



Dear Sisters & Brothers,

Pranams,

Master has been travelling extensively through North India for more than a month, visiting many centres and gladdening the hearts of abhyasis there.

Preparations are on in full vigour for Master's 83rd birthday celebrations at Tiruppur. A large number of abhyasis from all over the world are expected to participate in the celebrations. In another major activity, abhyasi volunteers are visiting schools and colleges for arranging the All India Essay Writing Event on August 12th, for children and youth.

The report on Rev. Babuji's birthday celebration at Baroda and other centres, children's camps, SMRTI training workshops and new publication releases are some of the highlights of this issue.

The last date for the receipt of news articles for the September 2009 issue is 15th August 2009.

With Warm Regards,

Editorial Team

Talk given by Master on 31st May, 2009 at New Delhi, India

"Your maxim says, 'Arise before dawn'. ... So please get into the habit of getting up before dawn, let us say at four thirty in the morning. And paying attention to bodily and mental purity, sit in meditation. Keep one hour as a standard. Set your alarm. Until it rings, don't get up. Empty stomach. Please remember the ten maxims, originally called the Ten Commandments, is for our benefit. ...

I wish to bring back to all of you the consciousness that everything that we do in life - breathing, eating and drinking, working, leisure, sleep - everything must conform to this rule that this is for survival, and survival is only for one purpose, so that I evolve myself out of this human level into what is called the divine. It is essential, my dear sisters and brothers, that we absorb this, that we develop the wisdom to accept that simple living, plain living is essential for spiritual life; that luxury is against all this.

To view the complete speech please visit

<http://www.sahajmarg.org/literature/speeches/change-of-satsangh-timings>

Master's Tour

Ahmedabad

Master arrived in Ahmedabad on April 25. On the 26th, time stood still as Master conducted satsangh. Later, he inaugurated his cottage. A beautiful and a compact structure, the cottage has a traditional look: tiled roof, a courtyard in the centre of the house, a large living room with transparent foldable doors, and opening up to the spacious verandahs. As evening descended, Master stepped outside for a walk. He met each and every abhyasi, who had lined up his path making loving inquiries.

Vadodara

On 28th April, Master arrived in Vadodara to participate in the celebration of the 110th Birth Anniversary of Babuji Maharaj. This was indeed an event of special significance. It was for the first time that a new model of state-wide function was taking shape, where Master was present; where abhyasis were present albeit in small numbers and therefore, had a better chance of interacting with the Master. The idea was to let the Master focus on the spiritual upliftment of the state.

Jaipur

Master arrived in Jaipur on May 14th where a large number of abhyasis gathered at the airport to receive Him. In the evening, he came out on the lawns of the house and gave a sitting to the abhyasis present. Next morning, he went to the ashram and conducted the morning satsangh. Master again came to ashram in the evening and stayed in the cottage interacting with abhyasis.

On 16th May, Master remained busy with work. In the evening, he attended the Prefects' Training Programme (VIth) held at the Hotel Jaipur Palace where he addressed the prefects and conducted the satsangh. Around 83 prefects from Rajasthan and nearby states attended the programme.

On May 17th, Master conducted the morning satsangh at ashram where around 1800 abhyasis had gathered. After satsangh, he laid the foundation stone of the Zonal Ashram. After the evening satsangh at ashram, Master listened to music played on the violin and sitar by local abhyasis. He then moved to the cottage where he met volunteers and had dinner with abhyasis. Children performed a few skits and the atmosphere was full of divine love.

Delhi

On 18th May, Master left by road for Delhi and arrived at the zonal ashram in the afternoon. Master looked very cheerful. One abhyasi asked Master to give permission to be in the cottage, Master said "I cannot give, it depends on local administration, and even I enter with their permission." He also said, "This is not the old Ram Chandra Mission that, when somebody recommends, you can go".

Master conducted satsangh at 6 p.m. More than 1000 abhyasis attended satsangh. Master sat in the garden with abhyasis; there was total tranquility in the atmosphere, and it could not be described in words. When Master started to go into the cottage, one young girl said that she could not get admission in the course she wanted, Master said, "Try another route, Babuji Maharaj used to say' when Nature closes one door, it opens another door." Master left for Br. Sudhir's house after dinner.





Ambala

Master arrived at Ambala on 22nd May at about 12.30 p.m. After a little rest in the evening, Master visited the ashram site. He was very pleased to see the site and appreciated the work done. On 23rd May, Master conducted satsangh at the ashram site where almost 400 abhyasis from Punjab and Haryana were present. All abhyasis were filled with joy and happiness in his presence. After resting for a while, Master left for Ludhiana at around 12:30 p.m. the same day.



Ludhiana

After some rest, Master visited the site of Ludhiana ashram at village Lalto Kalan. Master was in his element and was joking with the abhyasis. He had a look at the proposed plan for the ashram and gave directions. The next morning, he conducted the bhoomi puja at the ashram site and addressed the devotees who had converged from far-off places, in Hindi. He exhorted the abhyasis to think from their hearts and recognize a person by their heart. Equating heart with God, he said that uniting two hearts is like establishing unity with God. He stressed upon the virtues of 'abhyaas'. He also called for unity and brotherhood. He mentioned his special love for Punjab and said a Sikh friend was instrumental in putting him on the path of virtue. "Punjab has created a special place for itself in the world. It is an identity of India", he said. He hoped the Ludhiana centre would serve the motto of '*sarv dharma sambhav*'. After resting for a while he left for his next destination, Jalandhar.

Jalandhar

Master reached Jalandhar around 1pm on May 24th, where about 100 abhyasis had gathered. Master gave a sitting to all those who had gathered there. Due to the murder at Vienna of a sect preacher, curfew was imposed in Jalandhar city. The city-wide curfew left 120 devotees stranded at the ashram including the CiC Sis. Swarcha Mehra. The residents of neighboring village Khair Majra helped the abhyasis and provided them with food and water for three days. On 27th May, Master conducted satsangh at the residence of the CiC where regular Sunday satsangh takes place. On 28th May, the curfew was relaxed for some hours, Master cancelled his Palampur visit and left for Chandigarh.



Chandigarh

In the evening at about 5pm, Master gave sitting to all the abhyasis who were present at Panchkula. The next morning on May 29, he reached the Indradhanush auditorium located in Sector 5, Panchkula and held a satsangh. After this he left for overseeing the mission's work. On 30th May, Master left for Delhi at about 07:30 a.m. Br. N. Prakash conducted the Preceptor's Training Programme which was a very educative interaction for all the preceptors.



Delhi

Master arrived on 30th afternoon in Delhi. On 31st morning he arrived at the zonal ashram at 7.15 a.m., to conduct satsangh. More than 2500 abhyasis attended satsangh, although it was raining very heavily. Abhyasis from far away places like Ghaziabad had also come in time. Master gave a speech after conducting satsangh, for 45 minutes. Master said that He became very happy and enthusiastic to speak after seeing so many abhyasis present at 7.30 in the morning. He stressed on the quality of abhyasis rather than the number of the abhyasis. He said the feeling of longing is missing from abhyasis before satsangh, during satsangh, and after satsangh. In 1975, when they used to travel, they used to be in constant remembrance. By the time they reached, they used to feel as if their hearts were going to burst. Master said that we are His people and so he shared His thoughts with us.



"I am bringing some changes as of today, officially. **Sunday satsangh will be at 7:30 am** wherever we may be, whether we are in the Himalayas, or in America, or in the deserts. 7:30 am without fail. There will be no breakfast, no tea, nothing served before satsangh. At 9 am, we will have what's called brunch, which is something like - you know - breakfast and lunch, in between! It will be adequate. There will be limited service of food, in quantity. There will be no second service, no second helping. Because the purpose during your ashram existence should be to keep body and soul together, so that the soul may evolve, whatever may happen to the body. We're not here to feed you. We're here to stimulate the presence in your heart through your own effort by following the ten maxims."

To view the complete speech please visit <http://www.sahajmarg.org/literature/speeches/change-of-satsangh-timings>



Rudrapur, Naukuchiatal & Satkhol

After brunch Master left for Br. Sudhir's house. He arrived at Rudrapur on 2nd June at 6 PM and conducted satsangh soon after. On the 3rd, He conducted morning satsangh at 7:30 a.m. in the cottage and spent most of his time doing work at the computer. He sat for a while under the mango tree in the morning. Master conducted evening satsangh at 6 PM. Just after finishing his work on the computer on time, just before satsangh, Master said, "If you do not neglect the work, the work does not neglect you". On 4th June Master conducted the morning satsangh at 7:30 a.m. and after brunch, he started from Rudrapur and arrived at Naukuchiatal at noon where he conducted satsangh. After working at his computer, he conducted satsangh again at 4 p.m.

Next morning after conducting morning satsangh he was in very good spirits and extended the stay at **Naukuchiatal** by a day. Master visited Br. Batra's house for high tea and surprised Br. Adit Dave by visiting his house on the way back to the hotel. He planted a tree to commemorate World Environment Day on request from the manager of the hotel. Master thanked them and said that he was very happy to be associated with them.

The next day he conducted satsangh at 7:30 a.m. and commented that the night before He had enjoyed the thunder and rain show with his curtains open. The morning was fresh and Master sat on the balcony for a while. He left for **Satkhol** and arrived there at 11 a.m. After spending some time with abhyasis outside Master was back to his work on the computer.

The new canteen at Satkhol ashram was inaugurated by Br. Ajay Bhattar on the 7th. There were some visitors to the ashram who wanted to pay their respects to Master. Master called them in and it was such a great experience to observe and learn from this interaction. Master hosted them in his room itself. They left blessed with the 'Welcome to Sahaj Marg' booklet and 'Reality at Dawn'.



Satkhol

On 8th Master started off the Prefect seminar by giving a talk and a sitting to all the prefects. The seminar concluded with a group photograph of all the participants with Master.

Master met the team from Dehradun, who had been travelling in the garhwal Himalayas for about a month. The team has successfully introduced more than hundred abhyasis in the region, where Sahaj Marg did not exist so far. Master was very happy with this initiative in the region.



Rudrapur



Shahjahanpur



Fatehgarh



Kanpur

Master conducted the morning satsangh on the 10th. He was available to one and all and skipped his rest for the visitors and abhyasis. He had high tea with everyone at Babuji Nilayam. Master traveled to Rudrapur on 11th. Enroute, he inspected a land being proposed for a meditation hall for Haldwani center. Master had dinner with everyone in the open air dining area.

After conducting the morning satsangh on 13th, He left for Shahjahanpur by road at 9 a.m., stopping briefly for tea at Bareilly, reaching Shahjahanpur around 1 a.m. Master conducted the evening satsangh and the next morning satsangh. He was busy the whole day seeing abhyasis from local centers. Evening meditation was conducted by Master and after dinner he left for Br. Gopal Agrawal's house for the night's stay.

On 15th he left for Fatehgarh at 8 a.m. in the morning. Master conducted satsangh at 5 p.m. at the new site, 6 acres of land which has been purchased to build the Lalaji memorial ashram. Master also visited the *samadhi sthal* of Lalaji Maharaj. He started for Kanpur on 16th at 7:45 a.m.



NEW PUBLICATIONS

DVD's released on April 30th



Appreciating in Yourself What Sahaj Marg Is - contains the welcome address and the closing talk delivered by Master at CREST in December 2006 on the occasion of the second CREST training program conducted in Bangalore.



Be with Him
This DVD contains two talks delivered by Master in Moscow during his trip to Russia in 2008 titled 'Accept Suffering' and 'Be With Him'.



Visions & Expressions
After session discussions during the CREST training program in 2006 where Master discusses the topic 'Visions and Expressions'.

A talk on the role of women and love, 'Women Must Evoke Love'.



Love is God
Talk given in Prague, Czech Republic in 2006 - 'Love is God'.

Master's pre-recorded message: 'Embrace Spirituality Totally' on the occasion of Rev. Babuji Maharaj's birthday celebrations in Cleveland, USA in 2008.



Fulfilling Nature's Purpose
'Fulfilling Nature's Purpose', talk given during Basant Celebrations at Tiruppur, 2007.

Message delivered on the eve of Master's birthday celebrations on 23rd July 2007, illustrating how 'Sahaj Marg is the Water of Life.'

Audio CD's



'He, the Hookah and I - The Hubble Bubble' - an MP3 CD containing the audio tracks of the 5 DVD set, released in 2008.

Announcements

Satkhol Application Forms

The online application forms for the Winter Batches for the year 2009 (Batch 272 to 281) are now available online at:

http://www.srcm.info/satkhol/satkhol_home.htm

It will not be possible to apply for batches other than what is posted. Applications will be processed on a first come first served basis.

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

For those who have no internet access, they may please contact their preceptors for assistance. You may also contact the Satkhol Admin Office at 044 2252 1099 or 044 4217 1111; ext. 218, between 10 a.m. to 12 noon or between 3 p.m. to 4:30 p.m. for any queries.

Master's Birthday Celebrations - July 24th, 2009

Preparation work at DJ Park for Master's 83rd birthday celebrations is going in full swing. Volunteers from various centres are participating in the work on week ends.

There is a need for more volunteers to work during the week also. Those who can come and participate in the preparation work are welcome to contact Br. M.M. Dhanumoorthi and plan their travel.



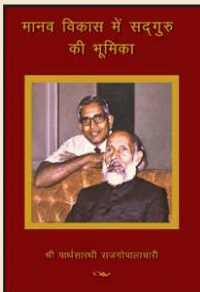
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Books



Role of the Master in Human Evolution (Hindi)

'Role of the Master in Human Evolution' contains the proceedings of the Sahaj Marg seminars held in Europe (at Vorauf-Munich, Paris and Marseilles) from June 28th to July 13th 1986.



Whispers from the Brighter World - A Second Revelation

This is a special collector's edition, leather bound and printed on special paper. It was released on 30th April 2009 at Baroda. The book contains messages from Rev. Babuji sent via a medium.



Rev. Babuji Maharaj's Birth Anniversary Celebrations

On 28th April, Master arrived in **Vadodara** (Gujarat) to participate in the celebrations. On 29th, new MP3s and DVDs were released by Br. Kamlesh Patel, followed by the singing of bhajans by Br. Gurpreet. On 30th April, the mood was serene, as over 2,800 delegates congregated in the meditation hall. Master conducted the morning satsangh at 6.30 am. Sis. Diana Waycott released the second volume of "Whispers from the Brighter World". In her emotion filled speech, she spoke about her first exposure to the Volume I of Whispers. Master performed eight marriages after which Sis. Ranjana Mehta sang two of Master's favorite bhajans. Rare photographs of Rev. Babuji were on display to commemorate this special event. The day ended with a spellbinding dance recital by Sis. K. Sowmya from Hyderabad.

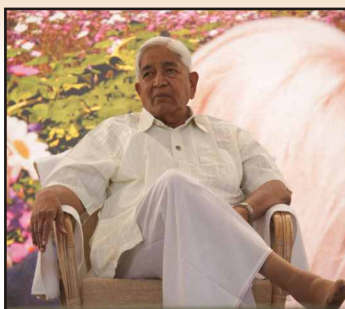
On 1st May, Br. P.R. Krishna spoke on "How to Internalize the Master". Describing the heart as a "dark dungeon buried inside us", he said it was completely unsuited to receive this magnificent person that was our Master. Quoting the analogy that the Master often uses, he said the only way to dispel darkness was by lighting a candle. He appealed to abhyasis to become like the Master, partaking in the work that he has undertaken and cooperating with him in receiving his transmission. Master left for Chennai on 4th May.

Rev. Babuji's birth anniversary was celebrated in all the centres across the country.

Lucknow organized a three-day long celebration from 29th April-1st May. More than five hundred abhyasis participated in the function which included morning and evening satsanghs, screening of Master's talks, and reading from mission literature.

Baliya centre of Uttar Pradesh organized a full day program on 30th April, which included bhajans and reading of Master's talks followed by the morning satsangh.

Around three hundred abhyasis participated in the one day celebrations at **Jodhpur** centre. The centre organized different activities for children. The abhyasis also performed a skit narrating Master's experience when he first met Babuji Maharaj.



One day celebrations were organized in different centres of **Orissa**. The ZiC participated in the full day program at Rourkela and shared Master's recent talks with the abhyasis.

Delhi centre organized a full day program which was split into three sessions. The first session involved reading out Rev. Babuji's talks, abhyasis performing a skit and singing bhajans. In the second session, Rev. Babuji' video was screened. The last session included programs by children.

Nearly 2000 abhyasis from **Hyderabad** and nearby centers attended the full day program at the Zonal Ashram, Thumkunta, Andhra Pradesh. All the activities for the day were based on the theme, "What my Master has taught me about Babuji Maharaj". The function involved screening of videos and group discussions. The opportunity was well utilized where everyone was in constant remembrance.

Tiruppur centre organized a one day program, which included experience sharing by veteran abhyasis and a slide show on Rev. Babuji's life.

Animela centre of Andhra Pradesh commenced conducting satsanghs at the ashram with the celebration of Rev. Babuji 110th birth anniversary. Many abhyasis from nearby centres participated in the celebrations, which included an interactive session on the topic "How to develop an unending love for the Master".





Training Programmes and Workshops

A number of centres organized sessions and workshops over the last couple of months to enhance the abhyasi's understanding of Sahaj Marg. These sessions serve as a time for bonding and also enthuse the abhyasi to not only become regular in their sadhana but to also get involved in mission activities.

'Why are we here?' was the theme of the one day Youth Training Programme held on 19th April at **Jodhpur** centre which was attended by around 100 abhyasis. The entire training was conducted by in-house faculty members with adequate training material and visual aids. Master's talks from the CDs 'Call of the Himalayas' and 'Satkhol' were also screened. It was felt that the participants benefitted a great deal from the program as they were seen explaining to others the importance of sadhana.

Indore centre organized a program at IDEA Cellular on 19th May. The topic of the program was "Art of managing stress by regulation of mind". Brs. Mundra, Raverkar and Agrawal introduced Sahaj Marg to the audience. The introductory sittings were arranged for those who showed an interest in starting the sadhana.

A full day program was held in **Pattambi** centre, Kerala on 24th May, 2009. Br. Ravindranathan, Director, Malampuzha Retreat Centre, and Br. Mohandas, CiC, Palakkad centre attended this. Several aspects of Sahaj Marg were discussed during the program, emphasizing the topics for abhyasis like "Love for the Master" and later

developing this love into bhakti.

Training of Abhyasis: **Mumbai** centre organized a three-hour long new abhyasi training program on 24th May. The speakers gave talks on the importance of the 3 M's, daily sadhana and their personal experiences. The session was very interactive with new abhyasis benefitting from the veterans' guidance. Prior to this, a session was conducted at an abhyasi's residence in Haji Ali, which was attended by 25 newly joined abhyasis.

AP Bankers Institute of Rural and Entrepreneurship Development (APBIRED) organized an open house on 30th May, 2009 at **Hyderabad**. The topic for the day was "Moral values in life and importance of meditation for a better living". The trainees as well as the faculty members expressed their happiness to be a part of the program.

In **Dewas**, MP, the topic of "Self development through meditation" was addressed in a program from 12th-14th June. About 60 aspirants who attended included government officers and corporate executives. A talk on 'Meditation- the Sahaj Marg Way' and a special sadhana orientation program after the second introductory sitting for the participants, was conducted. On the final day, a satsangh was held for the participants who completed their introductory sittings. It was followed by the screening of a DVD entitled 'Tolerance' from the 'He, the Hookah and I' series. It was described as a great learning experience by all the participants who attended the program.



New Centre in S. Karnataka

C. N. Halli and Huliya centres have developed in S. Karnataka recently. It started with an abhyasi couple from Huliya who joined Sahaj Marg and were attending satsangh at Tiptur ashram (around 40 kms away). This couple had been to Chennai and were in Master's presence for a couple of days which changed their view of Sahaj Marg. Within no time, they organized a VBSE program in their B. Ed. college which was well received by the students and the faculty. A small glimpse of Sahaj Marg was also given at the end of the program.

This motivated the students and faculty to have a full fledged open house on Sahaj Marg a week later which had an overwhelming response and around 60 people were keen to start. They were asked to read some mission literature before starting the introductory sittings. After a gap of 3 weeks, a follow up session was conducted to explain the system in depth to ensure that they were really serious to start. Around 40 students and faculty from the

college along with 10 locals joined the system. Prefects now travel from Bangalore on weekends to ensure that they receive sittings regularly.

A couple of weeks later, several people in Huliya (about 25kms from C. N. Halli) also expressed their interest to start. The introductions here were also done in a phased manner by introducing 3-4 people every weekend. Currently, this centre has a strength of about 20 abhyasis.

A month later, a 'New Entrants program' was conducted for these abhyasis at Tiptur ashram. This program was oriented towards ensuring a proper understanding of all aspects of sadhana and to give an opportunity for the new abhyasis to express their views by discussing in smaller groups. Importance of Master and the need to attend bhandaras were shared and some were motivated to attend the Tiruppur celebrations.

The way these centres grew so naturally is an example of how He works relentlessly to ensure that this garden of hearts is ever expanding.



Sahaj Marg on Radio

Prefects from Erode Centre are participating in a programme called "Manathodu Pesuvom". (Speak our Mind). It is a radio programme broadcast by Mukil FM- a community radio run by Senguntar Engineering College at Thudupathi. It is a novel attempt by our mission to reach the rural people by presenting the need for meditation for all. The Prefects explain the salient aspects of Sahaj Marg practice in this programme which has been on for the past 6 months. It has been well received by the listeners of Mukil FM, which covers a radius of 10 kms around Erode.



Prefect Training Programme (PTP)

PTPs were conducted in Chennai, Jaipur, Chandigarh and Satkhol with Prefects from these zones taking part in the programme. Master graced these programmes with His presence, giving talks and conducting satsangh. It has been a source of great inspiration to all the participants, for they were able to spend time with Master.

The programmes have been interactive and the participants receptive, frank and open hearted. The process of learning was smooth, mutual and almost forceless; learning without being taught. As a result of these programmes, the Prefects felt the need to focus on their own changes and corrections, contrary to the normal tendency to correct others.

The subjects dealt with were centred around the life of a Prefect, his work and his relationship with the Master .



Jammu & Kashmir Diary

"Excellent Work Done" was Master's response when the news of the registration of Shri Ram Chandra Mission in Jammu & Kashmir was mailed to him. Because of Article 370, registration of SRCM in J & K state was necessary to further the activities of the Mission in the there.

The process of registration was long and tedious and took nearly three years to materialize because of stringent security laws in the state.

14 abhyasis from Jammu centre went to see Master on 1st April 2009 and handed over the registered copies of the Constitution of Shri Ram Chandra Mission J & K State to him.

Master was very happy to see the papers and remarked, "It's a historic moment- isn't it?" He gave three sittings and also invited all the abhyasis present there for lunch in Master's Cottage.

Master was very happy to know that Jammu centre has a total registered strength of 300 and an average Sunday satsangh strength of 65. He instructed the abhyasis to acquire the adjoining half acre land also. A piece of 1 acre land has now been acquired for an ashram at Jammu and shall be dedicated to Master during his prospective visit to Jammu.



Ashram Land for Bhubaneshwar and Cuttack

An abhyasi family from Bhubaneshwar, Cuttack, have voluntarily come forward to donate a land located between Bhubaneshwar and Cuttack, measuring 1.3 acres, for constructing an ashram. The land is situated about 3.5 km from the Chennai-Kolkata National Highway. This land was registered on April 17th in the office of Sub-Registrar, Bhubaneshwar. On behalf of SRCM, Br. Uma Shankar signed the Gift Deed. An application is also proposed to be submitted to the District Collector, Khurda for leasing out Government Cattle Grazing land of approx. 6 to 7 acres adjacent this land for creating a proper ashram on the said land.



Children's Camps

Since the summer vacation was on, it was the right opportunity to conduct summer camps for children. Various activities were planned to keep the children busy and active as well as inculcate values subtly.

Ahmedabad centre continued its regular activity of seven years and organized a two and a half day-long camp from 5th-7th June, 2009. Around 90 children from different centres of Gujarat participated in the camp. The children learnt a lot by participating in interesting role plays and quiz contests. The camp also included a trip to Science City. They even enjoyed watching a movie called "Deep Sea". Yoga in the morning, prayer at meal times and group discipline were inculcated as integral parts of daily schedules throughout the camp.

Hyderabad: A residential camp was organized at Zonal Ashram, Thumukunta from May 8th to 10th. Children from various centers of Andhra Pradesh attended the camp with zeal and enthusiasm. There were 52 junior participants (9-12 years) and 83 seniors (13-16 years) supported by 15 volunteers.

A presentation on 'Health and Hygiene' covered various aspects of general health, first-aid and nutrition relevant to

presentations. The day concluded with a movie.

On Sunday the seniors had an activity on 'Needs versus Wants', a session on Health Education followed by a presentation on Time Management. The juniors were busy with origami, dumb charades and colouring activities.

A talent show that included mono-acting, jokes, songs and dances was enjoyed by one and all. All the children were very happy at the end of the camp, and went back fresh and filled with Master's messages.

Indore held a summer camp during June 1-7, 2009 for children in the group of 5-12 years. The programme was coordinated by Sis. Pushpa Khargonkar and Vinita Raverkar, assisted by about 50 volunteers and was attended by 103 children.

Saying the mission prayer, maintaining silence for a few minutes, yoga and singing songs were activities conducted every day. Through various activities, the theme of values was inculcated in the children. It was demonstrated that discipline includes self discipline, social discipline, and the discipline for the goal one has fixed for himself/herself. Work and perseverance were highlighted to emphasize that

Hyderabad



Ahmedabad



Indore



these age groups. It was well received by all participants who enjoyed the colourful slides. After dinner the children spent time watching the star-studded sky in the serene atmosphere of the ashram before retiring for the night.

A morning walk to Master's cottage where the children spent time in the garden surrounding the cottage was followed by a session on how our human life is dependent on the plant kingdom. There was a demonstration on the usage of various garden tools and on composting.

A video of Master's interaction with the GAIA club of the Omega school was played. Various forms of art work kept the children busy and in the evening they played outdoors. Later the senior group enacted skits and made group-wise

practice makes a man perfect. Happiness, joy, cheerfulness, appreciation, love, pleasure, and honesty were the other values taken up. A puppet show also helped to understand these values.

On World Environment Day a presentation on creation and sustenance of environment conveyed that nature is the provider and giver.

On the last day the children were taken for a picnic to Manav Seva Trust where senior citizens and children who need support, stay. Children enjoyed the time with the residents, played games and gave gifts to them.

Parents of the children, who are not yet abhyasis formally, were invited to an open house at the ashram.

Kannada, Malayalam, Marathi, Oriya, Sanskrit, Tamil, Telugu.

Annual All India Essay Writing Event

The event will be organised at educational institutions schools, colleges, other select educational institutions or at centres of SRCM on the 12th of August 2009 to coincide with the UN International Youth Day. It is being organised by Shri Ram Chandra Mission in collaboration with the United Nations Information Centre (India and Bhutan).

Essays can be in any one of the following languages: English, Assamese, Bengali, Braille, Gujarati, Hindi,

The topics for the different age groups are:

- The Junior Category** (class 6-9)
Give Love Get Love
- Senior Category** (class 10-12)
Do unto others as you would have others do unto you
- College Category** (UG/PG)
Love has hope, Hatred is hopeless.

For more information please email: essayevent@smrti.org



SMRTI Training

A 3 day meeting of SMRTI zonal coordinators was held at Babuji Memorial Ashram, Manapakkam, Chennai between May 15th-17th. attended by around 68 abhyasis from different parts of India.

Br. Padu Nelayapan introduced the newly formed SMRTI team followed by an overview of the newly introduced 'Abhyasi Training Program (ATP) Level 1'. This covers all aspects of the Sahaj Marg practice with quotes, audio clips and video clips extracted from Master's talks and are meant for abhyasis who have been practising for less than a year.

Br. Misal Mehta and Br. Punit Lalbhai presented details of the 2009 All India Essay Writing Event. The event will be carried out on August 12th and the prizes will be distributed to the winners on January 18th, 2010.

Sis. Lalitha Sreenivasan and Sis. Anusaya conducted an evaluation test to select 'Presenters' for the Abhyasi Training Program, from different parts of the country.

The participants were motivated and many centres have already started conducting programmes based on this material that has been made available.

Baragarh centre organized a program on 2nd May, 2009. Around 26 abhyasis participated in the program. There was a question-answer session after each segment which helped the participants clear their doubts regarding their sadhana. The programme has inspired them to read the mission literature regularly.

A training program at basic level for abhyasis was organized at Nachipalayam Ashram, **Coimbatore**, on 7th June 2009. SMRTI material was used for training the 12 abhyasis who participated in the program.

A one day seminar for SMRTI coordinators and field volunteers on 7th June, 2009 in **Mumbai** centre was attended by 72 participants. A talk by the ZiC, Br. Subhash Vaidya on 'Change' and another by Br. Viswas Tillu, SMRTI's Zone coordinator of Maharashtra, outlining the



functioning of SRCM as an NGO in collaboration with the United Nations were the highlights of the program.

VBSE Workshops



Training of teachers and volunteers in VBSE got a shot in the arm in **Ranchi** ashram where a four day long intensive training program, from 12th-15th May, for teachers and VBSE volunteers was held. The three schools of the city, namely, St. Aloysius School, Ursuline Convent and Montfort School which are ready to include VBSE in the school curriculum, sent a total of 16 teachers for the training program. Around 25 VBSE volunteers also participated in the program. The interactive training included lectures, demonstrations and practice sessions. Each participant was given an opportunity to be a part of two demonstration classes. A few participants, under the guidance of Sis Seetha, contributed in creating the course material for the new version of the course. Sis. Mary Grace, the Principal of Ursuline Convent, joined the closing session and was extremely happy to see the motivated volunteers work tirelessly to equip the teachers with the right tools and inputs to instill moral values in children.



A VBSE training program was also organized by **Dewas** centre and marked the commencement of a massive project of training 5000 government school teachers. The workshop was attended by 54 trainers of government schools and 16 trainers of private schools. The training program involved talks by participating abhyasis, and demonstration of various experiments by volunteers. Sis. Seetha and Sis. Yamini covered the high school syllabus on the final day of the workshop. Sis. Seetha's talk on "Moulding of teenagers" was highly appreciated. The teachers trained during this workshop will be going to 27 different blocks of the district for organizing VBSE training programs.



Bangalore - Banashankari Ashram

'Yogashram' is the oldest of the four ashrams in Bangalore and is located in the heart of the city in an area called Banashankari. In 1973, with the efforts of Br. J.R.D. Iyer, the Bangalore Development Authority (BDA) leased a plot measuring 150' x 100' to construct an ashram. One room was built and the ashram was inaugurated by Master, then the General Secretary of the mission, on 12th September 1976. In His message on this occasion Babuji said, "We are a part of the cycle of this existence or, in plain words, we are a part of Nature. We should abide by Nature and not try to beat Nature. If all the things are changed to co-operate with Nature, balance develops and that is what we want. This balance is developed by abhyas."

Pujya Babuji Maharaj's 80th birthday was celebrated at Banashankari ashram from 29th April to 1st May 1978. Nearly 2500 abhyasis had gathered for this celebration under a shamiana covering the entire plot as well as the adjoining road. In His speech on this occasion he said, "As a burning flame of His blessing splendour, I do not belong to India alone, but to the whole world. So I want that all may taste the beauty hidden in love for the Ultimate".

After these celebrations, work started on construction of a new meditation hall which was completed in 1982. This hall is around 2600 sq. ft., surrounded by corridors and can comfortably seat around 500 abhyasis. The hall is very well ventilated and has natural light filtering in from the skylights.

Behind the meditation hall is Master's cottage of around 1000 sq. ft. and the guest room, kitchen and toilet block. The administrative and accounts office, book stores, and caretaker's room are situated below the meditation hall. The ashram is flanked on the right by a medical college, and on the left by Shri Raghavendra Temple.

The building is surrounded by numerous coconut and chickoo trees. A fountain set in the midst of a small garden adds to the overall greenery of the ashram.

Currently around 700 abhyasis attend Sunday satsangh in the ashram, and there are individual sittings held every evening. During Master's visit the ashram holds close to 2000 abhyasis. Regular training programmes, open house sessions and other activities are also being conducted.

This ashram has been blessed with Master's physical presence on numerous occasions over the years. Abhyasis cherish their memories of time spent with Master and his family. He has performed a few marriages here and every visit of Master is a celebration in itself.



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