Seminar for Character Development for Functionaries in India, 9th October 2010, Chennai, India

After the conclusion of the North American gathering on the 21st of September, Master spent his time between the ashram and Gayathri. He would spend the weekdays at Gayathri and the weekends at the ashram. At Gayathri, he would meet with abhyasis and sometimes conduct satsangh.

One day over coffee in Gayathri, while he was talking about the relationship between a doctor and a patient he said, "Fear comes in, in the absence of faith".

From the 9th to the 23rd of September, he spent two full weeks in the ashram.

On 16th September, Master visited Puducherry (former Pondicherry) for a day. Around 60 abhyasis and 20 children from Puducherry, Cuddalore, Villuppuram and Neyveli centres gave him a warm welcome at Hotel Dune Eco resorts. Arrangements for satsangh, food and accommodation for visiting abhyasis were made at Jawahar Navodhaya Vidyalaya School, Puducherry. In the evening, the students of the school welcomed Master and sang some bhajans after which he conducted satsangh.

On 17th morning, Master conducted satsangh, followed by a talk by Br. Ajay Bhattar. Sis. Virgine presented a

beautiful dance in creative Kathak style. Around ten staff members of the school conveyed their willingness to start meditation. He spent his time resting and talking to the small group that had travelled with him. Master departed for Chennai by 4.45 p.m. It was an unexpected and surprise gift for the small group of abhyasis here to be close with Master.



Master visited the Omega school a few times, once to have dinner with the hostel students and once to watch a cricket match. After listening to a group of students singing, Master said that he hoped there would be more and more music at the school. During this visit he told the students that they should be acquiring wisdom more than knowledge. He also said that it mattered more to him that the school should be spiritual than be like Harvard.





The abhyasis in Chennai are generally very happy that Master has stayed here for over a period of two months and that they have been able to see him often. The cottage has also become more accessible to the local crowd and hence they get to see more of him and at times even sit for the satsangh he sometimes conducts on weekday evenings.

The Sunday satsanghs, instill joy in the hearts of one and all. Seeing Master every Sunday during satsangh, is something that all abhyasis eagerly await throughout the week. Groups of abhyasis from Hubli, Dindigul and other centres also visited and received love and attention from Master.

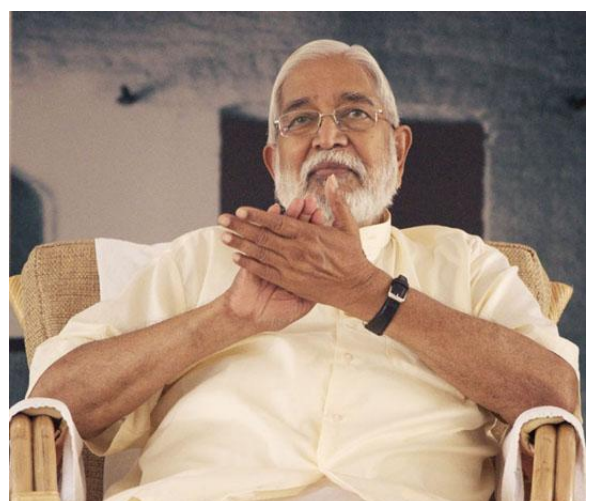
Master has installed the beautiful marble statues of the Divine lovers Radha and Krishna in a beautiful pavilion in the south eastern corner of his cottage. The statues of the embodied virtues in female form have been relocated. Pooja, Shraddha and Archana are already installed on the lawns on either side of the main entrance to the meditation hall and Ganga is going to be installed facing the meditation hall on the other side of the road.

A **'Seminar on Character Development'** was held at BMA, Chennai from the 9th-12th October. It was attended by functionaries of the Mission in India: the Working Committee Members, the zones-in-charge, the centres-in-charge of several centres as well as other functionaries totalling around a hundred participants.

The call of Master to the functionaries was clear - that they should change first before bringing about change in others. On 9th evening, when the delegates arrived, Master suddenly decided to have dinner with them in Dormitory 'A'. He seemed to be quite excited about the event and said, "I would like to create confusion in the minds of the participants, because, out of confusion, clarity will come."

True to his word, in his inaugural talk, Master went about questioning our beliefs in the Vedas, Mahabharat, Bhagawad Gita, Ramayana, etc. and pointed out the contradictions in them that created confusion about morality and character. He finally said that we all have to revert to the heart and nothing else. Later, when told that he had demolished many things in his talk, Master said, "He who thinks, dares. We should be audacious in thinking."

The presentations by speakers approached the topic of character from different angles; the Yogic perspective (Br. K.S. Balsubramaniam), Lalaji Maharaj's teachings (Br. Santosh Sreenivasan), Values in Education (Br. S. Bhavanishankar), the Role of character in business (Br. Pramod Sadarjoshi), its manifestations in morality (Br. P.R. Krishna) and in Attitude (Br. Capt. B. Chakrapani) and the teachings of Ten Maxims (Br. S. Prakash). The participants also debated allied subjects in ten groups and made their presentations to the plenary session.





In his concluding talk on the 12th, after summing up of the seminar by Sis. Anuradha Bhatia, Master followed up his earlier theme and pin pointed specific areas where we need to mend our character and attitude :-

- ❖ Even in ordinary manners and behaviour, we need to change.
- ❖ Without personal suffering, no spiritual progress is possible. Hence Babuji Maharaj said that we do not provide comforts to abhyasis in our Mission.
- ❖ Moral degradation has brought about diseases like AIDS. The Pill is the single factor that has destroyed morality in man-woman relationship in the west.
- ❖ The speakers should have pointed out that desire is the factor that interferes with our efforts to build our character - it destroys our will power.
- ❖ One who has not contributed anything to the world and is intent upon only consuming (resources) is also immoral.
- ❖ If you have a rupee more than you need, you are likely to go astray. Many of our abhyasis are in trouble and have lost heavily because of their greed for more money.
- ❖ In India, there is over emphasis on sexual morality and a soft attitude towards other forms of immorality.
- ❖ Prefects who are arteries of the Mission, need to eschew laziness and be faithful to Master in their work.

Br. Rajesh Rathod coordinated the seminar and Br. Satyanarayanan, Ashram Manager handled the ground arrangements effectively. Master's ground breaking talks and the time spent in introspection and interaction surely served as a wake-up call to all the participants.

All in all, the seminar was an intense exercise of the heart and the mind, with Master keenly watching and listening to every session of the seminar.

The **Oceanic and Latin-American Seminar** was from the 14th to the 19th of October. Master gave the inaugural talk and said that coming to Manapakkam is like coming to the mother house and likened it to the spiritual home. He said, "We come here solely to develop our hearts, clean them, refine them and restore to them the original nature when the heart was an



instrument of love and therefore could manifest the human qualities of compassion, mercy, caring for others, sharing with others and living in harmony with others. All of which nowadays virtually have ceased to exist."

He conducted morning satsangh for five out of the six days. There were a couple of weddings also. Br. P.R. Krishna spoke on "Unity In Diversity" and Br. Santosh Khanjee spoke on "He and I".

In the evening Master met the abhyasis, group by group in the cottage and spent a lot of time talking to them. He also attended the Annual General Body Meeting of New Zealand and Australia. Overall there were 500 abhyasis out of which 100 were from Latin America, 15 from La Reunion and the rest from Oceania.

Master conducted satsangh on all days. He gave an opening talk and a closing talk.

SMRTI Volunteer Meet, MP

A meeting of all SMRTI volunteers of different centres of Madhya Pradesh Zone was organized at Jabalpur ashram on 22nd August, 2010. About 45 volunteers attended the meeting. They were not only from big centres like Indore, Bhopal, Jabalpur, Ujjain but from small and remote centers like Balaghat, Tikamgarh, Jaora, Sohagpur, Gyaspur, Tyonda, Ganjbasoda, Itrasi, Rewa, Nasrullaganj and so on. This was the first time that such a meeting was organized at the Zonal level and hence everybody was very enthusiastic and full of energy.

Br. Rajesh Raverkar welcomed the participants followed by a brief session of introduction by all. Br. Vinod started the program and shared a message from the "Whispers from the Brighter World".

Various aspects of VBSE were discussed after the presentations. It was decided that each center will try to select (at least) one school and put in focused efforts to implement VBSE. It was also felt to have more and more activities for the youth. A feeling of connectedness, brotherhood and love was felt by all the participants.

New Appointment

Br. U. P. Dhawan has been appointed as the Assistant Director, CREST, Kharagpur with effect from November 1st, 2010



A Peep into the Past

Between May and June of 1976, Master accompanied Babuji Maharaj on a tour of Europe. During this trip, they visited Denmark, Germany, Switzerland, France and Italy. The details of the trip were initially published in the book "Sahaj Marg in Europe" which has since been re-published as Yatra (Volume-1).

The records of the trip as outlined by Master, reflect the full spectrum of their relationship, sprinkled with the loving care by Master of his beloved Babuji Maharaj, the tireless work of attending to the affairs of the Mission, giving more than 15 individual sittings a day on a regular basis in addition to several talks and the highest form of spiritual interaction between the Guru and the Disciple.

The following are some pearls from Babuji Maharaj during this trip:

"Philosophy is the way of thinking; Yoga is the way of doing; and Realization is the way of undoing."

Question: What is our message?

Babuji: Peace throughout and no contradiction in the thought.

Question: What is life?

Babuji: Life in life is the real life.

Quoting a quatrain of the Sufi poet Sarmad, Babuji says:

"The pain of Love is like the butterfly

Wafted on a breeze

Going hither and thither without purpose.

But the moth is able to immolate itself in the flame."

And followed that with the following: "Such should be our love. To bring God into our hearts takes thousands of years, and even then only a few are able to get it. To die before you die is the only way."

"It is my finding that Hell is for sinners, Heaven is for fools, while the Brighter World is for the Liberated Souls."



Japanese Visitors at Manapakkam An Interesting Interaction



On 9th September, fifty members of the Japan Yoga Association accompanied by their President, Sensei Tahara Hodo and Vice President Ms. Ogiyama Kimiko, spent a couple of hours in BMA, Chennai. They were taken around the ashram by Br. Satyanarayanan, Ashram Manager and then taken to the meeting room in 'D' Block where they were provided with brochures, names of prefects and locations of satsangh in Japan.

Technology in communication was effectively used as arrangements were made to link up with the prefects and functionaries in Nagoya, Japan via the internet. Sis. Nithya Sriram first addressed the group in Japanese on Sahaj Marg. Br. Sriram, Country-in-charge introduced himself in Japanese. Then Sis. Erina Nakamura, Br. Kanae and Sis. Clarissa Beg spoke on the method and the Mission. These presentations in Japanese were received very well with applause from the visitors. Except two or three, all of them are women operating as Yoga instructors in Japan.

Br. Durai then spoke and it was translated by Mr. Marcus (Indian from Tokyo who is one of the conductors of the group). The Sensei, who is in his 80's was full of appreciation and said that he had visited our ashram many years ago when we had only thatched structures.

The visitors have been told that they are welcome to avail of our services in Japan freely. After being treated to tea and snacks, they left for the airport at 6.30 p.m. on their return journey to Japan.





Tamil Nadu S. Zone - A Renewed Thrust

Br. A.P. Durai toured Kanyakumari and Tirunelveli districts of Tamilnadu from 3rd-6th September 2010, with an objective to give a fillip to the growth of the Mission in the rural areas of these districts. The main focus was on centres with only a handful of abhyasis (Vadakangulam, Nanguneri, Kottaram) and new locations in rural areas (Panagudi, Thovalai, Radhapuram, Chidambarapuram, Koliangulam, Manur and Karaiyiruppu) to explore possibilities of growth. Br. Durai approached the potential abhyasis through home gatherings and a few open houses. He observed that abhyasis take the initiative to further Master's work by bringing people who know them already and have some inkling of Sahaj Marg.

On 3rd September he conducted an open house at Kanyakumari and at Kottaram, a recently developed sub centre of Nagercoil, there were discussions with the abhyasis. He then visited the Nagercoil meditation hall and the abhyasis present there were invited to talk on developing oneness with Master. Thereafter he attended a home gathering at Thovalai, 10 kms from Nagercoil. The invitees were totally absorbed in the presentations made by the prefects.

On the 4th, Nanguneri centre conducted a home gathering and one more at Radhapuram area. He later visited a home at Koliangulam where neighbours had gathered and after listening to the talk they were inclined to start meditation. He returned to Vadakangulam in the night and conducted satsangh and answered abhyasis' questions on the practice.

On 5th (Sunday), Br. Durai had a full day's programme in Vadakangulam centre for nearly 50 abhyasis from Tirunelveli, Nagercoil and Kottaram centres. After satsangh there were talks by abhyasis, clarifications by prefects, group discussions, DVD talks of Master and presentations on Master's teachings. Then, an open house was conducted for 25 invitees out of whom 12 gave their names for introductory sittings.

On 6th, after visiting the Tirunelveli ashram he conducted home gatherings at Manur and Kudiyruppu villages.

During this tour, Br. Durai observed that:

- ❖ The crop sown by Master is ready for harvest and more workmen are needed, especially prefects who would be prepared to go outside their centres to create new centres and sustain them till they are independent.
- ❖ The newly introduced abhyasis must take weekly individual sittings.
- ❖ Prefects should bring about correct understanding of the method in new abhyasis.
- ❖ Team activities like home gatherings and open houses bring about unity and brotherhood among prefects and abhyasis. A great deal of enthusiasm is seen on such occasions and Master's presence is felt all the time while we are engaged in His work.

Soon after this tour Br. T.V. Viswanatha Rao, ZiC, TN South zone, visited various centres in Virudhunagar, Tuticorin and Tirunelveli Districts from 10th to 12th September.

On the 10th, he conducted satsangh at Chinna Vallikulam ashram for nearly 50 abhyasis from Virudhunagar, Aruppukkottai and Kariapatti centres. After the introduction by the abhyasis, he had talks with them till afternoon.

Later at Kovilpatti, around 20 abhyasis took part in the satsangh followed by a question and answer session about the practice.

On 11th morning, he visited Aruppukkottai sub centre, conducted satsangh and had a discussion with the 25 abhyasis present there. In Srivilliputhur that evening he had satsangh for 45 abhyasis followed by a discussion. All the abhyasis expressed their interest in purchasing land for the ashram.

On 12th September, he conducted Sunday satsangh at Rajapalayam and around 70 abhyasis participated. After this a half day programme of interaction about the practice and character formation was held.

In the afternoon, he reached Tenkasi of Tirunelveli district and in the evening conducted satsangh for abhyasis from nearby Puliangudi and Kadayannallur sub-centres also. The abhyasis expressed what they have understood about Sahaj Marg and what changes they have seen so far.

After the discussion, Br. T.V. Viswanatha Rao went to Puliangudi sub centre, where 35 abhyasis are practicing at present. From there, he returned to Tiruppur in the night.





Zonal Prefects Meeting at Jabalpur (MP)

21st & 22nd August, 2010

The meet began with the playing of recently released DVD set for prefects. Br. Sachin Sinha presented a GIS map of M.P. showing the number of abhyasis and ashrams. Br. Dr. N.V. Deshpande delivered a well researched talk about how in a prefect's work, first capacities are given and then these are put to work, learn and develop, which is quite opposite to normal practice of training first. This is the uniqueness of Sahaj Marg. From the Ten Maxims, some vital questions were set forth for all to discuss.

A few prefects shared their experiences with others followed by question-answer session, playing a game, and playing of a DVD.

On the second day again a DVD was played. Statistics of prefects working in the zone was shared with all. This was followed by a report, procedure and experience sharing by Zonal Essay Coordinator, Br. Navin Mishra.

In the post lunch session, Br. Anand Parmar presented a lucid talk on "Introduction to Email & Mission Website" which benefited all. It was found that about 50% were unaware of the Mission's new website. Br. Sachin Sinha spoke on the topic "Internalize Him". Vision 2011 for M.P. Zone was presented which included 10 action points presented by the ZiC.

Br. Rajesh Raverkar who is coordinating activities in M.P. Zone presented a report of the meeting with volunteers and SMRTI coordinators and informed that the base work for next year's Activity Calendar is over and the same would be compiled and circulated to all. Br. Anand, CiC Jabalpur expressed his gratitude and thanked all for coming. He specially thanked the abhyasis of Jabalpur centre for organizing a successful program. About 55 Prefects and 50 active volunteers attended the meet.

Centres-in-charge and Prefects-in-charge Meet (TN North Zone)

52 participants from Tamil Nadu and Andaman and Nicobar Islands gathered on 11th September at Manapakkam ashram, Chennai.

The program started with Br. A.P. Durai (Jt. Secretary) and Br. S. Prakash (ZiC) addressing the group.

Groups had been created in advance and topics had also been given so that the participants could come prepared. The topics were, "Action plans for spiritual growth of abhyasis", "Sustained growth of a centre", "Character transformation among abhyasis" and "Greater attention to youth through value based education". The key elements that came out in the discussion were - importance of reading mission literature, service through voluntary work, internal worship, praying for others, creating a good atmosphere, proper introduction of an abhyasi to Master, discipline, practice with love, constant remembrance, learning the difference between feeling and emotion, moral values, team work, etc. It was a good learning experience and there were a lot of takeaways to think and implement.

Br. Lakshmi Narayanan, hub-in-charge of Vellore spoke about the importance of individual sittings and prefects travelling out of their centres. He mentioned that the ATP was bringing a big change in all the centres and suggested hub-level gatherings as well as identification of new centres.

Presentations from key departments like SMRTI, Membership, Publication and Accounts gave a clear understanding of the work being done in each department and what was expected from the centres.

Br. S. Prakash, in his closing remarks, presented a 10-point action plan which was derived from prior discussions. These points were - conduct ATPs in all centers, open house/house gathering/welcome desk, focus on individual's sadhana and sittings, prefect exchange visit, Sunday activity, development of new centers, youth development, bhandara participation, Manapakkam visit and effective use of mission literature. The participants met Master and he told everybody, "Do good work after this!"





Abhyasi Training Programmes

The Abhyasi Training Programme formulated by SMRTI is being conducted in centres across India. Abhyasis say it benefits them in a better understanding and rekindles in them the enthusiasm to practice regularly and diligently. All aspects of Sahaj Marg sadhana are systematically explained and it helps in clarifying many doubts regarding daily sadhana. These training programs have been received with great enthusiasm and interaction. Most of the abhyasis shared that the audio-video explanations of Master clarified most of the queries related to the basics of sadhana. The abhyasis felt that through this program they got to know more about the importance of diary writing, regular reading of mission literature, importance of attending satsanghs regularly and so on.

Centre	Date	Participating Centres	Organised by
Sathyamangalam	29th August	Sathyamangalam, Puliampatti and Annur centres	Br. Asokan and Br. Annadurai and conducted by Br. Palani Kumaran, prefect from Coimbatore centre.
KGF Centre	5th September	KGF, Mulabagal and Kuppam (AP)	Br. Shashi Kanth, Br. Sridhar from Mysore
Jamshedpur	18th September		Sis. Anasuya Ramachandran
Una, H.P.	3rd October	Una and nearby centres like Bajoura (Kullu) and Palampur	ATP team from Jammu
Mumbai	14th August		Br. Mani
Nanded	22nd August		Dr. Parihar and Dr. Choudhari from Chikhali centre
Sedam, Gulbarga	5th September		
Raichur, N. Karnataka	12th September		Br. Prahlad Paknikar
Gulbarga	19th September		Br. Nijalingappa and Br. Mahesh Deshpande
Kurnool	22nd August		
Anantapur	29th August		
Nandyal	12th September		
Kadapa	19th September		
Hindupur	10th October		Smriti Chaubey, Sis Neera Verma and Sis Indu Pandey, Br. Atul Jain
Ranchi	2nd October		
Virudhunagar	26th September	Virudhunagar, Srivilliputhur, Sivakasi & Kovilpatti	Br. Bala Subramaniyam
Ranchi	26th September	Bihar & Jharkhand	Sis. Anasuya Ramachandran



Virudhunagar



Ananthapur



Sedam



Regional Seminar - Aluva, Kerala



A three day regional seminar was held at Zonal Ashram, Aluva from September 10 - 12, 2010. The seminar began with satsangh. The Basic Training Program based on the CD prepared by SMRTI was conducted in the first session. Post lunch was devoted to discussion on the presentation made by abhyasis. Br. N. Prakash from Tiruppur after a short talk on the context of the seminar, conducted satsangh. Thereafter in an informal chat, he shared that Master is happy with the progress of Sahaj Marg in Kerala.

On the 11th, at 6.30 a.m., a satsangh was held for prefects followed by a general satsangh at 9 a.m. Br. Prakash gave an illuminating presentation, the content of which was observe, obey and emulate Him. Dr. C. Satheesan gave a beautiful Malayalam version of the talk. After lunch, abhyasis expressed their views on it. A public meeting was

conducted by ZiC, Br. K.U.Mohan for a gathering of local people. The seminar concluded on the 12th morning after satsangh at 7.30 a.m. and a brief concluding talk by Br. Sundaram and Br. Prakash. About 230 abhyasis participated from 7 centres and 7 sub-centres in and around Aluva.

Allahabad

Allahabad centre organized an ATP in Hindi on 15th August, 2010. The program was attended by 35 trainees from Allahabad and Jhansi centres. CiC, Br. Trivedi delivered the welcome address. Br. Uma Shankar (Secretary) inaugurated the training program conducted by Sis. Lalita Sharma along with the volunteer team. Each session was followed by questions and answers. The centre conducted one more ATP on 5th September 2010 in which 36 trainees participated from Allahabad, Jhusi, Banda, Tharrwai and Bampur.

Tiruppur, Tamil Nadu (S)



Under the National Service Scheme, 25 students of K.S.C. School, Tiruppur had a camp at Diamond Jubilee Park for 6 days from 25th September. The students performed the ashram maintenance work and every day at 2.30 PM, they were spoken to about Master's thoughts on "Discipline" and "Character".

On 3rd October, Sunday, an open house was conducted at Chettipalayam Yogashram, Tiruppur. After the satsangh, ZiC - Br. T.V. Viswanatha Rao welcomed the participants. A total of 45 invitees attended the program. CiC, Br. R. Shanmugam and Br. N.P. Prakash explained Sahaj Marg system in detail.

22 people expressed their willingness to join the Mission and they took the first introductory sitting on the same day.

Raipur

Raipur centre organized an open house on "Meditation in the day to day lives of Jawans" on 23rd September at 65.Bn C.R.P.F. Headquarters, Baradera camp. The program was initiated by Br. Sandeep Dutta who is DIGP, CRPF, Raipur.

Sis. Rajni Dutta described the unstability of the mind of a human being as an oscillating ball and the need to reduce the oscillation of this unstable mind. The role of meditation in the day to day life of jawans was explained by Br. Deepak Tyagi. He described the importance of meditation which not only connects us with the ultimate but also takes care of the family and country with much ease and happiness with a real sense of contentment too. The jawans had queries and concerns, which were addressed by Br. Tyagi. Most of the problems were related to stress, strain, unknown fear, hopelessness, lack of sleep, etc. Br. Tyagi emphasized upon the power of meditation and considered it as a remarkable method to take care of every problem.





Seminar and Workshop on VBSE, Aluva, Kerala



Aluva Centre organized a seminar on VBSE for children of Std. V to X on 29th August at Kerala Zonal Ashram, Aluva. Forty-five students from various schools attended the seminar which was inaugurated by Smt. Susan John, Principal of Rajasree School. There were recitation and public speaking competitions for the children and at the end, a quiz programme was conducted. The response from the children was very enthusiastic. Feedback from the parents was also very encouraging. The principal requested that a workshop be conducted for the teachers of her school. Consequently, a one-day VBSE workshop was held on Saturday, the 25th September for the teachers at Rajasree SMM School, Kadungallur. Br. A. Madhavan, Br. T.P. Narayanan, Br. A. Jayaprakash, and Br. Vijayakrishnan were the speakers for the program.

VBSE Update - Gujarat

Br. Vilas Bhonde of Baroda Centre was appointed the VBSE coordinator for South Gujarat Zone. All over Gujarat teams of volunteers are being prepared to train and present the VBSE syllabus to teachers. Baroda, Vapi, Bhavnagar, Ahmedabad, Surat, Anand, Daman, Navsari, Valsad, Bhuj, Jamnagar and Rajkot have been contacting schools, preparing material, training volunteers and also presenting this to abhyasis for a better awareness.

Some schools have also started the VBSE classes. The entire program based on the new syllabus of SMRTI, evoked a great deal of curiosity in the participants. The teachers enjoyed the program thoroughly and were specifically attracted by the use of innovative aids--the Body-cut-outs used by the volunteers along with Flash Cards, PPTs, a short Film, Game (Win as much as you can) and Group Discussions.

It has been decided that in every half day program, different activities would be conducted among abhyasis and this would help the abhyasis to inculcate the "NAVRATNA" among themselves.

At present the plan is to introduce VBSE as pilot project in 13 schools at 10 different centers in both the zones of Gujarat. Translation of the syllabus books into Gujarati is being done with the help of Sis. Tara Chauhan and her translation team.



Kanakapura, S. Karnataka

Br. Swamy and Br. Venkatesh, members of Lions club of Kanakapura came forward to help the abhyasis organize a VBSE seminar at Kanakapura. On 13th September a teacher's training program was organized for Lion's Higher Primary School and Hamsavahini Higher Primary School with 36 teachers participating.

Sis. Madhuri conducted the session which started off with a silent prayer for 5 min. She gave a brief introduction on SRCM and got into the topics like "What are values", "Need of Values", "Role of teachers and parents", "Creating right environment for children" and so on. Games, props and group discussions were part of the session. High enthusiasm was seen in the participants. The teachers did go back with a commitment to implement the VBSE program in their classes.

The VBSE team in Kanakapura will re-visit the schools regularly and have informal discussions with the teachers and find out if more help is needed in the implementation of the program and also to get their feedback.

Ranchi

"Knowledge for the sake of knowledge, without benefitting fellow beings, is a dead end and only leads to the blind alley of unfulfilled frustration. Education is a meaningless ritual unless it can mould the character of students and give them values of life. The educational institutions have to ensure that each and every student in India is so educated that he is given the required ability both physically and mentally to build up a unique Nation. We are proud of our ancient heritage and we have to ensure that our future is no less glorious." Dr. (Smt.) Sarala Birla

The VBSE volunteers at Ranchi built on the values given by the founder Sarala Birla and presented the new curriculum, its necessity, with interesting demonstrations to an audience of 50 teachers, who sat with rapt attention through a four hour long program.

The school has agreed to talk further on how they can work with SMRTI to integrate the program with their curriculum.

The volunteers Sunanda Chauhan, Anita Tiwari, Sheetal Chauhan Anuradha Chauhan, Sangeeta Somani, Manoj Tiwari, Dr Shyam Narayan, Ramawtar Sahu, Shobha Sahu, Arun Kumar Lal were involved in arranging and conducting this program.



Enthusing Students and Youth

Ahmedabad Seminar

A group of trainees from Nirma University of Ahmedabad read the SRCM signboard on the road which said, "Mind Regulation Through Meditation". They were curious to know more about the Mission and so a seminar was organized at Adalaj ashram. The 90 minute seminar on 2nd October, 2010 was for the participants who were in the age group of 19-23 years. It was conducted by CiC, Br. Jignesh. The aspirants were given the contact information of CiCs of their home towns. This was an interesting episode in which aspirants were attracted to the Mission by the signboard.

Siddipet, Andhra Pradesh

Inspired by the thought provoking topics proposed by SRCM in the recently concluded Essay Writing event 2010, Dr. Venkata Ramana, Principal, Government Degree College for Women, Gajwel, Andhra Pradesh requested the Siddipet centre to organize an awareness seminar for the under-graduate students on "Mind Regulation". On 6th October, 2010, about 80 students from different streams participated in the interactive seminar. The prefects spoke on topics such as "Regulation of the mind through meditation" and "the need to fix a goal early in life".

Khanapur, N. Karnataka

On 9th September, a state level seminar on "The need of spiritual practices in higher education in the present scenario" was organized at Maratha Mandal's Arts and Science College in Khanapur, Belgaum district. SRCM was also invited to participate and submit an article to be published in the college's souvenir. Around 150 delegates and students gathered from all over the state.

Br. Raju Kashampurkar represented the Mission and spoke on topics covering various aspects of the need for spirituality in the current scenario, the real goal of human life, and spiritual practices that could be taken up by the youth. Later, the Mission's pamphlets were distributed to those who showed interest in the system.



Advanced Youth Seminar, Bangalore

A three-day residential Advanced Youth Seminar was held at Bangalore from 10th-12th September. The theme was "We the Future". The objective was to provide a platform to the youth of the zone to achieve a deeper understanding on various issues of sadhana, the Ten Maxims, resistance to change, acceptance of the goal, the challenge of the ego, selfless service, responsibilities as future flag bearers and so on. The seminar was attended by 31 abhyasis in the age group of 20 to 35 years with over three years of practising Sahaj Marg.

The focus areas were decided prior to the seminar, after an interaction with the youngsters. The co-ordinators did an excellent job by substantiating the theoretical aspects with practical insights from their own journey this far and what they have learnt from Master in their interaction with him.

The feedback was very encouraging. Some expressed that for the first time they had understood the difference between the mind and the heart and some said that they would be committed to their sadhana and that the seminar had taken them very deep into various aspects of Sahaj Marg.

Mangalore, S. Karnataka

SRCM organized an Open House at Srinivasa Institute of Management Studies, Mangalore on 18th September. Br. Prasad Krishna conducted the program during the guest lecture hour which was attended by 120 MBA students. The topic of the talk was "Meditation for regulation of mind". Br. Krishna explained the need to have a goal in life and make the best use of time. Therefore, to make the best use of the present moment purposefully and effectively he invited the audience to try Sahaj Marg. He explained briefly about SRCM and the method followed here. The Principal and Vice Principal were happy and 16 students showed interest in joining the Mission and gave their names.



Bangalore





Sonepat, Haryana

Sonepat ashram is situated in sector 12, part IV, adjoining Sonepat-Bahalgarh road, near the Fazilpur power house. It is 4 kms from Sonepat Railway station and 3 kms from the general bus stand. The New Delhi Chandigarh National Highway No. 1, Bahalgarh chowk is just 5 kms away. A plot measuring 1140 square meters was allotted by the Haryana Urban Development Authority (HUDA) in the year 2003. The entire cost of the land was then contributed by the abhyasis of Sonepat center and the bhoomi pooja was performed by Master on 5th December, 2003.

The construction of the building started on 9th October, 2005 with the foundation stone laid by the youngest abhyasi of Sonepat center. The construction of the ashram was completed in October 2007. Abhyasis of Sonepat center contributed liberally and whole heartedly in kind and as volunteers, thereby considerably reducing the cost of construction.

The first satsangh was conducted on 2nd February, 2009 on Basant Panchami. The ashram building was inaugurated by Master on 7th February, 2009. Speaking on this occasion he said, "If at all God has a religion, or a

thing to say, or to project Himself, to manifest Himself, God is love. So when we learn to love, we become like God."

The total covered area of the ashram building is 4162 sq. ft. on the ground floor and 4027 sq. ft. on the first floor. On the ground floor, there are two dormitories which can accommodate 100 abhyasis each. The meditation hall is on the first floor with a verandah on two sides and an elevated stage. A beautiful chandelier hangs in the dome of the meditation hall. A well furnished, spacious office on the ground floor with a computer and projector is also used for abhyasi training programmes.

Sunday morning and Wednesday evening satsanghs are conducted in the ashram regularly. Bhandaras are held in the ashram on the birthdays of the Masters. A full day programme is held on first Sunday of every month and abhyasi training programme is conducted on this day regularly.

The ashram building is open on three sides and is flanked by Shri Ram Siksha Sadan on one side. Two big gates connect the ashram with wide sector roads. Beautiful lawns, flower beds and a water fountain add to the beauty of the Ashram.



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