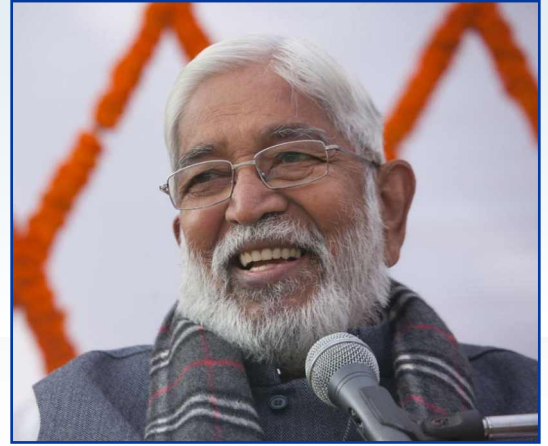
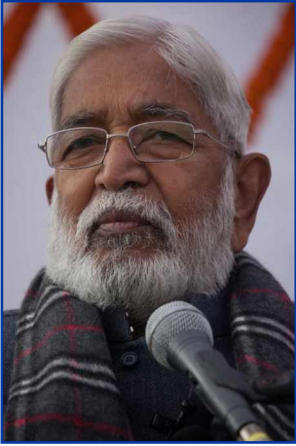




## Tour of Punjab



### Chandigarh

Master began his journey from Delhi by road on 27th February. He halted briefly at Karnal where he was greeted by a group of eager abhyasis. On arrival at Chandigarh, he was received by a gathering of more than a hundred abhyasis and children. Master inaugurated a brother's residence and conducted satsangh, although he had just arrived after a six hour car journey.

On 28 February as well as the next day, Master came out in the morning and spent an hour with the abhyasis answering their questions. It was a fun filled interaction with Master keeping everyone laughing with his usual wit and wisdom.

### Ludhiana

On arrival at Ludhiana on 1 March, Master interacted with the abhyasis and conducted satsangh. The next day, after conducting satsangh at the ashram site in Ludhiana, he laid the foundation stone. He then gave a talk expressing his fondness for the land of Punjab and spoke a few words in Punjabi too. He said that for those who do not come to the ashram the word he would use is, "Tussi bewakuf" (You are a fool) and added, "Naal aaja" (Come, join me). Some aspects that Master spoke on are:

☞ Abhyasis should introspect as to why the Master visits again and again. What is the purpose?

☞ One path is to be given up before we walk on another path. I cannot remain dry and also swim; I cannot stand on earth and also fly. One state of being has to be given up before you can come to another state of being.

☞ There is no God in religion and that is the truth.

☞ Praying for others can be accepted but praying for oneself is begging.

Master then returned to Chandigarh for lunch.

### Chandigarh

On 3rd March, Master conducted satsangh at Tagore Theater where more than 600 abhyasis from all over the zone had gathered. They were overjoyed to be with their beloved Master. Brief talks were given by Br. Satbir and Br. Harbhajan Singh followed by heart warming rendition of a few bhajans by Br. Gurpreet. The next day, to the joy of the waiting abhyasis, Master sat out in the sun for almost an hour and answered many of their questions. He came out again in the evening and conducted satsangh.

A large group of abhyasis gathered to bid good bye with hope in their hearts to receive beloved Master very soon again as he departed for Delhi on 5th after an early breakfast. Master halted at Karnal where he conducted satsangh before proceeding to Delhi.





### Some pearls of wisdom gathered from Master during the tour are:

- ✍ Anger arises from unfulfilled desires; this clouds the mind and stops its thinking, leading to self destruction.
- ✍ Happiness is the state of mind in which you are independent of the external world.
- ✍ Belief opens the mind and prejudice closes it.
- ✍ Love is a one way street going out from the heart to infinity.
- ✍ Real marriage is the culmination of a process of finding its soul mate after several lives.
- ✍ Anything done with love will solve all problems.
- ✍ On being asked how to apply one's will, Master said - "You will know the difference only when you start applying it. If will is not strong enough, desire starts overpowering it. Discipline balances desire and will. Will is from heart and not from mind. We are always in danger because will power has no direction. Cleaning is what gives the direction."

### Raipur

Master was received at Raipur airport at 7:40 p.m. by joyful abhyasis and he left for the newly constructed



Yogashram. On arrival at the ashram, Master was given a warm welcome with utmost discipline and love. Around 10 p.m., he came out of his office and sat for half an hour surrounded by abhyasis. On 8th morning, Master came to the temporary meditation hall and conducted satsangh around 8.30 a.m. After satsangh, he went around the ashram in the golf cart and was pleased with what had been done.

9th March was the much awaited day for around 2000 abhyasis of Chhattisgarh and adjoining states. Master unveiled the inaugural plaque and was very happy to see the beautiful meditation hall of 9600 sq.ft. which exhibited an eye for detail as well as quality of construction. After satsangh, Master spoke:

- ✍ Sahaj Marg is the only system which sows the seed of spirituality.
- ✍ The number of abhyasis should be increased along with quality.
- ✍ The meditation hall is meant only for meditation and people should not continue their religious practices in the ashram premises.

Master was glad to see jawans of CRPF (about 100 CRPF jawans have joined the Mission) and wished to see battalions of them joining in future.

Evening satsangh was followed by a short cultural





programme presented by the children. While the evening satsangh was going on, Master sat outside his cottage and acknowledged the work of around 80 volunteers by giving them a silver coin each. In spite of the health constraints, he appeared cheerful and spent time with the abhyasis.

On 10th March, Master conducted satsangh at 7:05 a.m. (scheduled to be conducted at 7:30 a.m.). Thereafter, he left for an abhyasi brother's house around 10 a.m. and from there for the airport around noon, to take the flight to Hyderabad.

### Hyderabad

Master arrived in Hyderabad on 10th March around 1:45 p.m. to the joyous welcome of the abhyasis at the airport. As there was news of some political demonstrations en route to the Zonal Ashram, he proceeded to the residence of an abhyasi, closer to the airport. After a brief rest, he reviewed some details regarding the Kanha Shanti Vanam project. Thereafter, he conducted a sitting for the abhyasis present.

The next day also Master was busy with overseeing the registration details of the project and was particularly pleased that the first part of registration work of Kanha was proceeding as planned.



On 12th March, Master reached the Zonal Ashram where he was welcomed by a few thousand abhyasis lined along the pathway leading to his office. Master remarked, "Wonderful discipline, so good to see." He walked up the newly constructed ramp built at a comfortable gradient, and entered his cottage. Soon after, he took a tour of the office and his conference room. Master conducted the satsangh in the morning and evening attended by over 5000 abhyasis. When an abhyasi remarked that Master's beard looked beautiful, Master playfully retorted that the face behind the beard was even more beautiful. Master appeared in excellent spirits and health throughout.

The gates to his cottage were kept open all the time. The very gesture of open gates also had a soothing effect on all the waiting hearts who had come from far off places to get a glimpse of their beloved Master. Indeed they had many opportunities to see him when he came to sit in the open verandah outside his bedroom.

On 13th March, as Master was walking to the meditation hall, the members of the kitchen team greeted him. Master had a brief interaction with them and reminded them that the most important ingredient in food is the love that is put into it. He conducted satsangh in the hall which was full to the brim with over 6000 abhyasis. In the afternoon, the children had a special one-hour session with Master. There was a dance drama after satsangh, depicting the dilemma of a seeker and the guidance





offered by the teachings of Sahaj Marg. Master enjoyed the programme, watching it from his room via CCTV.

Master conducted the morning satsangh on March 14th at 7:30 a.m. After satsangh, he gave a message underlying the need for strengthening our character and allowing the light within to shine forth. Master then left for the airport at 1:45 p.m.

### Chennai: Master returns home

Master returned from Hyderabad on 14th March after an absence of almost a month and a half. The airport was crowded with abhyasis who were overjoyed to see him after so long. He headed straight to 'Gayathri' and spent the week there resting and meeting people in the evenings. He sometimes conducted satsangh or just talked to the abhyasis. Since then, he has been dividing his days between 'Gayathri' and the ashram. He is able to rest and also occasionally relax on the beach with abhyasis. His normal work of administration of the mission, email correspondence and making of new prefects goes on at the usual pace.

### Abhyasis flood Manapakkam ashram

A large contingent of five hundred abhyasis from Mumbai center came to visit Manapakkam ashram for four days and Master conducted satsanghs for them. They made it into a seminar by organising interactive sessions with invited prefects and functionaries every day. They also cut a special cake for Master and put up a small programme on an evening which Master enjoyed very much. Doves of abhyasis from other centres in India, near and far have been visiting Manapakkam in a steady stream. During the last one month alone, around 3,300 abhyasis from outside centres have visited



Manapakkam to be with Master. Eight weddings were solemnised by Master on 10th April. Although he suffers from pain in his legs, Master made it a point to stand all the time while performing the marriages.

### Master reaps his crop

Master has been spending time with students of LMOIS also and paying special attention to them. Nearly sixty of them have started meditation and many of them are under eighteen years of age but specially permitted by Master to start meditation. One could see them sitting in front during satsanghs in the ashram. One evening, he gave them a sitting in the cottage and then had dinner with them. Commenting on this development with satisfaction, he said, "I am in the position of a farmer who is reaping his crop. I have been working on these children. That is my priority, I am not concerned with education and other things." On a teacher's role, Master said, "A teacher is one who ensures that the children absorb what he's saying and doesn't focus on what he is giving out. A good teacher always creates a sense of wonder and fascination in his students".

### The ISTP for Southern Zones

The India Scholars Training Programme (ISTP) was inaugurated on 16th April by Master who addressed 59 participants from the southern states of India. Master dwelt on the limitations of knowledge, our ignorance of what lies beyond this life and how, in Sahaj Marg, everything is given through transmission. Worldly life is bound to be strewn with difficulties and even saints of the past were not exempted from trials and tribulations, he said.





# ANNOUNCEMENTS

## New Appointments

**Vijay Kumar Aggarwal**  
CiC, Bhatinda Centre

**Maj. Gen. Anand Narayan Mudre (Retd.)**  
CiC, Jabalpur Centre

**Sandeep Pradhan**  
CiC, Gwalior Centre

## Doctor Volunteers for Satkhol

Registration for abhyasi doctor volunteers at Satkhol Medical Centre is open for the period July 2011 to December 2011. Please send your willingness as soon as possible. The period of volunteer service is 15 days.

For more details please contact:  
Dr. C.K. Prasannakumar  
Resident Physician  
Medical Centre  
Satkhol

## Registration for Master's 85th Birthday celebration

Registration is now open for Revered Master's 85th Birthday celebration to be held in Tiruppur, India. Abhyasis in India are requested to register locally at their respective centers. A copy of the registration form is enclosed. The registration form can also be downloaded from the website.

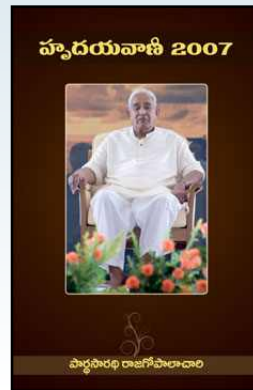
Overseas abhyasis can register online and details are published on the website.

Abhyasis are requested to read the health and safety travel advisory prior to registering. Details are available at <http://www.sahajmarg.org/july-24-celebrations/2011>

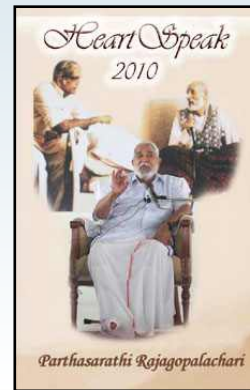
## Whispers from the Brighter World – A Third Revelation

With Master's approval, from March 28th onwards, subscribers to 'A Whisper a Day' will begin receiving messages from the latest publication in this series, Whispers from the Brighter World – A Third Revelation. If you have not yet subscribed to this daily e-mail service and would like to do so, you can subscribe on our web site at <http://www.sahajmarg.org/literature/newletters>

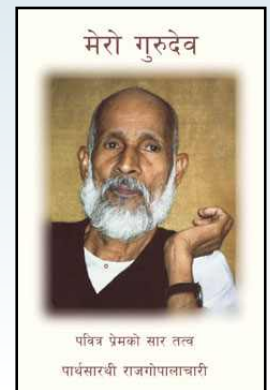
# NEW PUBLICATIONS



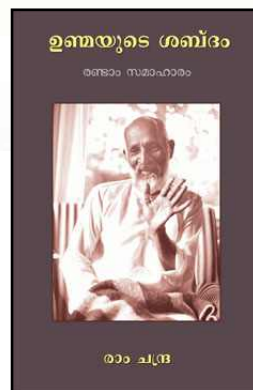
HeartSpeak 2007  
Telugu



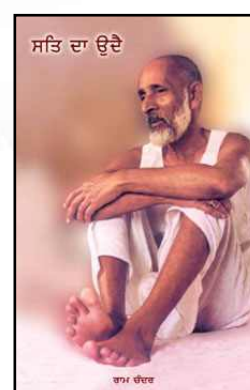
HeartSpeak 2010  
English



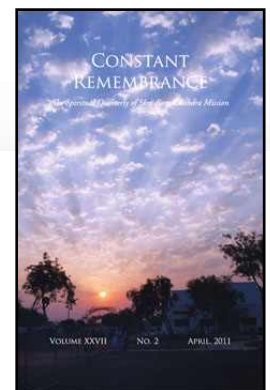
My Master  
Telugu, Nepali & Kannada



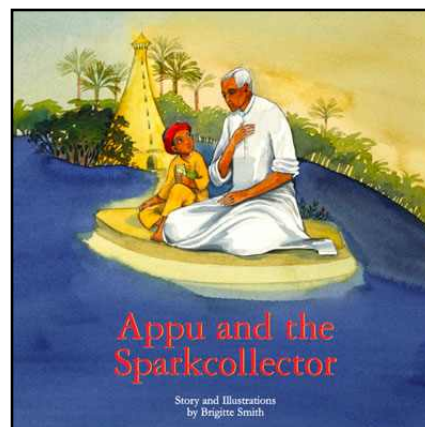
Voice Real II  
Malayalam



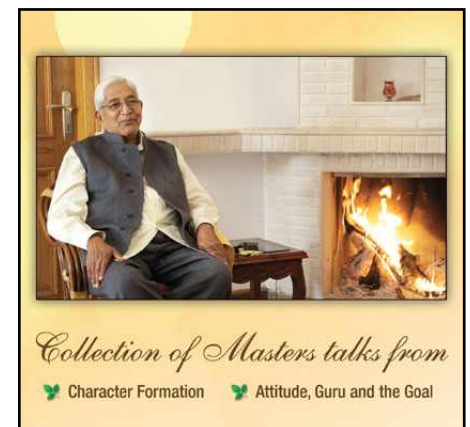
Reality at Dawn  
Punjabi



Constant Remembrance  
April 2011



Spark Collector II  
English



Character Formation  
MP3 English





## A PEEP INTO THE PAST

Master accompanied Babuji on his overseas trip to Malaysia and Singapore from 6th April to 23 April, 1977. This trip had a grand continuation in the celebration of his 78th birthday at Madurai on 30th April. Following is an extract from Master's diary (In His Footsteps) describing these celebrations.

### 30 April, 1977 - Saturday

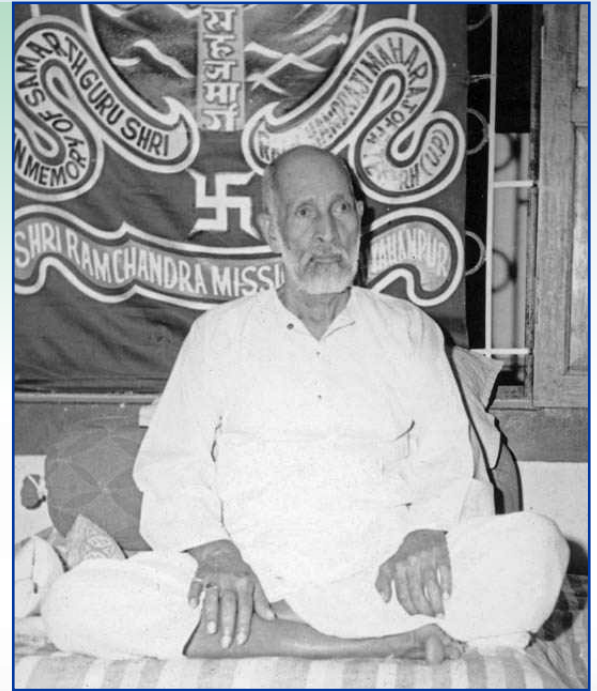
I left Valamjee Manision for 'Periyar Maligai' about one and a half kilometers away in Tallakulam- to see that all arrangements are complete. Today is Masters seventy-nine birthday, and the Madurai Centre is blessed to be permitted to celebrate it on an all- India basis here this year.

9:30 a.m. - Master arrived a few minutes earlier and was lovingly welcomed by over one thousand abhysis gathered in the hall, and eagerly waiting for him from as early as 8:00 a.m. Master conducted group satsangh for twenty minutes. It was quite hot, even this early in the morning! There were table fans whirring away on both sides of Master on the raised dais on which he was seated. Still I could see his discomfort. The transmission was soft and mild.

After satsangh, Master rested a few minutes and then prasad was offered by him in a separate place, After that, Master came back on the dais. . . There were a few speeches after this. Master rested till 11:30 a.m. before driving back to Valamjee Mansion.

Master came back to the hall at 6:00 p.m. and conducted the evening satsangh. He told me, "I had completed half the work this morning. I shall complete the rest of the work now."

. . . Books sales today totalled Rs. 3000! We came home at 9:00 p.m. Many abhysis came to spend some time with Master. All were in praise of the arrangements, the sittings given by Master, etcetra. Master said, "This is all Lalaji Saheb's charity. No one who came went away empty handed."



### Sisters Study Group, Indore, M.P.

Although there is no difference between sisters and brothers as abhysis, both have to play different roles in life, they come across different situations in day to day life and have to implement spiritual principals in it.

Recognising these specific issues, a group of sisters took an initiative to meet every third Friday for satsangh and to share various issues related to their sadhana.

The first meeting was organized on 18 March at Sis. Kala's house. About twenty sisters attended the satsangh followed by a reading of a chapter from the book 'Guru and Goal'. They also had a discussion on the importance of character formation. All our lives we are running after seeking pleasure or avoiding pain. Now he is teaching us to act as per the need of the hour in an attitude of service. There were discussions on different aspects of sadhana also. The group hopes that it will evolve slowly and benefit more participants.



### Youth Seminar - Mumbai

The two-day All Maharashtra and Goa Youth Convention (AMGYC) started at 2 p.m. on 5 March at Babuji Memorial Ashram, Panvel. The theme of the programme was 'Escape from the Web of Illusion'. 150 abhysis attended the convention. The seminar material was based on the Masters' teachings, created under the guidance of prefects of Pune and Mumbai. The extraordinary talent which exists in the youth of the Mission flowered during the camp. The participants from Pune presented a skit titled 'Who Moved My Cheese?' The participants from Mumbai centre presented a skit titled 'Live as if you are going to die the next moment'. Br. Sanjay Bhatia, Br. Santosh Sreenivasan, and Br. Subash Vaidya shared their experiences which motivated the participants. There were group discussions and self introspection sessions as well. The environment during the camp was akin to that which exists during a bhandara. Master's presence was profoundly felt. The youth who attended this camp were

g r e a t l y  
benefitted.





### Presentation to Students of Hotel Management Institute, Vadodara, Gujarat

An open house was conducted for the students of Gujarat Institute of Hotel Management (GIHM) and Pondicherry University (MBA course) on February 26th. The concepts of Sahaj Marg meditation and cleaning were explained in easy to understand language, giving simple examples. The youth were bubbling with energy and enthusiasm. As they were close to stepping out of college life into the harsh realities of the demanding hotel industry, the talk focused on a balanced living and listening to what the heart says. The students listened attentively to the speakers, who were also youth. Out of 92 students, 56 showed an interest in starting meditation. Sahaj Marg brochures were distributed. It is hoped that these students who are so full of energy get the opportunity to channelize it in the right direction. The Director of this institute was happy with this program and was keen to have more such workshops.

### Workshop on Parenting, Vadodara, Gujarat

VBSE volunteers had the opportunity to conduct a workshop for parents at Baroda High School. They started with group discussions on topics such as family atmosphere, expectation of parents from children and vice versa, dealing with emotions of children, love, discipline, freedom and environment. The topics were chosen keeping in mind the current issues between parents and growing children. Our prefect then gave a talk on parenting from the perspective of Sahaj Marg. He talked about his own experiences as a parent and how he overcame difficult situations by keeping a cool mind and an open heart. All parents were thoroughly involved for 3 hours and interacted with the volunteers. Out of 30 parents who attended the workshop, 15 showed an interest in starting meditation. The program was very well appreciated and the school has requested that more such workshops be conducted in the future. ▼



### 'Nature and I'- Summer Camp, Bangalore

A three-day residential camp at Banashankari ashram, Bangalore, from 8th to 10th April had 80 enthusiastic participants in the age group of 7 to 15 years.

Children were divided into groups based on the five elements of nature. Each team had group discussions, art and craft activity and presentations about the elements. A presentation of medicinal plants kindled their interest in this aspect of plants. A game based on the five senses made them realise how little we really use them.

The second day focused on introducing concepts such as recycle, reuse and reduce. An expert gave a presentation on rainwater harvesting with a live demo. The art and craft activities 'waste to wealth' engaged the children in making diaries, attractive bowls and pen stands with newspaper, flower pot from old pet bottles and so on. The children were delighted to make a pot using the potter's wheel. This was followed by a treasure hunt, quiz, puppet show and movie.

The third day focused on 'inner nature'. Games on this theme were played and the concept was elaborated through ideas from the VBSE syllabus. An exhibition of the children's work was displayed for the parents. The children presented skits creatively developed by each team based on values such as love, courage, and contentment.

It was a fun filled camp in which the children learnt various values in a subtle way through games, interaction and skits.





## Essay Event Certificate Distribution

**Delhi:** On 26th February, Br. A.P. Palta (ZiC) gave away prizes to 17 zonal prize winners and one national prize winner. Br. Palta emphasized how these events help in promoting human values among children for a better future. The prize winners thanked the mission and expressed their experiences and ideas in writing the essays.

**Madurai:** On February 2nd, more than 700 abhyasis, 200 students, 100 parents and teachers gathered. Smt. Padma Ramachandran and Dr.P. Ramachandran, Principal, Madurai Evening College, distributed prizes. Mr. Ashok, Program Executive, All India Radio, stressed on the importance of spiritual education.

**Muzaffarpur:** At Muzaffarpur on 27th February, Shri S.M. Raju (IAS) was the Chief Guest. About 150 members comprising of teachers, parents, principals were present. After the prize distribution, Shri S.M. Raju appreciated Sahaj Marg for spreading awareness about meditation, self-control and character building in youth. The students and teachers promised a more enthusiastic participation in such future events.

**Rohtak:** At Ambedkar Hall, M.D. University (MDU), Rohtak on 8 February, Vice-Chancellor, Prof. R.P. Hooda and his wife Smt. Vedwati Hooda were the Chief Guests. A gathering of around 400, comprising of students, parents, faculty, abhyasis and their children participated in the event. Talks were given on the Essay Event, SRCM, UNIC, VBSE and Sahaj Marg.

**Chandigarh:** The function was held at the Golden Jubilee Hall, Punjab University on 18th February. The Dean from the Faculty of Arts was invited as the chief guest and the ceremony was centred on the theme of 'Youth: A Time of Promise and for Effort'. The prize distribution was followed by a short video.

**Pattambi:** Eight prize winners were awarded certificates at a function organised on 27th February. Many students, parents and heads of the institutions took part. Br. Raman Bhattathiripad and Br. Narayanan distributed the certificates. All students expressed their views. Parents were highly appreciative of the role played by the mission in developing human qualities in children.

**Meerut:** In Meerut, 484 schools, colleges and other educational institutions participated totaling 16653 participants in all three categories. After the evaluation 647 were awarded certificates. All participants were invited with their guardians and teachers. Prefects introduced Sahaj Marg to the guests and brochures and mission literature were provided to all the aspirants.

On 20th February, in **Sultanpur** more than 600 hundred students, their parents and principals of 97 colleges of Sultanpur district attended the function. The students were impressed by the ashram atmosphere and were keen to know about the mission. Many abhyasis from nearby centres such as Allahabad, Jaunpur and Varanasi also attended the programme. Dr. Shiv Mohan Pandey spoke on the role of youth in spirituality.

A function was organized on 27th February at **Moradabad** ashram in which 180 students from 95 schools participated along with their parents and teachers. Sis. Neelam spoke on the three essay topics. Br. Sharwan Kumar handed over the certificates to the participants. The guests were seen enjoying the atmosphere and many enquired about Sahaj Marg and expressed their willingness to join.



Delhi



Madurai



Muzaffarpur



Chandigarh



Meerut



Sultanpur



Shajahanpur





**Shahjahanpur** centre organized the function on 27th February. The competition was conducted at 45 educational institutions across the centre. Chief guest Dr. Rama Shankar Maurya (ADM) distributed certificates. The CiC gave an introduction of the mission. Br. Bhagwan Das explained the purpose behind conducting this event.

**Gulbarga:** On 2nd February, 50 students along with their teachers and parents attended the function. Br. Prahlad Paknikar, Br. Srikanth Joshi and Br. Raju explained the salient features of the Sahaj Marg system.

**Hubli:** On 13th February, Shri V.A. Machaknur, KAS, Additional Commissioner for Education, Dharwad District, the Chief Guest, said he was happy to see that we are doing the work of his department. He stressed the need for values in education. Br.(Dr) Barkol explained the idea behind conducting the essay event and the effect on the younger minds on their formative years. Br. Raju explained the system of Sahaj Marg.

**Bidar:** On 27th February approximately 50 students, teachers and parents had assembled on the occasion. Br. Harilal Chawan (CiC) spoke about the objective of the essay event and the overwhelming response received in 2010. Br. Raju spoke regarding the need for spirituality and the philosophy of Sahaj Marg. Certificates were distributed to the students and to the institutions. The basic book of Sahaj Marg practice was distributed to students above 18 years of age.

Several students shared their experience of preparing for the essay. They stated that they had never ruminated upon terms like character, freedom, ambition and aspiration. They were surprised at the way the true meaning unfolded to them during their preparation. Parents too expressed their happiness about the topics and appreciated the mission's efforts. Quite a few expressed their desire to join the mission.

**Bellary:** 25 students from seven schools attended the program held on 2nd February. An introduction about SRCM was followed by students who spoke about what they felt about the essay event. It was a very revealing experience as to how deeply they felt about spirituality and values in life.

**Humnabad:** The program was held on 6th March in Br. Bakkareddy's house in the presence of around fifteen people. Certificates were distributed to students. Br. Srikanth Joshi gave a brief talk on 'Adhyatm a Necessity'.

**Lucknow:** The essay event was organized in 95 institutes in Lucknow city. On 27th February, more than 400 students, parents and teachers attended the ceremony. Prof. A.K. Shrivastava, HOD of Sociology at Lucknow University was the chief guest and distributed the prizes.



Shahjahanpur



Gulbarga



Hubli



Bidar



Bellary



Humnabad





### Br. A.P. Durai's visit to Mangalore, Karnataka

Br. A.P. Durai, Jt. Secretary visited Mangalore on 24th February. Around 50 abhyasis had gathered to meet him. Sis. Nalini explained the meaning of prayer for the benefit of new abhyasis.

A committee with Br. Subraya Pai, Prasad Krishna, Sis. Latha Holla, Br. Ganesh and Br. Radhakrishna was formed to look for land for an ashram. He asked to start the work with faith in Master and the resources will come.

Some thoughts expressed by Br. Durai during his interaction with abhyasis are as under:

- ✍ What is the meaning of "Thou art the only God and Power to bring us up to that stage." By accepting Master and resting faith on him as God and power, one becomes bold and courageous and does not yield to any kind of pressure and wrong orders even from powerful people.
- ✍ Anger is good when it is directed towards ourselves for correcting our mistakes and imperfections.
- ✍ There is no begging. Prayer should be like a beggar with a begging bowl in hand humbly standing in front of Master without knowing what to beg but to receive what Master gives. There is no anticipation. When we pray like this, the Master in flesh and blood draws divine powers from God.
- ✍ Having total faith in Master with an attitude "You handle everything, I am only a tool in your hands." Such a faith will draw the divine power to carry out the function.
- ✍ Br. Durai stressed the need to read Master's books again and again, to organise book presentations after satsanghs, to organise home gatherings in houses of abhyasis, etc. He said the secret of attracting Master's attention towards us is to do His work.

### Various Events at Tiruppur - March 2011

Prefects from Tamilnadu gathered at Chettipalayam Yogashram on 4th and 5th March for a seminar presided by Br. A.P. Durai, Jt. Secretary.

On March 6th, Br. Durai conducted the Sunday satsangh followed by a full day programme. Group discussion among the abhyasis, question and answer session and talks by prefects were carried out.

As Master has consented to his birthday being celebrated at Tiruppur, a committee has been formed for the event. The members of this committee gathered on 9th March for discussions. Br. Umashankar Bajpai, Secretary conducted a satsangh followed by an introduction session. The members visited DJ Park and discussed about the arrangements and facilities with the volunteers of various departments.

An ATP for the newly joined abhyasis was organized on the same day. Many veteran abhyasis also attended the programme and benefitted along with the new abhyasis.

### A Time for Introspection - Youth at Natrampalli, Tamilnadu

A youth program was organized in Natrampalli ashram on 12th and 13th March for 85 abhyasis. Br. Bharatharajan, Ashram Manager, spoke followed by Br. Lakshminarayanan who spoke on 'Role of Youth in Sahaj Marg'. One of the highlights of the program was 'Self Analysis' where abhyasis had a chance to introspect themselves in various situations. Group discussion on topics like Belief in Astrology as an Abhyasi, Importance of Spiritual Marriages, Importance of Traditions, etc. made them think deeply and share their thoughts. The day ended with an inspirational animation movie 'Spirit' in the night.

The second day started with a talk by Br. Raghupathi on 'Youth: Future of Sahaj Marg' followed by a presentation on 'Maintaining Spiritual Condition' by Br. Sriram. The basic knowledge of Sahaj Marg sadhana and various activities of the mission were reflected through a quiz. The video show in the afternoon session was so motivational and made them understand the importance of positive thinking and will power, in our life. Abhyasis shared their feelings about the program and requested the organizers to repeat it at least twice a year.





## Bonding and Discussions Neyveli Hub, Tamilnadu



Neyveli hub organized a get together on 20th March at Puducherry. Around 100 abhyasis from Puducherry, Cuddalore, Villupuram and Neyveli participated.

Presentations on 'Importance of Meditation' and 'Change Yourself' by Puducherry center, 'Discipline Yourself' by Cuddalore center, 'Character Formation' by Villupuram center and 'Ethics and Morality' by Neyveli center were all informative and gave the participants ideas to ponder over. The session was mostly interactive with active participation from all.

This get together helped the abhyasis from various centres to know each other and also develop brotherhood.

## Meditation Hall Inauguration Thiruthuraipoondi, Tamil Nadu



Sahaj Marg found its way to Thiruthuraipoondi centre in October last year when 25 aspirants joined the mission. Since then the centre has been conducting Sunday satsanghs regularly.

On the 7th March, Br. S. Prakash, ZiC, inaugurated the new meditation hall with about forty abhyasis present. The hall is on the first floor of an abhyasi's house. An open house was also conducted on 13 March. It is heartening to see the growth at this centre with the support of prefects from nearby centres.



## Discussion Programme at Tenkasi, Tamil Nadu

On 27th February, Tenkasi centre organized a discussion programme for the youth. A total of 11 abhyasis, including 8 brothers and 3 sisters, participated in this discussion. The topic of the discussion was, "How to develop ourselves by effectively utilizing our Mission/Centre." The participants echoed that it is very important to practice regularly as it is the only way to develop a balanced existence. The discussion went on very well by the active participation of all the abhyasis.

## Functionaries Meet, Gujarat

An annual meeting was organized on 9th & 10th April, at Ahmedabad zonal ashram for around 50 coordinators/functionaries of North Gujarat (Zone 6A). The main objective of this meeting was to review the last year's performance as well as for planning the growth for the financial year 2011-2012 pertaining to various activities as well as individual centre's growth.



Br. Rajesh Agrawal (ZiC) emphasized that we should have faith in our Master which will reflect in our work in terms of positive attitude and confidence. The first session had presentations by CiCs/centre managers/sub-zonal coordinators. Each group also had a discussion on Br. A.P. Durai's talk on growth in terms of quality and quantity.

The second day had presentations by zonal coordinators of various activities such as Essay event, publications, VBSE, identity cards, accounts, home gathering/open house, training, youth and Echoes Newsletter. They presented their area of work very effectively. All participants were given a set of guidelines for each activity, to review further.

Br. Ankit Vyas and Br. Kejal Kansara anchored this seminar. Br. Rajesh concluded the session and urged everyone to carry this enthusiasm throughout the year and spread it amongst the volunteers.





# Centre of Light

## SHRI RAM CHANDRA MISSION® ECHOES INDIA NEWSLETTER



Coimbatore centre started functioning in the year 1974 in an abhyasi's house in R.S. Puram, although the seeds were sown long before by the visit of Babuji Maharaj in 1968. The Sunday satsangh was shifted to a large basement hall in 'Gold Mist' apartments in RS Puram where 200 persons could assemble. This hall was inaugurated by Master on 20th May, 1991. In his inaugural talk, Master had regretted the slow pace of growth of Coimbatore centre.

A big leap forward was the purchase of 31 acres of land (sixteen for the ashram) in Nachipalayam village, an hour's distance from Palakkad which lies across the Western Ghats in Kerala. This land was registered on November 1, 2000 by Master.

A large and imposing meditation hall was built and inaugurated by Master on 5th January, 2007. This hall can easily seat about 1000 persons and another 500 in the corridors. Master loves to rest at this ashram on his way to and from Malampuzha every time. A large number of trees planted are growing well, making this an island of greenery for the abhyasi colony that surrounds the ashram.

In a talk given here he said, "First, love the Master. Then meditate, do cleaning, because he says you should do it. I don't personally believe that meditation can lead us to the goal because, according to the spiritual history of India, there have been people who have meditated thousands of years and they didn't make it. I asked Babuji. He said, 'Yes you are right.' I said, 'Then why do you prescribe meditation, cleaning, you know all of these things?' He said, 'Obedience. To create obedience in people.'"

From a humble beginning of 25 members, the centre has now grown to 450 abhyasis and Wednesday satsanghs are held in nine locations. Additional infrastructure of a dormitory, residential hostel for abhyasis and Master's office are on the anvil. Master once said that there must be at least 2000 abhyasis here by now. It is hoped that this vision will be realised soon by sincere efforts of all abhyasis and prefects of this centre.



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