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Master's Tour

Rudrapur & Haldwani

Master arrived at Rudrapur on 16th January after a long drive from Delhi, via Moradabad, through foggy road conditions and conducted satsangh on arrival.

On 17th, he conducted satsangh and after breakfast proceeded for Haldwani, where land has been procured recently for building an ashram and an abhyasi colony. The 2.25 acre ashram site is about 5 kms from Haldwani city center. 'Sahajpuram' - abhyasis colony is planned in an area of 6.5 acres. Master offered *prasad*, unveiled the 'Bhumi Pujan' stone and conducted satsangh for about 300 abhyasis. He then proceeded to Naukuchiatal, which has a beautiful lake side cottage, where he took the much needed rest. Master was looking better the next morning and was ready to embark on the final leg to Satkhol. After giving a short sitting to the local abhyasis, Master proceeded to Satkhol and arrived there by 11 AM.

Satkhol

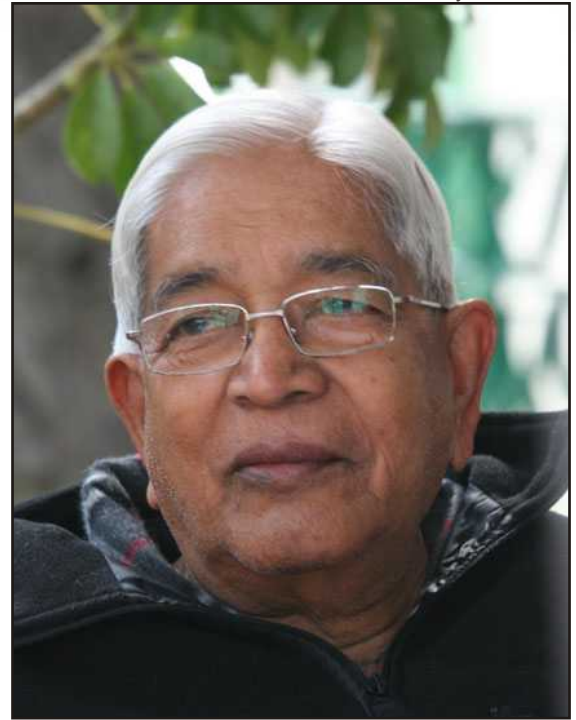
Abhyasis from the hill centers were waiting for their beloved and were joined by the spectacular view of the Himalayas in welcoming him. Master spent the rest of the day working in the cottage and was in a cheerful mood.

On 19th, Master conducted satsangh at 7 AM in the meditation hall and was working tirelessly in his cottage the whole day.

On 20th, 'Basant Panchami', Master was up early in the morning, cheerful and talking with his usual charm despite his toothache the night before. He was in the meditation hall at 6:45 am for satsangh and started the sitting at 7 am as everyone who traveled from the hills that morning, were all seated by that time. The attendance was around 700 abhyasis - as Master put it, the highest so far at Satkhol. Master solemnized two marriages. A picnic lunch was organized in front of Masters cottage and he spent time with the abhyasis. The atmosphere was festive. The sky was clear and the bright sunshine provided much needed warmth in the cold weather. In the evening Master met abhyasis from around the hills. It was heart touching to see abhaysis who had come from far off centers like Gopeswar, meeting Master for the first time.

Some pearls of wisdom during informal sessions:

“To me faith, courage and patience are same. Faith is Divine. He waits with faith that the disciple will eventually come to Him. Courage is not conscious of itself. When a mother goes out in the night because her child is sick, that is the courage which is not conscious of itself. Love brings that courage.”





Master's Cottage, Jaipur



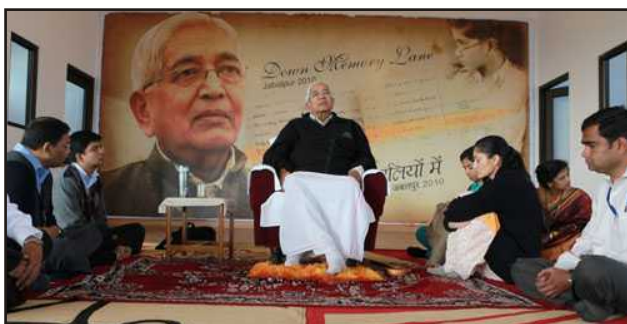
In discussion at Jaipur



Inaugurating the Meditation Hall, Alwar



Alwar



Jabalpur

There should be cheerful acceptance of the things happening to me. When He is with me, inside me, there cannot be anything wrong that can happen to me. Whatever happens - good or bad-happens for my good only.

On 21st morning Master left for Rudrapur at 7:30 AM where he rested for a while before going to Moradabad. The next day he left for Delhi and reached the zonal ashram at Gurgaon where he rested after the tedious journey. Br. Ajay Bhattar conducted satsangh in the evening for around 750 abhyasis. On 24th morning Master conducted satsangh for around 2,500 abhyasis.

Jaipur

Master arrived in Jaipur on 24th January. Despite the tiring road journey from Gurgaon, he appeared fresh. A large number of abhyasis welcomed him as he arrived at the ashram. He stayed at Br. Sudhir's residence as the cottage at the ashram is under construction. About 2,900 abhyasis from Rajasthan and Gujarat had gathered and the atmosphere resonated with love. On 25th morning, Master conducted satsangh which was followed by bhajans. He then inspected the ashram construction work, met several abhyasis during the day and finalized various proposals. On 26th, Master conducted the evening satsangh at the ashram. In spite of the weariness, he often came out and spent time with abhyasis. On 27th morning, he conducted satsangh which was followed by a poetry recitation by Sis. Niharika. During an interaction, he said that before deciding to go ahead with any project one should always consider "Ideology, possibility and practicability". Master left for Alwar on the 28th morning.

Alwar

Master halted at Alwar to inaugurate the ashram building. Around 500 abhyasis greeted him with joy, enthusiasm and devotion. Master unveiled the inauguration stone mounted on the southern gate of the ashram. Subsequently, he cut the ribbon and entered the meditation hall. He conducted satsangh for about 50 minutes and stayed at the ashram site for more than half an hour providing an opportunity for a number of abhyasis to meet him. Post lunch, he rested for a while and then proceeded to Delhi by car. He assured the abhyasis of Alwar that he would visit them again.

Jabalpur

On 30th January, Master took a flight from Delhi to Jabalpur. Around 2000 abhyasis welcomed him on either side of the road as he approached the place of stay.

On 31st, the three day Basant Utsav began with the inauguration of the Zonal Ashram (MP). The meditation hall is built in the old British style of architecture which reminded Master of the Christ Church School where he had studied. He inaugurated the spectacular meditation hall at 7:30 AM by unveiling the stone and cutting the ribbon. Abhyasis waited until he took his seat to enter the hall. Satsangh was followed by heart touching bhajans, after which he went around the premises in a car.

Despite the discomfort of staying in tents in the cold, abhyasis were happy and felt blessed. The atmosphere was one of a divine *sarovar*. The infrastructure and arrangements were good with a small comfort dormitory, book stall, library and children's centre.



Jabalpur



On 2nd February, when Master arrived in the meditation hall, he was happy to see everyone seated well in time. He said, "Please take your seats as quickly as possible". Then after looking at the watch he said smilingly, "*Khane ki table par aap kitni der wait kar sakate ho, are bhai jaldi se khana dijiye, yaha bhi aise hi hai, ham ab ruk nahi sakte, shuru karna hi hoga*". (After sitting at the dining table, how long can one wait for the food? Here too it is like that. Now I cannot wait, I have to start).

After satsangh Br. Ajay gave a talk emphasizing the need to be regular in sadhana, to keep the goal always in focus and to protect the condition given by Master during bhandaras. He reminded abhyasis about Master's new year message and urged them to create a sense of urgency for the goal in their hearts.

Master conducted the evening satsangh, after which He delivered a talk and said, "A disciple is one who is disciplined; who is disciplined because his heart says he is disciplined, not his head; who is disciplined because he loves and not because he is afraid; who is disciplined because above all he knows that it is only discipline which will carry him on the path successfully to its end."

About 3800 abhyasis and 300 children participated in this Basant Utsav celebration.

Nagpur

Master left for Nagpur by road on 3rd morning. On the way, he stopped at Seoni, where about 300 abhyasis were waiting for him. He sat in the sun and cheerfully interacted with all present, especially with children.

Post lunch, he proceeded towards Nagpur and decided to go directly to the ashram which is about 12 kms from the city. Around 1200 abhyasis gathered there were pleasantly surprised to see their beloved Master. After a

Nagpur



tiring journey of six and a half hours, he took a little rest and then walked to the meditation hall for conducting satsangh. He stayed back after satsangh to watch a short cultural program. After dining at the ashram, he proceeded to an abhyasi's residence for the night.

On 4th morning, he distributed land papers of the housing colony adjoining the ashram. A beautiful dance performance named 'Journey of Soul' was presented.

The house where Master was staying was almost a hundred years old and resembled his house in Jabalpur. He said that in the old times there were broad minded people, hence they built big houses, nowadays with our narrow minds, our houses have also shrunk.

Master's long awaited visit to Nagpur will surely help the centre grow. He left for Kolkata by the 5:40 PM flight.

Kolkata

On 4th February, a buoyant lot of abhyasis awaited Master's arrival at Kolkata airport. He arrived at 7.20 pm, accompanied by over 100 abhyasis (including more than 90 overseas abhyasis) and went straight to the ashram. On the morning of 5th February, he conducted satsangh which was attended by about 800 abhyasis.

On 6th February, after satsangh, a question-answer session was conducted by Br. N. Prakash and Br. Patrick. It was a wonderful and clarifying experience and Master's presence was felt throughout the session. The kitchen volunteers invited Master for dinner in the ashram's dining hall and he kindly accepted and had dinner amongst abhyasis that evening.

Before commencing satsangh on 7th February, Master gave a speech and once again, stressed on the importance of discipline. He said that satsangh is very important but

Kolkata





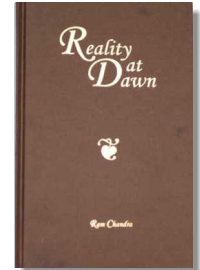
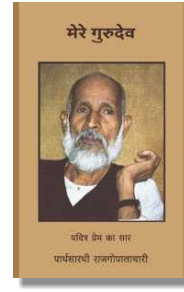
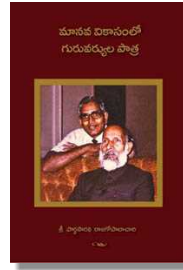
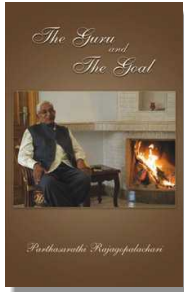
the only thing more important than satsangh is daily sadhana and it should not be missed at any cost. He said that the ten maxims also need to be inculcated in our daily lives in such a way that they are followed under all circumstances. He urged everybody to make a clear distinction between expectation towards their material and spiritual lives. Several people leave the mission when something untoward happens to them. This should not happen because, whatever experiences we have in our material life, including joy and suffering, it is only due to our samskaras.

Satsangh was followed by a few bhajans sung by Sis. Aparna Ghosh. Later Master proceeded to Br. Ajay Bhattar's house and spent the next 3 days at his residence. During his stay there, he met abhyasis, attended to administrative matters and conducted sittings. Master flew to Chennai on the 10th morning .

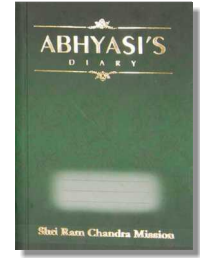
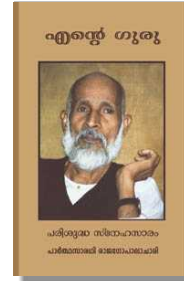
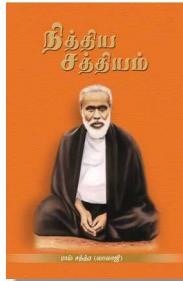
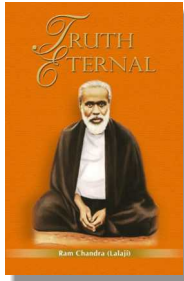


New Publications

- The Guru & The Goal
- HeartSpeak 2005 (Kannada)
- Role of The Master in Human Evolution (Telugu)
- My Master (Hindi)
- Reality at Dawn



- Truth Eternal
- Truth Eternal (Tamil)
- He the Wonder - Vol 2 (Hindi)
- My Master (Malayalam)
- Abhyasi Diary



Abhyasi Training Programmes

Panvel, Mumbai
A three day knowledge sharing session, from 25th -27th December, was attended by 35 participants. On the first day a book reading session was conducted where chapters of Reality at Dawn were read in Hindi and English. The video documentary of Master, 'Sea of Love' was also played. The second day included talks on Sahaj Marg practice and volunteer work. The last day of the session started with feedback from abhyasis followed by extempore talks on topics such as tolerance, love and discipline. The day ended with each abhyasi sharing their experience on their first exposure to our beloved Master. The theme of the program was 'Looking Ahead', which meant taking stock of themselves and bringing about changes in themselves towards the 3 M's. This was well covered during the three days.

Bhuj Ashram, Foundation Stone Laying

Dr. N.O. Chauhan, Prefect- Bhuj centre, laid the foundation stone of the ashram on 24th January. More than 75 abhyasis were present at the site feeling Master's presence on this auspicious occasion. The ashram land is about 9787.3 sq yard donated by Citi Square Township in the year 2005. It is located around 12 kms away from Bhuj city.





84th Birthday Celebrations of our Beloved Master

Dates: July 23 to 26, 2010
Venue: Babuji Memorial Ashram
Shri Ram Chandra Mission, IIM
Road, Lucknow (U.P.) INDIA

Dear Brothers & Sisters,

Pranam! In Master's words, "it (a bhandara) is like bathing in the most fragrant and cool waters of a sarovar [lake], which makes possible a spiritual renewal of the abhyasi bathing in it, indeed drowning in it, if that can be made possible."

We are grateful to our beloved Master for giving us another opportunity to drown ourselves in the vast expanse of His infinite grace on the joyous occasion of the 84th Birthday Celebrations of our beloved Master. The bhandara will be held between the 22nd and 26th of July in the city of Lucknow and we will also celebrate the auspicious occasion of Guru Purnima on the 25th of July in the divine and physical realm of our beloved Master.

... May each moment that we live and each breath that we take become an utterance of our gratitude to our Divine Master for the existence that He has permitted us to lead. Let us all get together in large numbers on this auspicious occasion with a heart full of love and gratitude and immerse ourselves in this very special sarovar.

Affectionately,
Ajay Bhattar

The invitation and details about registration, travel to Lucknow, etc. are available at the Mission's website at:

<http://www.sahajmarg.org/24july2010/index.jsp>

Kindly visit this page for periodic updates and information pertaining to the celebration. Abhyasis are requested to register themselves as early as possible, preferably before **15th May 2010**.

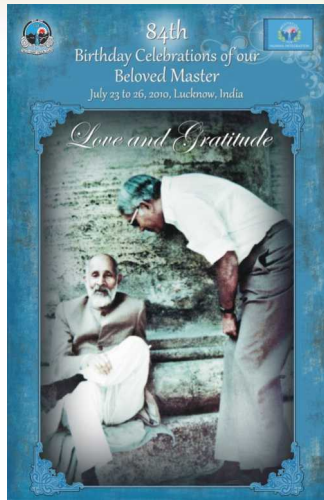
For any clarifications, please contact:
24july.registration@srcm.org or 24july.helpdesk@srcm.org

Travel Request Information & Application Forms

For abhyasis planning to visit Manapakkam or other SRCM ashrams in India information is now provided at
<http://www.sahajmarg.org/smww/bma-request-to-visit>.

A travel request application is mandatory for all abhyasis wishing to visit Manapakkam ashram, to travel with Master, or to attend a bhandara in India.

Each individual requesting this permission must be recommended by his or her prefect and by the country in-charge/regional coordinator.



A Peep into the Past

Nov 1950: (From Babuji's diary): "Obeying the orders of the Master is far better than puja. If anybody serves the cause of Lalaji Maharaj, I will feel attracted towards him."

1954: The book 'Reality at dawn' was first published in the year 1954. The image shows the cover page of the same.

A quote from this book:

"Impatience or constant restlessness to reach the goal in the shortest possible time is, thus, by far the most important factor which contributes to our speedy success."

"One of the essentials in the making of a man engaged in spiritual pursuit is moderation. It is a very wide term and covers every phase of the human activity. It means balance in all senses and faculties, nothing more or less than what is naturally required at the time for any specific purpose without its slightest impression on the mind."

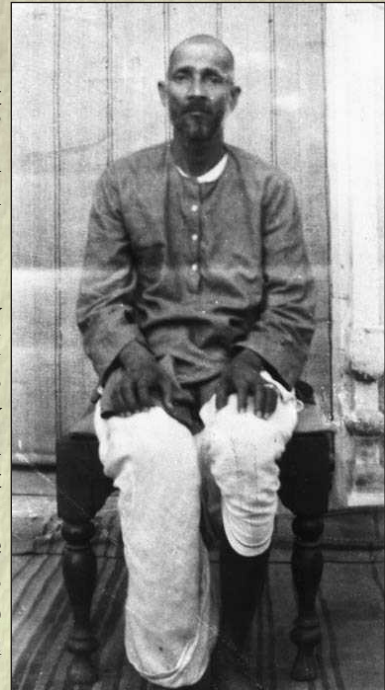
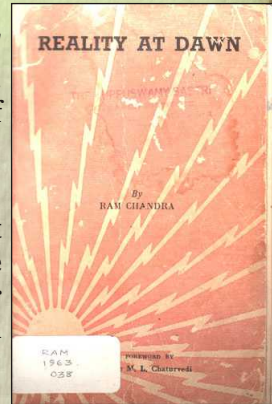
December 1957:

From the message 'Easiest way to God Realisation' given by Rev. Babuji Maharaj during the annual function at Gulbarga, Karnataka.

"On the basis of my personal experience I suggest a simple process which can be followed by all quite easily. If one can sell his heart i.e. make a gift of it to the Divine Master, hardly anything more remains to be done. This shall naturally bring him to the state of absorbeny in the Infinite Reality."

"One thing more: To effect the surrender of heart in the easiest way, only an act of will is required. But the lighter and finer the will, the more effective shall be its working."

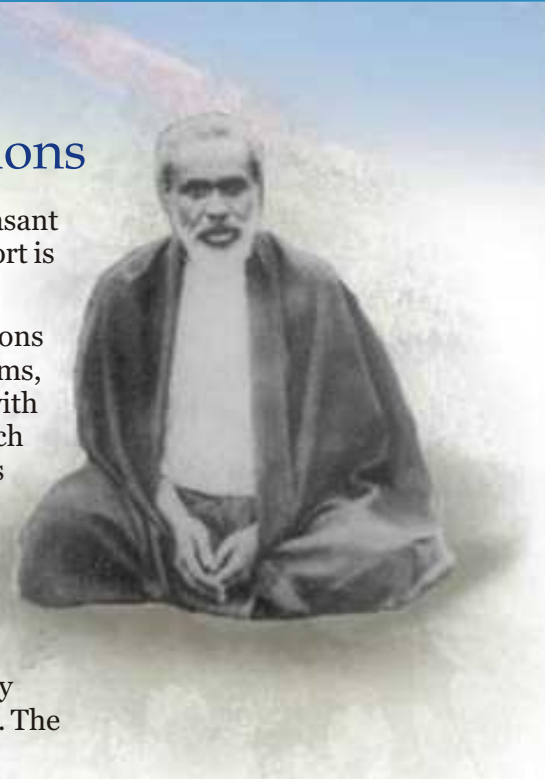
Source: Reality At Dawn, Complete Works of Ram Chandra Vol.3 (Pages from Autobiography of Ram Chandra Vol .II and Messages Universal)



Please follow the given guidelines and the application procedures carefully. Separate travel requests required for Satkhhol, CREST and the Mission's Retreat Centres can be found at the individual web pages of those centres.



Pujya Lalaji's Birth Anniversary Celebrations



Rev. Lalaji Maharaj's Birth Anniversary celebrations were organized as Basant Utsav on the 2nd of February in centres all over the country. A state wise report is as follows:

Andhra Pradesh celebrated with **Kolakaluru** and **Khammam** regions organizing full day programs. Kolakaluru centre conducted talks, quiz programs, and a skit depicting how one becomes a prey to temptations, and how with Master's help and constant remembrance he can successfully come out of such situations. Khammam centre had abhyasis from nearby sub-centres attending the function. A total of 164 abhyasis attended the function at Khammam.

Assam saw **Guwahati** centre celebrating with a total of 150 abhyasis attending the function. A visit was especially organized for the outstation abhyasis to the zonal ashram site. Speeches on 'Faith', 'The importance of Living Master', 'Sahaj Marg and the Bhagwad Gita' were played, followed by audio video presentations on Lalaji Maharaj, and some value based activities. The organization of this utsav was a learning experience for the local abhyasis.

Khammam



Guwahati



Lalpania centre of Jharkhand celebrated the utsav with great enthusiasm and devotion. After morning satsangh at 7:30 AM, Br. N K Sah enumerated the teachings of Lalaji Maharaj. Quiz on Master, Mission and Method was conducted by Sis Ratna Sah. This generated a lot of interest and abhyasis took part wholeheartedly. The session augmented devotion among the abhyasis and interest among the non-abhyasi family members of the abhyasis. The celebration ended after evening satsangh.

Gulbarga, Hubli, and Bidar in Karnataka held celebrations in their respective centres. Gulbarga centre saw 14 aspirants taking introductory sittings on this auspicious day. Hubli centre had more than 150 abhyasis attending the full day program. Bidar centre had abhyasis from nearby centres attending the function. The day was one full of grace and love.

Mangalore celebrated the day with a full day program

which was attended by around 50 abhyasis. In addition to the two satsanghs, they also had a session in which Master's talk on "Develop Love through Service" was read out. The post brunch session was filled with talks and songs sung by the abhyasis. The talks highlighted Lalaji's life and His teachings. Master's speech on "Sea of Love" was played in the post noon session.

For the first time, since the inauguration of the Param Dham ashram in November 2008, abhyasis from all over **Bangalore** gathered here to celebrate Pujya Lalaji's birth anniversary. Around 1300 abhyasis and 100 children attended. There were several talks on Lalaji's life and teachings. The movie on the 'Life of Lalaji Maharaj' was played in different areas of the ashram through CCTV so that maximum number of abhyasis could watch. The celebration concluded with an evening satsangh.

Kerala celebrated the Basant Utsav with centres like

Hubli

Mangalore

Bangalore





Aluva



Mirzapur



Kolkata

Aluva, Ernakulam, Palakkad, Pattambi and Kasargod organizing full day programs at the ashrams. The day began with the morning satsangh at 7:30 am, followed by breakfast and later a video on the life of Lalaji Maharaj. The celebration also included singing bhajans and reading of Mission literature. Palakkad centre had abhyasis gathered from Pathiripala, Nemmara, Kongad and Ottapalam centres.

Kasargod centre conducted a self assessment questionnaire which covered the following topics- abhyasis' interaction with society, their approach to work, family, looking after bodily and mental condition and spirituality. Such a questionnaire was prepared in light of the importance that Lalaji Maharaj gave for morality. The participants felt an atmosphere of bliss and

gratitude during the celebration.

Mirzapur centre of Uttar Pradesh celebrated Basant Utsav with zeal and enthusiasm. The morning satsangh was followed by talks on various topics. Devotional songs were sung and quotations of Lalaji Maharaj were read.

West Bengal had centres like **Kolkata, Gangtok, Raniganj, and Siliguri** celebrating with fervour, joy and inner happiness. Raniganj centre organized a question-answer session post-satsangh. Abhyasis of Kolkata centre read and meditated upon the meaning of the messages from Whispers and Daily Reflections. Videos on Lalaji Maharaj's life were played before concluding the function with the evening satsangh.

Women's Study Group, Kolkata

An initiative has been taken by young women at Kolkata ashram to discuss various aspects of Sahaj Marg in relation to their practical lives. A topic is chosen every week and members are invited to share their experiences related to the topic. At one such meeting, one of the Ten Maxims was discussed - 'Know all people as thy brethren and treat them as such'. Solutions are sought to issues we face in family life like how to deal with grown up children and strike a balance between our values and the growing influence of the western culture. During such an interaction, it was realized that the way we want our children to obey principles, only for their own good, in the same way, as children of our Master, we should also obey what He says, for our progress. Topics like writing our diaries, how to deal with ego, universal prayer and constant remembrance were also discussed over several sessions. Each individual is invited to share her personal view, problems and solutions as relevant. By delving into real life situations, these women try to inculcate all the different dimensions of Sahaj Marg into their day to day life. Feedback attained from the members indicates that this exchange of ideas makes them more confident, gives clarity and opens new doors when trying to implement the principles of Sahaj Marg.

Picnic at Lalpania

Abhyasis of Ranchi and Lalpania centre in Jharkhand thought about a way of getting together to discuss Sahaj Marg and have a picnic too. Lalpania played host and Br. Ramawtar Sahu of Ranchi centre put the program together. About 20 abhyasis drove over to Lalpania on 26th December to be greeted by the warmth of fraternal love from abhyasis of Lalpania and the thaw of a generous sun in the green lawns of TTPS guest house. The picturesque and natural water fall was thoroughly refreshing for abhyasis of Ranchi centre. Equally invigorating was a free flowing discussion on aspects of Sahaj Marg. The effect was seen as three members from Lalpania and one from Ranchi immediately took the introductory sittings. The food, the hospitality and love reminded everybody of the quiet work that Master does on each one of us and motivates us to organize such programs.





Induction Level Training Programme

The audio-visual training material provided by SMRTI for abhyasis provides clarity on the practice of the Sahaj Marg system of meditation. Snippets of Master's speeches in audio and video format capture the attention of the abhyasi. The programme is conducted by SMRTI trained facilitators and has eased the planning and effort required and hence can be conducted more often and at different centres, easily.

The programme was conducted in the centres mentioned below where the participants were appreciative of the content of this programme and felt the need for such programmes to be conducted more often to enthuse and motivate them to be regular in their sadhana.

- ◆ **Raichur** organized this programme on 7th February with a participation of 32 abhyasis.
- ◆ **Nellore, Andhra Pradesh** conducted the programme on 10th January. Around 28 abhyasis participated among whom many were youth. They had many queries and by the end of the day they felt quite satisfied with all the clarifications they received.
- ◆ **Chittoor, Andhra Pradesh** organized the programme on 3rd January. Around 32 new abhyasis participated.
- ◆ **Theni, in Tamilnadu** had the programme on 7th February. Fifteen abhyasis who had joined the Mission less than two years ago registered for the program, the first of its kind in this centre. It was received quite enthusiastically by the abhyasis.
- ◆ **Annur** Centre, near Coimbatore conducted the programme on 14th February. The programme was conducted by Br. Palani Kumaran from Coimbatore and attended by over 20 abhyasis. This new centre which started only a few months ago has got a boost with this programme.



Chittoor



Annur



Raichur

Essay Writing Event - Distribution of Certificates

On 7th February, a prize distribution ceremony was held at the **Vizag** ashram to distribute certificates to winners of the All India Essay competition held last year on the occasion of United Nation's International Youth Day (12th August, 2009). Around 800 students along with parents and institutional heads attended. A shield for best performance was given to Andhra Medical College. Around 420 certificates were also given during this occasion. Many lauded the efforts of our Mission in promoting human values of love, unity and brotherhood in the young minds.

Hyderabad centre had a ceremony for the winners of Zone 1A (AP-North) on February 7th. The students were invited along with their parents to the Zonal Ashram and along with a certificate, each winner received a copy of the illustrated version of the book 'My Master'. During the interactive session that followed the prize distribution, a brief overview of what our organization is and what is offered to humanity was presented to them. The audience was then invited to share their thoughts on the topics given for the essays. It was a delight to watch the youngsters speak, drawing from their own observations. Everyone expressed the hope that love alone can make this world a better place. Some parents

and teachers also appreciated that organizations such as ours are quietly contributing to the betterment of humanity.

On 2nd February at the **Virudhunagar** Ashram, Chinnavallikulam, certificates were distributed by Br. A.P. Durai, Joint Secretary, SRCM. A total of 43 students received their certificates. An open house for parents and other visitors was also conducted in the evening.

At **Surat**, the regional winners with their parents, teachers and principal were given certificates of appreciation. Around 45 guests were welcomed and the details of essay writing event were outlined by Br. Vinay Chawda, Zonal Coordinator for Gujarat. Dr Surendra Agrawal (CiC Surat) gave a presentation highlighting the various activities of SRCM with emphasis on the method of meditation as practiced under Sahaj Marg.





Hanur



Dharwad



Gandhigram



VBSE Programmes

Gandhigram, Tamilnadu

Gandhigram Rural University and Gandhigram Trust arranged a two day VBSE program for the trainees and faculty members of Lakshmi College of Education, Gandhigram. Around 250 participants attended the program conducted on 8th and 9th January. On the first day, Sis. Seetha spoke on the need and the ways of mind regulation, values, character formation and a balanced existence. The second day comprised of power point presentations on yoga and Sahaj Marg. There were talks on benefits of meditation and spirituality. The highlight of the program was an interaction with the children of the orphanage of the Gandhigram Trust. They were taught the Mission prayer and its meaning. The volunteers also visited Lakshmi Seva Sangam Sidha Medicine Preparation Unit and addressed the workers.

Dharwad, Karnataka

A VBSE program was held in Vidyavardhaka Hall at Dharwad, on 9th January. More than 40 teachers of Bala Balaga, JSS School and other schools participated in the programme. The morning session was conducted by Sis. Asha and Sis. Saroja, in which they spoke on topics such as importance of values, and how to teach values to children. In the afternoon Br. Ajit Kamath spoke about mind regulation and meditation. From 5PM to 7PM, Sis. Varalakshmi conducted a session for parents. Mr. Shankar Halagatti, President, Balavikasa Academy appreciated the program.

Youth Programme, Ranchi

49 participants in the age group 14 to 23 years, attended a seminar held at Gujarati School, Ranchi on 26th January. The prayer of Sahaj Marg was introduced by Br. A. K. Lal and participants were asked to observe silence and pray. Br. Manoj Tiwari spoke about personality and character development. The essence of his talk was that the real development of personality is to remove all masks to expose the real 'me', the divine 'me' within. The process of naturalization can be helped by following the ten maxims of Sahaj Marg. The ten maxims were briefly explained by Sis. Sunanda Chouhan and the participants were split into 7 groups of about 7 youth each to deliberate on 7 maxims (4 to 10). There was a moderator in each group and one of the team members was asked to present the views of the group. A lot of issues were

Kolkata

Kolkata centre organized a training program for VBSE volunteers on 10th Jan. The objective of the program was to introduce VBSE concept and demonstrate how it is executed. VBSE stresses that one cannot be taught anything, education is about unfolding from the heart, bringing out the best in a student. Practical education on spiritual values, imparted to young children makes the youth strong to face the challenges. Several experiments were shown to the participants to illustrate how VBSE is conducted. The session got a favorable response and many volunteers agreed to join the local VBSE team in its endeavor.

Hanur, Karnataka

A VBSE workshop for teachers was conducted at Hanur centre on 17th January. About 50 teachers from 31 schools including 12 abhyasi teachers, representing schools and institutes from near by villages, participated in the workshop. This included topics such as character building, developing patience, importance of prayer, etc. The program which was conducted in 2 sessions of 3 hours in the morning and 2 hours in the afternoon had a good response from the participants. A video explaining the 'Importance of Will Power to achieve the Goal', 'Time Management', 'Relation between Spiritual & Material Life' and 'Human Integration' enacted by students, was played for the participants during the workshop. The programme concluded with a positive response from the teachers who requested that more such workshops be conducted so the value based system can be taken forward and introduced in their respective schools..

discussed and presented. All participants were asked to give their feedback and many wanted more time for interaction and to have more such programs in future.





Indore Ashram



The center once started with a couple of abhyasis and now has a strength of approximately 650 regular abhyasis. Master has graciously blessed abhyasis of Indore center by giving them the opportunity to organize major events namely the Founders Day Celebration in 1986, Basant Utsav in 1991 and Master's birthday celebrations in 1996.

The Indore ashram is in the heart of the city, located at a distance of app. 3.5 kms from the railway station and the bus stand, and can be easily reached using public transport. The land measuring 4050 sq. ft. was purchased in July 1992. Master formally laid the foundation stone on 29th August 1993 and conducted satsangh at the site.

The construction work was completed in a period of fifteen months and the inauguration was enthusiastically organized from 20th to 24th December, 1994. Master graced the occasion and abhyasis from all over the zone attended the function to share the joy of His presence on this happy occasion.

The meditation hall is a high roof RCC structure constructed over an area of 2400 sq ft. and encompasses a mezzanine of 800 sq ft. The ashram is well planned, taking care of the necessary requirements of the abhyasis with utility areas like the kitchen and dining area on the second floor, toilet blocks and a small garden on the ground floor. Provision is also made for a small office and a library and book store on the mezzanine floor.

Master showered his love on the abhyasis of Indore with frequent visits between 1990 and 2002. The centre grew steadily and soon the scarcity of space was felt in the ashram with the increasing number of abhyasis. Fortunately available land adjacent to the ashram measuring app. 4050 sq. ft. was purchased on 28th April, 2004. In 2007 a new hall was constructed in continuation of the old one, making it a single unit for better utilization of space. Around 2000 abhyasis were present for the inaugural function of the extension from 16 to 18th February, 2009.

The serene and peaceful atmosphere of the ashram, enhances the activities of the abhyasis. Apart from regular satsangh on Sunday and Wednesday there is a satsangh on Friday mornings too. It has witnessed various activities being organized regularly like VBSE programs for children and teachers, zone level Abhyasi Training Programs, Open House sessions, Sadhana Orientation programs, study groups, essay competitions, etc. Indore center has been very actively pursuing VBSE activities as per Master's guidance. Summer camps for children have been organized for the past 10 years. Indore being the Nodal Center is serving abhyasis of the satellite centers by facilitating ID card preparations, function registrations, providing mission publications and literature, etc.

In the beginning, since all the abhyasis were novices and did not know how to do the work, Master had to put up with material discomforts like poor staying arrangements, etc. He however happily visited the center often and made it what it is today. He used to run the whole show himself by planning the visit, making the volunteer teams, allocating the work, inviting abhyasis from the surrounding centers, working with the volunteers, having food with them and personally looking after the accommodation, food and transport arrangements. He used to call abhyasis on the stage and listen to their speeches and thereafter himself deliver talks to teach the right way of speaking. He conducted open houses, and also met eminent personalities of the city answering their queries. He arranged for and presided over the preceptor's conference in 1994.



This Center of Light is like a beacon for the abhyasis and genuine seekers of spirituality, spreading His divine light through their lives.

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