



## Pongal at Chennai



During the Pongal season, the ashram in Manapakkam was bustling with visiting abhyasis and Master celebrated several weddings of abhyasis, both Indian and overseas and distributed certificates to scholars who finished their month long training at Manapakkam and in Natrampalli ashram. Br. Lingusamy, an abhyasi and a well known Tamil movie director was seen with his film crew, taking shots of Master in the cottage as well as going around the ashram. Some shots were taken while Master talked to a group of abhyasis sitting near the Babuji Mandap.

On 13th January, Master conducted a working committee meeting. Later in an informal conversation with functionaries, he emphasized the need to select proper candidates to take up the work of the mission. He said, "Babuji told me, 'You must select men of character



and education and then I will give them the abilities.'"

There were about 4500 abhyasis and 500 children at Babuji Memorial Ashram on 15th January. After Master conducted satsangh in the morning, Br. R. Chakrapani gave an engaging talk, revealing his love for Master. He quoted from old Tamil film songs and related them to spirituality and to Master.

On the 16th, Master paid his customary visit to the cattle shed to greet the ashram's cattle on *Maattu Pongal* day when the farmer decorates and celebrates his cattle wealth.

During this period, Master was preparing for his Dubai visit, an overseas trip after a long gap. He left for Dubai on the morning of 19th January.



## Dubai Inauguration of SMSF Meditation Centre in Dubai, 21st January, 2011

This event would be remembered as historic and ground breaking in the annals of the SMSF in the Middle East. Back in 1994 when Master was asked, if there would ever be a meditation centre in this region, he had replied, "Only if your people meditate and work hard for it, with His grace it will happen". Master's untiring attention and visits to this region, with his love and guidance during the last two decades, resulted in a Sahaj Marg family of more than 1500 abhyasis and nearly 100 prefects, practicing in the Middle Eastern countries.

Master arrived on January 19, 2011 to a hearty welcome. Although it was lunch time, he decided to give a sitting to all the abhyasis gathered to welcome him. On 20th, Master conducted the last satsangh at the Iranian Club auditorium and reminisced that he had conducted the first session in this location about six years ago. Later, he presented the Iranian Club officials with a memento as a token of appreciation of their support over the past years.

On 21st, Master arrived to inaugurate the centre located in New Dubai in the fast upcoming Jumeirah Lake Towers. Master was received by the Ashram Committee and the UAE prefects. He dedicated the meditation centre in memory of Babuji Maharaj by unveiling a





commemorative plaque. About 1100 abhyasis patiently waited in the terrace area and watched Master, beamed live on multiple screens, whilst he cut the ribbon and then parted the curtains to reveal a beautiful backdrop. Master then had a look at the quotes of the Masters of Sahaj Marg that adorned the walls of the centre.

After conducting satsangh, Master observed that much could be said about the sitting that they had just had. To mark this happy occasion, he released a souvenir consisting of a pictorial book of his trips to the region and a DVD of his selected speeches given here.

Throughout his stay, Master attended to small groups of abhyasis from Pakistan, Kuwait, Bahrain, Oman, Iran, Saudi, Algeria, Tunisia and Egypt. In these sessions, Master in his natural, light hearted but profound manner, gave both instruction as well as inspiration and drew the abhyasis towards him. He spent considerable time with the contingent of twenty abhyasis from Pakistan. For many, this was the first opportunity to be in his physical presence.

On some days, Master would visit abhyasis' homes, give a sitting or just relax and talk on spiritual subjects or recall some memories; always kindling the inner processes of abhyasis. Master also went out for a stroll in the market on a couple of occasions. He touched the environment and people with his loving presence, as only he can.

The new SMSF Meditation Centre for Human Integration will be a significant place, meant to be



utilized by all, irrespective of their background, caste and religion as he reminded us; to bring individual peace and collective harmony to our future generations.

Some pearls from Master:

- ❖ Babuji used to say “Nothing is as easy as it looks, nor as difficult as it seems to be, nothing!”
- ❖ A sister came and told Master; “I need your help.” Master replied, “We all need help, I help you. You must help me, I must help you, and we go together. I am not joking, I laugh but I don't joke. I am serious. I promise my help and you give me your help too.”
- ❖ “Our seminars must not be education oriented, they must be inspiration oriented.”
- ❖ Talking about mode of life for the people in this region Master said, “Change is coming, slowly but surely coming. ... It needs patience and prayer.”

### Master's North India Visit

**28 January to 13 February, 2011**

After ten days in Dubai (U.A.E) Master arrived in Delhi on the 28th of January. He conducted two satsanghs on the 29th and then went to the Gurgaon ashram on the 30th, where he conducted the Sunday satsangh. After satsangh, Master inaugurated the newly installed Dronacharya statue. After lunch, he came outside his





office and answered questions from abhyasis. On 1st February, he solemnized two marriages and then left for Rudrapur by road.

### At Rudrapur for Lalaji Maharaj's Birth Anniversary

It was a unique moment at Rudrapur where Master conducted the satsangh at 7.30 a.m., inside the cottage itself. About two hundred abhyasis from nearby centers had gathered to celebrate the birth anniversary of our Adi Guru Lalaji Maharaj. Master was very cheerful and so were abhyasis around him to see Master under no imposed strain. Master conducted the evening satsangh at 5.00 p.m., which was followed by rendering of bhajans by br. Gurpreet. To Master's delight, the program ended with 'Aftabe Marfat'. Master had a restful stay at Rudrapur before the journey to the Himalayan ashram at Satkhol.

### Stay at Naukuchiatal

On 4th February, Master left for Naukuchiatal. Master's office at Naukuchiatal has been renovated and he did like the changes done. He announced an extension of his stay there by a day. Master gave satsanghs in the office every morning and evening. Around 200 abhyasis sat on the balcony and rooms in a very disciplined way. In an informal talk the next day, he spoke about pleasure and pain and how pleasure makes one weak and pain makes one strong. One visitor asked Master as to why we need to have spiritual practice if our hearts were pure already. Master said a pure heart is not enough. That is the basic requirement. Once our hearts are pure, we need to put the divine there. Master conducted the Sunday morning satsangh and then left for Satkhol.



### At Satkhol for Basant Panchami

After a rough journey, due to bad roads, Master arrived at Satkhol at 11 a.m., on 6th February. Abhyasis who had landed without permission were asked to leave after lunch. Master conducted satsangh on 7th at 9.00 a.m., then solemnized two marriages and inaugurated the library and seminar room and proposed that we should have one seminar during this visit itself.

Master conducted the Basant satsangh on 8th at 9.00 a.m. He has been celebrating Basant Panchami day at Satkhol regularly for quite some years now. He was exhausted after the satsangh, but sat through to release the new publications of the mission. Master then attended the seminar on Management principles by one abhyasi brother, who is an organizational expert. Master immensely enjoyed this one and half hour talk, which refreshed him as well. He then took a walk to the office, observing the growth of the deodar trees on the way. Master then joined in for a picnic lunch with everyone, in front of the office area.

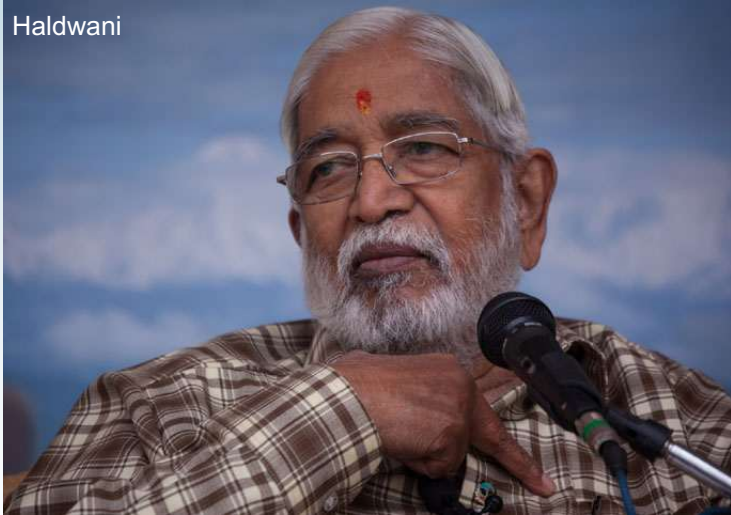
### Inauguration of new ashram in Haldwani

On the 9th February, Master left for Rudrapur. On the morning of the 11th he went to Haldwani center to inaugurate the newly constructed ashram. On arrival he was greeted with *patakas* (a traditional way of decoration in this area) on the road leading to the ashram. Master





Haldwani



unveiled the ashram inauguration stone and then entered his office after cutting the ribbon.

Local sisters, attired in traditional colourful clothes sang songs. Master then offered prasad to Babuji Maharaj. After lighting the fire in the kitchen, he walked out on to the balcony, which was prepared as his stage from where he conducted satsangh for around 1200 abhyasis. Master then gave a talk and said that ashrams should be used for spiritual progress alone. He sat with abhyasis in the sun and listened to their experiences during the meditation. After lunch, Master returned to Rudrapur.

### Some Quotes during the Tour

- ❖ When you work hard, do things from the heart; nobody will dare harm you.
- ❖ Will power is the force between decision-making and implementation of that decision, like a synapse in the brain.
- ❖ Will power in action is discipline.
- ❖ Unwillingness to love is different from inability to love.
- ❖ Quoting Babuji, Master said, "Worry is misdirected thought."
- ❖ Happiness is momentary, but joy is a state of being.

On the evening of the 12th Master enjoyed a song and flute performance by a group of overseas abhyasis outside his cottage. The next day he conducted Sunday satsangh and then left for Delhi. On the way he stopped at Moradabad for lunch.



### Jodhpur: A visit to remember

Master's current spiritual odyssey included a short visit to Jodhpur after a gap of ten years. Three thousand abhyasis from Rajasthan who had gathered felt that the new meditation hall was his gift of a spiritual oasis for this desert region.

Master arrived by flight from Delhi on 15th February, bringing with him the much needed sunshine and respite from the rain of the previous two days. Despite the long travel from Rudrapur and Delhi, he appeared fresh.

Abhyasis were delighted when Master came out twice and interacted with them. The gates of the cottage remained open while Master sat on the lawns with abhyasis and talked for a long time. He told a sister who touched his feet that it is not permitted in our system and we should not do these things without thinking of the consequences of our actions. He also advised that we should pray for all who were against the system and who antagonised abhyasis.

After inaugurating the Jodhpur Ashram on 16 February at 9:15 a.m., Master conducted satsangh in the newly built meditation hall. After sis. Ranjana Mehta sang some bhajans, Master visited the office and sat for a while enjoying the sun while interacting with abhyasis. He came out in the evening to meet children who participated in the cultural programme.

On 17th February Master expressed his disappointment at the abhyasis who had not attended satsangh and were instead waiting for him at the cottage. Master gave a sitting to all volunteers at 11:30 a.m. During a discussion about visiting exotic locales, Master said that these activities were more of ego enhancers rather than any real value. Master left for Delhi later that afternoon.



Moradabad

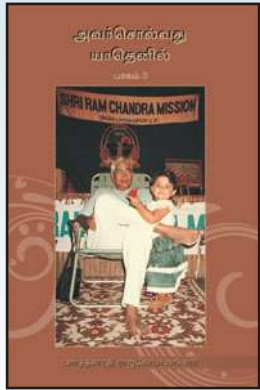


Jodhpur





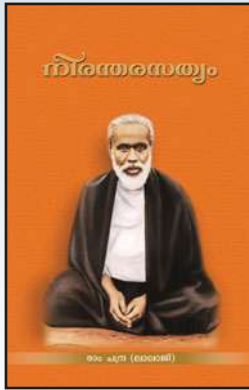
## NEW PUBLICATIONS



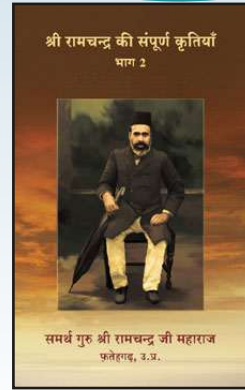
Avar Solvadhru Yathenil - III  
Tamil



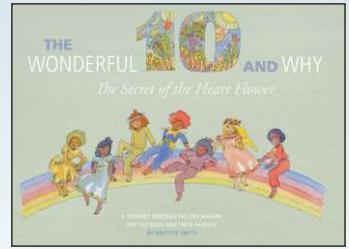
HeartSpeak 2006  
Kannada



Truth Eternal  
Malayalam



Complete Works of  
Ram Chandra  
(Lalaji) Vol. II - Hindi



The Wonderful 10 and Why  
in Spanish, Danish, Italian,  
German, English, Hindi,  
French and Portuguese

## Master released these publications during Basant.



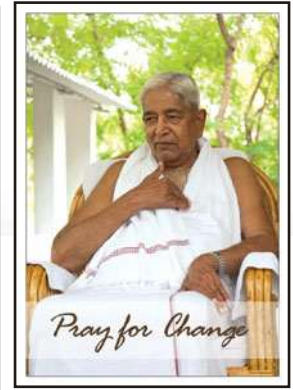
HeartSpeak 2008  
Marathi



HeartSpeak 2008  
Gujarati



HeartSpeak 2008  
Hindi



Pray for Change  
DVD Set

## ANNOUNCEMENTS

### New Appointments

**Ajay Kumar Bhattar**  
ZiC, West Bengal (Zone 13)

**Misal Mehta**  
Centre Manager, Kolkata  
Centre

**Deepak Sah**  
CiC of Haldwani

**Anil Singh Bisht**  
Ashram Manager of Haldwani.

### Master's Birthday Celebrations

Master has been kind enough to permit us to celebrate his 85th birthday at Diamond Jubilee Park, Tiruppur (Tamil Nadu) from 23rd July to 25th July, 2011. It will be a national level celebration for India. All abhyasis are invited to participate in this celebration and be in the presence of our Beloved Master.

On the eve of Babuji's overseas tour to Malaysia, he was in Chennai for a few days. The following is an extract from Master's diary.

**Sunday, 3rd April, 1977:**

Master came to Gayathri at 8 A.M. To allow outstation abhyasis to participate in the Sunday morning satsangh, the time was changed to 9 A.M. The house was full of abhyasis, as the group had been augmented by one more bus load of abhyasis from Nellore centre of the Mission. It was estimated that over five hundred abhyasis were present at Gayathri that morning. The upstairs terrace, the ground floor hall, the outside verandah, the paved drive, all were packed to capacity. There was a Basant Panchami atmosphere. Master transmitted to the abhyasis from his room for just over forty minutes. It was a superb sitting.

After the sitting a breakfast consisting of iddlis, vadai, tea and bananas was served to all the abhyasis, this service lasting one and a half hours. The whole group dispersed at 11:30 A.M. to allow Master to rest. Master rested well in the afternoon after a light lunch of iddli and sambhar. The abhyasis reassembled at 4 P.M., packing the house again. Simultaneous talks on Sahaj Marg were given both upstairs and downstairs by preceptors Shri S.K. Rajagopalan, Shri C.A. Rajagopalachari and Shri V. Venkatapathi. There were also question-and-answer sessions. At 6:30 P.M. Master once again conducted satsangh for about twenty minutes. Master left for Besant Nagar after dinner. It was a day of much joy and spiritual benefit to all. Master was very pleased that so many persons had come from such long distances to see him. The three bus loads of abhyasis from centres in Andhra all left in the evening. Indeed, most of the outstation abhyasis left for their homes in the evening.



## A PEEP INTO THE PAST





# 139th Birth Anniversary Celebrations of Pujya Lalaji Maharaj

*"Happiness is not anywhere outside. It is in our fixing the attention, in the steadiness of disposition, and in the withdrawal of our mind. Those who know this secret need not search for happiness outside."*

Lalaji Maharaj



Jodhpur



Bangalore

The 139th birth anniversary of Samartha Guru Pujya Lalaji Maharaj, the Adi-Guru of our mission was celebrated with great enthusiasm and devotional fervour in various centres across the country. Almost all centres began the event with the 7:30 a.m. satsangh. Many played the video on the life of Lalaji, had talks of our Master about Lalaji Maharaj, discussions on 'Truth Eternal', a few bhajans, skits and cultural programs by abhyasis and children, open house sessions or the 2010 Essay Event prize distribution. The day's programme concluded with the evening satsangh.

Apart from these activities, in **Allahabad** U.P., a dental clinic was inaugurated by Dr. V. K. Agarwal. Certificates for the Essay event were distributed. In **Indore** (M.P.), about 800 abhyasis gathered at the new mission land and an introspective session titled 'Changes I observed in myself' was conducted where abhyasis shared their experiences. In **Vijayawada** (A.P.), besides talks, a quiz on the teachings of the Masters was held for 400 abhyasis. In **Hyderabad**, at Thumakunta ashram, 2000 abhyasis witnessed a skit on 'The power of self reflection' besides a heart moving dance recital of 'Guru Padukabhyam'.

At **Angul** (Orissa), over 120 abhyasis organized talks and a movie on Lalaji's life, an open house and a cultural program. At **Delhi**, the national capital, two skits 'Lakshya' and 'Katputli' depicting the transcendence from desires to desirelessness and freedom from samskaras through surrender were presented.

In **Karnataka**, about 350 abhyasis from sub-centres like Chincholi, Chittapur, Wadi, Shahpur and Sedam participated the celebration at **Gulbarga** centre. About 240 abhyasis from Sirsi, Belur, Dharwad, Kallur, Gadag, Navnagar, Navalgund and Haveri attended the celebration at **Hubli** centre. A skit on Garuda's dilemma was enacted marvellously by the youth team. While in **Bangalore**, 1500 abhyasis celebrated the day at Param Dham with talks on the Masters and their teachings and reminiscences of bhandaras, in **Mangalore** and **Kollegal**, the focus was on Lalaji Maharaj's teachings and writings.

In **Jodhpur** (Rajasthan), the celebration took place in the new ashram site near Keru village on Jaisalmer road. A lively skit portraying the love of Guru-disciple was put on board. In **Guwahati** and **Tinsukia** (Assam), there were talks on 'Observe, Obey and Emulate Him'.

In **Tirunelveli** (Tamil Nadu), Br. A. P. Durai (Jt. Secretary) was present for the celebration where around 250 abhyasis from Kanyakumari, Panagudi, Koliankulam, Vadakangulam, Tuticorin, Tenkasi, Nagercoil, Rajapalayam, Kovilpatti and Thoivalai attended. Three sisters gave a crisp and short talk on Lalaji's Writings, Lalaji's Life and Lalaji's Teachings. Group discussions on the teachings of the Masters were followed by presentations. Post lunch there was a pick and talk session which had abhyasis talking spontaneously on given topics.



Hubli



Indore



Lalpania



Hyderabad



Mangalore





### **New Centre of Light - Thanjavur**

Thanjavur in Tamil Nadu happens to be our Master's native district. It has been his long cherished wish that there should be an ashram of the Mission here. After many years of search, abhyasis have been successful in locating a suitable land 14 kms away on the road to Thiruvarur. As Master had desired, a grove with coconut, casuarina and mango trees spread over ten acres of land has been acquired for the ashram.

In addition, an abhyasi colony has been planned in twenty acres with plots of 4000 sft each in deference to Master's wish to have spacious plots with gardening space. Ample water sources are available in the site.

As the cost of the plots includes development of roads, water supply, drainage etc., abhyasis will soon be able to build houses and support and utilise the upcoming ashram.



### **Workshop on Stress Management, Vishakapatnam**

A stress management program for officers and sailors of the Indian Navy was organized at INS Satavahana on 9th February. Pamphlets had been distributed among the participants a day prior to the event. The programme commenced with an introduction by br. Cdr. Sriram Amur, Officer-in-charge of the Submarine School. Br. V.R.S. Nagasarma, delivered a lecture on 'Stress and Time Management through Meditation' and explained the philosophy of Sahaj Marg. Br. G.V. Raveendra gave a talk in Hindi followed by an interactive session, wherein various queries were clarified.

Br.K.S. Saptamukhulu invited all the 150 participants to visit Visakhapatnam ashram. Many showed interest in the practice of Sahaj Marg and introductory sittings were started for the willing aspirants.



### **VBSE Programme, Vadodara**

VBSE volunteers of Vadodara center conducted a 3-hour workshop on 'Team Building' for 45 students of class 6th & 7th of Baroda High School, Alkapuri. The workshop was organized to emphasize the significance of team spirit in a joyful manner. The five Cs of Team Building - Commitment, Contribution, Co-operation, Communication and Conflict Handling, were explained through relevant exercises and presentations.

A presentation on 'The flight of geese' describing the concept of commitment was shown. An exercise on remembering the objects and on communication was conducted to show the importance of two-way communication. The game 'Win as much as you can' was played to highlight the significance of co-operation and common goals.

The students participated in each activity with lots of focus and involvement. The school appreciated the program and has invited to conduct regular workshops on various other topics for the students

### **Prefect Meet, Natrampalli**



A seminar was held in Natrampalli ashram on 7th & 8th January for about 55 prefects from Tamilnadu. Br. A.P. Durai (Jt. Secretary) and br. S. Prakash (ZiC) conducted the program. Br. Prakash touched on what is to be done for the growth of centres and elaborated on the criteria for the selection of new prefects. Br. A.P. Durai said, Master values most the abhyasis who are involved in work for the mission. The prospective prefect candidate's dynamics has to be proven by his participation in His work. Br. Perumal (Director, CREST, Bangalore), spoke on the need for training and br. N.S. Nagaraja spoke on 'Growth of the Mission and its Challenges'.

Br. Prakash gave ten questions to assist in introspection during a golden silence session. Group discussions were held on various topics 'How to promote character formation to others', 'Experience in conducting Home Gathering and Open House', 'Superstitions About Sahaj Marg and how to break them', 'What can we do for Master besides giving sittings' and 'How to visualize an ideal abhyasi and an ideal prefect'. Two games for the prefects brought a lot of fun and laughter. It was an opportunity to break down the reservations among the participants and brought everybody together. There was a question-answer session answered by a panel of five. The seminar ended with a game of cricket.





## Addressing College Students, Palakkad, Kerala

Br. Ravindranathan and br. Mohandas AK addressed the students of VT Bhattathiripad College, Mannampatta, Palakkad on 27th December, 2010, on the topic 'Meditation' and the 'Need and Benefit of Meditation' with due reference to Sahaj Marg.

The role of meditation in personality development and in developing concentration and discipline in daily life was dealt with in length. Br. Ravindranathan spoke on youth empowerment and significance of fixing a goal in life. He emphasized that the students should develop will power, sublimate their ego and overcome laziness.

Queries from the participants on concentration, anger management, etc., were answered and the programme concluded with a vote of thanks by br. Valsakumar whose contact details were shared amongst the participants for initiating the first sitting.

## Group Discussion, Moradabad

A full day programme was organized on 6th February at Yogashram, Moradabad. Above fifty abhyasis discussed on the topic of 'Character Formation' which started with an introductory speech by br. Shrawan. The topic was dealt in detail, focusing on every aspect of character formation. Br. Ram, sis. Neelam and br. Ajit coordinated the programme and the question-answer session very enthusiastically.

## Focus on Youth, Hyderabad

A 'Youth Gathering' was held at the Zonal Ashram, Hyderabad on 8th- 9th January, for about 120 participants. Br. Ananth (ZiC) said that whatever we do in our material life must support our spiritual goal.

Videos and CDs like 'Milan Youth Workshop,' 'Seminars in China' and 'Spirituality -the New Culture of Harmony and Brotherhood' were played. The participants played some games as well as did volunteer work, enthusiastically.

The movie on Babuji Maharaj's life 'Journey in Time (Part 1)' touched the hearts of abhyasis. Br. Ananth, sis. Madhumati and br. Srinivasa Rao presided over a question-answer session that covered most aspects of sadhana. Br. Raghu gave a presentation on mission activities and administration that many were not aware of. Six satsanghs in the schedule enabled the participants to be absorbed in an intense spiritual atmosphere.

## Faculty Development Program in Bangalore

The Program was organized in Bangalore center to create a platform for abhyasis who were interested in participating in various activities of the mission like open house, VBSE, welcome desk, announcements, youth programs, etc.

The aspects covered during the programme were, content, body language, delivery, tone, etc., to be followed while addressing the audience. The program was split into three sessions across three months wherein two were held at Banasankari Ashram and the final session was a residential program held at CREST.

Several experienced speakers gave significant inputs and also shared their experiences. The participants were assigned topics and were asked to speak for 5-7 mins, followed by feedback on the areas of improvement. The final session at CREST was concluded by the delegation of work to the participants in their areas of expertise.

The programme facilitates newer opportunities for abhyasis in several activities of the mission. It also supports them for their own self-development and also for the growth of the mission by His grace.

A youth workshop -'Involve to Evolve' was also conducted from 11th - 13th February, 2011, for a group of 15 young, promising and enthusiastic participants. Br. Ananth gave a talk on the theme of the workshop. The schedule had an introspective session with exchange of ideas between two persons, interactive sessions in small groups, individual sitting for each participant, group prayer for each participant, in turns, audio/visual sessions and a beautiful movie was played after dinner to the delight of youth.

Each participant expressed significant inner changes, a broader understanding of their personal involvement in their growth and an inner urge felt towards their own evolution. Toward the end of the session we could find the joy radiating on their faces with an inner conviction towards their evolution. Feedback for both the programmes was very positive and most of them said they were looking forward to participating in many such gatherings.





### Initiative of Sisters at Bhubhaneshwar

The abhyasi sisters of Bhubhaneshwar centre have started meeting once a month from October 2010. Till now, they have had four meetings where they ensure one sister prefect is also present. They take up one key feature of Sahaj Marg and share their views/experiences and clarifications, if any, are provided by the prefect. In the first four meetings, meditation, cleaning, prayer and ashram have been covered. It is observed that such interactive meetings amongst the sisters helps to clear the concepts of the sadhana and is slowly helping them to actively participate in the discussions held on full day programmes.

The sisters have also reorganized the kitchen at the centre and on Sundays, breakfast is served after morning satsangh.

For last three months, on every full day programme, silence is maintained for half an hour by all abhyasis after the discussions are over. They do so while working at the centre, reading books or just sitting with eyes open. This has been working well and now the abhyasis look forward to such sessions of silence.

### Initiative on 'Daily Reflections'

'Daily Reflections' is a free email service provided by our mission to send out a quote of our Masters everyday, through email, to its subscribers. To create an awareness among abhyasis a full day program was organized at Vidisha in Madhya Pradesh on 17th January.

For 25 days, a team of abhyasis read the 'Daily Reflections', with their Hindi translation which were obtained from the mission literature. Each abhyasi was given one message and asked to introspect, evaluate their sadhana, behavior, conduct and understanding and share their thoughts with all.

The topics were on a variety of subjects like Voice of Silence, Silence, Time, Sanskar, Impressions, Mission, Feel God, I am, Children, Mind, Ashrams, How to work, We Meet, Religion and Spirituality and Progress. The response was encouraging with brothers and sisters who participated, found it very enriching. This program has created an awareness for reading the 'Daily Reflection' among abhyasis of the center.

### Abhyasi Training Program

Abhyasi Training Programs (ATPs) are being conducted at various centres in India. This program aims at creating a better awareness of Sahaj Marg sadhana and also to clear the various doubts that abhyasis have about one's own sadhana. The program explains in detail meditation, cleaning, ten maxims, prayer and constant remembrance. The question-answer session that follows the presentation helps to clarify all doubts. The centres listed below had conducted the ATPs and the response from the abhyasis was quite motivating. Abhyasis mentioned that this program will help them to practice their sadhana with the right attitude and that there was an urge to do their sadhana more seriously. They opined that there should be a refresher training program for all abhyasis periodically.



Valsad



Gulbarga



Raichur



Mumbai

#### **Valsad, Gujarat**

Twenty-four abhyasis from centres like Bharuch, Surat, Navsari, Vapi, Khergam, Killa Pardi and Valsad attended this program which was held at Valsad ashram. This program was conducted in Gujarati.

#### **Gulbarga, N. Karnataka**

The training was conducted on 2nd January, 2011 by br. Prahlad Pakniker at Gulbarga Ashram and was attended by forty abhyasis.

#### **Raichur, N. Karnataka**

Br. Prahlad Pakniker and br. Nijalingappa conducted the program on 9th January, 2011 at Raichur Ashram for nearly forty abhyasis.

#### **Kharghar, Navi Mumbai**

Sis. Nanditha Mathur conducted the program for fifteen abhyasis at a sister abhyasi's house.

#### **Jogeshwari, Mumbai**

Eleven abhyasis attended the program conducted by sis. Sunita.





## Essay Event 2010 Certificate Distribution



Paramakudi



Allahabad



Naharlagun

The 'All India Essay Writing Event' is held every year to encourage the upcoming generation to think for themselves on life's ethical and moral foundations, besides sowing in their hearts the seeds of Sahaj Marg values of universal love, brotherhood and human integration through the transformation of the individual. This year around 5,00,000 youngsters from over 11,500 educational institutions in three different age groups, wrote essays on the following subjects.

- ◆ Character Protects Life
- ◆ Freedom Does Not Mean License, but the Wisdom to Choose What Is Right for Oneself
- ◆ From Ambition to Aspiration, From Acquiring to Becoming

The essays were evaluated and the writers were awarded certificates center-wise through a prize distribution event arranged to which parents and teachers/lecturers of the students were also invited.

### Madhya Pradesh

A uniform program was organized to award the winners along with an open house, on 23rd January, across entire M.P zone. The prize distribution was followed by a small talk on 'Importance of Values in Life'. At the end, a brief introduction was given on the mission and spirituality. As a result many participants showed an interest in joining the mission.

### Arunachal Pradesh

The N. East states saw the participation of about 350 students from fifty-three educational institutions located in Arunachal Pradesh, Shillong (Meghalaya), Imphal and C.C.Pur (Manipur). There were about 150 participants in the prize distribution event organized at **Naharlagun** Ashram on 30th January. The zonal level and school level certificates were distributed to the winners. A video message of Master (Message to the Youth, 16th October

2009, Dubai) was screened. The zonal level prize winners were requested to share their experience.

### Tamilnadu

The first event was conducted at St. Thomas English Medium High School, **Gudalur** on 5th February. The attendees were appreciative of such an event being organized in a remote village like Gudalur.

On 6th, the event was conducted at **Ooty** centre where about 100 participants. On both occasions br. Viswanatha (ZiC) and br. M.M. Dhanumoorthy talked on Sahaj Marg. Some of the school principals and prize winners also shared their views and experiences.

The event was held for twenty winners from twenty schools of Avinashi and **Puliampatti** at **Avinashi** centre on 13th February. About sixty invitees attended this function. Br. T.V. Viswanatha gave a talk about the effort by the mission to cultivate the desired qualities among students through such Essay Writing events. Br. Sesa Manikandan gave a speech on importance of meditation in today's stressful world.

At **Paramakudi** centre on 6th February. The competition had participation from nine schools and two colleges out of which fourteen students won the competition across all categories.

Br. Kannan and br. Murugan explained the role of the Essay Event in providing an insight for the development of one's character. There were talks on Sahaj Marg sadhana and its benefit in material and spiritual life. Books on Sahaj Marg literature were given to the teachers who attended and some teachers and prize winners shared their views.

### Andhra Pradesh

On 6th February about 500 participants including students, their parents, the principals, professors and



Ooty



Avinashi



Indore





Tinsukia



Hyderabad



Ranchi

lecturers of various institutions gathered at **Visakhapatnam** ashram. There were about 10,000 participants for the competition, out of which 160 were declared winners.

CiC br. Gopala Rao, prefect br. VRSN Sharma and br. PVGK Murthy spoke on the importance of spiritual life, creating spiritual awareness in people, character formation, human values and value based education. Nine students from this zone also won at national level.

The event was organized at the zonal ashram, Thumkunta, Hyderabad on 6th February. About 250 educational institutions and 4,000 students took part in the competition. Sis. Madhumati addressed the gathering. Br. Ananth (ZiC), br. Srinivasa Rao (CiC) and Dr. Kamal Raj from UN gave away the prizes and certificates. Winners at school, zonal and national levels attended the function. Navneet Krishnan from Gitanjali Devashray school secured 2nd runner-up position in the first category at the national level. A welcome desk functioned throughout the day to attend to guests seeking information on Sahaj Marg.

### Ranchi

Zonal level prizes and certificates were awarded to over thirty children at Rotary Hall, Ranchi by the Chief Guest, Dr. Shyam Narain, Registrar of Central University of Jharkhand. Br. Manoj Tiwari spoke on the objectives of the essay event. Participants from different schools shared their experience of preparing for this event and how their perception about journey and goal of life had changed.

The Chief Guest, dwelled on how character protects our life. What exactly is the real meaning and role of freedom in making our lives meaningful. Mrs. Shashi, mother of a participant praised the work of mission and Sri Alok, a teacher, thanked the mission.

### Assam

At Guwahati, the function which was attended by eighty-four students, parents and teachers, started with a speech by Br. Parijit Phukan, CiC who spoke about the mission. Br. Asoke Sengupta, threw light on the regulation of mind & the importance of meditation on the heart. He highlighted the coming together of SRCM and the UN with the aim of universal brotherhood and also explained the value based education activities. It inspired the students, teachers and parents to involve in

deep interaction on meditation & spirituality.

During lunch a lot of enquiries came from the guests and all were attended to by the prefects and senior abhyasis.

At **Tinsukia** ashram around sixty students, teachers, Principals and guardians attended the function on 2nd February. Br. Kailash Agarwal CiC and br. Asoke Sengupta of Guwahati centre presented a brief highlight on the mission and its global activities. He also highlighted the importance of meditation in a student's life along with some practical exercises on VBSE activities which inspired the audience.

### West Bengal

The ceremony was organized on January 23, at Babuji Memorial Ashram, Kolkata. The event was graced by the Chief Guest, Shri Mangal Shanghavi, President of the Bhowanipore Gujarati Education Society, noted educationist and philanthropist, and the guest of honor Shri Keshav Pradhan, the deputy resident editor of the Times of India.

About forty-five institutions took part from the zone this year, with schools in Darjeeling, Siliguri and Raniganj in addition to those from Kolkata.

The ceremony attended by over fifty prizewinners, and eighty parents and teachers was treated to thought-provoking talks by the Chief Guest and Shri Keshav Pradhan. This was followed by a few words by br. Rishabh Kothari regarding the SRCM-UN partnership and the common goals shared by both the organizations.

The zone had much to cheer about, as two of the national prizewinners, Huisha Ganerwal of Loreto House (1st place, Category 1) and Ipsita Dasgupta (2nd place, Category 2) hailed from Kolkata. All prize winners were awarded certificates along with a copy of 'Youth: A Time of Promise and for Effort'.

The charged and serene atmosphere of the ashram left all present absorbed in introspection, and curious to know more about the mission and its activities. Many thronged the book stalls, browsing through the publications and enquiring about the practice.

The prize distribution was a small attempt to reach out to the students and their families, that they make take back a little more than just prizes and accolades, and if the beaming faces were any indication, a chord had been struck deep in their hearts.





# CENTRE OF LIGHT

## SHRI RAM CHANDRA MISSION® ECHOES INDIA NEWSLETTER

### Jaipur, Zonal Ashram



The ashram at Jaipur, the capital city of the fabled Rajasthan, is the zonal ashram for Rajasthan. Located on the Jaipur - Ajmer highway, it is about 19 kms. from the city centre and 23 kms. from the airport. It lies over ten acres of land acquired in August 2002 adjacent to an abhyasi colony named 'Master Creation' spread over twenty one acres of land.

A bamboo structure consisting of a meditation hall, kitchen, office and Master's cottage existed when Master visited the site on 27th October, 2002. During his subsequent visits, Master helped to crystallize the construction plans of the ashram and the residential colony. On his direction, the ashram was constructed in the Rajasthani style of architecture.

After Master laid the foundation on 17th May, 2009, the construction was completed within a period of fifteen months with the lively participation of abhyasi volunteers. Master dedicated the Zonal Ashram to his Master, Pujya Babuji Maharaj on 30th July, 2010 with abhyasis from Rajasthan and neighbouring states being present on the occasion. In his talk on the following day, Master said that Rajasthan was one of his favourite places. He revealed that when there is surrender, all the blessings of Nature are with us.

The ashram is well planned with a meditation hall of 10000 sq. ft. Master's office is of 6300 sq. ft. The dormitories can accommodate more than 300 abhyasis and the offices are located in the basement. The entire ashram is beautifully landscaped with different varieties of trees and plants.

The peaceful and divine atmosphere of the ashram enhances the activities of the abhyasis. Various training programs, VBSE activities, essay competition, children's and youth activities, open house sessions and group discussions are conducted throughout the year.

It is Master's grace that this 'Centre of Light' provides an opportunity for all abhyasis to work for the mission and to develop themselves in the way he wants us to.



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