



INDIA

## 115<sup>th</sup> Birth Anniversary of Pujya Babuji Maharaj - 29 & 30 April and 1 May 2014



### DJ Park, Tiruppur

Preparations for the celebration had started weeks in advance. From the weekend preceding the event, as abhyasis streamed into the site, the atmosphere began to change into one of quiet joy and anticipation.

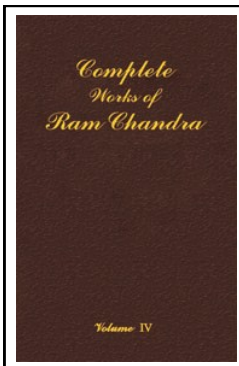
### In the Meditation Hall

The meditation hall was gaily decorated and a huge picture of Babuji Maharaj dominated the stage. Large LCD screens placed in the hall brought the proceedings close to everyone seated there. Volunteers provided drinking water as abhyasis had been advised to take plenty of water to prevent dehydration.

Over the three-day celebration, eight satsangs

were conducted by brother Kamlesh Patel as Revered Master had to remain in Chennai due to his health. The satsangs invigorated and deepened the experience of around 15000 abhyasis attending the bhandara. On 29<sup>th</sup> April, satsangs were followed by the reading of some special Whispers messages received in March 2014. These messages conveyed the full approval and confirmation of brother Kamlesh Patel as Master's successor.

On 29<sup>th</sup> morning, children released a number of new publications. Brother Kamlesh then spoke about *Complete Works of Ram Chandra, Vol. 4* and of





“May Babuji bless us to follow the path unerringly, without deviation, with conviction in these messages, with faith in ourselves, with love for all humanity, to grow into love for all life.”  
 –P. Rajagopalachari

the people who had put in their effort to compile this volume consisting of some of Babuji’s letters to abhyasis and a number of articles which had previously been published only in Hindi. In spite of the soaring heat, abhyasis remained in the hall until the programme was over.

Brother Kamlesh performed six weddings on 30th morning after the 6 a.m. satsang. After a short break Master came on the screens via a video link from Chennai. This made it possible for the Whispers message, read out by Master’s granddaughter Madhuri Krishna, and Master’s speech to be relayed live to all those present. The same link was available to SRCM centres throughout the world.

On 30th evening, as the intense heat of the day gave way to a cool breeze, sister Ranjana’s bhajans kept everyone in remembrance of Master.

**Other activities**

The ZICs, CICs and Ashram



Managers had a meeting and also various other teams and volunteers were able to meet up and discuss the work they were involved in.

The children and youth centre catered for three age-groups and kept the children occupied with various activities. The place was decorated with more than 8000 origami ‘peace cranes’ in radiant colours. Children were selected via a lucky draw to assist brother Kamlesh in announcing new publication releases in their respective languages. Around 2500 children had registered during the bhandara.

In addition to the usual large canteen there were three others spread over the campus reducing the need to walk long distances. The dining area, accommodation tents, stalls for the History display, Photo Gallery, T-Shirts, etc. were part of the infrastructure created to facilitate the smooth functioning of the bhandara. A silent zone outside





Master's cottage created a suitable atmosphere and remembrance of Master.

### Talks

Brother Kamlesh addressed the gathering three times during the bhandara. He stressed the need for regular practice and reiterated the teachings of Babuji Maharaj. In his concluding speech given on 1st May, he said that the one factor which always slowed down evolution was desire, and said that through meditation and the practice of constant remembrance, we should try to attain a state where desires no longer affect us. Thanking all the coordinators and volunteers who helped in making this function a great celebration, he said, "All those souls who remain anonymous should be reassured that their destiny is very well hooked up in His tender heart."

### In Manapakkam

More than 3500 abhyasis were present in Manapakkam. The entrance to the meditation hall was festively decorated with colourful rangoli and flowers. On the 29th and 30th April and 1st May, Master conducted the morning satsang in the meditation hall. He met abhyasis from various countries during the day.

On the 30th, Master offered prasad in the cottage at 6:00 a.m. He looked radiant and energetic. After satsang, a live video link was set up with the bhandara at Tiruppur. The Whisper of 30th April was read by Madhuri Krishna, then Master himself spoke. Referring to recent Whispers messages, he repeated their reassurance about the continuation of the Mission, saying however that we should concern ourselves with the present and leave the future to the future. He said, "We are, I repeat, to take benefit from this time in which we are placed, in which nature has placed us, given us the opportunity of the Mission as it stands today, with whatever benefits it has to offer us, and unflinchingly go forward with love for all, without prejudices - no hatred, no criticism. It is very easy to talk of these things but to put them into practice is far more difficult." Master then cut a birthday cake along with sister Mandana, offering it to Babuji Maharaj.

"If we are evolving, we must evolve here also. It starts from here and it ends there. And how does it start? By a growing lightness in our hearts, by an increasing tendency for us to embrace more and more human beings without prejudice, without hatred."

- P. Rajagopalachari



## News from Manapakkam

### February 2014

#### Master at 'Gayathri': 5-14 February

On the 5th, the start of construction of the medical centre at the Tiruvallur land was planned. Master was not in a position to travel, so he deputed Kamlesh bhai and brother P.R. Krishna to go instead. Around 11 a.m., Master went to a mall, bought some snacks and went to 'Gayathri' as a surprise to the family. Although he had planned to come back to the ashram, he changed his plan and decided to stay back at 'Gayathri'.

#### Kanpur Ashram Construction Inauguration: Sunday, 9 February

Master was ready quite early, but was still not feeling well. He nevertheless greeted the abhyasis in Kanpur over the video link and they responded with love and warmth. Almost instantaneously Master became fresh and addressed the team assembled there. He gave instructions on the placement of bricks, etc. for the foundation work. He talked to them, asking for details of the project and then said, "I will start the satsang for you from here and you all can start meditation." After this, Master came to the hall in 'Gayathri' and started the satsang for all abhyasis assembled. It was an hour-long satsang after which Master was exhausted and went inside to rest.

Meanwhile at the ashram, Kamlesh bhai conducted a few weddings.



#### European Prefects' Seminar: 15-20 February 2014

Master came to Manapakkam on the 15th to start off the inaugural session. He conducted a satsang in 'Dorm A' where the prefects had assembled, and then talked to them about refinement in the work. He said that when we love the work we do as prefects, we are able to get more and more refined in the work and it becomes more effective. He gave several examples of this. As Master was going back to 'Gayathri', he invited the group to come in small batches every evening to meet him.

#### International Scholarship Training Programme (ISTP)

On the 15th, Master invited all the participants and coordinators of the IST Programme to have lunch with him. After distributing certificates to the scholars, Master made sure everyone had their plates and then had lunch along with them in the courtyard. Later that evening he left for 'Gayathri'.

#### Sunday, 16 February

Master conducted satsang in the morning for around sixty abhyasis who were present at 'Gayathri'. After this he was tired and went in for some medical treatment.

In the evening, about sixty abhyasis from the prefects' seminar arrived at 'Gayathri'. Master sat with them in the hall and snacks were distributed to all. Initially it was a silent session, then one sister played the violin and when she talked about the vibration of the instrument, Master said, "Everything is vibration." When the sister finished playing one piece, Master asked her to continue. After this, a few abhyasis came forward and gave him some letters, gifts, etc. Master talked for a while, remembering his travels to Europe, about



continued. ▶

## MARCH 2014



languages and how certain languages, especially the Scandinavian ones are very difficult to learn.

This routine continued throughout the week: abhyasis would come to meet Master in the mornings and in the evenings he met with the European prefects who came in batches of fifty to sixty.

### Sunday, 23 February

As Master was not keeping too well, announcements were made requesting abhyasis not to visit 'Gayathri'; a large number turned up nevertheless. Master conducted a very long satsang, about 1 hour 10 minutes, after which he was very tired, but still met with some people before going inside.

### 24-28 February

Master's health was fluctuating from day to day. On Thursday night, his grandson Bhargav came from Delhi and for the next three days Master was in good spirits.

### Master at 'Gayathri': 1-9 March

Bhargav's stay in 'Gayathri', on the first weekend of March, was a welcome change for Master. The whole family was able to spend some time with him. Bhargav went back to Delhi on the 2nd evening.

After Bhargav left, Master stayed back in 'Gayathri' for one more week. He was quite relaxed, conducting satsangs whenever he was feeling well. There were not too many visitors and it was quite refreshing for Master. By the end of the week, he was ready to go back to Manapakkam.

### Back in Manapakkam: Monday, 10 March 2014

Master was back in Manapakkam after a month's stay at 'Gayathri'. His health had improved slowly and steadily and he was able to move around quite comfortably. When Master came to the ashram, he went around in the golf cart, meeting people and inspecting the various construction activities. He was quite active in giving sittings, meeting abhyasis and involved in the administrative work as well. Whenever he sat outside the cottage there would be a group of abhyasis sitting around him.

### Master's satsangh: Sunday, 16 March 2014

By 6 a.m. Master was ready and said, "I am feeling fine today." An abhyasi mentioned that it was Holi (the festival of colours). Master's face brightened and he said, "I will go and conduct the satsang." Master conducted a satsang of more than an hour and then came back to the cottage.

### Gita Session

The Gita discourse by brother Sanskrit Kannan on the last (18<sup>th</sup>) chapter was supposed to conclude today. In a 1½ hour session he expounded on the various slokas in this chapter, the essence of Lord Krishna's message being, "Leave everything, and surrender to me." Master was watching the session quite intently. As the chapter could not be completed, it was extended to the following week.





**Housewarming:** Wednesday, 19 March 2014

Master came to Dwaraka Apartments (behind the ashram), for a housewarming. He went straight upstairs, called the family who were moving in and gave prasad to them, then conducted satsang. Around 400 abhyasis had gathered for the satsang! Master went around the house in his wheelchair, spent some time in the house and then went one floor down to brother Kamlesh's house.

**Brother Kamlesh's house:** 19 to 25 March 2014

Master decided to stay on there for a few days. As always, abhyasis came in the mornings and evenings. Master would conduct sittings after his breakfast, and in the evenings he would come out to the hall to meet those assembled, until his physiotherapy session. This routine went on till Sunday.

On Sunday morning, after brother Kamlesh had gone to the ashram to conduct satsang, Master came down and conducted satsang for those present. After a long sitting, Master was visibly tired and was having some difficulty in breathing.

**Gita Session:** Sunday, 23 March 2014

As Master was in brother Kamlesh's house, a video connection was set up for him to watch the Gita session happening in the ashram meditation hall. This was the last of the planned programme and, even though Master was not well, he was completely immersed in it. At the end, it was announced that there would be an additional overview session, covering all the chapters of Gita, followed by questions and answers.

**Master Unwell:** 23 to 31 March 2014

As Master was still feeling unwell, some tests were done and treatment was

started. Master wanted to come back to the cottage but was too weak to be moved. It took him a few days to gather strength, and by March 25 Master was back in the cottage.

**April 2014**

Master continued to be unwell during the first two weeks of April. A team of doctors was present at the cottage. Visitors were stopped completely. After the diagnosis and proper medication was identified, Master started showing signs of a slow but steady improvement. He was quite drowsy due to the medication and rested a lot. When he was feeling better, Master started to come and sit outside for some time, either in front of the cottage or in front of the Babuji Mandap.

Three sisters from Baroda came with their families to meet Master who was overjoyed to meet them and spent quite some time with them.

A few points Master made in informal conversations:

“Real strength is always in softness. Only the weak are hard.”

“The only visible change is behavioural and character improvement.”

“As work reduces, responsibility increases.”

**Tamil New Year: 14 April 2014**

Master woke up quite early and greeted a few abhyasis. He was to conduct the satsang at the meditation hall but became quite tired suddenly and decided to cancel it. He could not meet many people that day.

**Vishu, Kerala New Year: 15 April 2014**

Master came out to the courtyard where around eighty abhyasis from Kerala and a few Malayalees from Chennai had assembled to celebrate 'Vishu'.





Master permitted abhyasis to arrange *Vishukkani*, the first thing seen on the Vishu day, consisting of auspicious articles like fruits, vegetables, flowers, a metal mirror and coins. Master then gave a sitting followed by a short talk by brother Krishna in Malayalam. Seeing the mirror included in the '*Vishukkani*' items, he commented that we should see the Master inside us when we look at the mirror. Master then gave *Vishu Kaineettom* (traditionally given by the elders in the family to all the family members) to all brothers and sisters assembled there.



**Sunday, 20 April 2014:** Master conducted satsangh at the meditation hall. He was in the hall by 7:10 a.m. and patiently waited for more than ten minutes to start. After the satsang Master performed three weddings. When the announcements are made, it is customary for the announcer to say at the end, "Kindly remain seated till Master leaves the hall." This announcement was missed out and so Master called brother Prakash and asked him to announce that. After going back to the cottage, Master listened to the Gita session for some time and then went to rest.

**Gulf Seminar:** 25 - 30 March 2014

Around 400 abhyasis and 100 children from the Middle East countries participated in the seminar. On 25<sup>th</sup>, Kamlesh bhai conducted satsang at 9 a.m. and inaugurated the seminar with a wonderful speech on the importance of sadhana. On all days the morning programmes included a talk and evenings had presentations on various subjects. In the concluding session on 29<sup>th</sup> brother Kamlesh addressed the seminar participants on the need for systematic practice and explained the meaning of 'Egrogore', a collective vibration through which a more awakened human race can emerge and the world can be changed for the better. On 30<sup>th</sup>, against doctors' advice and in spite of his fever and weakness, Master met all the abhyasis after the satsang.



**The European Prefects' Seminar, Manakkam, 15 -20 February, 2014**

Around 310 abhyasis from nearly all the countries of Europe attended this seminar that took the participants into deep reflective spaces within themselves. Master spoke about refinement: how masters in all fields of creation or endeavour need to have experience, and need to love their work in order to achieve the fine and precise levels of discrimination required. He drew the contrast between something made with a careless attitude, and a thing made with love and dedication.

In other talks by brother Kamlesh, they were reminded of the attitudes of Lalaji, who loved everybody more than himself, and how Babuji possessed the most refined levels of consciousness and sensitivity. The prefects also spent time in small groups considering how they might still be affected by their religious backgrounds.

All felt that Master had inspired them with the delicacy, skill and care required to restore an old painting to its original state. In Sahaj Marg we have the glorious possibility to restore a lost and despairing person to their original divine condition.

"A man can be a real man only when his eye is diverted towards his inner self. Therein lies the real quest for Reality. One who adheres to it establishes his footing in the sphere from which everything descended by itself. In other words, he connects his link with the main Source. The only thing which remains then is its expansion, for which the prescribed abhyas is sufficient."

*Babuji Maharaj*

*Complete Works of Ram Chandra, Vol. 2, pg. 59*

## Spreading the Word



### Ahmedabad, Gujarat

'Live Happy for a Healthy Life', was conducted on 7 March at 5.30 p.m. at Joggers Park for those attending yoga classes conducted by 'Bhartiya Yog Sansthan' which was run by an abhyasi.

Dr Vinod Agarwal and brother Bhadresh spoke on 'The Importance of Meditation', 'The Role of Guru in Human Life' and 'Salient features of Sahaj Marg'. About forty of the ninety participants showed interest in the Mission and many raised queries which were responded to by the prefects.

### Tadipatri, Anantapur district, A.P.

A few open houses conducted in various colleges of Kadapa and Tadipatri during March, received a tremendous response. Over 275 students showed interest in starting, of whom about 170 were introduced. 120 of these aspirants were from Tadipatri Engineering College. About twenty prefects from various parts of Andhra Pradesh came together to introduce the students. The prefects and volunteers who conducted these sessions felt that there



is a readiness in many of these aspirants and that Master's work was unfolding. The management of a college in Tadipatri organized the introductory sittings in their premises and also allocated a room for conducting regular Wednesday satsangs. Many under -18 year old students who were willing to start the practice were disappointed due to the age limitation.

### Kadapa

Five open houses were conducted in a dental, engineering and PG college as well as a local bank and a yoga centre at Kadapa. Some of the open houses were received so well, especially in colleges, that almost fifty students would soon be starting their Sahaj Marg practice. Another open house was conducted in Pulivendla, Kadapa district in the ashram premises. This session too was well received. Prefects from Vempalle, Pulivendula, Kadapa, Tadipatri, Hyderabad and few abhyasis from RTPP, Kadiri helped with the sittings.

### Korutla and Metpalli Centres, North A.P.

During the travel in A.P. North Zone, brother Madhu Kothapalli (ZIC) and his team, along with the local prefect of Jagityal, opened two new centres at Korutla and Metpalli in a 5km radius of Jagityal. On the way back, the team stopped at a tea stall and prayed for the new centres to get established by Master's grace. Within a month's time brother Manchala Krishna arranged open houses in these new centres. Brother Krishna Rao introduced Sahaj Marg in Korutla and twenty people took the introductory sittings. Brother Singamaraju talked about the system





at Metpalli welcoming ten new abhyasis into the system. With this spirit, more open houses were held in Jagityal, Karimnagar, Kothagudem and Siddipet. Around 100 new abhyasis took the introductory sittings. As always a sincere prayer has really worked.

### **Palakkad, Kerala**

An open house was conducted by sister Shyamala Menon at Nair Service Society at Vadavannur, about 25 km from Palakkad ashram. Twenty-three including some abhyasis, attended the programme. Brother Krishnan K.T. (CIC), spoke on 'Religion and Spirituality' and explained the importance of spirituality in human life. Brother Muraleedharan M. spoke on 'Purpose of Human Life' and explained the role played by spirituality in achieving the goal. This was followed by a Q & A session.

### **Kharagpur, West Bengal**

On 8 March, a two hour meditation awareness programme was conducted for around seventy-five employees of the TATA Hitachi plant at Roopnaryanpur, near Kharagpur. It was coordinated by sister Srilatha and conducted by sister Chander Kanta Arora, brothers C.S.R. Murthy, B.B. Bera and other volunteers. The speakers explained the need and importance of a balanced life and how spirituality can help in achieving it. They described the system in brief. The session concluded with an invitation to all to visit Kharagpur centre to feel the serene spiritual ambience.

### **Mysore, Karnataka**

In February, brother A.P. Durai (Jt. Secretary) visited Karnataka Police Academy, Mysore. During his visit, two open houses were conducted on 16 and 17 February. Overall 120 probationary Sub-Inspectors participated, out of which thirty-three trainees were introduced. All trainees and some staff will be introduced by April end. The trainees will be in the academy for the next eight months and regular Sunday satsangs and individual sittings are planned at their campus. After the completion of their training they will be posted at vari-

ous parts of Karnataka. Eight prefects from Mysore region participated in the event.

### **Tamilnadu**

During the course of his travel in Thanjavur, Thoothukudi and Tirunelveli districts in Tamilnadu from 16 to 21 March, brother A.P. Durai (Jt. Secretary) visited several centres, interacted with the abhyasis and also conducted open house sessions.

In Thanjavur, a session was organised by prefects Subramanian and Murugarasan in the Employees' Club in the Government Sugar Factory 15 kms from Thanjavur that was attended by thirty employees and family members. Five introductions took place immediately. Sahaj Marg was also presented to about eighty students of VETRI IAS study circle, Thanjavur.

In V.O.C College of Education, Thoothukudi, 120 teacher trainees attended and in Muthiahpuram near Spicnagar, twenty ladies heard the talk and sittings were started for five people.

In Srivaikuntam, the venue was KGS College of Arts and in Vadakangulam, students of Arul College of Engineering and Raja's College of Education attended the sessions.

A visit was made to the Servite Convent and school in Kachanavilai between Tiruchendur and Udangudi, where Sister Aquilina (prefect) organised a talk on transition from the teachings of Jesus to Sahaj Marg practice. Five of her sister nuns took introductory sittings.



## Rajahmundry, A.P.



Twenty-two prefects of AP Coastal Zone from Sri-kakulam, Vizayanagaram, Visakhapatnam, East and West Godavari districts, gathered in the new ashram at Rajahmundry on 14<sup>th</sup> April. The programme under the guidance of ZIC brother M. Adinarayana, started with a video of Master's talk on how to give sittings. This was followed by satsang. The ZIC said that they should become better prefects and better functionaries in serving the Master. He outlined activities to attract, encourage and involve children and youth in Mission activities. A few brothers shared some useful tips for doing better work as prefects and activities for children which were successfully experimented. Individual sittings were conducted between prefects and the readings noted were exchanged. A set of 'Whispers' messages connected with the 'Esoteric Symbol' were also distributed for reading and contemplation. The meet was effective and useful and ended with a satsang.

## Jaswantgarh, Nagaur Dist., Rajasthan

On 6th April, about ninety abhyasis from Jaswantgarh, Ladnun, Didwana and Sujangarh centres and nearby villages gathered at the Asawa guest-house. The programme was guided by brothers Vikas (ZIC) and Anil (Jodhpur). After satsang a video of Master was shown followed by breakfast. After a bhajan the audio of one chapter of *Reality at Dawn*



was played. Abhyasis were then divided into four groups and asked questions on the audio just played. The next questionnaire was on 'Basics of Sahaj Marg'. During this round many abhyasis clarified their queries regarding individual experiences.

## Ahmedabad, Gujarat

A group of brothers and sisters from an agricultural background, formed a team to work as volunteers in the kitchen garden in the backyard of the Adalaj Ashram, Ahmedabad. This was started with the idea of providing abhyasis - at a nominal cost - with pure, fresh and organic vegetables devoid of pesticides. The vegetables are also used at the ashram kitchen on Sundays and other occasions. The children are being trained to grow these vegetables under the guidance of these volunteers. Due to the hard work of the volunteers, the ashram now has a well maintained kitchen garden.

## Varangaon, Maharashtra

On 6th April, fifty-five abhyasis from Varangaon, Bhusawal, Khirdi, Deepnagar, Jalgaon and Dhule attended a half day programme. An interactive and educative session on the topic 'The Ten Maxims and character formation' was conducted followed by the video 'A Rare Opportunity'.

An open house and children's programme were also conducted. This was followed by an informal talk on Sahaj Marg sadhana and its role in channeling thoughts in a positive direction in a simple and effective way through regular practice.



## VBSE at Surat, Gujarat



On 12th April, Surat centre conducted a parents' orientation programme on the 'Need for Values in Education' at the Radiant English Academy, Umra, Piplod, to launch Value-Based Education in the centre. 120 parents, the school Principal, trustee and staff attended the session. The new curriculum on Value Education by Spiritual Hierarchy Publication Trust (SPHT) will be introduced to IX standard students from June 2014 to March 2015. The parents response to the programme was overwhelming. Some of them requested such a programme for parents too, as they felt that parents play a vital role in their children's future.

## U-Connect - Jaipur, Rajasthan

The first orientation programme of U-Connect was held at Arch Point Consultants Pvt. Ltd., Jaipur. Ten participants started with an introduction by participants and faculty members. The speaker Dr Ashish Johri invited the participants to form 'rules' for the group which they would follow for the next sixteen sessions. Later, the speaker narrated the story of a wild duck, which inspired the participants to ponder over the need to do right things at the right time in life. The story was followed by a few questions to the participants, to initiate the idea of spiritual development in them. Through examples and questions, brother Ashish emphasized the need to follow a spiritual way of living. The session was in-



teractive and the participants appeared happy to have participated.

## Session for Volunteers, Mumbai

Around forty abhyasis gathered at sister Shubhda Nayak's residence in Udaygiri, Mumbai on 19 February. Brother Mohandas Hegde spoke on volunteer work in the Mission, illustrating this through quotes, anecdotes and personal experiences. He suggested that we need to be conduits for the Master and we should develop love through service. He proposed that co-ordination and creation of committees could be a platform to get started. He suggested that a volunteer/s in the group could call up every participant within a month to pose the following questions: how can I become a good abhyasi, what do I need to do to serve better and have I started?

## Srinagar

A team from Jammu centre visited Srinagar from 28 to 31 March and conducted GITP modules on Meditation and Cleaning at the Group Centre CRPF camp, Badami Bagh. It was the first programme as Srinagar is a disturbed place, where curfews and bandhs are a routine affair.

Nearly thirty-five abhyasis attended. Most of the participants were CRPF personnel coming from all corners of India. Zone 11-A ZIC, brother Surender Sharma of Jammu centre presided over the programme.



## Youth Sessions



### Bhilwara, Rajasthan

On the last Sunday of February, after the morning meditation, about twelve young abhyasis participated in a special session. A sister quoted excerpts from brother Kamlesh Patel's speech, given during Lalaji's birthday celebration on how to improve behaviour in our day to day life. The abhyasis then shared their observations about changes in their behaviour after joining Sahaj Marg. Those who mentioned difficulties in sadhana were advised to read the book '*Sahaj Marg Ke Mool Tatva*' and to discuss it with the prefect when they go for individual sittings.

Another youth meeting was organised on 30th March. New abhyasis were introduced to the concept of bhandaras. Abhyasis who had attended bhandaras earlier, shared their experiences. Preparations for the local celebrations of Babuji's birth anniversary also started and initial plans for different areas of work were discussed. Abhyasis registered their names for different volunteer work.

### Varanasi, U.P.

A three-day seminar was organised at Varanasi centre from 12 to 14 April with eight prefects, five facilitators, ten volunteers and twelve young abhyasis participating. Firstly, individual sittings were given to all. There were talks on Love and Discipline, Obe-

dience, Service, Acceptance of Master, Ten Maxims and The Role of Youth in Sahaj Marg as well as presentations on 'Why Spirituality?', and on different institutions and trusts such as LMOIS, CREST, SMSF, SHPT and retreat centres.

The participants were issued Mission books and asked to present given topics. They also presented skits on 'The art of living', 'Practice makes us perfect', 'Love begins at home' and 'The fruit of patience is sweet'. Two hours were then spent in volunteer service. The programme also included some of Master's talks, 'Golden silence' and group meditations. At the end the participants shared their experiences about the sessions.

### ZIC Visit to Moradabad, U.P.

On 13th April, brother Ashok Garg (ZIC), visited Moradabad ashram. After conducting satsang he emphasized the need to attend bhandaras and the importance of Sahaj Marg sadhana. Later he chaired a prefects' meeting and discussed with them the future plans for the development of the centre. He also participated in meeting of Ashram Management Committee, answered all the queries and provided tips on the maintenance of ashram.

### ZIC TN South – Visit to Manamadurai

On 23rd February, a full day programme was organized in Manamadurai with around 130 abhyasis from Manamadurai, Sivagangai, Karaikudi, Paramakudi and Ramanathapuram centres. After satsangh and breakfast, the abhyasis were divided into seven groups. Each group was assigned a topic on the elements of Sahaj Marg practice - Meditation, Cleaning, Prayer, Service, Love towards Master, Character formation, and so on. After discussion, one abhyasi from each group presented the views of the group.

Brother Ramanathan said that abhyasis should understand the principles of Sahaj Marg clearly and should lead their life in a simple and natural way, as our Master wishes.

Children played a drama and some interesting programmes that had first been held in the children's centre in Tiruppur, during Babuji's birthday celebration in 2013.

After lunch, an hour long Q&A session deepened the understanding of Sahaj Marg in the abhyasis' hearts. The programme concluded with an evening satsang.





**Raichur, Karnataka**

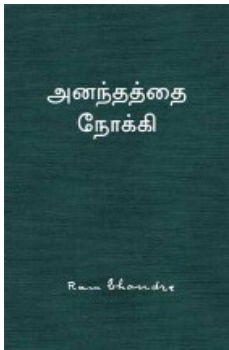
Brother Venkat Rao's team from Bangalore conducted a two-day programme on 'The Importance of Reading Mission Literature' on 5th and 6th of April in the Raichur ashram for 100 abhyasis from Raichur, Gulbarga, Shorapur, Gogi and a few other centres. The programme started on both days with morning satsang at 7.30 a.m. There were talks, a Q&A session, interactive sessions, quiz and other events, ending with evening satsangh. Dr Gajendra Singh (ZIC - N. Karnataka) was present throughout and contributed with inputs from time to time. All the abhyasis felt they had benefitted and expressed great joy. A similar programme is planned at Gulbarga ashram in the last week of June.



**Kharagpur, W. Bengal**

A programme for thirty-five new abhyasis was organized at the Kharagpur centre on 9th March. A video of Master's talk emphasizing the need to give priority to the goal over acquisition of material objects, was played. Various doubts regarding the practice were clarified. Some of the abhyasis were requested to describe the way they did their daily sadhana. It was observed that they were not following the system as prescribed. They were then guided about the correct method of practice. The topics – Prayer, Meditation and Cleaning were read out from *Practice of Sahaj Marg* in Bengali and English and also translated in Hindi. Sister Chander Kanta gave a presentation on prayer, meditation, cleaning, satsang and bhandara in Hindi. The session concluded with tea and snacks.

**New Publications**



Towards Infinity  
Tamil



What is Sahaj Marg  
Marathi



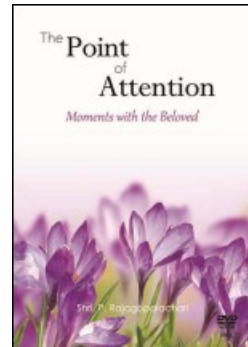
Ve Kehthe Hain Part 5  
Hindi



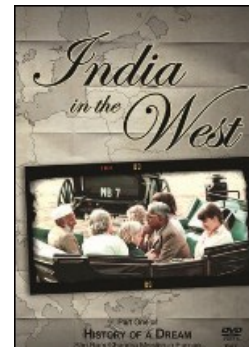
Sahaj Marg Meanderings  
Tamil, Telugu, Hindi, Marathi, Gujarati,  
Kannada and Malayalam



Reality at Dawn  
Audio Book - Malayalam



The Point of Attention  
English - DVD



India in the West  
English - DVD

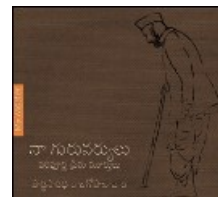


In Tune with Nature  
English - DVD

**New Appointments**

Centre in Charge, Goa

Brother Dattaprasad Vinayak Bhonsle



My Master  
Audio Book - Telugu



Reality at Dawn  
Audio Book - Bengali



Towards Infinity  
Hindi - Audio Book

## Kerala Zonal Ashram, Aluva

## Centre of Light



“The first law of Nature and the last law of Nature is ‘nothing is mine’ but if I become a conduit for the divine grace to flow through me, I shall be eternal because eternity needs an eternal conduit through which it can always flow.”

P. Rajagopalachari, 6 September 1995, Aluva



The first place for satsang in Aluva was at brother M.P. Madhusudanan’s house. As the number of abhyasis increased, a meditation hall was built on the first floor of his house and it was inaugurated on 20 May 1994 by brother Sarnadji, then Secretary of the Mission.

Master’s first formal visit to Kerala was on 6th September 1995. A grand function was arranged at Mahatma Gandhi Municipal Town Hall, Aluva, which was attended by around 800 abhyasis.

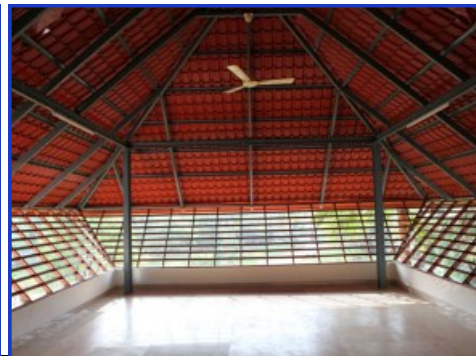
On 12th January 1996, Master approved the purchase of land in a nearby village called Kadungaloor. Over two acres of land in a low lying area were purchased, then filled with red earth, and boundary walls with a gate were built. This was named ‘Sahaja Gramam’. Seventy cents were set apart for the Mission and the remaining area was divided into plots of 5 cents. Twenty-eight abhyasis met the initial costs and ten families now reside in the premises.

Master inaugurated the ashram on 25th February 2001 during his second visit to the centre. The facilities available at that time were a meditation hall of 5000 square feet and accommodation in three dormitories on three sides of the first floor

and two large overhead water tanks on the second floor. Master suggested the purchase of some plots from abhyasis for the Mission and thus at present Mission holds 1.14 acres of land.

The ashram was renovated in 2011 with extensive changes in the front elevation with traditional Kerala style architecture (for heavy rains and humidity), steel fabrication, coloured aluminium and alloy sheet roofing. This work was completed in early 2012. A video of the renovated ashram was taken and presented to Master in Manapakkam to which he remarked, “Fantastic.”

Decentralised celebrations of bhandaras, zonal level meetings, training programmes and prefects’ meetings are hosted here. This ashram also acts as zonal accounts nodal centre and zonal distribution centre for all SHPT and SRCM publications. All centralised activities of the Mission in Kerala are also managed from Aluva.



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