



Sahaj Marg Echoes of Oceania

Masters News



"Where there is a will, there is a way... Where there is love, there is no distance!"

Beloved Master

satsangh, Master gave a talk in pure Tamil, much to the delight of local abhyasis. Master related a childhood story to the giving of the heart – the essence, that one’s heart is not even ours to give! He stressed the importance of opening the doors of your heart and letting the lord come out to rule and likened it to the story of Arjuna letting Lord Krishna run his chariot.

Due to health related issues Rev. Master was forced to cancel his trip to Northern India. Advised to rest, Master spent most of February in Manapakkam.

On February 28 Master travelled to Tiruppur and stayed at Diamond Jubilee Park. Still recovering from ill health, He was in good spirits and happy to spend time with abhyasis. On one occasion, he remarked: "Where there is a will, there is a way... Where there is love, there is no distance!". On March 2, Rev. Master inaugurated a new meditation hall at Diamond Jubilee Park amidst a festive environment. Following a superb

The following day, Rev. Master travelled by road from Tiruppur to the Sahaj Marg Spirituality Foundation Retreat Centre in Malampuzha, Kerala (about 95 km from Tiruppur and 50 km from Coimbatore, in a forest in the Western Ghats - mountains).

Laying a foundation stone for the meditation hall He inaugurated the dormitory block at the retreat centre. Following satsangh, He gave a brief talk announcing the opening of this retreat centre. SM

FOCUS NEWS

Visit from Master
Beloved Master has informed us that He intends to come to Australia in the 4th quarter of this year, leaving us with an important message that it's up to all of us!

Master names Ashram in Australia
'Ashram for Peace and Goodwill' - seems appropriate, though rather long.
Love to all.
With Love and Master's Blessings,
Affectionately,
Parthasarathi
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Br. Krishna's new appointment
Brother Krishna is now the Regional in Charge of USA and not any more responsible for Europe. Rev. Master and Br. Ajay take charge now directly for Europe.

On March 14, 2008, Rev. Master inaugurated the second SMSF retreat centre in India, located in a picturesque setting in the outskirts of Pune, Maharashtra. Similar to the retreat centre in Malampuzha, Kerala this facility will be open from April 14, 2008.

Russia Celebrations
Master will be celebrating Babuji Maharaj's birthday in Moscow

*Rev. Master's 81st Birth Anniversary Celebrations at Lucknow 23—
25th July 2008*

Abhyasis may register online for the celebrations at the following link:
<https://www.srcm.org/regindia/index.jsp>

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Masters Talk on Opening of the Retreat Centre in Malampuzha

"To Dear Brothers and Sisters of Shri Ram Chandra Mission and Sahaj Marg Spirituality Foundation worldwide:

Today, the 3rd of March, 2008, the dormitory facilities in the retreat centre in Malampuzha, very near Palakkad in the state of Kerala, has been inaugurated, and a foundation stone laid for the meditation hall. It is proposed to open the facility for those who wish to commence retreats here, on the 14th of April, 2008 which is the Kerala (Malayalam) New Year, and we invite all of you to register your names, for the moment, with sister Lalita in Manapakkam, so that we can prepare a list for future use. There are 24 rooms – each capable of accommodating up to 3 persons and no more. Toilet facilities are centralized and just behind the dormitory within a few meters, there is the kitchen and dining facility. The retreat is available to all who

want to retreat for periods of 5 days to 30 days, and it is proposed to have a preceptor couple living in this facility to give sittings when necessary.

Please note that this is not an ashram, and

...for retreats are not meant to be holidays nor escapes from life, but escapes from yourself into your Self, with a capital "S"

there will be no daily meditation and things like that, since this is essentially for you to retreat into yourself, introspect, brood over your condition as Babuji Maharaj has advised, do some writing if you wish, and go back into life spiritually fresh, mentally refreshed, and fit in body and mind. The facility is of course free of all costs, as everywhere else in Shri

Ram Chandra Mission, but of course, you have to pay for your own transport, and such other facilities as you may need personally with you.

Telephone facilities will be available on site for limited use. There may not be an extensive library for reference initially, but it will be the Foundation's endeavour to build up a library slowly as it has done in CREST, Bangalore.

I hope you will all have a wonderful retreat, whatever be the period of your stay. Please dedicate yourself to it from the very beginning, for retreats are not meant to be holidays nor escapes from life, but escapes from yourself into your Self, with a capital "S", where lies the Manasa Rovar – the lake into which you have a dip, and come out clean, fresh, bright.

Thank you." SM

Centre News

Brisbane Centre

Mapleton Centre January 9th John and Danielle visited abhyasis at the Centre. There has also been 4 new abhyasis have commenced the practice in February, 3 who travelled one and a half hours from Gympie for their introductory sittings.

January 19th A Preceptors exchange was organised followed by a meeting: abhyasis then gathered for a pot luck lunch at Madhuri's place at Taigum.

February 2nd Laliji's Birthday celebrations were conducted in Booval at the home of Brother Santhosh and Sis Sumi, in total 22 attended. Satsanghs were conducted at 10.00am and 5.00pm. In between this time there was an open house at 3.00 pm in which

13 guests were present. We welcome two new abhyasis from India who have settled in Brisbane. For this month 3 introductions were completed.

2nd March a monthly gathering took place at the home of Br Mohan and Sister Rajani. Presentations were given by Br Nagesh Rao and Sister Helen Wood. Sister Helen prepared a skit involving the children demonstrating how meditation works in regulating the mind and getting in touch with the soul, followed by a chapter from Ram Chandra's Complete works volume 1. **March** 3 new abhyasis started; in total for this quarter 7 new abhyasis commenced the practice SM



Centre News continued

Perth Centre



The highlight of this quarter was the **long weekend retreat** in March at Woodman point, south of Perth city. 36 abhyasis participated including brothers and sisters from interstate and overseas with an open day and family day as part of the retreat.

....'9 new abhyasis commenced the practice of Sahaj Marg in the Perth centre'

Basant Celebrations

Basant Celebrations held on 2nd February saw 25 abhyasis including, 4 from overseas. It was a full day program starting with satsangh at 9.00am and finishing with the 9 o'clock Universal prayer. The day's

program included video excerpts from *He, the Hookah and I* relevant to the life and teachings of Lalaji Maharaj followed by a presentation from Truth Eternal from Br Amiya Ghosh.

Study sessions

Over the last quarter we covered Maxims 3 and 8 completing the 10 maxims studied over a period of months. Our current topic is *The Beggar's Bowl* from Complete Works of Ram Chandra vol 2.

Refresher course

Over Easter a refresher course on the practice of Sahaj Marg was conducted. Specifically designed for new abhyasis. The focus was to help them develop a better understanding of the system and to provide an opportunity to seek clarification. There are plans to hold another session. SM

Melbourne Centre

Presentations and workshops have continued creating a steady learning curve with follow up group discussions. These half day programs are conducted the first Sunday of every month along with mid-monthly presentations. Topics

Melbourne news continued

covered so far are: "The Environment" by brothers Ron and Mohan, "Purity of Practice", "Criticism and Pain" by Br. Vikas, "Future of our Centre" by Sis. Susheela and Br. Ram, "Change" by Sis. Sudha. In addition we have been viewing the series "He, the Hookah and I" which has been received with rapt attention. As a centre we have introduced days of "Golden Silence" to help us remain in the silent realm of our inner consciousness long after group meditation ended. We have found this beneficial as we worked in the garden or attended to cleaning duties.

The highlight of our first quarter was Lalaji's Birth Anniversary "The Colour of Basant" being the theme which was demonstrated with

our offerings of flowers at the start of the day. It was a full program with satsanghs, quiz, videos, workshops and a play performed by the children. But the most significant sessions was the discussion around the teachings of Lalaji, how it was in his time and just how relevant and important his teachings are today.

We warmly welcome new sisters and brothers Reshma, Shruti, Nagendra, Kumaresan, Manjunath, Ruthirapathy, Sunita, Raj, Sakuntala and Linda. SM



Sydney Centre

Rev. Lalaji's Birthday Celebrations 2nd Feb

Abhyasis from Newcastle, Wollongong, and Blue Mountains gathered at North Epping Scout Hall to celebrate Rev. Lalaji's birthday. Starting with 9.00am satsangh, a presentation on Rev. Lalaji's life followed soon after. In the afternoon abhyasis played the YATRA board game and a quiz. At 6:30pm there was evening satsangh finishing with 9:00 universal prayer. Kids had a lovely time with Sis. Waireti. Overall 97 abhyasis participated in the days activities with 15 kids enjoying the children's corner.

Study Group on 9th Feb and 15th March

Study group at Br. Sathappan and Sis. Visalakshi's started with 9:30am satsangh, followed by a discussions on meditation,

Centre News continued



Sydney news continued transmission and diary writing. The sessions were attended by 14 abhyasis.

Training

weekend Blue Mountains, 15-17th February 2008

The objective for the few days was for abhyasis to have an experiential weekend through readings, information-giving and discussion. The weekend started with 9 PM sitting on Friday night and ended with morning satsangh on Sunday. Fifteen abhyasis from the Eastern Suburbs and Wollongong area attended, including 3 preceptors and one small child.

Retreat at Little Wobby, 7-9th March 2008

A minimally structured Retreat weekend gave 9 abhyasis the opportunity to capitalize on their practice, whilst focusing on inner reflection and enjoying Master's words on CD. With the unspoilt surroundings acting as the backdrop the weekend was an opportunity to live in a simple manner tuning in with nature.

Sydney Youth and not so youthful gathered on the 21 March. Starting with satsangh and a shared lunch a group discussion arose based on the future of these gatherings. It seemed effortless to pool together ideas as the discussion progressed. Drawing on the experiences from Bro Ashwin it was agreed to meet the 1st Sunday of each month as well as attending monthly gatherings. The first outing will be held at the home in Dee Why of Bro. Vipul, Sis Reena and of course not forgetting, baby Veena. SM

New Caledonia



News about our last spiritual Weekend organized 7th - 9th March on the outskirts of Noumea with 15 of

New Caledonia news continued

us living in. Sister Joelle lent us her beautiful house on the top of a hill with a marvellous view of the sea and the mountains. We wanted to get an insight into our hearts and feel closer to Master. During this event we benefited from the presence and support of Sister Danielle who prepared all the study material and brought the weekend to life.

These three days were based on the practice with study workshops, as well as each of us reading and giving a presentation on the book we read. There was closeness in our time shared together, time for studying but also time for meals and walks in the countryside.

The abhyasis found that the weekend has helped them to do their daily practice better, and they asked for other similar times of this nature. Over the weekend, we felt closer to each other in that we listened and took care of each other, thus creating cooperation on a deeper level between us with a strong desire to contribute to the development of our centre.

In His Love, Affectionately to all, Pascaline, Dan, Béatrice, Katalyn SM

Fiji—Suva Centre

12th January An Open House was held with 6 guests joining the 14 abhyasis present to hear about our system. Happily two guests are now abhyasis, having taken their introductory sittings

immediately at the Open House. **2nd February Rev. Lalaji's Birthday** was celebrated in Suva with a full day program - 8 abhyasis and 5 children attended with 3 new abhyasis who took introductory sittings. **22-24th March** we had a **National Seminar at Sea Shell Cove, Momi Bay** with a programme facilitated by Sis.Elizabeth Denley from Sydney. 17 abhyasis from Fiji were present, 23 children and 3 teenagers and one guest. **26th March** Sis. Elizabeth Denley was in Suva and conducted satsangh and gave a brief talk. 18 abhyasis attended and 5 children and we shared dinner afterwards. SM



Ashram for Peace and Goodwill

Last Friday 11th April we officially settled and took ownership of the Oceania Ashram! It is situated at Bringelly on the outskirts of Sydney on a delightful 5 acre rural property and has an existing house which can be used until we build our Meditation Centre and ancillary buildings.

A design committee has been established including architect/developer Br Steve Haggart who is currently working on modifying initial design plan to be proposed to Master for His input and acceptance. Once approved it will be submitted to Council for our Development Application.



At present abhyasis who are wanting to do so, can stay overnight at the ashram but with a maximum of 10 at any time. Weekend Retreats, Study Days, Youth weekends and working bees are booked and satsangh is held at the ashram every Tuesday night. For those wishing to visit or

stay overnight please email Brother Venkat at svmurthy123@hotmail.com. We are certainly very blessed to have this wonderful space to use on our spiritual journey. All thanks to our Master for blessing us in this way. Let us use it as He wishes for our spiritual advancement. SM

What's On?

Sydney

19th April Youth Gathering
 30th April Rev Babuji's Birthday Celebrations
 1st June World Environment Day (Wed)
 29th June Preceptor Study Group
 23rd - 25th July Rev Masters Birthday Celebrations

Melbourne

20th April Volunteer mid month celebration
 30th April Rev Babuji's Birthday Celebrations
 1st June World Environment Day (Wed)
 23rd - 25th July Rev Masters Birthday Celebrations

Brisbane

30th April Rev Babuji's Birthday Celebrations
 17th May Open House Gold Coast
 23rd - 25th July Rev Masters Birthday Celebrations
 1st June World Environment Day (Wed)
 6th - 9th June Proposed Retreat

Perth

30th April Rev Babujis Birthday Celebrations
 1st June World Environment Day (Wed)
 23rd - 25th July Rev Masters Birthday Celebrations

Fiji

30th April Rev Babuji's Birthday Celebrations
 1st June World Environment Day (Wed)
 23rd - 25th July Rev Masters Birthday Celebrations

New Zealand

30th April Rev Babuji's Birthday Celebrations
 1st June World Environment Day (Wed)
 23rd - 25th July Rev Masters Birthday Celebrations

New Caledonia

30th April Rev Babuji's Birthday Celebrations
 1st June World Environment Day (Wed)
 23rd - 25th July Rev Masters Birthday Celebrations

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