

Master's Tour



Master's Visit to Malaysia, 22nd -27th of June, 2011.

Master arrived in Malaysia from Singapore on the afternoon of the 22nd of June. From the airport He proceeded straight to inaugurate the new Malaysian ashram in Klang. Master was very joyous on arrival, greeted the 200 abhyasis present and immediately conducted satsangh. He spent that night in the ashram, and the next morning he joined all abhyasis at the seminar venue, in the Premiere Hotel, a ten minute drive from the ashram. In spite of all physical inconveniences of being in a hotel not suitably equipped for his age, Master decided to stay at the venue for the duration of the seminar.

Evening satsangh on the 23rd was scheduled to start at 5pm, but at 4.15pm, Master was already present in the large hall, eager to meet abhyasis and to inspect the seminar arrangements. Master conducted all morning and evening satsanghs to the delight of the participants and the children were lovingly greeted

by Master as he walked from the lift to the hall. The seminar was punctuated with talks, meetings and cultural programs. The seminar theme "One Heart, One Humanity" was approached from different angles by five speakers, Brs. Krishna, Santosh Khanjee, Kamlesh Patel, Kambiz, and Satbir, making for enriching and thought provoking sessions, which Master attended personally.

Master conducted the last satsangh on Sunday morning, the 26th, in the Malaysian ashram, and all Malaysian abhyasis were given individual sittings on that day. Master left for Chennai the next morning, the 27th of June.

Some excerpts from Master's informal conversations during this trip:

- ◆ Master said that he is always happy because he doesn't have any doubts and desires - the two things that make people miserable.
- ◆ When an abhyasi asked Master about his availability to meet people, he emphatically replied saying, "I am up to everything - all the time!"
- ◆ Babuji Maharaj has said that human beings do not know love. Love is between the creator and the created alone, not between the created. What is among the created is only affection and mutual dependency, which is wrongly called love.
- ◆ One cannot love without pain. Love means pain. If there is no pain, there is no love.
- ◆ Bliss is something which is not associated with this world at all, it is a condition. Joy is not a condition, but an experience, as is pleasure. Love is a quality of the relationship between an individual and his maker, like the love between a mother and her child.





Chennai, 27 June to 20 July, 2011

Master was received by a large number of abhyasis at the Chennai airport, from where he went straight to Manapakkam ashram. When he reached his cottage, he said, "I feel like I am plugged in and I am now recharged".

A few days before July 1st, the day when Master had to perform a few marriages, he asked, "Are there any weddings to perform today" and he was told that it was not today but scheduled for Friday. Master then said, "It has been a long time since we had satsangh in the meditation hall, right?" and said that he would like to conduct one. It was a sudden decision and he finished off all his morning work including making two prefects, checking his emails, breakfast and got ready for satsangh. It was amazing to see Master walking so fast between his bedroom and his office as he had so much to do.

One morning, a brother came and informed Master that he had to go out to attend an important meeting. He told him to go early, saying "There is always wisdom in appearing early rather than late."

A visiting couple informed Master that they had adopted a baby. He was very happy to hear this and said, "I love people who adopt babies. There are so many homeless children in this world and I am always for it. But, under no circumstances, you should tell the child that he/she is adopted. Even at this early age, you should not say it, as it will register within the baby in some way. Treat the baby as your own." He ensured that somebody took care of the baby to enable the couple to attend the sitting that followed.



Guru Purnima - Friday, 15 July 2011

Master was ready very early in the morning and first inaugurated the new Auditorium cum Library building that has been completed in the ashram. He then proceeded to the meditation hall and was in the hall by 7:00 a.m. to conduct the morning satsangh. The meditation hall was full and had overflowed to the terraces of the adjacent dormitories.

In the evening, Br. Ganesh and Br. Kumaresh presented a violin concert in the meditation hall. Master initially watched the program via CCTV, but as the program became very captivating and interesting, he came to the hall, much to the delight of the abhyasis and the musicians. It was a night to remember; on a full moon night, Master enjoying the program along with the abhyasis. It was indeed a grand finale to an auspicious day.





Tiruppur, 26 to 29 July 2011

The birthday celebrations came to an end on 25th July and Master decided to stay in Tiruppur till the 29th. Abhyasis wanted to meet him before they left and Master spent time meeting as many as was physically possible for him, as he was tired and required rest after such a large celebration. In one sweeping statement, Master said, "For everyone I am meeting and everyone I have not met, I have already given everything that I possibly can."

To a group of abhyasis, Master said, "When you come for such a bhandara, please stay for a few more days and don't rush back. Please slow down, relax, take it easy and be present in this atmosphere for as long as you possibly can." Talking about the atmosphere, one abhyasi said that it was sad to see the tents being taken down and the place looking empty. Master said, "I started feeling like this from 24th evening itself, as the first set of abhyasis started leaving."

When an abhyasi thanked Master for giving him the opportunity to work during the celebrations, he replied, "For one who is willing to work, work finds its way to him."

Chennai - 29 July 2011 to 15 August 2011

Master arrived at Chennai on 29th July and went straight to Manapakkam ashram. His usual routine of work started as soon as he arrived.

Master has been engaged in a new project, to talk about the history of Sahaj Marg. He made a statement at Tiruppur that, "While one is alive, we do not want to get into the details, and already lots of details are lost forever." He applauded the initiative taken by some abhyasis to collect the history of Sahaj Marg in various countries. The Europeans interviewed Master on the history of Sahaj Marg in Europe. He stayed at Gayathri from 2nd to 5th August and returned to Manapakkam on 6th morning.

On 2nd August, he had invited around 150 overseas abhyasis for dinner at Gayathri. Master's family was the perfect host, ensuring that everybody had their dinner. On a different note, one can see the effect of age on Master. It is difficult for him to sit down or get up from the chair and it is very hard to see him go through this. Once, Master was struggling to get up from his chair and some abhyasis tried to help him. He said he did not want help; he made an effort and got up by himself.

When Master came back to Manapakkam on 6th August, a group of abhyasis from Mumbai explained the land project that was coming up and Master was very keen to know the details. When a brother mentioned that the project is half-way but not completed, Master quoted a Hindi proverb which says, when the elephant's trunk is visible, its tail is sure to come.

One night after dinner, a sister requested some time from Master and he said, "As you can see, I am very tired now, you should see how I am feeling and then make your requests." It was a lesson for all.

Master talked about taking interest, "In any field, the first step is to take interest, this is what Babuji has said for Sahaj Marg also, which is to take interest." He said that for us to take interest, we have to make it a part of ourselves, which means, make Master, the Mission and the method as our own.

Master graced the CiC/ZiC meet which was taking place from 13 to 15 August at Manapakkam ashram, with his presence and spoke at the inaugural as well as the closing sessions.

On the occasion of Independence day, the flag was hoisted at Manapakkam ashram by Br. A.P. Durai at the front of the meditation hall with about 150 abhyasis and children present.

On 16th Master left for Delhi to attend to the registration of land for the Mission. He then proceeded to Hyderabad on 18th, again for the registration of land at the new project site.





ZiC/CiC Workshop



CiC - ZiC Workshop for Southern Zones Chennai, 13-15 August 2011

A workshop was conducted in Manapakkam for ZiCs/CiCs from Andhra Pradesh, Karnataka, Kerala and Tamilnadu from August 13 to 15. The seminar started with a sitting from Master followed by a talk. In his speech Master emphasised that preceptors are arteries of the Mission and they carry forward the work of the Master. He pointed out that Babuji came to the south and transmitted and we could see the fruits after twenty years. He said that prefects should take the work seriously and they should serve with dedication and when they serve, they always have the opportunity to rise like the Master.

This was followed by a talk by Br. Krishna who introduced the GST (Global Service Team). He said that prefects should concentrate on spiritual work as that is their primary duty and they should delegate the administrative work to volunteers. Various members of the GST then presented their core functions followed by a question and answer session. The various teams were Program Development, Training Delivery, Community Building, Member Services, Fixed Assets, Operations and Continuous Improvement. The ZiCs and CiCs worked till late to formulate a blueprint on how they would implement these services in their respective centres.

On the last day Br. Rajagopalan reiterated on how to carry on the prefect's work. All the zones and important centres were asked to present their plan of action for the next one year. Master closed the seminar with a speech and said that we should first transform ourselves into good human beings. He said that while you are all for GST, I am for ISI - Individual Serving Individual. Be human, receive the other person opposite to you with lot of love and serve him with all your heart. Only when you are clean you can serve him better. You take care of the abhyasi and He will take care of you.

Seminar for Abhyasis from Africa

The first seminar of around sixty abhyasis from countries in Africa took place from 16th to 22nd in Manapakkam and later moved to Tiruppur. It was a week of intense training with talks, individual sittings, satsanghs and workshops adapted to cater to the needs and requirements of the African brothers and sisters. Most of the delegates had saved up for months to be able to visit India and meet Master for the first time. On 16th, Master gave a talk and conducted satsangh. All were inspired by his profound talk, which was aimed at the African people but will no doubt impact all of humanity.

He said that it is not the countries that are 'dark' but the hearts of the people; tribal customs, superstitions, etc. need to be eliminated completely. He asked those present to take up the challenge to work fearlessly and bring 'light' into hearts of their people. The only way to create any change is in the transformation of people, to create one world, one humanity.

Br. Krishna's talk on 'Unity in Diversity', Br. Rajagopalan highlighting the uniqueness of Sahaj Marg and Br. A.P. Durai on Roles and Responsibilities were motivating and inspiring.

Most of the participants of the seminar travelled by road from Manapakkam to Tiruppur by bus. Based on Master's guidance, they stopped at Natrampalli ashram for lunch and at Krishnagiri Ashram for snacks. The brothers and sisters were fed with love and the experience of seeing these ashrams was a great learning experience for all.





At Tiruppur, Br. James and Br. Michel gave talks. Master in his concluding talk said, "We have different languages. But when there is love between us there is no problem of language. The eyes speak. Isn't it? ...So let us stick to being human beings and enjoy what God has given us - humanity. Humanity means loving, sharing, caring for each other, and above all, not cutting the cake. By that I mean the cake of humanity. And this must come in practice, not only in theory, remembering that God speaks to us through His language. What is His language? Silence. From heart to heart, not from mind to mind."

Every abhyasi left the seminar with his/her heart filled to the brim and the commitment to take Master's message into their hearts and let it grow and shine, to touch every human being with this light.

Master's Birthday Celebrations **At centres in India**

In **Kolkata** the programme was attended by around 275 abhyasis and children. Devotional songs were sung with love and after breakfast, Master's talk on discipline in Hindi, was played, followed by a DVD showing Master's pictures taken during his overseas tour. Questions were asked on various aspects of sadhana which was enthusiastically answered even by the newly joined abhyasis. A quiz on Master's life 'Down Memory Lane' was conducted. Post lunch all abhyasis relaxed in silent introspection absorbing the spiritual atmosphere until evening satsangh.

In **Jodhpur**, a three day program was attended by around 190 abhyasis and children. The meditation hall was cleaned and gracefully decorated. Bhajans were sung with love and devotion. Skits were

enacted by children on various aspects of sadhana. DVDs on Master's talks were played. All abhyasis expressed their gratitude to Master by relating real life situations where they felt his role in transforming their lives. The abhyasis went back rejuvenated and with a message that devotion, faith and surrender to Master will give them the strength to face difficulties and challenges in life.

At **Bhilwara** the theme was 'discipline in love', posters on Master's sayings were put up on the walls. The morning satsangh was followed by bhajans, a play and a DVD show.

In **Jaipur** there were talks and discussions on various aspects of sadhana followed by cultural activities by children which touched the hearts of all those present. The three day program was attended by around 300 abhyasis and children.



Jodhpur



Jaipur





Importance of Service

"It is difficult to love the Master, if not impossible," Revered Master had said while addressing the functionaries of the Mission on January 10, 2010. He was reiterating what his Master, Babuji Maharaj had taught years ago that love was something about which we know nothing. It was only through service that one could develop love.

Volunteers' Registration Desk

One saw a steady and strong inflow of volunteers at the volunteer desk and almost all the departments, including security, kitchen, dining hall, canteen, meditation hall, health, transportation sanitation and housekeeping had no lack of manpower. Abhyasis of Tiruppur and nearby centres worked relentlessly to help the abhyasis and make them comfortable throughout the period

The Run-up to the Celebrations

The two months before the celebrations saw enthusiastic volunteers hailing from various parts of India visiting the venue and participating in the preparation of the site.

★ In the first week of June, abhyasis from Kerala joined the general cleaning and removed unwanted bushes from the field, constructed rain water drainage in front of Master's cottage, carrying bricks and other material for construction. They also helped in the kitchen and in cleaning of the toilets.

★ Volunteers from Gujarat joined in these tasks in the first week of July. A change in the atmosphere was visible and there was an internal change in the volunteers too.

Sahaj Picnic - Ajmer, Rajasthan

On 10th July 2011 after satsangh, abhyasis from Ajmer and Kishangarh went on a picnic to Pushkar. About sixty abhyasis spent the day in the farm house of an abhyasi. The event commenced with an interactive session on the basic practice of Sahaj Marg. Brothers and sisters shared their experiences on the practice. The participants felt that after the discussions, many of their queries were clarified and they understood the deeper aspects of spiritual life. Children performed cultural programmes impressively. The event concluded with the evening satsangh.



★ Andhra Pradesh volunteers arrived in Tiruppur before Guru Purnima. All stuck to their duties and some could not even come to the meditation hall during the utsav, to have a glimpse of Master.

★ Tamilnadu volunteers from Tiruvannamalai, Vellore, Erode and Tiruppur cleared the stones and then continued by spreading carpets in the meditation hall and cleaning of the bushes near the stage. The sheer silence and the spiritual condition created was an experience which is unforgettable.

★ Volunteers from Karnataka organised transport and made it a point to visit Tiruppur on the weekends for more than a month before the celebrations. During the celebrations they could be seen working in the dining, security, children's centre, registration, meditation hall and other areas.

The Working Ambience

Everything seemed to fall in place by itself, as volunteers were mere instruments in the hands of Master. The meaning of leading a simple life dawned on the volunteers. Although the volunteers were from different parts of the country, there was a bonding of love and feeling of brotherhood. In spite of working day and night, the level of energy and enthusiasm did not come down.





Youth Programme, Kolkata

A two day programme was organized on 14th and 15th August 2011, attended by 26 enthusiastic youth between the ages of 18 to 30 years. Following a brief introductory session, participants shared their experiences at the bhandara. During the discussion it was agreed that upon returning from the bhandara, there is usually a strong motivation to change. This stems from a desire to replicate the blissful and divine atmosphere of the bhandara, in our routine lives. It is up to each one to translate the motivation to a lasting change.

After evening satsangh, all took part in a game of basketball and ended the day with a post-dinner movie session.

The next day, a story-based learning session was conducted to encourage all to think about the tussle between the good and the pleasurable, the reasons for the keenness for what is pleasurable and why it always leads to pain in the long run.

The session called 'Life Spaces' was effective in bringing out the various 'spaces' that we move within in our daily lives and how we behave as members of those spaces. The teams performed this as skits. The activity had its share of fun and laughter and indicated the importance of having an integrated personality and the need to carry our spiritual and moral values into every space of our existence.

The final session of the day required the participants to introspect and evaluate the reasons for irregularity in their sadhana and how they could overcome these hindrances.

Throughout this seminar all were encouraged to pay attention to their individual sadhana and maintain personal discipline with the intent to inculcate the same into their daily lives.

Youth Seminar, Ghaziabad

A youth seminar was organized on 10th June 2011 at Ghaziabad. About fifty abhyasis discussed the role and need of a living Master. Various facts about our Masters and the history of the Mission were presented. The youth activities of other centres were also highlighted. The right practice of Sahaj Marg, particularly about cleaning was dealt in depth. A very impressive presentation was given on the significance of voluntary work and the method of doing it. The areas of need for voluntary service on a regular basis for the ashram management were discussed. The youngsters understood their role in the management of the ashram and volunteered to offer their services on a regular basis.

Quiz on the Echoes Newsletter

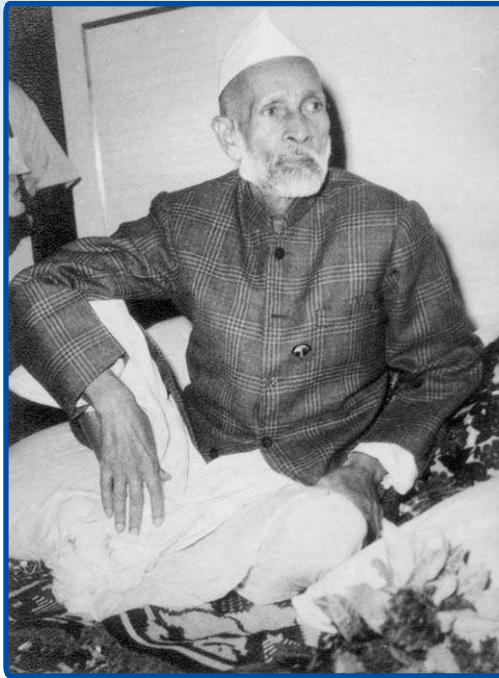
A quiz competition on the Echoes Newsletter was conducted on 15th August 2011 at Jamnagar, Gujarat. Objective type questions were to be answered within thirty minutes. Participants were given an opportunity to read the Echoes Newsletter for twenty minutes prior to the competition for effective participation. About twenty abhyasis participated. Every right answer was awarded five marks and five negative marks for wrong answers. Br. Anuj and Br.A.R. Chhatriwala bagged the first and second prizes respectively. This initiative was taken to encourage more abhyasis to read the newsletter regularly. The coverage of Tiruppur bandhara in the special issue of the newsletter was appreciated by one and all.





Centre of Light

Tinsukia Ashram, Assam



Inception

Although a small ashram, Tinsukia is the third oldest in the country. Situated 480 kms.

from Guwahati and an hour's drive from Dibrugarh, the nearest airport, Tinsukia is known as the business capital of Assam with a mixed population of Assamese, Bengalis and Hindi speaking people.

The late Br. Kashiram Agarwal, former Joint Secretary of the Mission, was the first abhyasi in Tinsukia. As the number of abhyasis grew, the abhyasis of the centre managed to get an old godown of 3500 sq. ft., with an open area around it measuring 4000 sq. ft., in the heart of the city. The ashram is a stone's throw from the Central Bus Depot and around 3 kms. from the Railway Station.

Pioneering work of Babuji Maharaj

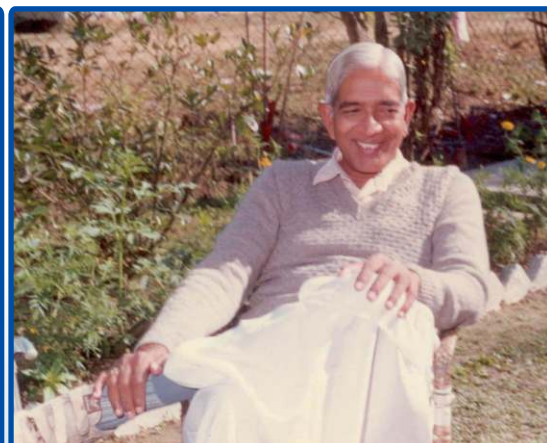
Babuji Maharaj visited Tinsukia Centre in 1961. In those days, he used to travel by train and cross the Brahmaputra River by boat to reach this north eastern corner of India. He subsequently visited Tinsukia in 1965, 1968, 1969, 1970, 1971, 1973, 1975 and 1977.

Babuji inaugurated the ashram on 25th November 1977 with abhyasis from all parts of the country participating. On the occasion he said, "But it is certain that in Sahaj Marg, the fragrance of Prana ahuti indwells, but still the factors that get left behind are love and devotion. Along with the act of meditation, it is essential that these should also inhere therein. It has been necessary for me to stress the mingling of the facets together, since by doing this the sadhak may be able to reach his goal very soon."

Chariji Maharaj visited the centre in 1985, 1986 and in 2002. During his visit to Tinsukia and Digboi in 2002, around 700 abhyasis from India and abroad visited the centre. The Silver Jubilee of Tinsukia ashram was organised on 25 November 2002 with around 200 abhyasis from Assam and north east attending the programme.

Renovation

The ashram used to be a single storied RCC building with Master's room, kitchen and dining area and a big green zone with a beautiful garden. With Master's permission an additional floor was constructed and the ashram renovated. The continuous effort of volunteers and abhyasis' contributions helped to complete the work within eighteen months. The outcome is a beautiful meditation hall of 3600 sq.ft. on the first floor,





without internal pillars and with good ventilation. The new facility came into use from 2nd February 2011 with the permission of Master.

Activities

Currently around 125 abhyasis attend Sunday satsangh at the ashram. Youth activities in Tinsukia centre have been progressively increasing. The ashram is being used for various activities such as Abhyasi Training Programs, open houses, etc. not only for Tinsukia centre but also for the satellite centres. The ashram also handles the work related to abhyasi identity cards, publication distribution and maintaining the abhyasi attendance record for the North East.

This centre has given a fillip to the development of the Mission in the North East and a number of satellite centres like Digboi, Domdooma, Naharkatia, Dibrugarh, Sibsagar, Jorhat, Nazira, Duliajan, Jagun and North Lakhimpur have come into existence subsequently. Although a mini ashram, Tinsukia has been playing a significant role as the staging post for the Mission's growth in the north east of India.



Prefect Travel Programme Karnataka South

A two day prefect travel programme was organized on 25th and 26th June 2011 across all the centres of South Karnataka. The programme included individual sittings, home gatherings and a full day programme on Sunday, in all centres, simultaneously.

The programme was conducted in 32 centres with the help of volunteers and fifty eight Prefects. In total, thirty home gatherings were conducted on 25th June. Various aspects of sadhana were discussed and explained in detail. Many showed an interest in starting the practice.

The full day programme on 26th June started with the discussion on preparation for the bhandara followed by a question and answer session. A pick



and talk session saw enthusiastic participation by the abhyasis.

The initiative was welcomed and appreciated and all the participants expressed their happiness and the opportunity to clarify their doubts with the prefects.

The dedication and commitment of the abhyasis who volunteered their services, led to the success of this programme.

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