

Shri Ram Chandra Mission

## Master's Report

After the extra-ordinary general body meeting on 15th August was over, Master appeared quite relieved but was as alert as always. On 16th morning, he had asked all abhyasis who were in the cottage to make sure that they had signed the Golden book, he called the volunteer-in-charge to come to the cottage in order to facilitate the signatures, gently chiding the abhyasis who were around him. It showed his commitment to the completion of a process, however small it may be.

As Master's health was still not satisfactory, he has been following a simple routine. In the morning, he works with the physiotherapist who visits daily. After the physiotherapy, he generally rests for some time. He tries to keep up his routine of having his breakfast and has the news read out to him. Then, he spends time reading his mails and doing his work. There is another physiotherapy session in the evening and there are times when he walks out for a short distance and then gets on his wheelchair for a round or sits outside with abhyasis around him. In the initial days, he was using the help of a walker, but then he has tried to use his walking stick and take a short walk. All of these things indicate Master's slow and steady recovery.

Once, Master was listening to a Whispers message which emphasized unity amongst all of us. Master has been also emphasizing the need to stay united and maintain harmony, in our satsanghs.

On August 20th and 21st there was a special medical checkup and treatment for Master and the results were positive.



Shri Ram Chandra M

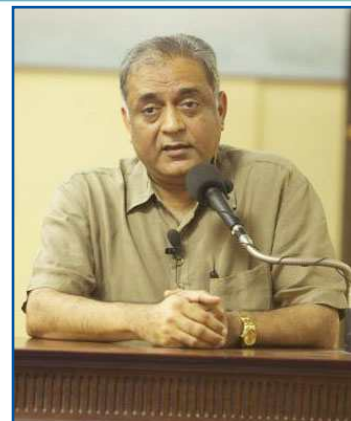
One afternoon Master suddenly remembered a movie he had seen several years ago and it was one of the two movies that he had seen in Europe in theatres. He had seen this movie in Paris on the day that he gave a presentation about Sahaj Marg in the Sorbonne University. This movie was "Manika: The Girl Who Lived Twice", and it was a story about reincarnation. Master was totally involved when he watched it.

On Sunday August 26, around 11 a.m., Master went around the ashram for 45 minutes. He said, "I felt as if I was incarcerated, and now I am out". He toured the canteen, kitchen and basement of the library block to see the exercise machines. He went to the meditation hall for a discussion with Br. Jackie on the progress of the renovation work. After resting in the verandah of the cottage, he decided to have his lunch in the dining hall where he had not dined for more than four months.

One day after the physiotherapy was over, Master was talking with the doctors about languages, and he said, "I have said this before also, that the way to a man's heart is not through his stomach but it is through his tongue. Even if we know a few words and we speak his language, it touches his heart". Master was saying a few sentences in Arabic much to everyone's surprise. He was really tired after the physiotherapy and said, "If any one of you asks me to walk even a few steps, I will retire!"

On Wednesday August 29, Master started a 24-hour test of his cardiac system and monitors were placed

## ECHOES INDIA NEWSLETTER



in his chest. He was asked to do his routine activities, and so he decided to go for a round in his wheelchair in the evening. But, as it started to drizzle, he came back and sat by the verandah. Master recalled the story about Vamana avatar and Shukracharya and how the latter lost his eye in the incident and Master made fun of those seated in front of him that they were computer experts but did not know all these stories of the past.

Sis. Alla and Br. Igor have made a DVD documentary about Satkhol called 'The Golden Silence of Satkhol' and they gave it to Master who expressed his interest to watch it. As Master watched very keenly, the atmosphere totally changed, as if everyone was transported to Satkhol.

Tuesday September 11 was 'Gayathri's' 50th year from initial construction, and Master said he had planned for a celebration but due to his health it could not happen. In a conversation, Master observed, "The main features of a wife are that she should be loving, she should know how to cook, and she should be able to take care of children properly. Nowadays, we want pretty wives, etc. and then we become jealous that others are looking at them".

An abhyasi asked Master, "How do you balance between meeting abhyasis and the need for you to rest?" Master said, "I love my work and where there is love, there is no limit". Master then talked with the Kanha project team and gave several suggestions to

prepare the Kanha venue for the upcoming celebration of April 30th 2013.

Master then went to the meditation hall to inspect the work that is happening and on the way back, stopped at Dorm A to listen to Br. Raghavan's talk to the abhyasis from Vishakapatnam. Master then gave a short 15 minute sitting and came back to the cottage.

Master decided to stay at Br. Madhava Reddy's house so that the cottage construction work can take place. His stay in Br. Madhava's house is mainly for rest and recovery and even then, there has been a constant flow of abhyasis coming to meet him. Master is trying his best to meet with abhyasis but it is essential that all understand his need for rest so that he can recover.

One evening, Master walked from his bedroom using a walking stick which showed an improvement in Master's recovery. Master sat for a little while outside and then went inside driving his wheelchair by himself. He was in a good mood talking about pain, suffering and how one must accept pain cheerfully as it is good for our growth and evolution. Master said that he walked with a stick, only to face the next difficulty which he must overcome.

On Saturday September 22, Master had a dental checkup in the morning and then went to Dorm A at around 11:30 a.m. He met abhyasis from Coastal Andhra Pradesh and gave a short talk explaining the



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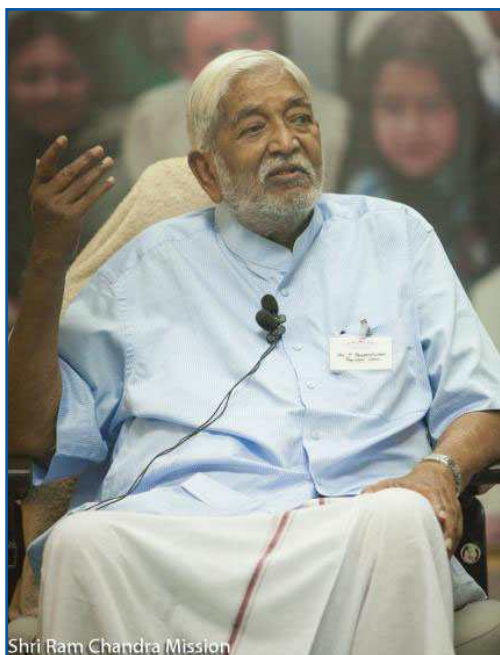


importance of not wasting time and then said he would give a short sitting. Master in his talk mentioned the “urgency to progress by utilizing the time available to us”. He urged everyone to remember that, “Time wasted cannot be recovered”.

There are times when Master comes out till the hall, walking with the help of his stick and abhyasis sit around him. On one such session, a lot of abhyasis came and sat around him. Master looked very tired and weak but he had started to give a sitting without telling so. After about 15 minutes, he said “That's all”. Master was then listening to an abhyasi couple from Turkey who brought good news about the Mission in Turkey which cheered him up.

One Sunday morning, Master gave a sitting in Br. Madhava's house at the same time as the satsangh was going on in the ashram. When Br. Kamlesh later told Master that during the middle of the satsangh, it went to a different level of absorption, Master said that when he was giving the satsangh, at some time in the middle of the satsangh, he included everyone in it and that was the effect.

Friday September 28 was Br. Kamlesh's birthday and Master offered prasad in the morning and gave to everyone. In the evening, all the Kolkata abhyasis assembled outside Br. Madhava's house and Master came out and sat for a few minutes. All the abhyasis who had assembled felt a sense of fulfillment when they could meet Master.



During the start of the Chinese seminar, there was a meeting of the organizers of the Chinese seminar along with Master and they discussed the details of the program for the week. About seventy abhyasis from China and Far East came to attend this seminar. On Tuesday October 2, Master went to Dorm-A to join the Chinese seminar participants and gave a sitting and a talk. In his talk, he said, “From my student days in college, I have been fascinated by Chinese culture and philosophy and I managed to get copies of this Tao Le Ching and Analects of Confucius and something that fascinated me much, the 'I-Ching - the Book of Changes'”. He also expressed his wish to go to China again saying, “I have even visited your country, though only one or two places, I would visit it again if my Master permits, but you know it is very far away. But maybe someday I will go rest a few days in Kolkata, and then go to Kunming. That is of course if you will all have me.” Master mentioned that the Chinese and Indian people share so much in ancient culture, philosophy, historical events. He said, “You should all come again and again to meet this old fellow you know, who doesn't know Chinese but thanks to my Master I am well enough to meet you all, you see and to exchange a few words and to invite you to the next seminar in October 2013”.

One evening, a couple of sisters from Russia came to meet Master to tell him that they were going back and asked Master to give them a message. Master said, “You see, to change the world is not our job. That is a cosmic work. But, we can help by bringing one more, one more, one more, into this, you see, clear heart, loving heart and slowly everything changes. If you put a stone in a pond, the ripples go like that. We must not think that our work is small or big. We just do it. I used to ask Babuji Maharaj so many times, that Babuji, we are doing so much, will there be a result? And Babuji said, never ask that question. So, we don't think about results, just do and have faith that result will follow.”

## Seminars at Manapakkam



### September 4 to 9, 2012

About 630 abhyasis from **Allahabad** center arrived to attend this seminar. Apart from the regular programs of satsanghs, meetings and events that happened during the seminar, the abhyasis also had an opportunity to meet Master a couple of times. All abhyasis assembled in a disciplined manner outside the cottage, and Master came out in the evenings in his wheelchair for a couple of days and met with all the abhyasis. Complete silence was maintained and Master sat for about 10 - 15 minutes with abhyasis.

### September 11 to 16, 2012

Abhyasis from **Vishakapatnam** and Dachepalli centers are visiting this week and the abhyasi attendance for this seminar is about 530 abhyasis. Master visited once to the Dorm A and gave a short talk as part of the seminar.

### September 18 to 23, 2012

This seminar for abhyasis from **Coastal Andhra Pradesh** included the East Godhavari, West Godhavari and Kakinada centers. The total number of abhyasis was about 430 in number. Master met with all the abhyasis on 22nd, gave them a sitting and a talk. There were daily talks apart from the regular satsanghs and abhyasis participated in all these events.



### September 25 to 30, 2012

Abhyasis from Kolkata and all the other **West Bengal** centers, as well as abhyasis from Sikkim and Tripura came together and participated in this seminar. Br. Kamlesh has been very actively involved in this seminar as well as all the other seminars. He gave several talks mainly emphasizing on not disturbing Master in trying to gain nearness to his physical presence but instead focus on the inner presence of the Master and maintain the condition and absorb all that Master is doing for us spiritually. Although Master had planned to come to meet the abhyasis, he could not come due to some road work happening outside the ashram and so he instead met with all the them in Br. Madhava's house itself. There was one day when all Kolkata abhyasis went to meet Master. There was another day when all the Sikkim abhyasis went to meet Master. In this way, Master not only did the spiritual work but he also took the extra effort to meet with all the abhyasis. A total of about 460 abhyasis turned up in this seminar and the ashram was very lively with abhyasis everywhere and a fresh energy was being felt by all.

### October 2 to 7, 2012

About seventy abhyasis from **China** and **Far East** came all the way from distant places to participate in this event. Master was getting regular updates on the various events happening and was giving guidance as and when required.





### October 9th to 14th, 2012

Around 530 abhyasis from Pune were blessed to enjoy the divine presence under his umbrella in Chennai.

The three powerful satsanghs each day filled everyone. The serene atmosphere, the devotion of volunteers, the eye-opening speeches and the tranquillity in the ashram was something breathtaking. Everyone wanted more of it.

Master came to the hall and spoke. His presence surprised everybody. Another surprise was time spent with Br. Kamlesh in his office where love flowed.

A week was too short but what we got will remain for eons to come. To maintain the condition given by him is our responsibility now. This trip couldn't have been better, so a wholesome and productive visit was enjoyed by all.

### E-Facilitator Help Desk, Lucknow

Lucknow ashram has introduced an e-facilitator help desk for abhyasis who are not well versed with the use of the Internet. This help desk facilitates abhyasis in learning the basics of sending emails, exploring the Mission website, subscribing to Daily Reflections, Whispers from the Brighter World, Sahaj Sandesh, filling up online application forms, etc. This facilitates the abhyasis to go through the recent speeches and all other quick updates received by e-mail immediately.

### Mangalore Ashram Land



The search for a permanent place for meditation for the abhyasis of Mangalore ended when a 12 acre plot was bought in Bantwal Taluk, 18 kms from Mangalore on the Mangalore-Bangalore highway. The land is 5 km from the highway opposite to Canara Engineering College. 4 acres of land will be used for constructing the ashram and 8 acres have been allotted to abhyasis for a residential colony.

Satsangh was conducted before commencement of construction work on 19th September 2012. Master conveyed his blessings and Br. Kamlesh Patel advised that all abhyasis should meditate on the previous day also to have a clearer mind. Satsangh was attended by fifty abhyasis from Mangalore, Puttur and Mysore. The atmosphere was charged with Master's Grace. After satsangh, Master's message published in 'The Principles of Sahaj Marg, Vol.15' was read out By Br. Prasad Krishna. Later he

spoke and appreciated the good work done by Br. Subraya. Br. Radhakrishna, Br. Annaji Rao, Sis. Nalini also spoke. Sis. Vanajakshi sang a bhajan written by late Br. Sarnad. Immediately after satsangh, the work for construction of roads and layout commenced. A temporary meditation hall will soon be setup for conducting satsanghs.



## Youth Programmes

### Youth Programme, Kolkata

About twenty-five abhyasis gathered at BMA on 14 and 15th October. After satsangh and breakfast, they had the 'Prayer' module of the 'Grounding in the Practice' facilitated by Sis. Leena Dave. Every abhyasi remarked that they realized the deeper meaning of 'prayer'. In the evening two talks on 'Service' by Master were played.

On 15th, there was an introspection session with six questions on the importance of the three 'M's in an abhyasi's life. This was not only an opportunity for self-evaluation but was also an inspiring session where experiences were honestly shared.

In the afternoon, a video on CREST, Kharagpur was shown and abhyasis were encouraged to attend the upcoming youth seminar. This was followed by another talk by Master on 'Service'.

During the two day stay, the youth were motivated to lead a disciplined life by doing their individual sadhana at the appropriate time. The programme came to an end with satsangh at 4.00 p.m. The young abhyasis stayed in the ashram for the two days. Volunteers from the kitchen and the ashram manager joined them and this group of abhyasis developed a special bond.

### Ahmednagar centre, Maharashtra

A youth program was conducted on 26th August. Eight abhyasis of age group 18 to 35 participated. The main objective of this program was to encourage development of the center through the active participation of young abhyasis. The activity started with bhajan, followed by a drama which was based on the work of samskaras. There were talks and discussions on 'How to explain Sahaj Marg to aspiring abhyasis' 'Balancing material and spiritual lives'. To conclude a video clip on 'European youth seminar' was played. All abhyasis participated enthusiastically and actively in all the discussions. The program was interactive and effective.



### The Global Youth Network

This initiative is to create a worldwide community for the youth of Sahaj Marg. The Internet became the natural starting point and due to overwhelming participation, Webinars were introduced where abhyasis could connect and participate in a cyber gathering. This network will allow promotion of Sahaj Marg initiatives and a means to quickly mobilize large number of volunteers for projects.

The young abhyasi is typically either single or recently married. Many are studying or starting their careers. Life is dynamic and busy, surrounded by a world of temptations and ambition; a period perhaps when the practice is most crucial, yet ironically is sometimes the most neglected.

The first youth webinar took place on June 29th. Br. Bill Waycott encouraged the youth to get involved in the Mission and Br. Santosh Khanjee emphasized importance of discipline in the practice.

On August 25th a group gathered online again. They were from California, Australia, Latin America, Europe, the Middle East and India. Inspiring and beautiful presentations created an atmosphere of love transcending borders of space and time.

To register for news and invitations for this:  
<https://docs.google.com/spreadsheets/viewform?formkey=dE8wRmdCR2txVkNlcXATmNCX2d3UHc6MA#gid=0>

### Sahaj Picnic, Bhilwara, Rajasthan

On 29th September twenty-two youth and children of abhyasis gathered at a picnic spot called Harini Mahadev. The selected topic was 'Heart of the Lion' on which leadership qualities and fearlessness were discussed. A question-answer session was conducted where the participant's answers were matched with Master's anecdotes in relation to the topic. A game where three groups were directed to communicate without speaking was fun filled and thought provoking. This picnic was appreciated by all the participants.



### NSS camp - Tiruppur Diamond Jubilee Park



From 23rd to 29th September an NSS camp for sixty students was organised by SRCM in collaboration with Nanjappa Corporation High school and KSC Government High School at DJ Park, Tiruppur.

On 23rd evening the headmasters of the two schools and teachers from various schools participated in the inaugural function. Awareness programmes on road safety, avoiding plastics, dengue fever, first aid and tree planting were conducted by guests from various social service organisations and by abhyasis. The evening sessions included quiz programme, a talk on 'Vivekananthar and Spirituality' and a short film emphasising the conservation of nature.

On 29th, Palanisamy, panchayat president presided over the valedictory function and Rajaram, DSP, Tiruppur South distributed certificates to the students. Students and teachers of both the schools stayed in the DJ park for seven days. It was an opportunity for all the visitors to know about our Masters and the Sahaj Marg practice.

### Spiritual Seminar at Madurai ashram

Regional coordinator Br. N. Prakash and ZiC Br. T.V. Viswanatha Rao visited Madurai ashram to organise a seminar for three days from 28th to 30th September. About 625 abhyasis from Madurai and nearby centres participated in this programme.

The programme commenced with satsangh at 5:15 p.m. on 28th. After dinner and universal prayer, another satsangh was conducted at 9:15 p.m. Br. Prakash explained that this programme was an intense spiritual seminar and in the interval between satsanghs, all abhyasis should meditate as many times as possible or read mission books or maintain silence, digest Master's grace and transmission, go deep into their hearts, introspect and feel the presence of Master within them.

### ZiC Visit to Southern Region of Tamil Nadu



Br. T.V. Viswanatha Rao, ZiC, TN (S) toured in the southern districts of Tirunelveli and Tuticorin from 22nd to 26th August. He visited mission centres at Chinnavallikulam, Sivakasi, Kovilpatti, Tuticorin, Tirunelveli, Cheranmahadevi, Vallioor, Kalakkad, Kottaikarungulam and Vadakangulam. New centres were inaugurated with a small number of abhyasis in Sathur and Alamarathupatti.

Br. Rao addressed open houses in Thoothukudi at the National Thermal Power Corporation and Holy Cross Home Science College. The other venues were Samoogarengapuram and Mukkodai. During this tour, new aspirants were given introductory sittings at many places resulting in overall livening up of Mission's activities in this part of Tamil Nadu.

The abhyasis were also requested to note down their inner condition and changes in their diary. Pamphlets explaining the importance of diary writing and suggestions to read their inner conditions before and after meditation were distributed to all the participants.

On 29th, four satsanghs were conducted and Br. Prakash read out the 'Whispers from the Brighter World, messages after every satsangh. On the 30th, Sunday satsangh was conducted at 7:30 a.m. and at 11:30 a.m. by Br. Prakash. After satsangh, Br. Rao said that this seminar would be helpful for abhyasis to work upon themselves. Br. Prakash said that abhyasis should become the carriers of love, harmony and peace in the society, as per our Master's wish.

## Training Programmes

### Publication Workshop - Mangalore, Karnataka



A full day workshop on 'Sharing the Experience and Joy of Reading Mission Literature' was conducted at Mangalore center for fifty-eight abhyasis. The workshop covered the importance of reading, why we should read, its spiritual benefits, the attitude with which we should read and the guidance of the books in attaining our spiritual goal. During the course of the presentation, several video and audio clippings from Master's talks were played which were enlightening and informative. The session concluded with satsangh.

### Prefect Seminar, Kerala

On 23rd September, prefects from North Malabar centres gathered at Thalassery to discuss various aspects of centre development and functional aspects of full day programmes. It was decided that during full day programmes the topic selected should not be deviated and all abhyasis should be given a chance to express themselves. Examples, as far as possible should be quoted from Sahaj Marg literature itself. A full day programme based on the messages from 'Whispers from The Brighter World' is proposed to be conducted on 23rd October.

### Enhancing Publication Activity, Mysore

A district level publication volunteers' workshop was conducted in Mysore on 1st & 2nd September with the participation of forty-three abhyasis from fifteen centres. The programme started with a session on sadhana as the foundation for effective volunteering. The components of publication activity such as volunteers, items, infrastructure and sales and distribution, were discussed in detail. Importance of reading Mission literature by volunteers, was emphasized. District wise plans and guidelines were discussed and district coordinators presented the plan for the benefit of everyone.



### 'Avalokana' - Bangalore, Karnataka

An advanced training program in Kannada was organized on 8th and 9th September at Banashankari ashram in which around 175 abhyasis participated. The objective of this program was to enable abhyasis to introspect and understand the subtler and deeper concepts of Sahaj Marg. The topics chosen were Sahaj Marg philosophy, subtle aspects of sadhana, Sahaj Marg a way of life, role of Master in our evolution and relationship with Him, stages of love in our spiritual journey, progress, transformation and introspection. A question and answer session and explanation of the spiritual meaning of Master's quotations by the abhyasis was arranged to ensure active participation by all.

### Kannada Translation Training Programme



A training programme for Kannada translation was held in two phases. The first on 17th June and the second on 5th August. The objective was to train interested abhyasis to take up translation of Master's speeches, books, video subtitles, etc. from English to Kannada, so as to widen the panel of translators and also to ensure quality work within a fixed time frame. The programme was conducted by Br. Ram Sastry and Br. Subramanya B.G. for seventeen abhyasis who participated.

In the first phase, the trainees were given a few English passages from Sahaj Marg literature and asked to submit their translations. In the second phase, a comparative study of randomly selected translations was done. The positive features and areas of deficiencies were discussed. A few tips for translation and for writing articles in quarterly magazines were also given. The programme was objective and the trainees found it very useful.

## Pointing the Way



### Ahmedabad, Gujarat

As a part of new initiative, Br. Jignesh Shelat, CiC, invited college students to visit Ahmedabad ashram to participate in a workshop on 'Understanding the Real Goal of Life'. Around sixty-seven students from eight institutes attended the workshop on 7th August, 2012. The programme commenced with a presentation after which the students were asked to actively participate in a group discussion on five topics. While summarizing the work shop, the Sahaj Marg way of meditation was explained and many showed an interest in joining the system. Beloved Master's grace was felt throughout the workshop.

### Trivandrum, Kerala

Three open houses were organised at Infosys, and Ernst & Young following the invitation of the HR team of the respective companies. The events were conducted on 9th and 13th of August at Technopark campus of Infosys and on September 6th at Ernst & Young. Both companies had sent official invitation mailers to all employees a week before. The sessions started off by discussing how meditation can bring in work-life balance, inner peace and harmony and how meditation facilitates real transformation of an individual. Later, detailed aspects like object of meditation, meditation on the heart, the need for a guide and activities of SRCM, were touched upon. The sessions were punctuated by questions from participants who actively engaged themselves in the programme with enthusiasm.

### Lumding, Assam

On 1st September, an open house was conducted in a small place called Lumding near Guwahati in Assam. Br. Avijit Dey worked hard to make this open house possible in a place where Sahaj Marg has no history. The gathering of thirty-four enthusiastic aspirants including students, teachers, lawyers and businessmen was



addressed by Br. Asoke Sengupta who highlighted the 'Role of Meditation in Human Life'. As the majority of participants were Bengali speaking, the session was conducted in Bengali. ZiC, Br. Dhani Chand and Br. Raju Sharma were also present. A total of fourteen aspirants became abhyasis and another five are expected to start in the following week.

### Proddatur, Andhra Pradesh

On the invitation of the Engineers Association, an open house was conducted for around 150 engineers employees of Rayalaseema Thermal Power Plant (RTPP) near Proddatur, Kadapa District on 1st September. Br. T. Biksham gave an enlightening talk on Sahaj Marg system of meditation, the importance of meditation and salient features of our system. The participants were really moved and impressed and thirty-five of them started the practice.

On the same day, a get-together was planned for all the abhyasis of nearby centres. Though Proddatur is a small centre, 300 abhyasis gathered for the programme conducted by ZiC, Br. M.R. Gangadhar and Br. T. Biksham.

### Srinagar, Jammu & Kashmir

The Central Reserve Police Force campus in Srinagar was the venue of an open house on 1st September organised for the wives of CRPF officers. Sis. Rajni Datta, wife of Br. Sandeep Datta, DIG, conducted an exercise for the twenty participants to evaluate body and mind co-ordination. Presentations were made on the theme of 'Sukhi Parivar, Nari ki Jimmedari' by Sis. Chandra Kanta and Sis. Rajni Datta. The journey of inner





transformation was presented by starting out from the basic fears and anxiety of the human mind to reaching out to a higher self that is our inner sea of tranquility. Many were enthusiastic about taking up the practice. They connected with the fact that their behaviour stemmed from their inner values, which children take upon as role models of behaviour.

A similar gathering was done for the officers and Jawans of 82nd Battalion, CRPF at Srinagar on 2nd September, 2012.

### **Mangalore, Karnataka**

On 14th September, an open house was organized at Srinivas Institute for Management Studies for the first and final year students of MBA, first year students of B.Ed. and staff members numbering around 200. Br. Prasad Krishna gave a talk on Sahaj Marg. Many interesting questions were raised on the method of meditation by participants including the Principal and Vice Principal of the college. Many students collected the brochures and some have evinced a keen interest to start the practice.

### **Nellore, Andhra Pradesh**

On the occasion of International Peace Day on 21st September, 2012, an awareness programme on 'Value Based Spiritual Education' and 'Importance of Meditation' was conducted at Narayana College of Pharmacy, Nellore for the students, faculty and administration. Speaking on human values, Sis. Uma Gangadhar expressed the need to develop love and affection towards family members, kindness, giving attitude, compassion and so on towards society. Br. Ganga Prasad explained how meditation leads to improved concentration and awakens the

spiritual potential in human beings. Br. Veerabhadra Rao and Chakka Gopinath, Principal, concluded the session with a few more points on values and how meditation leads to a calm and peaceful mind. The programme was well received by the students and faculty.

### **Buchireddypalem, Nellore, Andhra Pradesh**

An open house along with a full day programme was conducted on 30th September. Around 96 abhyasis from Buchireddypalem and Siddipuram centres participated. The open house session, attended by fifty-five aspirants, started after satsangh and continued till noon. The speakers covered topics like 'Religion and Spirituality', 'Need for Spirituality', 'Need for a Guru' followed by a question hour. In the afternoon, the programme was oriented towards the practicing abhyasis with discussion on the importance of Ten Maxims and basic aspects of sadhana.

### **Khamgaon, Buldhana District, Maharashtra**

The fragrance of Sahaj Marg though introduced here quite a few years ago, appeared dormant. The few abhyasis of this center felt an inner urge to work on themselves and to work together and prayed for Master's help for the growth of their center. Soon, wherever they went, the people they approached enquired about meditation and its relevance in modern life and evinced keen interest to know more about 'Sahaj Marg'. Accordingly a preceptor from a nearby center was invited and in a short span of one and half days, five open houses were conducted for the staff of two engineering colleges, faculty of an arts and science college, the executives of Hindustan Unilever Company and one in the Chemist's Hall. The enthusiasm of the participants was apparent as they started approaching the prefects present and fixed the appointments for introductory sittings.



## Harur Ashram, Tamil Nadu

## Centre of Light



Harur is a small town situated in Dharmapuri district of Tamil Nadu. It is connected by state highways to big towns like Salem, Dharmapuri and Thiruvannamalai. The old and picturesque Morappur railway station is ten kilometres away.

The inception of this centre took place with the open house conducted by Br. V.K. Somakumar at Vasavi Mahal on 25 September 1995. Out of the 150 people who attended, fifteen took sittings on the same day. Prefects from Tiruppur, Sankagiri and Dharmapuri had come to give sittings to the aspirants and the centre started functioning from October 1995.

Harur ashram is situated on Thirupathur main road about five kilometers from Harur. The search for land had begun in 1998 and an extent of 5 acres at Soriyampatty was purchased and registered on 19 April 2000.

Master visited Harur ashram and inaugurated the meditation hall on 17 February 2001 and stayed for two days. Over three thousand abhyasis and five hundred aspirants were present. In his talk, Master expanded on the idea of 'centre of light' and said, "But this should truly be a centre of light, it should not become a 'Centre of darkness' like an abandoned temple. When does light come? Only if you take a match stick and light the wick in the lamp, then it is light, else it is only darkness. So it is we who have to come and create the light, as the light does not come by itself. So, when we come here, we have to come with a clean heart, if we bring a pure heart, automatically the light will keep growing. It will become radiant."



## ECHOES INDIA NEWSLETTER



The ashram has a beautiful garden with many trees adding to the serenity of environment. The meditation hall measures around 1000 sq.ft. which has an AC sheet roof and the construction was completed in three months in December 2000. Apart from this there is an 864 sq.ft. dormitory along with ample number of toilets and bathrooms. Besides, Master's cottage, the ashram also has a spacious kitchen and serving area with a cool and picturesque grass roof top dining area.

Master visited this ashram for the second time on 16 August 2007 and conducted satsangh. Master has given permission for construction of a permanent Meditation Hall for Harur Ashram.



In the adjacent area of the ashram, Shri Chariji Nagar Housing Colony was formed in an area of 7 acres. A total of 90 plots were allotted by Master to the abhyasis for residential purpose. An overhead tank with a capacity of 30,000 liters has been constructed for water supply to the colony.

After Master's visit, sub-centres such as Uthangarai, Singarapettai, Kambainallur, Bommidi, Pappireddipatty, Morappur and Kottapatty have come into existence. In all, about 400 abhyasis are practicing Sahaj Marg in Harur and its sub-centres. Besides satsanghs, the activities of the centre include celebrating the birth anniversaries of the Masters of Sahaj Marg, prefects' meetings and training programmes.

## Announcements

### New Appointments

**Dr. Satya N. Mandal**  
Zone-in-charge of Delhi (NCR) area.

**Upendra Paul Dhawan IRS (Retd.)**  
Director, CREST - Kharagpur

**Sis. Roopali Garg**  
Asst. Director, CREST - Kharagpur

**C.S. Ramachandra Murty**  
Maintenance Manager, CREST - Kharagpur

**Jagdish Saran Gupta**  
Manager Lucknow Ashram

**Ulhas Rao Kumble**  
CiC, Hyderabad Centre

**Shyamji Mehrotra**  
CiC, Lucknow Centre

### Archives at WHQ, Chennai

To preserve the history of our Mission, the Archives Team at WHQ, Manapakkam Ashram is collecting and preserving various Mission artifacts which have historic significance. If you happen to have any such items (e.g. photos, audio, video in any format and medium, old books, magazines or any artifacts that were used by any of the Masters, please kindly consider contributing them to the archives so that they can be preserved for posterity. The Archives team can be contacted at [whq.archives@srcm.org](mailto:whq.archives@srcm.org).

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