



We wish our readers a progressive New Year. We now have a new look which will be common for all Echoes newsletters across the world.

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**Master’s Tour**

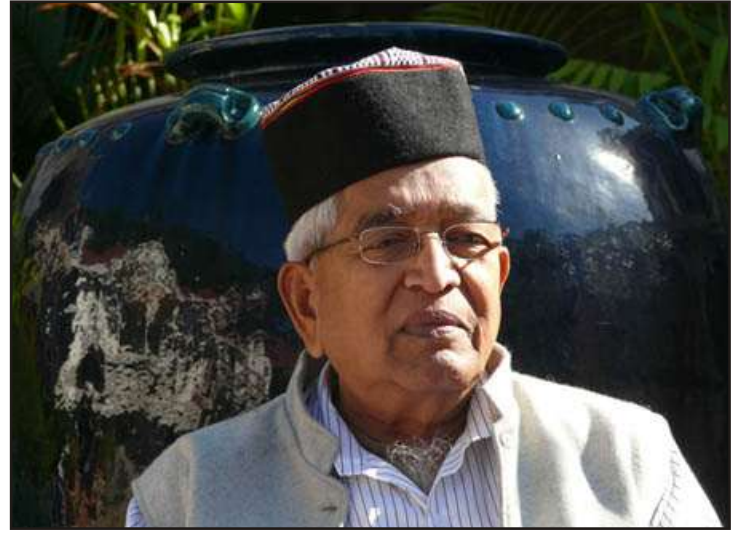
**Thuraiyur** a small town in S. Tamil Nadu, situated about 45 km from Trichy, has witnessed rapid growth from two abhyasis in 2001 to about 150 abhyasis now. With this growth, the need for an ashram was felt and one acre of land was purchased.

Abhyasis experienced an atmosphere of bliss during this first visit of Master to this centre on 25th October. He conducted satsangh for over 850 abhyasis following which he spoke in Tamil. In his speech, he emphasized the need to grow out of caste, creed, and unwanted rituals and bring about inner change and match it with a corresponding change in our outer actions. This, he said, is what will attract others towards the Mission.

Master discussed the potential expansion of the ashram in the future, even before the start of construction! While our view is limited to the present, it is evident that Master's vision spreads out far into the future even as he lays the foundation for that future in the present.

**Siliguri & Gangtok**

On November 2nd Master flew to Bagdogra from Kolkata where he was warmly welcomed by a large gathering of abhyasis. He proceeded towards the newly acquired Mission property, an hour’s drive from the airport. Later he conducted satsangh at 5:30 PM in a hotel conference room at Siliguri.



The next morning satsangh was scheduled at 7:00 AM but Master was seated in the meditation hall well before 6:30 AM, waiting for abhyasis to assemble. He then left Siliguri at 9:00 AM for Gangtok (Sikkim) through a very picturesque route along the River Teesta. He reached Sikkim border around noon and halted at the state guest house in Rangpo where he was accorded a traditional welcome. After another hour's drive he reached the resort, entrenched in natural surroundings and complimented the traditional architecture. He was felicitated by the local abhyasis and enjoyed sitting in the large courtyard in the sunshine. Master was visibly happy to be in Sikkim and mentioned this several times.

During an interaction someone said that people join Sahaj Marg but often quit soon after. To this Master said, “People will come and go, but once they are here it is my responsibility to see where they go”.

Before commencing the evening satsangh he asked all present, “Are you all ready?” This question set the tone for his stay in Sikkim. Over dinner, he shared anecdotes of his interactions with Babuji.

The fourth day began with the morning satsangh at 7:00 AM. That evening after a short cultural programme, he joined abhyasis at the bonfire and had dinner with all and even narrated some mythological stories.

Siliguri

Rangpo

Gangtok





He thanked Sikkim abhyasis for organising a feast and narrated the story of Lord Rama and the Kevat (boatman) and said, "I pray that as you have provided food for our bodies may you all be provided food for your souls."

On 5th November, Master went to the local bazaar and picked up several books for the CREST library. He conducted satsangh at the local prefect's residence and spent time with the abhyasis. It was a beautiful day and everyone was happy and drenched in his divine grace.

After evening satsangh Master spoke emphasising that all human beings are alike, there should be no barriers between people. In spirituality there are no differences, there is only reality and this reality is the essence of all beings.

On 6th November, he left Sikkim and on reaching Siliguri, he conducted satsangh at the ashram site under the blazing sun and distributed prasad to all present. After lunch he proceeded to Kolkata.

### Orissa

On 15th November, Master traveled from Kharagpur to Bhubaneswar about 350 kms by road. Around 11 am, his convoy reached Bhadrak, a small centre in Orissa. He met the abhyasis here and had lunch before proceeding to Bhubaneshwar.

At about 4:45PM, he arrived at the hotel in Bhubaneshwar and was welcomed by the abhyasis despite the heavy rains. This was his first visit to Bhubaneshwar and his second visit to Orissa, almost 22 years after his first visit to Angul & Cuttack.

On 16th November, Master left for the ashram site (the first ashram in Orissa) and received a huge welcome from about 350 abhyasis. In his talk after satsangh Master said, "Shanka (doubt) is a poison of the soul. There are some things about which doubt is not permitted, such as existence of God. And Babuji has made ample provision for abhyasis or prospective abhyasis when he says, examine the system, examine your future guru, and only when you are satisfied that you have found the right one, tie yourself to him with bonds of steel so that you cannot foolishly cut away again from him."

On 18th November, Master arrived in the meditation hall at 8.35 am. He spoke about Babuji's messages in

Siliguri



Whispers, Volume 1 and 2. He said that these messages belong to the category of 'shruti' because, nobody went and thought about them, wrote them or typed them. They came, they were received and they were written. So these are worthy of the greatest attention. He also said that we must remember that the only freedom is the freedom of the soul, which has been, and should be now, and must be in the future. That freedom has to be earned, because in some way, that soul has become unfortunately imprisoned in this body of flesh and blood.

Thereafter he conducted satsangh and spent some time with the abhyasis and answered questions put forth by them. The next day he left for Chennai by flight.

### Bangalore

Master left Chennai after breakfast at 8:30 AM on 28th November and reached Natrampalli ashram around 11:45 AM. He conducted satsangh for about 800 abhyasis and left around 1:30 PM, reaching Param Dham ashram, Bangalore at 4:30 PM.

Master conducted satsangh on Sunday morning before which he announced that booking for the third volume of 'Whispers from the Brighter World' was now open. He also mentioned that there would be a total of 12 volumes, one volume being released every year.

On Thursday, December 3rd, Master left for CREST and was welcomed by around 40 delegates of the ongoing Sadhana Program. In the evening, he went around the campus in the golf cart to the delight of the abhyasis present.

On 4th, Master graced the valedictory session for the

Bhubaneswar





Bangalore



Tiptur

Sadhana Program and distributed certificates to each participant. He patiently listened to some of the participants expressing their joy at being part of the program and being in his presence. In his speech, he said, "So you see theory-practice, theory-practice this goes step by step like climbing a ladder and I am happy that at CREST we have this facility to apply the possibility of instruction, of education, of training to people who are willing to accept it. But acceptance is not enough. Are they willing to abide by what is taught here?"

On Saturday, the 5th of December, Master inaugurated the Karnataka Prefect Seminar at CREST with a strong message motivating the prefects to work with their hearts. There were a total of 145 prefects including some visiting overseas prefects.



Tumkur

### Tiptur

Master left for Tiptur on Sunday, 6th December from CREST around 8 AM. Tiptur is around 160 kms North-West of Bangalore with around 90 abhyasis. This was Master's third visit to Tiptur and the first after the meditation hall and other construction has been completed. On arrival he announced that satsangh would be at 5 PM and 9 PM, both of which he conducted himself. Around 1000 abhyasis from nearby centres as well as from Bangalore, had gathered to be in His presence.

The next day Master conducted the final sitting in the morning and rested for a while before leaving for **Tumkur**. Tumkur abhyasis were waiting for Master with great anticipation. Master was in great spirits through the stay and was talking at great length on Babuji as well as incidents from the Mahabharata. He said, "We can see darkness only when we are in the darkness. So how to get out of it? Come out."

Master left Tumkur after lunch and reached Bangalore around 4:30 PM. After his coffee he went straight to Param Dham to conduct satsangh. In spite of the hectic day he continued with his work late into the night. He decided to extend his stay in Bangalore for a day and take rest.



Tiruppur

### Tiruppur

On 9th Master left Bangalore at 6:15 AM and reached Krishnagiri at 7:30. After breakfast, Master conducted satsangh at 9 am. He stopped for lunch at Erode and after a brief rest arrived at Diamond Jubilee Park, Tiruppur. After a quick coffee on arrival Master remarked, Babuji is saying, "Now you have already taken your coffee, you can start your work." He immediately started for the meditation hall and conducted satsangh at 6:15 PM. Master announced that there would be three satsanghs everyday for next three days at 6:30 AM, 11 AM and 5:30 PM.

There were around 4000 abhyasis from Kerala and Tamilnadu as well as prefects from Gujarat. It was a bhandara like atmosphere with all facilities available. Master himself conducted all three satsanghs in the meditation hall.

On 11th, Master conducted satsangh at 6:30 AM and 11 AM in the meditation hall. In the afternoon he visited an abhyasi's



Malampuzha



Coimbatore

house in the city and was back in time to conduct the last satsangh of the day at 5:30 PM.

On 12th Master conducted all three satsanghs in the meditation hall. On 13th Master conducted morning satsangh at 6:30 AM and then started for **Coimbatore** ashram and reached there at 11 AM. Master rested and later sat outside with all the abhyasis for a little while and then left for **Malampuzha**.

On 14th after spending some quiet time at Malampuzha, Master started for Coimbatore after lunch and arrived at an abhyasi's house by 3 PM. Before dinner as well as post dinner He sat out and all abhyasis present had a good session with Him.

On 15th before dinner Master sat in His room and spoke informally on a variety of subjects including the pillars of Hindu philosophy the Vedas, Brahma Sutras and the Gita; Ayurveda, yugas and the concept of time. He also touched briefly on his favorite subject of science fiction and talked about Einstein's experiments and the 'Foundation' series by Isaac Asimov. Some highlights from this session were:

Master's explanation that thoughts themselves do not have power but they can trigger sources of power and also the difference between using power through prayerful invocation and using one's own energy.

Since it takes time for light to travel, for example it takes sunlight 8 minutes to reach the earth, what we see with our eyes is always the past and it is never the "now".

This was a good session which moved everyone in the room to a different plane of consciousness. On 16th Master left for Chennai at 4:30 PM.

## Chennai

On his return to Chennai Master was extremely busy in various administrative tasks. There were about 200 abhyasis from various parts of the world thronging Manapakkam to spend the Christmas holidays.

On 24th December evening he cut a Christmas cake. Abhyasis sang carols and someone remarked, "It is like being with Christ himself while being with Master". He lovingly smiled at this remark. It was a festive atmosphere that had descended on the ashram.

On 31st December Master spent some time with the scholars who are in India for about 2 weeks now. They have come to Chennai for the second leg of the training program, having spent 2 weeks at Kharagpur.

On 1st January Master conducted satsangh in the morning heralding the arrival of the new year. After satsangh Br. Kamlesh Patel released a DVD set comprising some of his recent talks.

In his speech for the New Year Master said, "So, dear sisters and brothers: we must pay more attention to the call of the heart, the call of the voice from within. If necessary, close your ears to the outer world. Shut your eyes, don't listen. We have to turn our attention through the five senses which God has given us, from outside to inside. Without this turnaround, spirituality remains but a subject about which we speak, about which we discuss, about which we undergo training, but to which we pay no heed and therefore we remain where we are."

On Jan 4th and 8th Master solemnized several marriages. He is scheduled to leave for Sathkol via Delhi on the 15th.

Christmas



With the Scholars



New Year at Chennai





## New Rates for Subscriptions

### Annual subscriptions

1. Please send all annual subscriptions in favour of Spiritual Hierarchy Publication Trust, Admin Building, BMA, SRCM, Manapakkam, Chennai 600116.
2. Annual subscriptions will start with the April issue and end the next January, in line with the financial year.

### Magazines:

- ◆ Constant Remembrance Rs. 300
- ◆ Quarterly Magazine - Hindi/Tamil/Telugu/Kannada/Gujarati/Malayalam/Bangla Rs. 100

### Life subscriptions

Please send membership form and SHPT donation form along with the amount to Managing Trustee, Spiritual Hierarchy Publication Trust, 'Divine Bliss', North Block-7A, 2/3, Judges Court Road, Kolkata-700027 (WB) India.

### Lifetime corpus subscription to Books/AV:

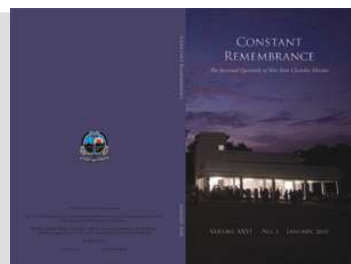
- ◆ English Rs. 6,000
- ◆ Hindi Rs. 4,500
- ◆ Marathi/Tamil/Telugu/Kannada /Gujarati/Malayalam Rs. 3,000
- ◆ Audio-Video Rs. 25,000

### Lifetime corpus subscription to Magazines:

- ◆ Constant Remembrance Rs. 3,000
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- ◆ Quarterly Magazine Tamil/Telugu/Kannada/Gujarati/Malayalam Rs. 1,500

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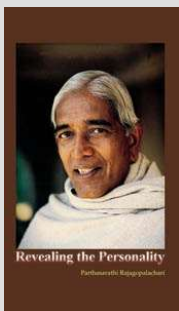
## New Publications



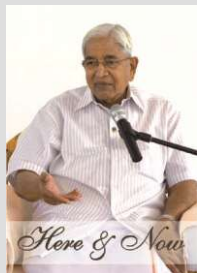
**Constant Remembrance**  
January 2010



**Sathyothayam**  
(Reprint)Tamil



**Revealing the Personality**



**'Here and Now'**  
Set of DVDs

## A Peep into the Past

This new section intends to bring to you, a glimpse of events and related quotes from the Masters, starting from Pujya Lalaji's time, as recorded in our mission literature and magazines. In this issue, we focus on the time period of more than 60 years ago, that is before the year 1950. We hope you enjoy reading this section.

**Lalaji** travelled extensively to various places to meet many of his associates. Many 'sadhaks' also visited and stayed at his residence. Some of the places mentioned in his letters to abhyasis are Brindavan, Etah, Kanpur, Mainpuri and Orai. A few pearls from his various letters / writings.

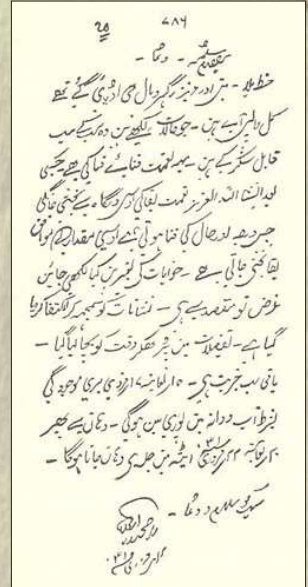
### December 1929:

Lalaji's letter to Babuji: "It is good to be tormented. Home is the school for tolerance and meekness. According to one way of thinking, patience in such things is considered to be penance, and is superior to other kinds of penances. So instead of sorrow and resentment one should resort to 'Gairat'." [a feeling that a person himself is at fault, although he is not really at fault]

### April 1930:

Another letter from Lalaji Maharaj: "Most of the people go on doing puja ritualistically. The real urge and pang and restlessness is not there, otherwise they would definitely have experienced the conditions, and every day a new life would have been infused in them."

Source: Autobiography of Ram Chandra Vol.1 (1899 - 1932) / Complete Works of Ram Chandra Vol. 3





### Lucknow Ashram - Meditation Hall

The construction of a meditation hall at Babuji Memorial Ashram IIM Road, Lucknow has begun. The proposed hall size is 30m. X 48m. and will be able to seat around 3000 abhaysis. The hall will be built using a steel frame structure.

The foundation was started by Br. Uma Shanker, Secretary, SRCM on 11 November, 2009 and the construction work is likely to be completed by the end of March, 2010.

### Varanasi

On 2nd November 2009, the construction of a meditation hall at Laya Yoga Ashram, Sarnath, Varanasi was begun by Br. Uma Shanker. The foundation stone was already laid by Master on 16th February '06.

This meditation hall is octagonal in shape and approx 8000 sq. feet in area. Digging the foundation for the pillars was completed in a day's time and footing for all eight pillars has been completed.

### Chirakkara, Kollam, Kerala

During his recent visit to Tiruppur, Master named the ashram at Chirakkara, Kollam, as 'Thapovan'. This ashram started functioning on 2nd February, 2008. Abhaysis from various parts of Kollam and neighbouring districts of Thiruvananthapuram, Pathanamthitta and

Alappuzha gather at this ashram. 'Thapovan' is located on the NH-47, 25 kilometres south of Kollam and 45 kilometres north of Thiruvananthapuram.

Set in sylvan surroundings, there are lots of coconut palms and other trees apart from the paddy fields in the vicinity. There is a perennial stream passing in front of the ashram with crystal-clear water. It is a place where around 150 abhaysis assemble for regional get-togethers. The first Sunday of every month is a full-day program. The children's corner also conducts VBSE programs. All abhaysis are welcome to this "Thapovan" to benefit from the sacred atmosphere that Master has filled herewith.

### Zonal Ashram, Gorakhpur

On 2nd December 2009, Br. Uma Shanker, laid the foundation stone at the ashram land. Nearly 150 abhaysis of Gorakhpur and nearby centers assembled on this occasion. The meditation hall is expected to be ready by Basant of coming years. The site of the ashram is very beautifully located in front of the lush green Sagaun forest kushmhi.

On this occasion Br. Uma Shanker said that ashrams are the centers of light where every individual feels the presence of Master. He also appealed to abhaysis to come forward voluntarily for this purpose. He quoted the famous phrase of Master, "Serve and you will be served".

Lucknow



Varanasi



Chirakkara



### Youth Program - Hubli, N. Karnataka

An audio-visual youth orientation programme was conducted in Hubli centre on 25-10-09. Around 15 of our youth abhaysis brought about 25 of their friends along.

The programme was devised to help enlighten the youth on the following topics: Leadership, Art of listening, Personality Development, Character Formation, Relationships, Role Model, Communication, Ambition Vs Aspiration and Regulation of Mind through Meditation.

Master's clippings were played wherever applicable. The programme tried to instill a sense of responsibility among the Youth towards their parents, society and above all, themselves. It also sought to enhance the preparedness of the youngsters to face the challenges of the future.





## Training of Prefects

Most of the prefect training programmes conducted recently were blessed with Master's physical presence and enlivened by his talks and satsanghs. For the participants it was an inspiring and invigorating experience.

### Gujarat



Seventy prefects from Gujarat arrived in Tirupur and were with Master from the 10th to 14th December in Tirupur, Coimbatore and Malampuzha retreat centre. He gave three sittings per day to all abhyasis who had gathered. Master talked on the following aspects of a good abhyasi:

- ◆ Turning attention inside
- ◆ Patient listening to understand the other person
- ◆ Attitude of learning from others, rather than trying to pull them down
- ◆ Develop patience in everything we do

### Karnataka

Addressing 140 prefects at CREST, Bangalore on 5th December 2009, Master highlighted the gaps in the practice of Sahaj Marg in Karnataka, the lack of bhakti and the need for prefects to go out to new centers and function as the arteries of the Mission.



### OPEN HOUSE AT MUMBAI, Maharashtra

SRCM organized an open house for the residents of Anushaktinagar, Mumbai on Sunday, the 8th of Nov, 2009, at Homi Bhabha Centre for Science Education. About 120 people attended this program. The program started by a short introduction given by Sis. Dhreshwar on SRCM and the practice of meditation under Sahaj Marg system. The topic for the evening was- "Science of the Self-Exploring 'The Natural Path'".

Br. A.P. Durai, Joint Secretary, SRCM, elaborated the need for meditation to bring balance between the



### Andhra Pradesh

Babuji Memorial Ashram, Chennai hosted Andhra Pradesh's two day prefects' meet from 25th to 27th December. Despite the transportation problems caused by the political turmoil in the state, over 180 prefects participated.

There were talks on topics such as Prefect's work, Character, Whispers and Sahaj Marg - A way of life, followed by interludes of interaction and reflection. On Sunday morning around 11 AM, Master delighted the prefects by spending more than an hour during which he gave a talk followed by a sitting.

### Maharashtra



Fifty prefects of Maharashtra attended the two-day prefects' meet from 13th 15th November by Pune centre. Topics like "An abhyasi first, importance of regular sadhana", "Giving sittings to abhyasis", "Mission activities and publications" etc. were covered. The newly made prefects were motivated and went back with full conviction to work with dedication.

material and spiritual aspects of our lives.

Br. Bhatia, then shared as to how he came across Sahaj Marg and the difference that it has made to his own life. This was followed by a brief question-answer session. Some of the audience wanted to know whether Sahaj Marg could offer solutions for most of the inter-personal problems, health problems etc.

Finally, a video of Master's talk entitled 'Instant Liberation' was played. This had a visible impact on the audience. 22 of these participants started meditation practice by taking introductory sittings.



Jaipur



Bhopal



Indore

## Abhyasi Training Programs (ATP)

**Jaipur** centre organized a half day training program for new abhyasis on November 22nd, 2009. There were talks and question-answer sessions on various topics regarding sadhana. About 30 new abhyasis who participated in the program were of the view that the program was very useful and a new joinee should participate in such programs to know more about the mission and its various activities.

A residential ATP was organized at **Bhopal** ashram from Nov 27th to 29th, 2009. About 50 abhyasis participated in the program conducted in the serene atmosphere of the ashram. The presentations and question-answer sessions by the faculties clarified the various doubts of the participants regarding the sadhana. It was observed that the atmosphere was one of brotherhood and harmony and the participants went back with the determination of being regular in their sadhana.

**Ranchi** centre on Nov 29th 2009 launched its first ATP for all abhyasis who have joined the mission in the last one year. While the session was anchored by Br Tiwari, Br. Lal, Br. Taneja, Br. Sahu, Br. Mishra and Sis. Tiwari took up different parts of the training program with the help of the audio video aids created by SMRTI. Masters' talks in audio/video formats were greatly appreciated by all participants as these gave them a clear idea about different aspects of the mission and sadhana.

**Indore** centre of Madhya Pradesh conducted an experience sharing session on December, 6th 2009. Abhyasis who had recently travelled with Master and had attended various training programs shared their experience with the participants. Br. Apte who attended a training program at CREST, Bangalore gave detailed information about the event and motivated the participants to attend the same. Br. Mundra who was fortunate to be with Master on his Gangtok trip shared beautiful photographs of his travel. He narrated Master's enthusiasm and eagerness to visit these places. He also

Ranchi

shared the moments which were witty but were meaningful remarks made by Master. Br. Raverkar who got an opportunity to be with Master at CREST, Kharagpur shared the important points of the talks given by Master. It was observed that abhyasis were filled with inner joy while listening to the various experiences.

Around 21 abhyasis participated in a half day training program at **Bhuj** centre, Gujarat on 15th November. The program included talks on various topics related to sadhana. Abhyasis also performed a skit on Narada depicting the importance of satsangh. The program helped the participants clarify their doubts and they went back enthusiastic.

**Vadodara** centre organized a one and a half day youth workshop from 14th-15th November. About 35 abhyasis participated in the seminar which was divided in five sessions to enable the youth to learn more about Sahaj Marg sadhana, to be aware about their role in the Mission and to strengthen their bond of brotherhood with all. The participants found the seminar very useful and full of learning.

On 15th November, '09, **Davanagere** Centre conducted a programme for around 70 abhyasis from Chitradurga, Karur, Harihara and Bhadravathi.

Br. Ramani R, Br. Nagesh, Sis. Indira Prasad and Sis. Sujatha were present. In the first session abhyasis were divided into 4 groups with a topic for discussion. Each group facilitator presented the points which were discussed. Some abhyasis had questions on these topics; the trainers answered and clarified each aspect clearly.

In the second session Br. B Srinivasa, explained how Master plays an important role in the spiritual path and how we need to co-operate with the Master

Children performed a drama which reflected the behaviour and attitude of the abhyasis. The programme was informative for every abhyasi and happiness prevailed in the atmosphere.

Bhuj

Davanagere





## VBSE Programs



### Hoshangabad

SEVA School of Hoshangabad center has one period which is kept aside for teaching values as per the VBSE syllabus and this has been going on for the last two years. This year while planning the annual gathering, the school management decided to focus on values and called our VBSE coordinator for help. The volunteer team decided to go for 'Happiness' and the team worked with the students and prepared a short play, songs and dances in which they covered various aspects of this value. The parents were also present in the session and this way the message has gone to a large number of people.

The school is attracting more and more parents because of their value education and this way humbly serving our Beloved Master.

### Ursuline Convent, Ranchi



On 5th November 2009 over 900 students listened to a one hour session which dealt with subjects like value of time, managing time and purpose of human life. The mission prayer was shared with the children.

The children were advised to work and forget so that impressions were not formed in their minds. Experiments and illustrations were used to convey how we form habit, good and bad and then we feel imprisoned by our habits.

Br. Arun Kumar shared a method to manage the time and the work in a better manner by using the 4 Ds. He advised the students to start categorizing the tasks in different baskets. The first for tasks which can be delegated, then ones which can be delayed, then the ones which should be deleted and the balance which has to be done, should

be done now without any delay.

The school administration and the children liked the program which was evident from their questions in the concluding session.

### Farakka, W. Bengal

The VBSE programme was organized by Br. Vijay Kumar and Br. Subramanya Kumar, Principal, DPS, Farakka.

It was split into two days with the first session on 11th December for around 300 children of classes 6- 8 and the second session for around 200 children of classes 9 - 11. The teachers' seminar was held on 12th, attended by 57 teachers and 3 principals from a few schools in Farakka.

The children were introduced to values through many experiments and stories. The experiments were very well understood and received by children of both the groups as well as the teachers. At the end, the children were asked to imagine that they were teachers and note down the expectations from students and also as students, their expectations from teachers.

This feedback was effectively conveyed in the programme for teachers held on the next day. Teachers were asked to ponder on whether they were really trying to unlock the treasure within the children or were they only concerned with earning their salaries, why is it that we remember only some teachers and not all who taught us and are we setting an example for students to emulate?

All the teachers were very impressed by the programme and the feedback included requests for programme repetition, a session on meditation to be included etc.

### Hubli

A programme was conducted at Hubli Centre on 10th November from 10:00 am to 5:00 pm. Sis. Madhuri and Sis. Saroja from Bangalore conducted the programme for around 41 teachers and around 15 abhyasis.

Sis. Madhuri explained the meaning of values while Br. Ajit Kamath explained the need for values. Sis. Saroja explained the changing perceptions with age, and, how the children are able to follow the teacher between the age of 4 to 7 and after that the judging attitude develops. As a teacher enters a class he or she enters with three personalities, a physical, a mental and an emotional, so also a child enters. And the child is able to read a teacher's mood very quickly, quicker than an adult.

Some games were played, which were meant to teach to open up the hearts, give and receive cooperation, etc. There were group discussions where teachers were given simple items like clip, mirror, pen and were asked to extract values from them. Teachers were also told to link their subject like History or Geography with values. This was also made an interactive session which teachers participated fully.



### Experience Sharing, Bangalore

An extended program was held post satsangh at Param



Dham ashram on 20 December, 2009. Abhyasis shared their experiences and learning from the recent visit of Master to Bangalore. A few thoughts that came out of this session are as follow:

- ◆ Master's work is heart to heart. He knows what every heart is going through and immediately empathizes with its travails and pains. We just need to keep it open to Him.
- ◆ Master says that perfect character is, "Be inside what you are outside". We observe Master and learn how to put this into practice.
- ◆ Every visit of Master is an opportunity for abhyasis to learn patience and the art of expectant waiting. So Master's visit provides us a training ground for learning to wait at various levels.
- ◆ Master's visit to any centre is an opportunity to grow in our spiritual practice. So we should maximize this by preparing ourselves well before the visit.

Many experiences cannot be described in words. These are to be cherished in the deep recesses of our hearts and should translate into gratitude and love for Master.

### Anniversary Celebrations, Kolkata Ashram

To celebrate the 6th anniversary of the opening of Kolkata ashram, a sports event was held for children and abhyasis on the 25th of December. There were more than 100 participants from all age groups participating in the games organized by Sis. Jain and Sis. Kothari.

For children below 3 years of age, a hugging race was held in which the participants ran and hugged their parents. The older participants played the game of segregating dal



and rajma kept in a bowl. The unique aspect of the event was children being the motivating force for abhyasis to come to the ashram.

### Inner Search and Reflection, Indore

From 18th to 22nd December, eight abhyasis lived in the serene atmosphere of the ashram for five days. The session was aimed at looking within deeper and to move towards our beloved Master in the true sense.

There were no speeches, no talks as the participants were requested to take stock of their own sadhana, introspect, write their diary, read books and meditate.

A few words of motivation were spoken by Br. N. V. Deshpande. Every morning and evening one preceptor visited the ashram so that they could take individual sittings.

The abhyasis felt refreshed, felt inner peace and with a stronger determination for the goal, re-entered the worldly life. The activity was coordinated by Br. Avinash Karmarkar and Br. Rajesh Raverkar. A session on a zonal level is also being planned.

### Maharashtra Youth Convention – Pune



A group of 47 participants attended a youth convention held at Pune from 18th to 20th December, 2009.

Apart from the formal discussions, personal sadhana was also given focus. Br. Vaidya welcomed the participants and introduced the faculty members. Participants were divided into eight groups - each group had to speak about a step of Raja Yoga and then introduce themselves. The topics covered during the day were: Self Development- Sahaj Marg Way, Daily Sadhana, Love, Compassion & Mercy, Inner strength through Faith & Practice, Ambition & Aspiration, Character & Change, and How to handle Stress.

Next day the topics were: Balancing life: An art, our Responsibility to our Society, Developing Relationship with Master and Effective Communication. The program ended but with a fresh beginning for a few participants.



## Allahabad Ashram

Allahabad Centre was formally started in 1965 and Shri M.L. Chaturedi was made a preceptor in charge of the centre. It continued to function from his residence and Sunday satsanghs were held there till 1994.

Abhyasis purchased 13 acres of land located in Mundera, Allahabad by raising funds locally. Out of these 4 acres was donated to the mission. The deed was registered on 13th April 1994 and with Master's blessings the first group satsangh on this land was conducted on Sunday the 13th November, 1994.

On the consequence of efforts by Shri RRK Trivedi, the Hon'ble Governor Sri Moti Lal Vohra of Uttar Pradesh, sanctioned the first financial grant of Rs.10 lacs on 27th February, 1996, for construction of a meditation hall. The foundation stone was laid by the Hon'ble Governor on 9th March, 1996 in the august presence of Master. In his speech Master mentioned how the rishis living in the Himalayas and doing tapasya, through Divine impulse communicate instructions to the heart of the people. Master remarked that Shri Vohra was also carrying out the Divine plan. He urged that those in influential position should not only use it for social welfare of the masses but also for the spiritual upliftment of the people. Subsequently three additional grants were also sanctioned for the construction of the Meditation Hall.

The Meditation Hall was inaugurated by Master on 14th November, 1997. It measures 10,000 sq. feet on the ground floor with two balconies measuring 2000 sq. feet each. Master in his speech said that there was no doubt that this centre would have an ashram. The surprise that people expressed at the speed of the construction was indeed possible as all the people worked with their hearts. He said that the youth in the mission are our army, our strength and they have a kind of enthusiasm that is lacking in the elders.

With continued efforts by Br. U.S. Bajpai, further financial grants were sanctioned by the Govt. of Uttar Pradesh for construction of Master's cottage, library, reading room, kitchen, dining hall, dormitory, toilet blocks and roads. Thus the total financial grants obtained from the Government for development of the ashram at Allahabad were to the tune of more than Rs.80 lacs. It is the first ashram of the mission in the country which received considerable financial grants from the Government. There is a well maintained garden near Master's cottage with a variety of fruit trees and flowering plants.

A full fledged Health Centre functions in the ashram, which serves a large number of poor and needy patients from the neighboring areas.

Approximately 400 abhyasis attend satsangh on Sundays. Satsangh is also held daily in the morning and evening. Various training programmes are regularly organized in the ashram.



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