



Dear Sisters & Brothers,

Pranams.

We are very happy to note that Echoes India subscription and coverage is expanding. For this issue, we had received many articles from most of the zones. The quality and coverage of articles has also improved, post our Echoes India volunteers meet at Tiruppur in July 2009. It has been a tough job to select the articles as we have a limitation of space.

This issue covers Master's tour across Andhra Pradesh, N. Karnataka and West Bengal. The inauguration of the 2nd CREST at Kharagpur, near Kolkata are the highlights of this tour.

Back in Chennai, Manapakkam ashram was buzzing with activity for Diwali.

We are also covering numerous training programs and open house sessions held in various zones, youth programme in Bangalore, regional gatherings, VBSE programme in Jaipur and Ernakulam and a prefect meeting in Uttarakhand. The Panvel Ashram is featured in the "Centre of Light" section.

Do circulate and read this issue to other brothers and sisters in your family or neighbourhood, who do not have access to the newsletter.

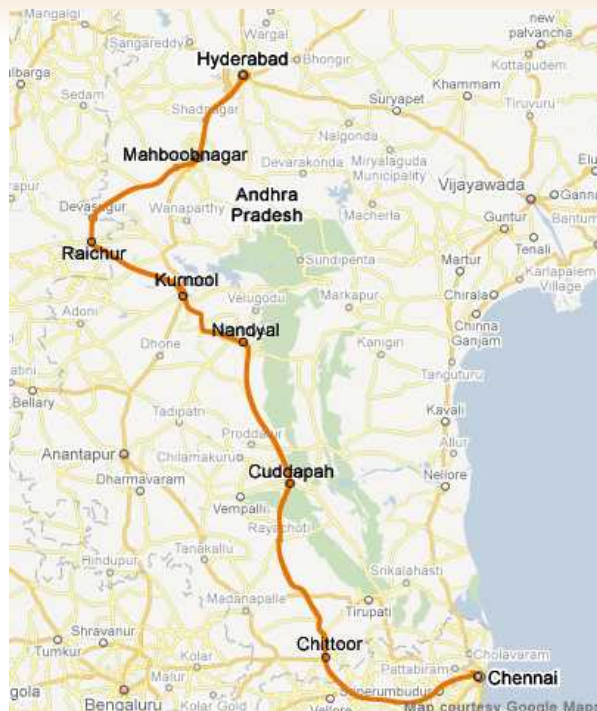
Warm Regards

Editorial Team

Chittoor

Master started from Chennai on Sunday, September 13th around noon, accompanied by Br. Ajay Bhattar, on his road trip through Andhra Pradesh and N. Karnataka.

At Chittoor ashram, he was given a warm welcome by over 1000 abhyasis. Master looked happy and cheerful despite the nearly 3 hour journey. Soon after his arrival, there was a brief spell of showers that added to the serene ambience of the ashram. Master conducted satsangh at 5 p.m. just outside his cottage and suggested that there would be three satsanghs the next day at 7:30AM, 11:30 AM and 5 PM. This became a routine at all subsequent places.



On September 14th, Master delighted all those present with an informal session in the morning. He said, "There is no future in spirituality. We form our future by wishing as to what we should be. ...It is a tragedy that people attempt to grow at the gross (*sthula*) level where the possibilities are limited. At the spiritual level the possibilities are infinite. ...We should correctly understand things. Meditation is to create discipline in us. Cleaning prepares us. Transmission helps us grow spiritually. Preceptors should speak about all this. They seldom do."

That night he came out after dinner at 8:45 PM to the immense joy of those waiting silently outside his cottage. He then spoke for nearly half an hour on the need to reappraise ourselves and make ourselves fit to move into the future. (<http://www.sahajmarg.org/literature/online/speeches/reappraise-yourself>). On September 15th, Master left for Kadapa.

He reached Kadapa ashram around noon and was accorded a warm welcome by an assembly of nearly 1500 abhyasis. The newly built meditation hall with a capacity to accommodate over 1000 abhyasis, was well decorated and stood pretty on the ashram premises (3 acres, 30 cents). Master inaugurated the meditation hall upon arrival and conducted satsangh at 4:30 PM. When some abhyasis approached him for naming their children, Master said he would name only if they assured him that caste names would not be added.

On September 16th, Master blessed the assembled team of volunteers who had done commendable work at this relatively small center and then left for Nandyal.

Master was visiting Nandyal center for the first time. He was welcomed by over 2000 abhyasis who had come from various parts of the state. Flowering plants lined the walk-way to Master's cottage. Master first inaugurated His





NANDYAL



KURNOOL



cottage and then walked to the adjacent meditation hall and cut the ribbon to inaugurate it. The following day, September 17, Master visited an educational institution run by an abhyasi family. The next stopover was Kurnool, about 90 minutes drive from Nandyal.

Master reached Kurnool at 11:20 AM. Soon after his arrival, he inaugurated the meditation hall dedicating it to Pujya Babuji Maharaj followed by satsangh in which over 1500 abhyasis participated. He then inaugurated His cottage that was part of the meditation hall structure. On his way to the cottage, someone remarked that the ashram is very good. Master responded that all his ashrams are good. Good ashrams can be constructed by anyone, but he wants to see more good abhyasis.

Master came and sat outside the cottage in the evening and talked to the abhyasis.

- ✦ He said that at his age, people need rest, like a child needs rest. Referring to Dritharashtra's words from the Mahabharata, Master said that sleep does not come when we wish - we have to sleep when it comes.
- ✦ Master remarked that in a group of 5000 abhyasis, 50 bad abhyasis are enough to spoil. He quoted the example of large quantity of milk mixed with a few drops of poison.
- ✦ One of the abhyasis asked a clarification if abhyasis' children of 16 years age can start the sadhana. Master said that we have to wait till the right time i.e. 18 years. He gave an example seeing a happy married couple, if a 12 year old child wants to marry immediately to be happy, it is not permitted. There is a right time for everything.

On 18th morning, Master conducted satsangh at 7:30 AM. and then left for Raichur, Karnataka at 9:00 AM via Gadwal, where he stopped briefly, much to the delight of the abhyasis waiting to get a glimpse of him. He reached Raichur after a drive of nearly 2 hours and 30 minutes, the last one hour of the journey, quite bumpy with the already narrow road being affected by the rains over the last couple of weeks.

Raichur ashram is one of the early ashrams of the mission having been inaugurated by Babuji Maharaj in 1970. Master was visiting this ashram after 22 years. Upon arrival, He was greeted by an assembly of nearly 1300 abhyasis from centers in Karnataka. Master inaugurated his cottage space which was part of the meditation hall building.

On September 19, following satsangh and breakfast, Master left for Hyderabad by 7:45 AM, a journey of over 250 KM. After a drive of about 100 KM, Master stopped at a guest house at Mahboobnagar for a brief rest. It was not to be so, as there were over 100 abhyasis waiting right where he was to rest. Master said he was duty-bound to attend to abhyasis when they were waiting for him. He came out, gave them a sitting, and enquired about the center from the local prefect, and patted him saying He was happy. He resumed the journey soon after. After a stop for lunch he resumed the drive to Thumkunta where he reached at 4:20 PM having been on the road for over 8 hours. He was given a loving welcome by abhyasis who silently stood all along the way from the main gate to his cottage. Master appeared quite happy though tired by the longest drive of the road trip from Chennai.

On the morning of Sunday, 20th September, Master was in the meditation hall by 7:10 AM. He waited a few minutes delightfully looking across the spacious hall of 6000 capacity, filled to its brim.

There was a bhandara like atmosphere at the venue. People came from all over the state as well as from neighbouring states. Most were accommodated at the venue itself in five large tents, each one with a capacity to accommodate over 800 people. It

RAICHUR



MAHBOOBNAGAR





was estimated that nearly 7000 people including children were at the venue at its peak.

On September 21st, Br. Ajay conducted satsangh at 7:30 AM. In the evening there was a Bharatanatyam dance by Sis. Soumya. Master came to the meditation hall and sat through the hour-long programme that depicted the longing and love of mother Yashoda for her dear son Lord Krishna.

On September 22nd. by 10:30 AM, it was time to leave. Abhyasis lined the way in a disciplined fashion and expressed their loving gratitude as Master's vehicle passed on its way to the city where He was to spend the night at an abhyasi's house, a 30 minute drive from the airport. Master spent a quiet and restful time before leaving for Kolkata on 23rd morning.

Thus came to pass the 10 day long road journey of our dear Master through Andhra Pradesh, Karnataka and back again through Andhra Pradesh. Compassion, love, commitment and urgency characterized his tour where he prepared 10 prefects while attending to all other work. At Nandyal, a young boy of ten asked him so lovingly if he could stay a day longer as it was his very first visit. Master then posed him a question, "What is it that an old man has less of and a young one has more of?" The boy tried several answers. Finally, Master told him that it was 'time'. He said, "You are a young boy and have a lot of time. I am an old man, and I have a lot of work to do in less time. That is why I must go to Kurnool". Needless to say, this sense of urgency was evident all through the journey.

Kolkata

Master arrived here on 23rd and went directly to the ashram. He spent the rest of the day relaxing after the hectic Andhra-Karnataka road trip. On 24th evening and 25th morning and evening, Master conducted satsangh. On 26th after conducting satsangh, Master inaugurated the first Scholarship Training Programme India with around forty participants. He asked the participants to develop a spirit of inquiry and to seek and gain wisdom. He asked them to pay attention not merely with the brain but to the heart. (<http://www.sahajmarg.org/literature/online/speeches/the-spirit-of-inquiry>). Br. Balasubramanian spoke on the 'Rules of Sahaj Marg' quoting extensively on what the Vedas had to say about learning and wisdom and of having a Guru.



KOLKATA



KHARAGPUR

Kharagpur

On 26th evening Master left for Br. Ajay's house from where he left the next morning for CREST, Kharagpur. He reached there around 11:00AM and after a brief rest at the cottage he went around the entire campus. He visited the meditation hall, office block, with the library, director's residence and office and faculty rooms. He was visibly happy with the quality of work and inaugurated the kitchen, visited the canteen and finally reached the classroom which is equipped with hi-tech facilities. He sat there for a while and spoke informally and said, "Efficiency is in using minimum energy for maximum output. The definition of God is zero input and infinite output. This is what we should strive for."

The scholarship program continued with a packed schedule from 5AM to almost 10PM. There were talks on various topics such as Service in the Mission, Ten Maxims and Character Formation, Tolerance and Compassion, Prasad and Emblem, the Three Masters, Roots of Sahaj Marg, Morality and Ethics, Change, Constant Remembrance, SMSF, SMRTI, SRCM & SHPT, How to make a Centre Active and How to Conduct an Open House.

One evening while sitting with abhyasis, he responded to a question on how to remove desires and said, "We should start with



MASTER'S COTTAGE



ADMIN BLOCK



DINING & KITCHEN

DORMITORIES

MEDITATION HALL

the small ones and then move on to bigger things."

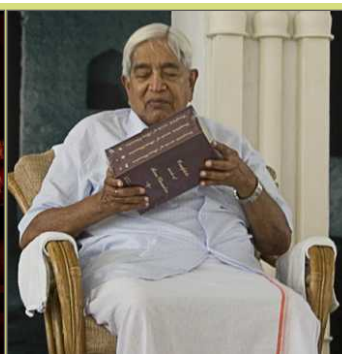
On 28th September, Master formally inaugurated CREST, Kharagpur by cutting the ribbon at the meditation hall. After satsangh he spoke on the objectives of this CREST and his desire to have a programme solely on the Bhagavad Gita. He hoped that we would all try to read a chapter a day from the Gita and inquire and understand what it says. This CREST would be different from Bangalore in that it would focus more on 'Ethics and Morality'. (<http://www.sahajmarg.org/literature/online/speeches/dare-to-think>)

Master's presence through the next two days kept the scholars in high spirits in spite of the humid climate and grinding schedule. On 30th evening he gave the concluding talk in which he said, "...what are the qualities of a saint? The main thing is perfect balance. In pain and in pleasure, no change; in health and in sickness, no change. Inside and outside you are the same — perfect balance (*santulan*). ...So let us remember that these opportunities don't come to everybody, nor do they come again and again. It has come in your case, I think by the grace of my Master. Something has brought you here; pray to it that it may keep you here — I mean in the sense of continuing to learn, continuing to do, continuing to practice; remembering that it depends on you and not on God."

(<http://www.sahajmarg.org/literature/online/speeches/Only-Purpose-Of-Life>)

The next morning the scholars and those present were treated to an early morning session with Master when he sat out to have his morning coffee around 6:00AM. With his humour and stories he held the abhyasis spell bound for around half an hour bringing his stay at Kharagpur to a close as he left for Kolkata after breakfast.

Chennai



Master left Kolkata on 2nd and he reached Manapakkam ashram, Chennai by 2.00 pm. Master was visibly tired after a long trip which took him to many places by road.

Master spent a quiet week at Manapakkam before Diwali began. From Sunday, 11th of October, abhyasis started trickling in. Master was quite busy with administrative work but found time to meet abhyasis who kept thronging his doors.

On Friday, 16th October, Master inaugurated the bakery section (named Ruchi Bakery). He drove into the kitchen in his golf cart with hundreds of abhyasis thronging either side of the path to have his darshan. He tasted some of the products which had been freshly baked and made some spot sales to officially commence the operations.

Saturday, 17th October was 'Diwali', the festival of lights. Master was up and ready quite early in the morning. Abhyasis were seen waiting to see Master right from early morning. Master patiently met many of them and exchanged festive greetings.

Master conducted the morning satsangh with more than 5,000 abhyasis assembled. He released several new books. Abhyasis from Gujarat had organised a Garba dance in the evening. Master sat through the half hour program and congratulated the artistes for their performance. The cottage was lit up with lights and diyas giving it a fairy tale look. It was indeed a festive atmosphere and abhyasis were happy to be there to benefit from His presence amidst them.

"So I would like all of you to get involved in this examination of your own belief system vis-à-vis the reality of whatever it should be or is or has been, and come prepared to discuss this, speak about it bravely, openly, and that way make this institution deserve its existence. This is what it was built for, and this is how it must be used." (CREST, Kharagpur)





ABHYASI TRAINING PROGRAMS (ATP)

"We are not here to foster your curiosity or to promote it. Here we are for what Babuji called 'inquiry' (spelt with an 'i') — i-n-q-u-i-r-y — the spirit of inquiry, to inquire into things, into the nature of things, into the philosophy behind the ways of life."

P. Rajagopalachari, Kolkata, September 26th, 2009

A number of training programs and open houses are being conducted all over the country for the new entrants of Sahaj Marg. The preceptors and veterans with their experience and the SMRTI training material, enlighten the minds of new abhyasis and encourage them to reach the goal.

SMRTI's Level-1 Induction Training Programme aims to provide basic and systematic information to the new abhyasis regarding sadhana. The presentation contains audio and video clippings from our Masters regarding main aspects of Sahaj Marg sadhana collected from various sources. A report on the various training programs and workshops conducted in the months of August, September and October, gives us an overall picture of the pace of activity in the mission all across India.



This is the first of its kind to be conducted in the Zone. 20 abhyasis participated in the programme conducted by Br. K. Nageswara Rao, SMRTI coordinator for the Zone.

Gwalior centre of Madhya Pradesh organized a three-day ATP for around 50 abhyasis from September 19th-21st. The faculty from different centres of M.P. delivered the talks on various topics such as Purpose of training, Need of Spirituality, Volunteership and Love for the Master. Two DVDs titled 'To be Like the Master' and 'Awaken Now' were played. At the end of the program the abhyasis promised to carry on their spiritual yatra sincerely.

A training program in Malayalam was held on Sunday, the 11th October, for around 50 abhyasis who have recently joined the Mission, at Kerala's Zonal Ashram in Aluva. Presentations were made on various topics relating to Sahaj Marg practice. There were separate sessions for clarifications in which the participants took part with great enthusiasm. The difference between meditation and



CHITTAPUR



SEDAM



GWALIOR

The first ATP in Kannada was conducted in Mulbagal in Karnataka on September 6th by Br. Viswanath and Sis. Vijayalakshmi from Bangalore. The group of 50 abhyasis included some from nearby centres of Malur, Kolar and K.G.F. The program was well received with enthusiastic interaction by most participants.

An ATP was organized at Rourkela centre in Orissa on September 13th. 22 abhyasis attended the program. A question-answer session was held before concluding the program which helped the participants clear their doubts about the practice.

On 11th October, 20 abhyasis from Chittapur Centre in Gulbarga District, N. Karnataka, attended the program. Br. Prahlad Paknikar and Br. Nijalingappa conducted the training program using the translated Kannada version. All abhyasis participated actively, and answered the questions posed by the presenters.

At Sedam Centre in Gulbarga District, on 30th August, 39 abhyasis attended the program. Br. Nijalingappa conducted the program. All abhyasis listened attentively and answered all the questions put by the speaker from time to time to gauge their alertness. Various questions were clarified.

ATP was organized at Kakinada, A.P. on 6th September.

cleaning, remembrance and thinking, Master and God, were some of the questions raised by the participants. Master's recent emphasis on character formation and why it is our individual responsibility was explained.

It was uniformly felt in all these centres that the quality of the training programmes left no doubts regarding the practice of Sahaj Marg. Although it was meant for new abhyasis, it was highly beneficial for abhyasis who have been practicing for quite some time also. It becomes necessary to return to the basics to improve and refresh our understanding of the practice.





HPC Management Development Institute, Pune

Abhyasis of Pimpri-Chinchwad of Pune district organized a training program for the staff of Hindustan Petroleum Corporation, Nigdi on 28th September. Br. Saxena gave a talk on the topic "How to lead a balanced life". Sahaj Marg practice was presented to the 50 members who participated in the program and their queries were answered.

Study Group, Indore, M.P.



Indore centre organized a group study of the book 'Messages Universal' by Babuji Maharaj, on September 13th. Around 35 abhyasis participated in the program. Br. Tanwar shared the knowledge that he had learnt from the messages of Rev. Babuji. It became clearer to abhyasis that surrender is not something we do outwardly nor is it a type of external submission but an act of will. It was stressed in a message that every abhyasi must develop character in consonance with the inner development given to him by Master.

Saraigram and Vindhya Nagar, M.P.

On 11th September 30 abhyasis attended the programme at **Saraigram** conducted by a faculty group from Jabalpur, covering the essential features of Sahaj Marg Practice using audio-visual presentation. Sis. Sunita Shukla elaborated on Meditation and Ten Maxims of Sahaj Marg, Sis. Archana Keskar spoke on prayer and diary writing and Sis. Krishna Pandya covered cleaning and constant remembrance. This was followed by a Q&A session with Br. R.K Vyas.

At **Vindhya Nagar** around 50 abhyasis participated in a session entitled 'Sahaj Marg - A Review'. The children trained by Br. Nayakji, made an impressive presentation based on values. The faculty group felt blessed that although they went to teach something, it was they who learnt and felt something more.



North Maharashtra Visit

Br. Vaidya, Br Tillu, and Br. Girish along with some abhyasis visited a few centres in N. Maharashtra along the border with Gujarat on 19th & 20th September. They conducted satsanghs, interacted with the local teams organised training programs and conducted discussions to clarify doubts and questions.

The group visited Nadurbar, Jalgaon, Bhusaval. During the whole journey, they were in constant remembrance & their hearts were filled with love & gratitude for Master. This visit created an atmosphere of joy & happiness among the abhyasis of these centres.

First Anniversary of the Mission at Bhadravati, Karnataka



October 11th marked the first anniversary of the mission in Bhadravathi, Shimoga district. The centre has grown from a few abhyasis a year ago, to more than 40 abhyasis. This has been due to the enthusiasm of local abhyasis, visits of outstation prefects and importantly Master's blessings.

Satsangh was followed by talks by Br. C.R.N. Murthy and Br. B.S. Rao. ZiC, Br. Sharat Hegde, motivated the abhyasis to work on themselves and benefit from the system. Local abhyasis spoke on their experiences and a session was arranged to clarify different aspects of sadhana. A skit on ten maxims was enacted by the children. The abhyasis of Bhadravathi, who had managed the function, were elated, contemplating what they could do, to contribute to the mission in the future.

VBSE Workshop, Jaipur

A workshop was held at Jaipur ashram on August 23, 2009 which was attended by a total of 100 abhyasis. The SMRTI presentation covered examples quoted in its syllabus for children of primary education. The values like cleanliness, honesty, speaking truth, discipline, belief in simple living and high thinking, time management, etc. were well explained through photographs and slide show by the faculty.





VBSE Training - Ernakulam, Kerala



Children are the future citizens of this world and a lot depends on the values that we impart to them. A training on VBSE was conducted on 27th September at the Ernakulam Centre. The program was coordinated and presented by Br. A. Madhavan, SMRTI zonal coordinator. 71 abhyasis and 13 children participated. An interactive session saw all the children participating with joy. Children said the mission prayer and sat with eyes closed for a few minutes. Stories with values were narrated and they were asked to respond with what they learnt from the stories. It was amusing to listen to their innovative viewpoints.

Training was given to volunteers on how to conduct VBSE classes for children. The VBSE classes are not for gaining knowledge but to grow in wisdom. Children felt that they should also be involved in the development of the Mission.

Tree Planting in Lucknow Ashram

During this monsoon season, over 1000 trees have been planted in the Lucknow ashram and 200 more fruit trees are planned to be planted.

Lucknow Development Authority (LDA) joined hands in this activity and provided 300 plants. On 30th of August 2009, 250 students from Subhash Public School and Rajhans Public School visited the ashram and helped in this activity.

Regional Gathering at Tiptur, Karnataka

On the 10th and 11th of October, around 120 abhyasis from 7 centres (Hassan, Tumkur, Madhugiri, C.N. Halli, Huliyaar, Chikkamagalur and Tiptur) attended a 2 day seminar held at Tiptur ashram with the theme - 'Reappraising Oneself'.

The first day was spent on the latest messages from Master and the need for abhyasis to appraise themselves periodically. Evening satsangh was followed by a beautiful VCD



(Sea of Love) after which abhyasis shared their experiences in Sahaj Marg.

The second day was spent on the 'Importance of Service' and the need to have good teams in the centres. An action plan was put together, for each centre for the next 1 year so that good core teams could be formed. The program concluded with the evening satsangh.

The participants had an opportunity of spending two beautiful days in the ashram. All felt the need to have such regional gatherings more often which would enable them to be more focused on the goal.

Importance of Meditation in Life, Kashipur

A talk on 'The Importance of Meditation in Life' was conducted on September 10th with about 110 participants including faculty and senior B.Ed. and post-graduate students at Chandravati Girls Degree College..

Br. (Dr.) Alok Tandon introduced the subject and explained very simply what the general populace understands by dhyaan, and the difference thereof. Br. R.P. Umashankar, Secretary, SRCM, enthralled the audience, while he slowly brought out the difference in meditating for mundane achievements, as against spiritual achievements.

He urged the students to reflect on the time they actually used effectively as against time wasted in a day. He gave a humorous example saying how time spent criticizing one another could actually be used beneficially for meditating. There was a lively question answer session and then Br. Alok gave a brief description of Sahaj Marg. Interested participants were given books and pamphlets and were encouraged to contact the local prefects for a detailed understanding of the system.





Advanced Youth Seminar, Bangalore

2nd to 4th of October



This was conceived for youth who had spent considerable number of years in Sahaj Marg and were looking for more to sustain their motivation. The participants (20 to 35 years) were handpicked by center/prefect-in-charges of various centres of S. Karnataka zone. Most participants had been practicing for more than 3 years in the mission.

The day started with 4:30 am meditation, exercises/yoga and satsangh before the formal sessions started. Two formal sessions in the morning were followed by games and 2 hours of voluntary work. The sessions gave space for participants to introspect the deeper essence of various aspects of Master, Mission and Method. They also allowed for interaction among groups and sharing of experiences and perspectives. The various topics included 'One Master, One Mission and One Method', 'Serve to Deserve', 'Obedience is the base of Spirituality', 'Exploring the Inner World', 'Spirituality without Character is a Mirage' and 'Sahaj Marg and Tomorrow's World'. There was a strengthening of the feeling of love and brotherhood among the participants.

The participants said that they would initiate similar programmes in their centres. There was openness between the facilitators and the participants, sharing the opinions and the joy of finding their answers within.

Uttarakhand Prefects Seminar

41 prefects attended a two day meet for Uttarakhand zone, organized at Satkhol Ashram on 20th and 21st September with the theme 'Achieving Quality and Numbers'.

On the first day, Br. Chuphal ZiC, presented an overview of the activities. He then explored areas of improvement for each centre and presented a report for each. The data was extracted from prefect reports and the membership database. He also explained the standard format to be used for maintenance of ashrams, meditation halls, and visits by Master to a centre. SMRTI's ATP Level 1 was presented to all prefects.

In the evening, Br. Alok gave a presentation on the different activities of a centre, and best practices with examples from Kashipur centre. An overview on how to conduct open houses and full day programmes was then presented.



The second day began with a live demonstration on 'communication using internet'. Navigation to different sections of the mission website was demonstrated. After this, Br. A. P. Durai's presentation on security aspects was shown and explained.

A group discussion and presentation on the topics - Improving Quality and Improving number of abhyasis was conducted. Then salient points from Master's recent talks to prefects at Tiruppur, were presented, followed by a Hindi translation of Master's talk at Chittoor.

It was concluded that for achieving numbers prefects have to 'work more' and for achieving quality they have to put their heart into the work. An evening satsangh ended this retrospection and learning session.

Open House at Jaggampet, A.P.



Jaggampet, 35 kms from Kakinada in A.P. North Zone 'C' is a village like business town with a population of around 5 lakhs. Small scale industries such as rice mills and roofing tiles manufacturing units are the main activities.

The satellite center started its activities with the introduction of a handful of abhyasis in 2006. Later, inspired by the system of practise and its simplicity, the strength grew to 40 regular practising abhyasis. Following queries from local seekers, Br. P. Suryanarayana took up the work of organising an open house and around 200 people of all ages gathered on the evening of 14th September, 2009.

The topics were defining Religion as God outside, and Spirituality as God inside, the Need for Spirituality and ended with a strong recommendation that spirituality is not an optional subject but a compulsory subject, and how Sahaj Marg practise could put one in harmony under all conditions and lead to human perfection.

Br. K. Yadusurya and Sis. K. Jyothi spoke on the subject while Br. D. Bhaskar Rao and V. Venkat Rao spoke on the changes in them since practising Sahaj Marg.



Coimbatore Centre - Innovative Full Day Programmes

Coimbatore centre decided to return to the pattern of full day programme on the first Sunday of every month, instead of every Sunday. This ensures the participation of a majority of the abhyasis, instead of a small dedicated group every week. The planning is done thoughtfully to include topics of interest for all abhyasis - old and new.

One book of Babuji Maharaj is taken up for an understanding of the special gems from that book which help us in our progress on the spiritual path. So far three books have been completed: Efficacy of Raj Yoga in the Light of Sahaj Marg, Commentary on the Ten Maxims and Reality at Dawn. Other books will be taken up in the coming months. This activity is useful for volunteers, speakers, trainers, etc. and also motivates abhyasis to read Babuji's books.

Another important activity is a Quiz on Sahaj Marg, with questions from the method of practice, history of the Mission, life of the Masters, etc.

There was a session on the benefit of reading the “Whispers from the Brighter World”.

There are important quotes of Sahaj Marg, like “Master wants lions, not sheep.” which are taken up for group discussion, followed by a reading of Master's literature to know what he has said on the topic.

N. Karnataka Open House Sessions

A session was organized at Basveshwar English Medium School at Basavakalyan, Bidar District on 1st October. 30 high school teachers along with the Principal of the school, Smt. Nirmala Shetgar, attended the programme. Br. Srikant Joshi spoke in Hindi on 'Necessity of Spirituality in our Life'. Br. Mallikarjun Uppin spoke about Master, Mission and Method. Both the talks were well received. Pamphlets were distributed to the aspirants.

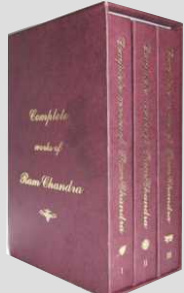
Another session for 30 aspirants was organized at Chittapur Center, Gulbarga District on 11th October. Br. Devendrappa, welcomed the audience. Br. Gajendra Singh spoke in Hindi on 'Need for Spirituality'. Br. Raju Kashampurkar spoke in Kannada on, 'Master, Mission and Method'.

Around 30 railway employees met at the Station Manager's chamber at Gulbarga Railway Station on 13th October. Br. Gajendra Singh gave a brief introduction about Spirituality and Sahaj Marg. Br. Srikant Joshi spoke in Hindi on Sahaj Marg and our Mission. Br. Mahesh Deshpande talked about our lineage of Masters and concluded the session.

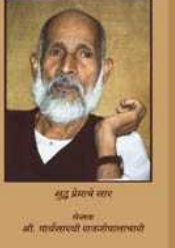


New Publications

Complete Works of Shri Ram Chandra
This special edition was released by Master as a 3 volume boxed set on Diwali.




माझे गुरुदेव
शुद्ध भेदाचे स्वर
लेखक
श्री. गुरुदेवजी साहजोपाध्यायजी



My Master
Marathi

HeartSpeak
2003
Parthasarathi Rajgopalsahar




HeartSpeak 2003

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HeartSpeak 2004 Vol-2
Kannada.

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EFICACIA DEL
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Sahaj Marg Ke Dus
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Special Edition

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Heart to Heart Volume I
Marathi



Babuji Memorial Ashram, Mumbai

The ashram for the commercial capital of the country, Mumbai, was inaugurated by Revered Master on Basant Panchami, February 6th, 2004. The ashram is more commonly known as Panvel Ashram as it is located in Panvel, a city by itself, in the Raigad district of Maharashtra. Panvel is located on the Pune-Mumbai Expressway, and is about 22 kms from Mumbai. The Panvel Ashram is spread over 0.75 acres and is located opposite Changu Kana Thakur High School. It is walking distance from the Panvel Railway Station.

One of the major challenges in the construction of an ashram in Mumbai was the high property cost. With continuous effort from the abhyasis and Master's encouragement and persistence, we see the ashram standing today in all its glory.

Master finalised the plot of land near Panvel railway station on January 24, 1999. He conducted satsangh at the site and abhyasis experienced the immense sense of fulfilment when Master confirmed it to be the place for the ashram. Master named it Babuji Memorial Ashram (BMA) and it was to be one of the 5 BMAs, across India.

The construction was completed in 1.5 years with the help of many abhyasis who were blessed with the wonderful opportunity to work for Him. The ashram was inaugurated by Master on February 6, 2004.

The ashram comprises of a two storied building, with Master's cottage, dining area, kitchen and ladies' dormitory on the ground floor, allotted rooms and gents' dormitory on the first floor and meditation hall on the second floor. There is a 'Green Zone' of one acre which has been allotted to the ashram by CIDCO, for maintenance and development. Master recently sanctioned an expansion plan for the ashram, which includes additional rooms and construction of a new Master's cottage on the second floor, adjacent to the meditation hall.

In Mumbai and around, the daily life of abhyasis is hectic and restless. For local abhyasis this is a place to forget the tensions and worries of daily life and relax in the divine bliss of our great Master and therefore they look forward to being there as much as possible.



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