



## Master's News

### Tuesday October 1, 2013

About 110 abhyasis mainly from China and Chinese from other countries were in Manapakkam to participate in the seminar. Master has been eagerly looking forward to this seminar. The abhyasis had assembled in the cottage by around 8:30 a.m. Master met them in the courtyard. Before coming out from his room, he quickly learned a few words in Chinese to greet the abhyasis. As he came out walking, he spoke in Chinese, which brought a big smile and loud applause. Master expressed his regret that he could not learn Chinese and said that now he is too old to learn or to travel to China. An abhyasi from the group said, "Master you are still young." Master went on to say that more and more of the Chinese abhyasis should try and come to Chennai every year. He also referred to the Gangtok ashram and said that was a nice place to go for a retreat and abhyasis can make use of that facility. Master then gave a sitting. Abhyasis were asked to go to Dorm A to continue with the seminar.

On Saturday, October 5 Master planned to meet the seminar participants in the morning at 9 a.m. in the cottage but as he was not feeling well, he could not come out. He patiently met with about twenty abhyasis who were leaving that day. Br Kamlesh then conducted satsangh and addressed the remaining participants at Dorm A.

### Sunday, October 6

Master wanted to conduct the satsangh for the seminar participants in the cottage. But then he could not come out and so asked Br Kamlesh to conduct satsangh in the meditation hall and asked Br P.R. Krishna to conduct satsangh in the cottage for the seminar participants. The satsangh in cottage lasted for 1 hour 10 minutes. As the satsangh was going on, Master got ready and came out just after the satsangh was over to spend some time with the Chinese seminar participants. The atmosphere was charged with his love and several of the abhyasis were in tears. Even the sister who was doing the translation could not control her tears and broke down when an abhya-



si did some calligraphy and wrote the word 'Home' in Chinese. The abhyasis' hearts were touched profoundly by Master.

Master had asked the kitchen team to prepare sweets and dumplings to be served to everyone who had assembled. Along with this, there was a short cultural program with music and dance and the Chinese and Vietnamese abhyasis performed. The atmosphere was happy and intense at the same time. One could feel that Master gave his everything in this session. He again expressed his sadness that he could not learn the Chinese language but that he hopes that some of the abhyasis here would learn the language and converse with the Chinese in Chinese.

After the session was over, Master went in as it was time for some treatment. He then watched a documentary called 'Solar Revolution' which was a very interesting documentary pointing to a wealth of scientific evidence that showed a remarkable correlation between increase in solar activity and advances in our creative, mental, and spiritual abilities.

A group of Chinese abhyasis who were leaving in the afternoon came and met Master just before lunch. Master spent a time with them, taking photographs with them, talking to them, listening to them, etc. Speaking about Chinese language, Master said, "Once you get into the mood, you can learn anything. I am learning Chinese. There are fifty-two tones in English

whereas Chinese has only four tones. It's easier if you also know the characters well. Chinese language is lovely. It is very meaningful. For example, in Chinese, 'Happy' is written with two characters, which actually means 'Open your Heart'.



In the night, Master again met with more Chinese abhyasis who were leaving. He was quite tired but still wanted to meet them and wished everyone well.

### Monday, October 7, 2013

The last day of the Chinese seminar and the last batch of Chinese abhyasis were leaving and Master asked them all to assemble outside his bedroom and gave a sitting for about 45 minutes. After the sitting, Master was quite tired yet he met with a few abhyasis, greeted them all and then went inside his bedroom to rest.

### Interesting Snippets

On one occasion, after the sitting an abhyasi told Master, "I came to you broken. I am going back whole." Master replied, "There is a prayer which says, 'I came to thee broken. Make me whole again.'"

Thursday, September 12 was Madhuri's birthday. Since Madhuri had a knee surgery and was not mobile yet, Master wanted to go to 'Gayathri' to meet her. He was ready much before 7 a.m. Master had breakfast and spent a lot of time with Madhuri and the family, sitting in the hall and talking with everyone. Master said, "I am the happiest to be at my granddaughter's birthday."

Of late Master has been quite interested in listening to talks by Michael Sandel who is best known for his Harvard course called 'Justice', and there was an interview with him about his book titled, 'What Money Can't Buy'.

Master has been watching a documentary on lions where it was emphasized how the mother does its

best to look after its young ones, and the young ones are so carefree. It was a very beautiful documentary and Master thoroughly enjoyed this.

Master said, "Will is the link between knowing and doing. 'Aude Sapere' [Dare to think], but after you have dared to think, you should do and you need the will for that. As you use your will, your choices will reduce. This will lead to simple living. So you see, be simple and in tune with nature is possible in this way of using our will and reducing choices. Simple living is not easy."

### Greater China Seminar 2013



The Greater China Seminar was held at Manakkam on 1-6 October 2013. It drew 108 abhyasis: 77 from China, 20 from Vietnam, and nine Chinese from Singapore, Malaysia, and USA answering Revered Master's invitation to attend the seminar at Babuji Memorial Ashram. Even though most of the abhyasis came for the first time to India, it took them only a couple of days or even hours to totally melt into this new environment. Some arrived before the seminar and used the extra time to visit children at the Lalaji Memorial Omega International school.

Master was eager to spend time with the abhyasis and invited them all to his cottage to inaugurate the seminar. He gave a revealing talk on Spiritual Life—Fascination and Love, and advised the abhyasis to think over his invitation to develop fascination for spiritual life. "Worldly fascinations, attractions... they are all too many. But this fascination with your own Self is not



very easy, and also rare,” said Master. “I must be so fascinated that this becomes the number one interest in my life.”

Master or Br. Kamlesh conducted the morning satsanghs. In the afternoon, the Grounding in the Practice modules really helped the abhyasis to absorb Br. Kamlesh’s in-depth speeches on the prayer, character formation, attitude, and also vegetarian food! All aspects of the practice of Sahaj Marg were covered during the six days. There was also a two-day prefect training very much needed to support the work in the Chinese region.

On 6 October, Br. Krishna conducted the last morning satsangh, and Master gave the closing speech. Master invited the abhyasis to come again and again, and for a longer period. The seminar concluded with a short cultural show that allowed the abhyasis to express their gratitude to Master for all that has been bestowed on them.



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## Vietnam

### A new beginning

By Sister Le Thu Dung, Hanoi Centre

I was walking to the plane bound for India. My heart was still sceptical about my decision to join the Hanoi abhyasis’ trip to Manapakkam and Satkhol ashrams. I had a lot of questions, endless thoughts and fears.

I reached Chennai at midnight, but my tiredness after a long flight and waiting, vanished when I first stepped past the Manapakkam ashram gate. The friendly smile of brothers who picked us up at the airport and the warm welcome of brothers at the gate, although we arrived very late, gave me the first sense of love.

The ashram’s incredible clear bell woke me up the next morning. After a few minutes, I remembered where I was and what I had to do. A new day was beginning! I was extremely lucky on my first day: I got the chance to meet Master. I sensed warmth, love and greatness. But when I met him the second time in his room, my feeling was indescribable. I





tried to hold back happy tears. The third time, I was so honoured to perform a Vietnamese dance for Master. I was so thrilled and nervous that I forgot the dance movements I practiced so well. But in the end I still finished the dance nicely because I was dancing with all my heart.

The Satkhol ashram welcomed me with a blue sky, blooming flowers, and the whisper of pines. I was like a child after many days away from home, though this was my first time to Satkhol. My heart always yearned to dance and sing because of happiness. No one could hide their happiness when staying here. It was full of love and peace. It was so quiet that I did not dare to put pressure when touching the grass and flowers.

On the fifth day, in a group discussion, I heard many abhyasis sharing that to have automatic constant remembrance of the Master, I would have to practice for seven days. I started the next day. Like magic, I did not need till the eighth day. Within three days, he was there in every breath, in every beat of my heart. I felt clearly his presence in me, watching over me. My heart was full of energy and love, and strong enough to guide me on this path to find liberation!



## First visit

By Sister Le Kieu Van, Hanoi Centre

From 29 September to 14 October, the Hanoi centre sent a delegation of twenty abhyasis including two prefects to the China Seminar at Manapakkam, Chennai and to the Satkhol ashram. Hanoi abhyasis who have been in the system for a year or less visited India for the first time. They still had lots of questions and confusion, but also a well of eagerness to be with Master and to learn.

The first week in Chennai was an incredible experience. Abhyasis learned many new things about ashram life, about adaptation and about themselves. But the most wonderful experience was meeting Master. From that first meeting, the love and affection radiating from Master opened many hearts and was felt everywhere, in the atmosphere and on the faces of the abhyasis.

The second week at Satkhol was another intense experience. Whereas Chennai was big, Satkhol was profoundly quiet and peaceful. That was the time for each abhaysi to introspect and experience Master's love. The beauty of nature and heavenly atmosphere brought abhyasis to the meditation state. Together they did daily activities at the ashram like volunteer work, reading, watching DVDs, group discussions and presentations. After a week, the abhyasis at Satkhol were no longer people from India, Dubai, New Zealand and Vietnam; they were all members of the Sahaj Marg family, full of love and brotherhood.

The Hanoi abhyasis' first trip to India was a blessed gift from Master and a lifelong memory that would bring big changes for each heart and also for the centre on this beautiful spiritual path.

## Malaysia

### Master's 87th Birthday Celebrations

by Sis. Shanti Thiyagarajah

Our Master's 87<sup>th</sup> birthday was a blessing for all abhyasis, more so for those who gathered with love at the Dhyana Nilayam ashram in Klang. The ashram was decorated with flowers giving it a festive and fresh look. Joy and a feeling of lightness pervaded the atmosphere. A total of seventy-five abhyasis including three new abhyasis and five children joined in the celebration. Those who could not attend celebrated at their respective centres.

After morning satsangh and watching a DVD, the centre-in-charge, Sis. Sulochana gave her address and read out a passage from Whispers. She encouraged everyone to reach out to spread Sahaj Marg. This was followed by a rendition of a Tamil and a Hindi bhajan by the Klang valley choir which was much appreciated by the audience. In keeping with the theme of the celebration, 'Our Master', Subang Jaya centre took everyone 'Down Memory Lane' by showing video clips and narration on Master and his involvement in Mission activities. Following



this, some abhyasis shared their personal experiences with Master.

Rain showered outside during this auspicious day! We were fortunate to see Master on screen during the celebrations at Manapakkam through live streaming. He looked wonderful and glowing – hearts were overflowing with love and gratitude just watching and listening to him speak. Everyone was touched when he said, "Without you all, I feel lonely." He advised us to look for eternal companions in the spiritual life.

After a fine lunch, lovingly prepared by sisters at the ashram, abhyasis continued the day with an activity conducted by the Brickfields centre. An interesting slideshow on quotes by Master was also presented. A poem was read by a sister from the Melaka centre. The Klang centre conducted a fun activity based on stories told by Master explaining the moral behind the stories.

The day ended by cutting the birthday cake during tea break followed by satsangh. Truly it was a happy and meaningful occasion in the Sahaj Marg spiritual journey.

### Youth Retreat

By Ajit Pal

A retreat for the youth of SRCM was held on 14-15 September 2013 at Br Ramesh's bungalow in Port Dickson, Malaysia. This was to gather all the youth, their families and friends to relax in a fun-filled environment on a weekend. At the same time, it was also an outreach effort to introduce Sahaj Marg to friends of abhyasis. A total of thirty-three adults and thirteen children participated in the retreat. The



programme began at 5:30 p.m. with ice-breaker games to get everyone to get to know each other. This was followed by an hour and a half of beach fun and activities. Later that evening, Br Ramesh gave an introduction to Sahaj Marg. Some newcomers asked questions to further their understanding of the practice. A number of attendees then took introductory sittings.

Sunday satsangh was held the next morning. This was followed by the video Sahaj Marg Meanderings. The programme officially came to a close at around 5:00 p.m. Everyone really enjoyed themselves and hoped to have another retreat soon.



### Reaching for the Stars – VBSE Programme: Kulim Centre

by Sis. Lakshmidevi K

Master has often emphasized that youth is a time of promise and for effort. Taking that to heart, the Kulim centre has started VBSE classes at a small home for children called 'Kamakshi Child Development Center', in the town of Kulim, Kedah, Malaysia. The home was started by Dr Karnaneedi, a practicing pediatrician, to provide an environment of love and compassion for children who come from less privileged socio-economic backgrounds. His main aim is to help the children shape their own future through education and inculcation of spiritual and ethical values. The children are between the ages of seven and eighteen years.

Abhyasis conduct the classes every week on Thursdays between 8:30 - 10:00 p.m. We are leveraging the guides and teaching aids provided by Sis. Seetha Kunchithapatham and impart moral and spiritual values through various activities, selected movies, open dialogues and fun-filled games. The classes have been going on regularly since August 2013 and by Master's grace, the children and the facilitators are enjoying themselves and progressing well. The children are responding quite enthusiastically to the sessions by actively participating and asking lots of questions.

## Philippines

### Centre Update

The centre celebrated Master's birthday on 24 July with morning and evening satsanghs. Master's speech from an issue of *Constant Remembrance* was shared in the morning, and his speech at Guru Purnima was shown in the evening.

The centre also had monthly information sessions conducted in Mandaluyong City and Makati City, both in Metro Manila.

### Sajah Marg and I

By Rana Pedalizo

Let me tell you the story of how I started Sahaj Marg and how it changed my life.

At first, I was hesitant to join and, admittedly, I was narrow-minded. And then something happened in my life that turned the tables; I needed to learn life, the hard way. So one day I had a talk with a dear friend, who happens to be a prefect. She recommended reading information about Sahaj Marg practice. I still hesitated, but I thought there's the probability of gaining something.

When I started the practice, I found it really hard to focus because my mind was confused with what was happening in my life. Worse, I wasn't even doing meditation religiously; I procrastinated every time my prefect asked for a sitting. With all of these bad habits, why would I expect improvement in myself? I then realized that if I wanted something new and transformative, I had to take the right step, not just the first step.

I've always been sympathetic to other people to the point of absorbing both positive and negative energies; I would need cleaning to get rid of them. At the end of the day, who would be dealing with these mood swings and consequences? It is I.

This is where Sahaj Marg and I became closer. I didn't have an exemplary start, but it's never too late to change. All I have to do is have an open mind and let these thoughts pass. Additionally, Sahaj Marg



taught me to follow what my heart dictates. I have always experienced conflict between my mind and my heart. Now they are one; they help each other. The bond between them somewhat balances my thoughts and emotions.

Consistency, open-mindedness, and diligence are the traits I live by in maintaining the practice. I noticed that I am more patient, and I can easily let go of feelings towards the people I encounter. I hope you make the change, too.



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**Master**

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Sheetal Rani

8 years, Grade 3, Jakarta Centre

Master is a loving human being for me. Whenever I feel scared I think about HIM, my fears go away and I feel brave because He is with me. If I cannot go to sleep I think of Him and go to sleep. So I keep thinking of Him and get dreams of Him. For me and for my whole family He is always there. He is my SAVIOUR.



## Japan

### Autumn Retreat: Going Deep Within Yourself

By Victoria Taylor, Noriko Iwata, and Kayoko Takahashi

Japan's Autumn Retreat took place in a beautiful wooden 'mountain house' nestled deep in the mountains of Shizuoka prefecture, near Mount Fuji. The Nagoya Centre hosted—a true team effort of planning under the experienced guidance of Sriram and Nithya.

After the last cars buzzed in and the early birds received their sittings, a beautiful satsangh for twenty-three brothers and sisters and opened a magical three days. The seminar was trilingual - French, Japanese, and English. A couple of long-time abhyasis from France were present. Over a relaxing evening, a pot of paneer curry, and stories of Japan, New Zealand, France and India, shyness slowly faded away. Abhyasis came together naturally as one Sahaj Marg family.

The theme of the retreat was 'Going Deep Within Yourself'. During the first full day, a diary writing workshop centred around Master's speech, 'The Naked Self'. Abhyasis discussed how opening up oneself in a diary can enhance spiritual development. After a wonderful Japanese lunch, they enjoyed a sublime concert on the *niko*, a Chinese two-stringed fiddle.

"Opening your heart to yourself, opening your heart to others—I realized that even doing something as simple as this can give you a fulfilling happiness within."

*Yasutaka Ito of Gifu.*

"We had time to actually go deep inside ourselves in a peaceful hour of Golden Silence. I was able to feel changes within myself and receive all of them as presents. I became more open-minded."

*Takashi Ikebe of the Tokyo Centre.*

"I can feel the Natural Path and its teachings becoming my daily life."

*Mikiko Asai*



Sunday ended with a satsangh that was a wonderful example of 'the practice in practice', as all abhyasis opened their brand new diaries and committed their experience.

Monday brought a short sharing session of final questions and reflection with partners by the river. And then a milestone in SRCM was announced—the

upcoming, official, non-profit organisation registration of Sahaj Marg in Japan. As aspirations for a Japanese centre filled abhyasis' hearts, they headed inside for closing satsangh.

"Really it was Master's blessings and opportunity showered on us, and it allowed us to have such a wonderful occasion," noted Suresh Kumal.

## Singapore



### International Youth Day 2013

The much awaited International Youth Day event on 24<sup>th</sup> August 2013 started off with participants gathering at SMSF meditation hall for the Ice Breaking activity. There were students from various universities, young working adults as well as youths from other organizations such as SG Cares. A few of the participants were from the year before as well!

This was followed by a chirpy introductory talk by Br Anil Pammi. After which Sis. Jayanthi briefed about SRCMs relationship with the United Nations..

Then came the most exciting activity of the day, which was the Youth Challenge. It was an Outdoor activity based on the UN theme of the year – Youth Migration. There were various booths set up and each booth had fun activities lined up. To name a few, the China booth activities included participants to transfer peanuts from one bowl to another using chopsticks and drawing calligraphy characters whereas the India booth had participants trying out spices and doing a short Bollywood dance. Followed by that, the groups had to interview a passerby and



record their thoughts on migration through their smartphones.

The groups then gathered to do a role play with thought provoking themes given to them such as "ambition vs aspiration", "wisdom vs knowledge".

This was followed by an eloquent presentation by Br Ludo on Youth migration, its causes and effects. Ms. Debbie Fordyce, from NGO TWC2 which deals with transient workers, gave an insightful talk on migrant workers and shared her rich experiences working with migrant workers for a decade.

This was followed by a flute performance so soothing that the audience appealed for another piece to be rendered.

To conclude the event, Br Rajesh gave a talk on Meditation and Universal Prayer followed by Universal Prayer for 15 minutes creating an atmosphere of prayer and peace for the participants to takeaway!

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