

2012

Happy New Year!



January 1, 2012 dawned with clear skies after a few days of dull and wet weather. The rains in the last two days had brought freshness to the atmosphere. The ashram was filled to the brim with abhyasis eager to get a glimpse of their beloved Master, to start afresh with renewed commitment and focus. When satsangh started the weather was clear but just after Master said, "That's all", it started to rain. What started as a drizzle picked up momentum and became a heavy downpour. Master was "forced" to stay and spend time with all of us in the meditation hall. Br. Chakrapani spoke in Tamil said that how Master helps as well as enjoys in seeing us grow just like how a baby is helped by its mother in taking its first baby steps and how the mother enjoys the same. He went on to say that once we grow up, it becomes our duty to first show our Master that we are now capable of taking care of ourselves, in the sense that we don't bother Master or cause him any worries and that we become responsible adults in the spiritual path. Sis. Niharika then recited some of her poems filling everyone's hearts with love for Master. The rain still continued but Master went back to his cottage.

Master went through extra trouble to meet with many abhyasis in several batches throughout the day. By the time it was time for his dinner, he was completely exhausted as was very visible when one saw him. Still, he took the time after dinner to meet a few children, and just when it was time for him to rest for the day, he still decided to go to his office and worked on his emails for 30 more minutes. He lives the perfect example for all of us to see and emulate. The question we should all ask ourselves is, are we "In His Footsteps"?

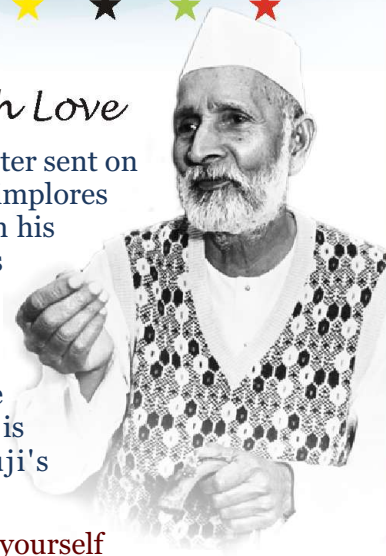


SHRI RAM CHANDRA MISSION®



From Babuji with Love

Babuji's message to Master sent on 22nd December, 2011, implores Master to make a change in his lifestyle. In view of this Master has cancelled his tour of North India and will be available at Manapakkam for all those who wish to see him. Below is an excerpt from Babuji's message.



"You have given so much of yourself over all these many years; it is time for a change in your lifestyle that is no longer suitable to the reality of a very tired physical body. Your body deserves every possible care: rest, tranquillity and all the attention required by your divine person.

... You have given the maximum of yourself; what more do you want? Travels are no longer needed at this point. We cannot stand your health be threatened like that. This is today's instruction; it is the highest expression of our love, because your well-being matters to us more than anything."



Master's Tour Report

Mumbai

Master arrived from Dubai on the evening of October 22 and drove straight to the ashram. There was a festive feel and a medley of songs greeted Master as he walked past the ashram gates. After the traditional welcome, he inaugurated the newly

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constructed book stall and library on the ground floor and the new cottage on the second floor. Master went around the place and expressed his satisfaction. Though he had come to stay only for a night and to conduct Sunday morning satsangh, at midnight, he decided to stay for one more day and to conduct three satsanghs in the ashram.

On Sunday, October 23rd, Master conducted satsangh at 9 a.m. He then introduced his successor Br. Kamlesh Patel. While introducing, he quoted Babuji saying, "There will be one after me" and emphasised that students do not have a choice of their teacher but they should utilize the opportunity to learn maximum from their teacher.

Br. Kamlesh addressed the gathering and asked, "Are we, as abhyasis, tuned to feel the condition that Master gives us during the sitting. Having felt it, do we receive it, having received do we maintain and take with us the *haalat* or condition."

Br. Kamlesh's speech was followed by a cultural programme organized by the abhyasis of Mumbai. In the evening, satsangh at 5 p.m. was followed by a cultural programme. While talking informally, Master advised abhyasis not to get trapped in "Maya". When an abhyasi asked how one could get out of this trap, he said that only prayers could help salvage such a situation.

On October 24th, after satsangh at 7:30 a.m., Master complemented the discipline and condition of the abhyasis. He then left for Mumbai, where he stayed at a brother's residence and conducted satsangh in the evening. Master left for Ahmedabad on the morning of October 25th.

Ahmedabad

Master's visit to the western part of India on the occasion of Diwali and the New Year of Gujarat, was a special gift to all abhyasis of Gujarat. He arrived in the afternoon and nearly 500 abhyasis welcomed him at the Zonal ashram. After resting for a while he



conducted the evening satsangh for around 3000 abhyasis and gave a short speech in which he said the purpose of his visit was mainly to introduce his representative for the future, Br. Kamlesh Patel.

The next day was Diwali and Br. Kamlesh conducted satsangh. After satsangh Br. Gurpreet sung some beautiful bhajans which took everyone to a most blissful state. In the evening the whole ashram was lit up with nearly a thousand diyas and lights everywhere. After the evening satsangh there was a performance of traditional garba by abhyasi girls from Vadodara and Ahmedabad centres. A surge of divine love pervaded the atmosphere and was felt by one and all.

27th October was the New Year of Gujarat and following the tradition of the state, three young children went to Master with salt, to wish him 'Sabras'. On his way to the meditation hall in the golf cart he met nearly a hundred children standing in a queue to greet him. He then conducted satsangh and conducted a marriage of a couple from Ahmedabad.

Some pearls picked from informal conversations with Master.

- ◆ When somebody introduced himself to Master, he said we don't need to introduce ourselves to near and dear ones.
- ◆ On being questioned about results Master replied that expecting results in increasing number of abhyasis is wrong, we should just work whole heartedly.
- ◆ Somebody asked whether it is right to use means of



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Ahmedabad



Anand



Baroda

comfort in life. He said if one cannot live without comforts it is wrong but if we think that in spirituality we should not use any means of comfort even if they are available to us that is also a rigid and wrong approach. He explained that we should remain detached and hence happy under all circumstances.

After the evening satsangh two beautiful programmes were presented by Ahmedabad centre; one was a drama on the life of Saint Narsingh Mehta and then a torch dance. Master watched this programme through CCTV in his cottage and appreciated it. He was very happy and after spending some time with the youth who performed the programme, he retired for the day.

On 28th morning Master left for **Anand** (75 kms. from Ahmedabad) at around 6:30 a.m., followed by more than 1000 abhyasis. He conducted satsangh in Anand and spent the day at a brother's house. A GST workshop was conducted for all prefects from Gujarat and selected functionaries from three states i.e. Rajasthan, Madhya Pradesh and Maharashtra.

Master left for **Vadodara** ashram on 29th after conducting satsangh at Anand. Nearly 2500 abhaysis from four states had gathered to be with him during the weekend. Master conducted evening satsangh on 29th and the morning and evening satsangh on 30th. Two dances were performed by abhyasi sisters from Vadodara as well as by children. Master conducted satsangh inside the cottage on

November 1st at 7:30 a.m. He then returned to Ahmedabad and left for Chennai on 2nd November at 3:20 p.m.

Chennai

Master came back to Chennai after a long trip. Due to heavy traffic, he reached the ashram quite late and looked tired. However the next morning, he was awake and ready by 6 a.m. He said, "I woke up at 5 a.m. and as I was tired, I thought I would sleep till 7 a.m. but then I felt that it was not tiredness but only laziness and so I shrugged it off and got up". It is a lesson for all of us that at this age and especially after such a long travel, he is still able to use his will power to energize himself and get back on his feet.

Master was sorting out the various books he had received in the recent trip, for the ashram library, for his room, for Omega School and for Satkhol ashram. Volunteers were helping Master by reading the book titles and one could observe him meticulously categorizing the books based on need and relevance.

Around November 5th Chennai had been having a lot of rain and there was the fear of floods as water



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started coming into the cottage area from the lion's gate. Abhyasi volunteers put sand bags to stop the water from entering through the gate. Master was concerned and as a precaution, he instructed volunteers to empty the lowest row of the bookshelves, pack them into cartons and move them to higher ground.

On the evening of November 7th, Master had a meeting with abhyasis from Mauritius. He gave a sitting and then spent some time talking with the abhyasis. He said, "One should never assume that he has achieved. Everything leads to the beginning of the next thing and there is never any real end to this process."

November 11th was a special day as Master conducted the 9 a.m. satsangh and then thirteen marriages. The hall was full and all abhyasis had an opportunity to see their beloved from close. One could feel a sense of happiness prevailing in the atmosphere. Master was in a very cheerful mood.

He met with about 25-30 abhyasis from Shahjahanpur who came to spend time with Master. Master started the meeting with a sitting. Some snacks were arranged for everyone to have. Master was the perfect host, making sure everyone had their snacks. The abhyasis repeatedly asked Master to come to Shahjahanpur, and Master replied, "I will surely come". Master had just then planned a trip to go to different parts of Uttar Pradesh including Shahjahanpur. However, he had fallen sick thrice within a week. As a result, all his travel plans had been cancelled and he was staying in Manapakkam.

One morning, when Master was about to give a sitting to all abhyasis seated in his presence he said, "The best way to avoid temptation is by not being present at the place of temptation. Suppose you are tempted to have jilebe, and if you are in a jilebi shop, you will obviously be tempted, so, the best way is to not be at that place which causes the temptation."

On November 27th inspite of the heavy rain Master was ready to conduct satsangh. The possibility of a flood situation in the ashram had risen again and Master was worried about it. He said, "If only I had more money when we were building this ashram, I would have raised the whole ashram by a few more feet." As he was explaining this, one could experience his simplicity and genuineness.

An abhyasi couple, who have recently moved back from the USA, met Master. Master asked the girl, "Are you happy with this decision to move back"? The girl responded, "I am very happy Master". Master said, "There you get money, and here you get

happiness. Money and happiness never go together".

Master was in 'Gayathri' from 29th November to 2nd December. He went to the beach on Friday evening but because of some breathing trouble he had to come home and rest.

December 3, 2011: Master came to ashram at around 9:15 a.m. He received a DVD set of 'Mahabharat Katha', which is the second part of this great epic and contains many portions left out from the original Mahabharat series. Master expressed a keen interest on watching this.

About 300 abhyasis from Gujarat came to the ashram to spend time with Master for this first week of December. On one of the evenings, about twenty abhyasis from Italy came together after evening satsangh and waited in the hall to meet Master. They were patiently waiting and one could feel the atmosphere build up. Master had plans of going into his office to do work, but as he came out of his bedroom, he changed his plan and sat in the hall and started talking with the abhyasis from Italy. He spoke to them for a while and then gave a sitting, much to the delight of all who were present.

A weekend workshop on 10th and 11th for 'HeartSpeak' brought up a question which was placed before Master. "When we say speak from the heart, does it mean that we should not prepare but speak spontaneously?" Master said that preparation is very essential for any talk. A day or two before the talk you should allow the topic to settle inside your mind, let it cook within. Do not write down points on what is to be said like they do in the western world. That makes the framework rigid and inflexible and spontaneity is lost. Instead, simply allow the topic to stay inside and let the preparation go on within you. When the time comes to deliver the talk, you will be able to speak from the heart. He said that it is not enough to just speak from the heart. One has to put his life into that talk.

On 15th Master came from Gayatri for the day just to conduct satsangh for the Ongole center abhyasis.



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December 19, 2011: The abhyasis from South Africa and Oceania were in the ashram for the seminar and Master met many of them right from 8 a.m. till 11:30 a.m. Even though he was tired, Master wanted to meet

everyone. He jokingly said, "I must have met about 300 people out of the 350 people already". Again in the evening, about fifty abhyasis came and waited in the hall. Master came out of the office room and when he looked at those waiting, he said, "Please be patient, I will be back in a few minutes". Master then came later and conducted a sitting for everyone. It was a great feeling for all who were patiently waiting for about an hour in the hall.

December 24, 2011: Master came to the ashram and sat outside in the sun. He was talking about the latest message he had received from Babuji Maharaj. He explained how he had planned out his entire upcoming trip and had decided to book the tickets when he received this message. He then had to cancel all his travel plans in obedience to his Master's instruction.

As it was Christmas eve, a group of abhyasis sat in the cottage and sang Christmas carols for Master. When they started singing, it drew Master out of his bedroom and he came to the hall humming the tune much to everyone's delight. Master said, "The last time I heard this song was in CREST", and he sat down and spent some time with all present. He distributed candies to all the singers.



On Christmas as Master went to the meditation hall, children had dressed up in red and white and had lined up the path. Master was very happy meeting all of them as he drove past slowly in his golf cart.

December 26: Following the latest travel restrictions, Master has decided to conduct the 9 a.m. satsangh whenever he is free. He went on to say that he would do his best to come out and meet everyone in the meditation hall and suggested that everyone should try to meet him there and not crowd the cottage.

After one of the morning satsanghs, Master sat outside in the sun and was talking for a long time. He said, "Why does will-power fail after one is 50 years of age? It is because all along, when we have to use the will-power towards self development, we do not do that, but instead use our will towards fulfilling the desires, which weakens the will." He gave the example of a child and said, "You should not take the child into a toy shop and tell it to control its desires". He also talked about his own personal example that about a year or so ago, he was not able to get up in the morning and that he would sleep till late. But then he decided to get over it and nowadays, he gets up between 4:30 a.m. and 5 a.m. He said, "For a man of my age, everything would collapse, except for the fact that I am still keeping my will going. On a regular basis, I give one or two sittings, one or two perfect sittings, and a satsangh, all in the morning, and then I also check my emails, which are not just a few, but about 40 emails on a regular basis".

A cyclone that hit the east coast brought heavy rains and wind to the city. The ashram premises was fully soaked in water and there was concern of a possible flooding. Many abhyasis started arriving at Manapakkam and so a circular was sent out asking abhyasis not to travel to Manapakkam. Luckily the storm crossed and things settled down quickly.



Seminar for Abhyasis from Mauritius 7th to 14th November 2011

A group of twenty-seven abhyasis and eight children arrived at Manapakkam ashram on 6th November. Master received the abhyasis in his cottage on 7th November and gave a sitting at 4:45 p.m. followed by tea and snacks.

All abhyasis received two individual sittings during the seminar. From 8th to 13th a seminar with suitable themes for personal reflection and group discussions was held. It was very fruitful and consisted of presentations by Sis. Dolly and the training team on the Sahaj Marg sadhana. There were group discussions and every abhyasi had the opportunity to share their understanding on the topics. There were presentations from the different groups. In the afternoon video talks of Master were played.

Brothers V. Kannan, A.P. Durai and Kamlesh Patel spoke and enriched the understanding of Sahaj Marg, inspiring the abhyasis to take action for their evolution and for the spread of Sahaj Marg in Mauritius. Br. Sharat made a presentation on Community Building and the initial steps to be taken in Mauritius were discussed and agreed upon.

In his talk Br. Kamlesh said that many abhyasis ask how they can retain the good condition when they go back home. He pointed out that we should allow the condition to grow. Master has invested a spiritual capital in our hearts and we should allow it to grow. The condition should grow and manifest in our thoughts, speech and actions. He also said that it was the responsibility of every abhyasi to bring new abhyasis into the Mission and to follow up with them.

The abhyasis briefly met Master on 14th November and he wished them Bon Voyage. He said he could not come to Mauritius because of his age but requested them to "Take Me along with you. I hope you understand what I mean". This only reminded us that we have to be with Him all the time.



Oceania and South Africa Seminar 16th to 22nd December 2011

"I have always been His, but has he been mine?"

For almost two days after arriving, the participants had not seen Master and the silent message was to seek within and feel his presence. The theme revealed its true meaning of seeking him within and asking, "Have we accepted him to be mine completely?"

On 18th, Sunday, Master conducted satsangh and the activities began with talks from various inspiring speakers. Br. Santosh spoke on 'Heart Speak'. It was also stated that Master wants us to be visionaries sharing the same vision as his and not having our own separate visions. The next day Br. Krishna speaking on 'Brotherhood' mentioned how important it is for us to resonate in the same frequency as that of our Master. On 20th Br. Kamlesh focused on regularity in practice.

On 21st December, Master attended the AGM of Australia and New Zealand. He said that we need to break the barriers of nationality and become one. Mentioning about fantasy and reality, he said that he always wanted to drive through the coast of Australia but the reality is that he is old and cannot travel. So we need to know what fantasy is and what reality is, in our own lives. Master had dinner with the participants and had arranged burger with chips especially for them.

The **Oceania & South Africa Youth Seminar** was organized for around eighty youth on the theme of "Walking in His Footsteps" from 17th to 20th December. Participants were from New Zealand, Australia and South Africa and a few from India.

The four day seminar included talks, activities and satsanghs. On the last day, each of the groups performed either a skit, song or activity. Heart to heart talk helped everyone to open up to each other. A feeling of 'we are one' arose. The youth present at the seminar were glad to get an opportunity to interact, share ideas and views with each other. The focus will be to become what he wants us to be, stay together and work together with love.

Abhyasis Brainstorming Ranchi, Jharkhand

An interactive session of the abhyasis of Ranchi centre was organized by on 28th October, 2011. The abhyasis were divided into three groups to discuss ways of improving the quality and quantity of abhyasis at Ranchi. The groups brought out many action points. It was decided that abhyasis should be encouraged to take individual sittings regularly, attend bhandaras regularly and attend Sunday satsanghs without fail. It was also decided to conduct full day programmes and home gatherings with proper planning and logistics thought out in advance. The session was concluded by short talks by Br. Rakesh and Sis. Kanchan on 'Service with Love'.

Home Gatherings

Durgapur, West Bengal



On 13th November 2011, Sis. Anita Jain and Br. Arun Lathia joined Br. Parimal and other abhyasis residing at Durgapur, for an interactive session on 'Sahaj Marg Practice and System' at Br. N.P. Chakrabarty's residence. The discussions on various topics relating to Sahaj Marg sadhana as well as the work of improving the quality of the abhyasis generated a lot of queries. These were effectively clarified and overall, it was a deeply satisfying event all due to Master's divine grace and the participation of eager abhyasis.

Nasik, Maharashtra

A gathering at the residence of Br. Sunil Chandran on 8th December 2011 was attended by army officers, their wives and school teachers - a total of twelve persons. The significance of Sahaj Marg and how it helps a human being in achieving spiritual evolution with a balanced existence was clarified in detail with anecdotes and examples, by Sr. Anasuya Ramachandran, CiC Nasik. There were a number of queries regarding personal experiences and doubts as the participants evinced keen interest in almost all aspects of spirituality. Many participants requested the contact details of the local prefects which were then made available to them.



Facilitated Workshops

Mumbai, Maharashtra



"The manner is more important than the matter."

In October 2011, an intensive training was conducted for 65 facilitators from India and overseas in using 'Facilitation' as an effective methodology in conducting training programs for abhyasis. The method encourages working in small groups which creates self-confidence. An atmosphere of mutual trust and respect is created which in turn facilitates an inner opening up of each participant. The quality of interaction is subtle (as against speeches on the mike) which suits the ashram atmosphere.

Using this method, the Mumbai and Pune team of facilitators conducted two workshops on 'Communication and Brotherhood, one for abhyasis in general (20th November, 65 participants) and the other for prefects (4th December, 36 participants).

Most interactions happened in small groups of 8-12 participants, using suggestions for the fraternal way of communication. The introspective material used drew heavily from the literature of our Masters and Whispers from the Brighter World. The feedback from most participants was highly positive. The learning was more based on feeling, on brotherhood (Maxim 6), with very little importance to thinking/knowing.

A Time for Reflection



Vashi, Mumbai

The abhyasis living in and around Vashi area of Mumbai have got together to meet every second Saturday of the month. The first get-together was conducted on 'Prayer' at Br. Ramanaiah's house. There were group discussions on the topic and the important points were noted down. Each participant read, reflected and spoke for a minute or two. The programme ended with a deep and heartfelt prayer meditation of ten minutes.

It is planned to have these sessions at different abhyasi's houses and on a different topic each time. Initially the Sahaj Marg practice will be covered and then it will move to the finer aspects of Sahaj Marg teachings.

Gulbarga, N. Karnataka

On 7th November, a get-together was organized at Br. Mahesh Deshpande's residence with about twenty abhyasis. Master's talk - 'Purposeful and Systematic Practice' was shown followed by Universal Prayer. This was followed by some general discussion and casual intermingling amongst abhyasis during tea. A very blissful and cordial atmosphere prevailed throughout and all abhyasis experienced Master's presence.

Chennai Youth Meet Natrampalli Ashram

A get together for the abhyasis in the age group of 18 to 30 years was organized on 15th and 16th October at Natrampalli Ashram. Fifty five enthusiastic youth participated in the meet themed 'Spiritual Journey' which began with a bus journey from Chennai to Natrampalli accompanied by five prefects who also participated in the sessions.

At Natrampalli, the programme started with a morning walk through the village. In the session 'Spiritual Edifice: Mission' a presentation was followed by a discussion on the role of the abhyasi in fulfilling Master's mission. Various group activities were conducted which involved some fun with learning. A session on 'Relationship with Master'



Vadodara, Gujarat

A group of abhyasis gathered at Sundarvan Society, Vadodara, on December 17th, 2011, to discuss and reflect on 'Patience is Character'. They started with a recap of the previous session on 'Behavior' and a couple of minutes to silently connect with Master. As the session proceeded, abhyasis reflected on their own reactions to prior situations. Each individual felt he must attempt a constructive 'change' in himself/herself. They must give themselves space to achieve a balance of both the inner and outer self, open their hearts so as to be able to empathise with others. This would enable them to handle the situation with a positive approach and a feeling of surrender. In short, 'character' must be cultivated as expressed by Werner Erhard who says, "At all times and under all circumstances, we have the power to transform the quality of our lives!"

The session closed on the note that we must aim for subtlety of thoughts and suggestions at every moment of our life. This will create a lightness of spirit and ensure calmness and peace within us.



and how to develop love for the Master brought their thoughts into focus. A group fun game and a quiz on Sahaj Marg literature kept up the spirits of the group. The programme ended with everyone participating in doing some work in the garden.

The participants were presented with a photograph of Master. They enjoyed the spiritual environment of the ashram and felt refreshed and energised by this programme in the serene atmosphere of Natrampalli ashram.



Workshop on Human Integration

Gwalior, Madhya Pradesh

A three day workshop on Human Integration was organized at Gwalior centre from 14th to 16th October at the zonal level for fifty-four trainees. On 14th, abhyasis started gathering and registration and individual sittings were organised. After evening satsangh, Br. Narain Singh welcomed the gathering.

The next day Br. Kamal Wadhwa, Br. Yogesh Khandelwal, and Br. Ram Kishore from Hoshangabad conducted a session on 'One World, One Humanity' to promote universal brotherhood. Br. R.K. Shrivastava and team from Bhopal conducted a session on 'Character Formation'. These sessions were interactive and also allowed the participants to delve within themselves. The evening was reserved for individual sittings, satsangh and a cultural programme past the 9 p.m. prayer time.

On 16th after morning satsangh, Br. Shirish read a few pages from the book 'Dil Ki Awaaz - 2007'. Br. Vikalp. ZiC, addressed the abhyasis and motivated them. The trainees witnessed the commencement of the ashram construction. The last session was on 'Developing a Link with Him' conducted by Br. Shiv Kumar and team from Gwalior. The program was anchored by Br. Shiv Kumar, Br. Manu Chopra, Sis. Archana and Sis. Vandana.

Children's Programmes

Bareilly, Uttar Pradesh

Bareilly centre organized a three day programme for children (10-16 years) from 14th 16th November. Dr. G.M. Bhatnagar opened the session and spoke about bringing back the values from our ancient scriptures. The programme which was from 3-6 p.m. started with the Mission prayer each day. There were talks on topics like 'Self Awareness and Self Management', 'We are all one and the same', 'Health and Harmony' and 'Truth and Courage'. Over the three days, various activities such as drawing, painting, quiz and singing were organized with the help of Br. Sanjeev, Br. Praveen, Br. Ravindra, Sis. Bimala, Sis. Shashi and other volunteers. Talks on the functioning of the Railway Protection Force (RPF), Health and Preventive Measures, vending machine and its applications, were very informative for the children. Col. Nitish presented through well edited clippings, the love for the nation, patriotism, origin of the national anthem, honor, courage, leadership and moral values which touched the heart of everyone in the audience. Overall, the children were inspired and motivated.



Sports Day

Pune, Maharashtra

Br. Ramnath took the initiative and arranged an amazing weekend with various sports activities at the Nanded Phata ashram, on 8th and 9th October. The first day was for youth (18- 30) and the second day was for children and those above 30 years.

Posters, Master's photos playing different sports, quotes and balloons were all ready. Saturday started with a game of cricket with a lot of energy and enthusiasm. The match turned out to be a great ice breaker and it was followed by other games like lemon race, book balancing race, carrom and chess. Refreshments and lunch prepared by volunteers relaxed everybody.

After Sunday satsangh, the same games were played by abhyasis above 30 years. The activities invigorated the spirit of sportsmanship among the abhyasis and brought everyone together in harmony and brotherhood.



Tiruppur, Tamil Nadu

On 14th November, Children's Day was celebrated in a grand manner in Chettipalayam Yogashram, Tiruppur. Invitations for this function were distributed in advance to ensure the participation of as many children as possible from the neighbourhood.

The programme started at 5 p.m. with games conducted for the children according to their age group and eager participation from all. A special quiz programme on Sahaj Marg was organized by Br. Sundaresan. This quiz had questions on topics like love, discipline and morality. Br. T.V. Viswanatha Rao, ZiC, Br. Subburathinam, Ashram Manager, Br. Marappan and Sr. Sarala, distributed gifts to all the children. Dinner was served to all and parents who had come along with their children appreciated the activities of the Mission. Quite a few expressed an interest in starting the system. Realizing the importance of such an event being held in a spiritual environment, many expressed that such programmes should be conducted frequently in future.

Full Day Programmes

Kadapa, Andhra Pradesh

A full day programme was organized at Kadapa Centre, Andhra Pradesh on 4th December, 2011. Around 31 abhyasis participated in the programme where two topics were taken up from articles published in the recent issue of Constant Remembrance - 'Character Formation' and 'Real Sadhana'. The abhyasis felt that through this programme, those who cannot understand English benefit a lot as the discussions happened in the regional language, Telugu.

The day concluded with a drama enacted by the children showing the concept of giving an opportunity to all brothers and sisters to reach the goal of life by sharing the importance of Sahaj Marg with everyone.

Mangalore, S. Karnataka

A full day programme with the theme 'My Master' was conducted on 4th December 2011 at Mangalore centre. Abhyasis had been asked to prepare themselves a couple of weeks in advance. After satsangh, a CD on Master's talk was played. The abhyasis who had come prepared spoke on various topics with relevance to the book 'My Master'. In the afternoon, a DVD on the European seminar held at Manapakkam was played followed by a training session on the importance of 'Satsangh' conducted by two young abhyasis from Mumbai centre.

The session started with a prayer and then abhyasis were divided into pairs and asked to introspect on the reasons for not being able to attend satsangh regularly. This was then shared with the whole group. A presentation on Master's sayings about the importance of satsanghs was displayed and it was followed by introspection and discussions.

Virudhunagar, Tamil Nadu

16th October saw the gathering of around 40 abhyasi brothers and sisters from local and nearby centres for a whole day programme which was organized at Virudhunagar Ashram, Chinnavallikulam. After the morning satsangh at



Kadapa



Mangalore

7.30 a.m. and breakfast the abhyasis were eager to begin the programme. As a continuation of the discussion that was held the previous month during the whole day programme, the abhyasis were now divided into groups and each group discussed the topic "Change Yourself as Better Abhyasi". At the end of group discussion, the group leaders summarized the salient points.

Many points blossomed during this discussion. In this program, many abhyasis expressed the fact that they had felt Master's presence and guidance. The whole day program was concluded with the evening satsangh.

Hubli, N. Karnataka

The youth conducted the programme on 13th November, conceived, practiced and displayed by them. After satsangh and breakfast there was a mock debate between abhyasis and seekers. The debate went on for two hours and it was humorous, entertaining and educative.

Slides that had no bearing to our system were shown and groups were formed and asked to coin a slogan for the slide from Sahaj Marg. After lunch a skit enacted by the youth brought forth the fact that the founders of various religions have all said the same things. This was accompanied by visuals and background music. Every one enjoyed the program.

Bellary, N. Karnataka

On 6th November abhyasis and children left for Srusti Gardens after morning satsangh. Three abhyasis of Bellary centre had participated in Character Formation Training Programme (Telugu) at CREST Kharagapur, and they explained about the programme and importance of participating in a Training Programme. After that, all abhyasis participated in a 'pick and speak' activity. After lunch there was a quiz programme, conducted by the children. It was followed by a cultural programme, organised by the children. The programme concluded with the evening satsangh at 4 p.m.



Virudhunagar



Bellary



Inaugural Function at Laya Yoga Ashram Sarnath, Varanasi

Master inaugurated the newly constructed meditation hall at Laya Yoga ashram, Sarnath, Varanasi on 4th December 2011 via a live video link between Chennai and Varanasi. Br Uma Shanker Bajpai, Secretary, Justice R.R.K. Chaturvedi, Br. Ashish Singh, Br. A.K. Garg and Br. Y.N. Prasad were present.

At 6:30 a.m., all abhyasis (nearly 1000) were assembled in the meditation hall. As Master appeared on the screen, the whole hall was filled with a loud applause. Every one was extremely happy to see Master. Master directed Br. Bajpai to unveil the plaque and then he dedicated the meditation hall to Babuji Maharaj and granted permission for abhyasis to use the hall for meditation, He said, "Sahaj Marg is the path of love. We should use this place for our spiritual development. There is no place for hatred in Sahaj Marg." On this method of video communication, he commented that in this scientific age, we are not separate, we are one.

Dr. Prasanna Kumar CiC, Varanasi centre welcomed all and expressed gratitude to Master for his blessings. Br. Bajpai elaborated the importance of love. Br. N.P. Sinha presented the brief history of Laya Yoga ashram. In the second session, abhyasis from other centres spoke and this was followed by a cultural programme and evening satsangh.

Announcements

New CiC for Chennai

Chennai will now be a new Zone (2C) and Br. Capt. Vineet Singh Ranawat will be the Centre-in-charge.

Translators for Echoes Newsletter

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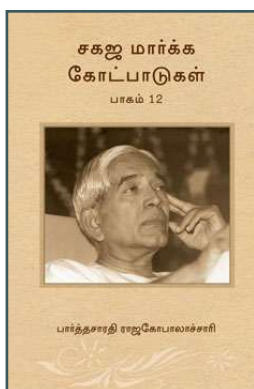
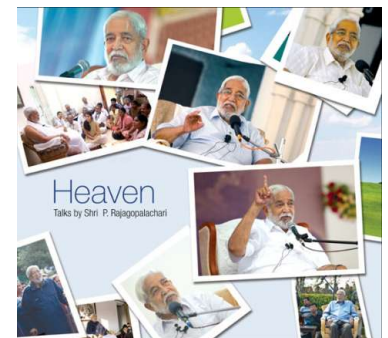
Please note that we have been having problems with the Yahoo and Rediffmail servers when we send out the newsletters. If you have subscribed for the newsletter with a Yahoo or Rediffmail ID, please unsubscribe and subscribe again with any other email ID. We regret this inconvenience.

Travel to Manapakkam

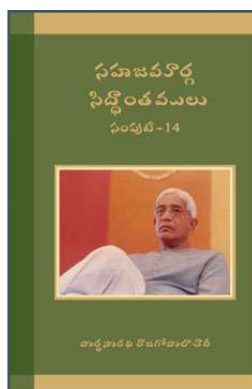
A Seminar for abhyasis from Russia as well as former CIS countries will be held at the Babuji Memorial Ashram, Manapakkam between the 17th and 24th of January, 2012. In view of this, abhyasis from all other centres are requested not to plan any visit to Manapakkam during those dates.

New Releases

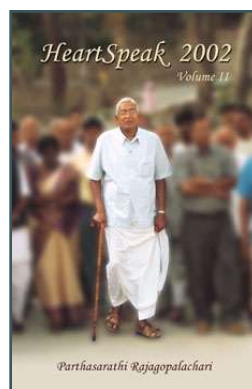
Revered Master released the following on New Year's day at Manapakkam.



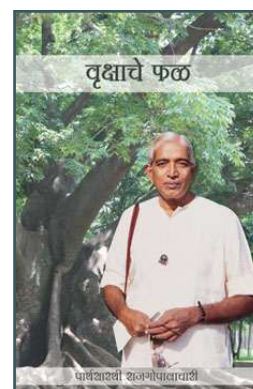
Principles of Sahaj Marg Vol. 12
Tamil



Principles of Sahaj Marg Vol. 14
Telugu



Heart Speak 2002
Vol. 2
English



Fruit of the Tree
Marati

The European Seminar held at Manapakkam in December 2010 has been beautifully captured on celluloid in a new release entitled 'Heaven' (DVD), a special production presented by the Spiritual Hierarchy Publication Trust.

Pune Ashram

Centre of Light

"Joy- of course we must be joyful, but we forget that many messages of the Master say that an abhyasi must be cheerful at all times, not just during occasions, not just during brief interludes when you feel happy because you have Panshet Lake in front of you and you see the setting sun.Brilliant! We are nature lovers in the true sense that we must love the inner nature that is in our hearts. of which the external nature is only a reflection, or can only be reflection if it is inside."

When the Sahaj Marg family started growing in and around Pune, the need for an ashram was felt. The proposal for construction of an ashram was presented to Master in 2001 and was promptly accepted by him.

Land registration was effected in January 2001 and the construction of the ashram facilities were completed in early 2004 (except children's centre cottage which was completed in July 2004). The ashram is in a peaceful area near Sinhagad road on a plot measuring 3919 sq. mtrs.

The ashram is near a water body which makes its environment cool, quiet and serene. The ashram is located about 15 kilometers from Pune railway station and is approachable by road and public transport.

The fact that the Nanded Ashram is just 10 km away from Panshet Retreat Centre, has made it convenient for volunteers and abhyasis to shuttle between them with ease.

Master had visited Pune in February 2004 and had seen the construction work in the finishing stages. He instructed the centre-in-charge to start satsanghs immediately after the completion of the construction and hence the first satsangh was held on 4th April 2004.

The ashram has a meditation hall of about 2325 sq. ft. and can accommodate about 250 abhyasis. In the year 2009, a temporary extension was made to accommodate 200 more abhyasis. The other facilities include a kitchen, children's centre and a toilet block (with caretaker's room on first floor) and a car park area. Lush green lawns and a variety of fruit trees surround the buildings.

Master has conducted satsangh in this ashram on many of his visits to Pune. To cater to the requirements of future growth, the Ashram Maintenance Committee is in the process of preparing a major project for expansion of the ashram facilities to present to Master for approval.



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