



2009

Dear Brother and Sisters,

A Happy New Year, and a warm welcome to the first issue of Echoes India Newsletter for the year 2009.

The New Year saw Master defining to us the resolution that we need to make for the year 2009, and beyond. An extract from Master's speech is produced here. Visits to Tiruppur, Malampuzha, Thrissur, Kolkata and Kharagpur are some highlights of Master's recent travels.

In response to Master's message for abhyasis to develop moral principles of love, forgiveness, tolerance and understanding, several centers around the country arranged programs to discuss and to enable abhyasis to inculcate these values. This issue also covers abhyasi training programs and abhyasi gatherings and recent publications. The Tirupathi ashram, the first SRCM ashram, is highlighted in the Centers of Light section.

The last date for receipt of news articles for the 2009 March issue would be 15th February 2009. Please route the news write-up along with several photographs of the event through your respective ZiC.

Editorial Team

Master's Message for the New Year

(an extract from His message given on 31st December 2008)

As abhyasis of Sahaj Marg, we have to be conscious of the fact that there should be only one goal in our human lives, and that is the goal of, first, liberation, second, realisation, and third and final, complete merger with the Divine.

In today's world Sahaj Marg, as stated by Babuji Maharaj, is the easiest and the quickest way to the goal of liberation. But he has also emphasised that the subsequent goals of realisation and merger are not difficult, provided we set our minds firmly on this single achievement in this life, which is also the goal of human evolution and the goal of human life.

We must forget and remove from our minds all differences that are created by us, by religion, by culture, by education, by society. And remember that which unifies all of us in this what we call human life, is the soul that is inside us, which eternally is the



same as anybody else's soul. The body makes mistakes because of samskaras. The mind makes mistakes because of preconceived notions and prejudices. The soul never makes mistakes.

I therefore beseech you all to make a resolution: O Master, help me to forgive myself, and therefore through myself, forgive all others for whatever I think or imagine they have done to me and to others, either for or against, knowing that ultimately it is the Divine Master who is guiding this divine play that we call human existence on earth.

Bangalore

Master arrived from Dubai on 31st October. He was received by a small gathering of abhyasis and then proceeded to his residence in Shubh Enclave.

On Sunday 2nd November, Master inaugurated the third ashram in Bangalore and named it Param Dham. It is a beautifully designed red brick building consisting of a meditation hall, kitchen, library and office on the ground floor. The other two floors contain 32 rooms for residents, two guestrooms and two dormitories.

After satsangh, Master spoke on Param Dham, which means an abode where one goes never to return to this existence. Master left for Chennai on the 12th morning after a brief halt at the Natrampalli Ashram.



Tiruppur

Master arrived in Tiruppur on 3rd December and drove straight to the Diamond Jubilee Park. He was looking cheerful and sat for a while to talk to abhyasis. Master was in a light mood throughout his stay and there was a continuous flow of abhyasis coming to see Master as He was expected to stay for more than a week.

On 5th December at 6.30am, Master inaugurated the new kitchen built in around 2000sqft area, on similar lines to the Manapakkam kitchen. Master said that those who come at an unexpected time are called 'Athithi'. They have to be treated with respect. 'Anna Dhanam' is the only charity, which will make the receiver feel content. For those who serve food, they need to serve with due respect to the receiver. They have to be invited properly and one needs to personally care for the invited, rather than having the food served on the table and inviting all to come and eat.



On Sunday, after satsangh, Master made a strong announcement about cell phones ringing during meditation. He said, "If abhyasis do not have even this much of sincerity, what is the purpose of coming to ashrams? Those who are busy with their mobile phones can choose to be at home and make their calls, than coming here."

Master visited Udumalpet village on 10th December. Abhyasis have donated 5 acres of land in a village near Udumalpet and they received Master with great enthusiasm. Master spent a considerable amount of time interacting with the abhyasis.

Malampuzha

Master visited the SMSF retreat centre at Malampuzha, Kerala from December 17 to 20, 2008. It was Master's fourth visit to this center and it was the first time that he would stay there. The Scholarship Training Program for 2008 was being conducted at the Malmpuzha retreat centre, so a group of nearly 40 scholars and coordinators from around the world were present during Master's stay.

Master inaugurated the meditation hall and His cottage. He was relaxed and cheerful and spent a lot of time talking to the scholars as well as visiting abhyasis.

Master addressed the group of scholars in the new library and said, "If people are coming to the spiritual life only to change the world, they will not achieve anything. I assure you. If you come to change yourself, there is guarantee of success, provided you apply yourself to changing yourself."

Thrissur

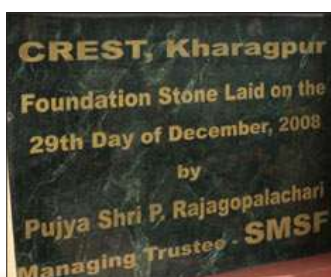
Master formally inaugurated the meditation hall named 'Yogashram' at Puzhakkal, Thrissur, Kerala on December 19, 2008. The ashram is situated on the Thrissur Kunnankulam road about 5 km from Thrissur town. Master conducted satsangh and delivered a speech thereafter wherein he emphasized the need to accept the advice from the Heart so that the Eternal Presence becomes the real Eternal Presence in the heart which is the only sincere guide for our welfare. About 1000 abhyasis including 40 overseas abhyasis attended the function. After satsangh, Master spent some time with the abhyasis at the residence specially arranged for Him. After having lunch, Master left for Malampuzha.

Kolkata

Master arrived in Kolkata from Chennai on 25th December 2008. Around 35 abhyasis accompanied Him on the flight. On the 26th afternoon, Master moved out to sit in the lawn outside his cottage. Talking of and enjoying the wonderful atmosphere in the Kolkata ashram: "Each of our ashrams is an oasis of peace". Responding to a question as to why we are unable to create such a world outside, Master said, "It is the greed for money that has robbed us of the happiness, contentment, good health that we once enjoyed".

On the 29th Master laid the foundation stone for CREST at Kharagpur, the second campus after Bangalore in India. As Master walked around the five acre campus using humour and direct instruction to steer the crowds away from following Him in masses by saying, "Follow me spiritually, not otherwise".

Master spoke after the satsangh and touched upon the topic of responsibility, on which he said, "Our responsibility to our 'self' (the heart) is far greater than any other responsibility on this earth." After lunch Master proceeded to Kolkata and took a flight for Chennai the next afternoon accompanied by almost forty abhyasis.





Satkhol Applications for 2009

Applications for the year 2009 are now available online at: http://www.srcm.info/satkhol/satkhol_home.htm

Spring Batches - January to March (Batch 249 to 259). Online application process is now open.

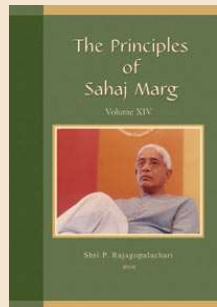
Summer Batches - April to June (Batch 260 to 271) Online application process will commence from January 10, 2009

Winter Batches - September to December (Batch 272 to 281) Online application process will commence from June 10, 2009.

Please go through the guidelines carefully BEFORE filling out the application form.

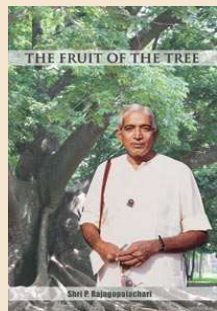
For those who have no internet access, please take the help of either your preceptor, CIC or ZIC. In case of any questions, you may contact the Satkhol Admin Office at 044 2252 1099 or 044 4217 1111; ext. 218, between 10 am to 12 noon or between 3 pm to 4:30 pm.

NEW PUBLICATIONS



Master released '**The Principles of Sahaj Marg Volume XIV**' on 1st January 2009. This volume contains about twenty five talks given by Master in the first half of 1991.

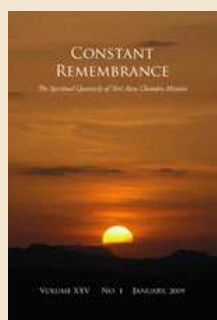
The book with 320 pages contains talks on a wide range of subjects including goal, volunteer service, transcending pain, leadership and Master.



The second edition of **The Fruit of the Tree**, which was initially published in 1987 was released on January 1st 2009. This book contains talks, questions, and answers given by our Master. These talks were given while on tour in Italy, U.S.A., and Germany during the period from September to October 1986.



The **Marathi translation of HeartSpeak 2006** contains a complete collection of Master's talks given at various places in India and abroad during his extensive travels from January to December, 2006. It contains messages given by Master in Tirupur, Bangalore, Chennai, Ahmedabad, Kanpur, Hyderabad, Pune, Raipur, Rome, Denmark, Germany, Prague, Dubai, Singapore and Malaysia.



The January 2009 issue of **Constant Remembrance** will be distributed soon. The topic for the April 2009 issue is Gratitude. Your articles on the topic or on your insights into the Sahaj Marg practice are welcome. Please send to cr@srcm.org by 1 February 2009.

Manapakkam Ashram Floods

On 26th November it started raining as a storm was brewing in the Bay of Bengal and by evening, it was pouring heavily. As a precautionary measure, all residents of ashram were moved to safer locations within the ashram and many items were moved to higher places to safeguard them.

By 27th evening, the residents inside ashram were evacuated and they stayed with abhyasis in the Garden of Hearts apartments opposite ashram. Around midnight, water was flowing above the bridge on Sahaj River (inside cottage area) and water was rising dangerously. Around 1.30 am the 'Lion Gate' wall collapsed and within a few minutes the cottage was inundated with around 1½ ft. of water. The ashram also had been completely inundated with almost 12 feet of water near the old Medical Centre.

Rain wasn't relenting even on 28th morning and water from nearby lakes and the Adyar river only seemed to compound the problem. By noon the catamarans (along with fishermen from Royapuram area) and a rubber dingy (Coast Guard) had reached ashram. The fishermen and coast guards worked to rescue about 50 people who had been marooned in their houses.

By 29th, water had receded in many places near the meditation hall and Master came for an inspection. He drove around and looked at the various spots before going back to Gayathri. On 3rd, Master left from ashram for Tirupur.

Since then, there had been a stream of volunteers pouring in from various parts of India for the post-flood cleaning work. The dormitory block, kitchen, toilets and other areas have been cleaned by the volunteers. During this period, the ashram facility had remain closed.

Master re-opened the ashram kitchen and canteen on 31st amidst the abhyasis who were present at the ashram. In the evening, a music performance was held in the meditation hall. Master conducted a surprise satsangh at midnight at the meditation hall. He also conducted satsangh at 9:00 am on 1st morning and gave a talk. Thanks to the great team effort, ashram is back to normal and open to abhyasis as per prescribed guidelines.

Master's Cottage



Dining Area





Advanced Training Programme - Jaipur

A one day training programme was organized at Zonal Ashram, Jaipur on 30th of November 2008. Around 85 abhaysis from ten different centres, practicing Sahaj Marg for more than one year participated in the program. Sessions were held on Constant Remembrance, importance of reading mission literature, need for right attitude and behavior vital for our spiritual progress, transformation, role of volunteers and common errors to be avoided in daily sadhana. A short play on how to introduce Sahaj Marg to new aspirants was organized by the participants from Ajmer centre.

New Entrants' Programme, Baroda

The beginners' training program was conducted on Sunday, 19 October 2008 at Vadodara ashram premises. This half day program was aimed at throwing light on the basics of Sahaj Marg practice. The program was made interesting by conducting icebreaker sessions which went a long way in introducing brotherhood amongst the participants. Discussions, illustrations, practical exercises and feedback were also employed so that the programme remained participative.



Sadhana Programme in Shahjahanpur



The first Sadhana Training Programme in Hindi was held at Shahjahanpur Ashram from 12 - 16 November and was inaugurated by Br. Sarvesh Chandra, CiC Shahjahanpur. In his speech, he emphasized the importance of the Shahjahanpur ashram and advised everyone to develop with a view to become what Master and Babuji want us to become. Abhaysis were motivated to write down five positive and negative aspects in their life for self assessment, self acceptance and change initiation.

Subjects were prepared by each of the six groups formed and the members of each group presented their summaries. Faculty members summed up and answered questions.

Abhyasi Training Programme - Paithan

An abhyasi training programme was conducted at Paithan on 9th November, 2008. This was the first ever training programme conducted at this centre. 143 abhaysis participated in this programme from Paithan, Ahmednagar and nearby centres. Various topics like introduction to Sahaj Marg, meditation, Masters of Sahaj Marg, cleaning and its importance was covered. All the speakers effectively used presentations to explain the topics to the abhaysis and it was very helpful for abhaysis to understand the subject properly. The programme was coordinated by Br. Tushar Pradhan of Mumbai centre. The response from the audience was very good and they felt it very useful for them.

'Youth Seminar' at Ahmedabad



As a sequel to Master's recent talk in Chennai asking abhyasi brethren to focus on character building, it was decided to use the theme 'Personal Character is the

foundation for a Spiritual Life' for a youth seminar in Ahmedabad on 14th December.

In effect such forums are a platform provided for them to introspect, evaluate themselves and come out with solutions for their own life which they have made complicated.

A big gain was commitment from dozens of youth to take part in volunteer work on a regular basis after expressing the need to get involved in mission activities. The key issue now will be to sustain and maintain the zest and enthusiasm of the youth into 2009.

Abhyasi Training Programme - Khanapur, Belgaum District

A group of 15 abhaysis from Belgaum joined the new abhaysis at Khanapur along with Br. Raju Kashampurkar from Bidar. The venue was a school whose principal, an abhyasi, had offered the premises for the occasion.

The programme was well received and the abhaysis showed a rare maturity in their acceptance of the values of the Mission and displayed a good understanding of Sahaj Marg sadhana. The programme commenced after satsangh, with a melodious rendering from Br. Vastrad from the collection of Master's choice. The programme then followed the pattern of a conventional Abhyasi Training Program using multimedia facilities which were available to provide a systematic approach to the programme. Talks on the practise of Sahaj Marg were covered by the different speakers. The program concluded with an evening satsangh. The abhaysis expressed their happiness and a few of them expressed the desire to see Master soon.



VBSE Program for Teachers - Ahmednagar



A VBSE programme in Marathi was held on November 7, 2008 at a primary school in Ahmednagar, Maharashtra where regular Sunday satsangh is held. Br. Vishwas Tillu emphasized the need for values in today's society and Br. Tushar Pradhan enumerated the approach taken to value based education in various schools and the approach adopted by SMRTI.

It is understood that in smaller towns the adherence to moral values is better than in big cities but it was the experience of the traveling team that even in smaller towns, with the advent of TV and various form of media, the need to hold on to human values is becoming more important.

The talk highlighted the fact that today children are being pushed in to the world of competition and cut-throat rivalry by parents, teachers and peers. It is important to highlight the need to maintain human values and balance the pressures of the day-to-day world. If values are 'taught' they are hardly 'caught' goes the saying. Teachers do play an important role in shaping the personality of the child and there is a tremendous responsibility to build on the trust that the students have in them.

A few activities, experiments and stories were told and the manner in which they could be integrated into the imparting of values was demonstrated. The SMRTI syllabus with its emphasis on the right value at the right age was shown. The talks were followed by a question and answer session.

The Principal, and trustees were thankful to the team from SMRTI for conducting the program and the same was demonstrated through a moving thanksgiving speech by one of the teachers of the school.

IMPORTANT

Abhyasis are not allowed to make private audio and video recordings of Master's private conversations or formal talks, unless authorized. Abhyasis are also advised to refrain from publishing records of private talks and meetings on websites without prior permission.



VBSE for Teachers and Students at Ranigunj

Raniganj centre had organised a programme at the request of Gyan Bharti School on 14th and 15th November for students and teachers. Br. Anil, Br. Pankaj Rajak, Br. Vijay Choudhury, Br. Sushant and Br. Shekhar from Andal co-ordinated the programme.

Four hundred students of classes 9 to 12 were responsive and enjoyed the interactive session. The Principal and co-ordinator were present throughout. Feedback from over 300 students was received which was handed over to the Principal, expressing the need for such programmes for improvement in the school. SMRTI's views on Value Based Education were spelt out with a number of PowerPoint slides and experiments.

The next day's session was for teachers using PowerPoint presentations with experiments, as outlined by SMRTI. All of them found it useful and many mentioned that they would try to become better human beings and thus better teachers.

Addressing Parents on VBSE - Ranchi Center

VBSE orientation for about 30 parents at Ranchi at a housing complex at Lalpur, Ranchi was held on 15th November 2008. The objective of the program was to share the features of the VBSE curriculum available with the Mission and sensitize the participants on their role to inculcate the right values in their children.

Sis. Sunanda Chauhan, Sis. Anita Tiwari, Sis. Anuradha Chauhan, Br. Arun Kumar Lal, Br. Pawan Sahay and Br. Manoj Tiwari expressed their views and introduced the subject to the audience. The session on imparting values through experiments was the highlight of the program. There were three teachers also in the audience and they took the message to their schools about the availability of such a workshop. Ranchi center expects some more school engagements to come through as a result of this interaction.





Inauguration of Deoria Ashram



An ashram in Deoria (U.P.) has been established with abhyasi brothers and sisters contributing both physically and financially to complete the work at the ashram.

As scheduled Br. U.S. Bajpai arrived on 16th November along with ZiC Br. Narsingh Verma, preceptor from Gorakhpur, Br. A. K. Singh, Br. D. D. Pandey, Br. Ramashankar Dixit and Br. Vinod Mohan Pandey. He inaugurated the meditation hall.

Around 200 abhyasis from nearby centres of Deoria, Sahodar Patti, LakshmiGanj, KaptanGanj, Padrauna, Kasya (Kusinagar), Nadawar Ghat, Khukhund, Jamira, Siswa and Gorakhpur, attended the satsangh.

A spiritual assembly was organized where respected citizens of the city and village, doctors, engineers, journalists, businessmen were present. First Br. Ramashankar Dixit explained the architecture of the ashram. Br. Verma explained about the establishment of Shri Ram Chandra Mission and gave an introduction about the Masters and the purpose of the mission. Br. Bajpai explained about 'Why Spirituality, why it is necessary' and 'Regulation and Control of the Mind' in a simple and attractive manner.

Land Registration at Chandrapur centre, Maharashtra.

Four acres of land was made available to Chandrapur Centre for an ashram by Br. Amarsingh Rathod and Sis. Susmita Rathod, abhyasis of Chandrapur centre. The land was registered on 26th November by the Joint Secretary of the Mission Br. A.P. Durai, in the presence of ZiC Dr. Subhash Vaidya and CiC Br. L.K. Goel.

A satsangh was conducted at the newly acquired SRCM ashram land. Br. A.P. Durai spoke to the abhyasis and appreciated the gift. The gratitude to Master was visible in his talk and he welcomed the generosity and love shown by the donors. He appealed for promotion of brotherhood and more involvement in the voluntary work.

The previous day an Open House was arranged at INC MBA college, for students and the public. Around 150 persons attended the programme. Br. A.P. Durai explained the importance of the living and capable Master in seeking spirituality. Br. Vaidya explained the system in Hindi.



An Interesting Experiment in Uttarakhand



A team of one prefect and three abhyasis from Gangolihat, Almora and Ranikhet travelled to a few places to conduct open houses, give sittings to abhyasis who did not have access to prefects for a long time and in the hope of starting at least one new center.

We started from Almora on 13th December and made our first stop at Gangolihat, a new center with about 15 abhyasis. The open house for friends and family of abhyasis was conducted on 14th and was attended by about 40 people. The next day we were invited for a talk to the staff of a very successful NGO in the region - 'Jag re Paharh'. We were requested to arrange monthly lectures on spirituality for their field workers, supervisors and villagers.

On 15th, we met abhyasis in and around Pithoragarh. We met an abhyasi sister near Chandak, who had recently been operated for brain tumor and she was delighted to get a sitting at her home. We briefly stopped over at Thal and met an abhyasi sister, whose practice had stopped for over two years. After taking a sitting, she was determined to continue meditation once again.

After a night halt at Chowkori, we stopped at Vijaypur and met the staff of the Vijaypur Intermediate College. The staff was addressed on the practice of Sahaj Marg as well as Value Based Spiritual Education.

When we reached Garurh, we met some of our acquaintances. Three of them agreed to take the first sitting that night itself. The next day we located some former abhyasis and did more new introductions. The team was also carrying latest publications - audio, video, photographs and books of the mission, which were very enthusiastically taken up by the new abhaysis.

By Master's blessings, on Sunday 21st of December, seven local abhyasis sat for satsangh at this new center - Garurh. The center will be supported by prefects from Almora/Ranikhet.



SRCM Sikkim breaks new ground

A program for government officials on 'Stress Management through Meditation' was conducted in Gangtok, Sikkim, from 6th - 8th November 2008 by SMRTI and sponsored by the Government of Sikkim. It was co-ordinated by Br. Ravindra Telang, IAS, Secretary, Dept. of Agriculture and Horticulture who is a prefect of the Mission.

The Minister for the Department of Agriculture and Horticulture, Shri Somnath Poudyal was the Chief Guest and MLA Shri Bhim Dhungel was the Guest of Honour for the inaugural session. Shri Dhungel expressed his deep concern about the current scenario in the Sikkimese society. He was pained to note that suicide rate in the State was very high. The Hon'ble Minister appreciated that such a program was being organised at an appropriate moment when the society needed it the most.

Dr. Pariplavi gave a presentation on 'Stress- the Medical Angle'. Relaxation techniques were demonstrated by Br. Aroon Dave. This was followed by a session on 'Balanced Existence' by Br. Gyan Sarin. Br. Telang then gave a brief account of Sahaj Marg meditation and 34 of the participants expressed their willingness to start the practice.

The second day witnessed an interactive session on 'Universal Values' by Sis. Seetha, a talk on 'Regulation of Mind' by Br. Sarin and a talk on 'Human Transformation' by Br. Dave. The session ended with a video titled 'The Touch of the Master's Hand' which moved the entire audience.

The last day started with a presentation on 'Time Management' by Br. Dave and a talk on 'Positive Thinking' by Sis. Seetha. In the feedback session, participants expressed that it was like a breath of fresh air and very relaxing. It had a great impact on them and would bring forth many changes in them. Many said that they felt very light after the sittings.



Maharashtra Goa Preceptors' Seminar

A preceptors' seminar was organized at Pune Retreat Centre, Panshet for Maharashtra Zone from 14th to 16th November, 2008.

Forty prefect brothers and sisters attended the seminar. On 15th November, ZiC Dr. Subhash Vaidya opened the session. The morning was devoted for two topics namely Guruvandana, i.e. work of our three Masters and presentation on Sahaj Marg sadhana padhatti. The afternoon session was divided into three topics - Introducing Sahaj Marg to aspirants, role of preceptors in mission work and Preceptor's work - abhyasi sittings.

Inner Transformation from Me to Him

Tiptur, 13th and 14th December 2008

Master has stressed time and again that Sahaj Marg is the way of self-transformation to achieve the goal of human perfection or divinization. The tools used for this purpose are the various aspects of our sadhana - meditation, cleaning, etc. For this purpose, a two day training program was conducted in the new ashram in Tiptur.

Around 130 abhyasis from Tiptur, Hassan, Tumkur, Shimoga and Bhadravati participated. The first day started with a satsangh followed by talks on 'Religion and Spirituality' and 'Importance and Role of the Master' by Br. B.G. Subramanya and Br. Srinivasa. These talks really made us question ourselves: What is the purpose for which all of us are here? What is the role of our Master in all of this? And more importantly, what should be our part in all of this? Is willingness to practice enough?

The talk by Sis. Manjula on 'Character Formation' was a real eye-opener on what needs to be done from our side. It inspired us and made us meditate on what we need to do to become what we ought to be.

The second day of the program was dedicated to the Sahaj Marg sadhana. Various aspects of meditation, cleaning and prayer were explained in detail and many questions posed by the abhyasis were clarified. The final part of the program was an interactive session on 'Me and my Master' where several abhyasis shared their experiences with Master. Many of the experiences were moving and were an inspiration to new abhyasis who are yet to meet Master. The program ended with a satsangh in the evening and we departed for our respective towns with a strong resolve in our hearts to meditate on what was learnt during the two days and implement it in our lives.



On 16th November, the morning session comprised of the topics - Preceptor abhyasi interaction, behavioral guidelines, administrative work and mission accounts' maintenance.

Many prefects opined that the seminar helped them to understand the role of preceptors in spiritual as well as in the administrative field of mission work. There was a general observation that whatever doubts had crept in their minds while working as newly made prefects, were all answered during the sessions as if they had asked the question in advance. This shows the loving care of our Master for His functionaries. Let us strive hard to give Him the pleasure of our sincere work.



Foray into Academic Campuses - Jodhpur, Rajasthan



A series of talks on Sahaj Marg were organized by Jodhpur centre at various institutions from 6th to 9th November. The venues were - Lal Bhahadur Shastri Engineering and Research Centre, Marwar Engineering College and Research Centre (on 'Science and Spirituality' for 150 students and faculty), the Town Hall (on 'Spirituality: The Way of Living a Purposeful Life', 600 attendees), Jai Narain Vyas University Extension Lecture Cell (on 'Yoga and Sahaj Marg', 150 faculty members) and the National Law University (on 'Law and Spirituality', 150 students and faculty).

Dr. K. S. Balasubramaniam, Director, Sahaj Marg Research Institute, Chennai in his talks said that spirituality invokes no names, confers no attributes, demands no subservience to any artificially created Gods of the human mind, but focuses man's attention on the infinite, ultimate source of all beings, who is nameless formless and attributeless. Such an approach to the Ultimate can serve as an integrating force and bring together human beings of all lands and religions in one-ness, in the most fundamental aspect of human life which is sadly lacking today. Spirituality if widely practiced in this spirit of a humble approach to the Ultimate, is perhaps the most potent force that can bring about such an integration. Around 10-12 brothers and sisters have already joined the system and the process is on.

Exchange Programme Gujarat

In many of the small centres it was found that there was a need to get a fresh set of people to interact with the abhyasis. After discussions it was felt that we should go about having exchange programmes where all abhyasis from centre A would visit centre B and spend at least half a day together. This has been found to be a very effective medium of introducing zest and enthusiasm in the host centre. In turn abhyasis of centre B visit centre A subsequently in the next couple of months.

There is an exchange of ideas, concepts and clarity emerges as abhyasis share their views. Good practices in both centres are exchanged. Brotherhood is fostered as abhyasis travel in groups to neighbouring centres.

One such gathering took place at Daman about 25 kms from Vapi where abhyasis from Silvassa (a satellite centre) and Vapi gathered for a day long programme. These centres are situated in South Gujarat between Surat and Mumbai. It is observed that in all such centres where exchange programmes take place, there is certainly more bonhomie which is conducive to the growth of that centre.

Study Groups - Ballia Centre

An idea to make use of the study group material made available by SMRTI was started at our centre every Sunday after satsang for an hour. We chose four to five groups with one speaker to represent the group after



studying for a week with the material provided. The material is arranged so systematically as to cover the spiritual and physical understanding according to our Master's teachings. This class started in November 2008 and through this study we found enormous changes in the youth involved in this activity. They are busy with preparation in the evenings through out the week, searching through books and preparing for the Sunday session.

There was initial hesitation but after two weeks, they felt that it was not them but Master speaking through them and that this was an opportunity given by Master for utilizing time which was otherwise being wasted. Every abhyasi is surprised to see changes and this is developing their trust and love towards Master.

It was observed that after a week all abhyasis coming for satsang they stay back to listen participants view on subject even after declaring that those who do not have time may please go.

We pray Master to bless us with understanding, tolerance, love and forgiveness and give us strength for receiving the same.

Open House AT NSIC, New Delhi

An Open House was held in the office of The National Small Industries Corporation Ltd. (A Govt. of India Enterprise), Okhla Industrial Estate, New Delhi on 4th December 2008. The forty-five delegates included a few senior functionaries of the Corporation.

The theme was 'Meditation for a Balanced Existence'. Br. A.P. Palta, gave a brief introduction and introduced the speakers. Br. Gyan Sarin spoke in Hindi on the chosen topic and Sis. Sobhana briefly touched upon the topic and also gave details of the method. This was followed by a question and answer session.





Yogashram Tirupati

It is significant to note that the Tirupati center is the first ashram of the mission, built in around 2.5 acres of prime land. It came into existence in the year 1965 with the foundation stone laid by Babuji Maharaj and has been growing steadily. The ashram is located on a beautiful spot with the backdrop of the Tirumala hills and Kapilatheertham water falls.

Abhyasis of this center received the best of spiritual training under the first preceptor of this center Dr. K.C.Varadachari. Rev. Babuji visited Tirupati center regularly every year combining it with the south Indian tour ever since its inception. The silver jubilee of the Tirupati center was celebrated in December 1990 when Master attended the function and blessed the abhyasis.

The center started with a small building donated by Dr. C.Rajeswari in 1965 and has expanded steadily. The new meditation hall was inaugurated in 1994 by Master and can accommodate nearly a thousand abhyasis.

The Sahaj Marg Research Institute was first established at Tiruapti in December 1984. Presently there are about 900 abhyasis in this center. Several activities are being carried out on a regular basis.

A well organized library is being maintained in the ashram which is kept open on all days. Several abhyasis utilize this facility to read the mission literature. Children are provided with facilities for playing indoor and outdoor games. A Welcome desk is kept open on Sundays for new aspirants to be briefed about the system and the mission.

Abhyasis of this center are actively participating in various voluntary services in the ashram.



Meditation Hall



Library



Driveway

From the Archives



First Building



Children's Area

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