



Master's Report

January 2013

Master has been staying in Gayatri and following his regular routine. Almost always there would be an evening satsangh which Master would sometimes conduct but he would often have some perfect conduct the satsangh.

On January 4, Master was watching a movie which went on till 11:30 p.m. and he was not in a mood to sleep. Everyone later realized that he was waiting for his granddaughter Madhuri, to reach UK. Master slept after speaking to her at 12:30a.m.

Master has started checking his emails again. There are days when he works on them for almost two hours. He watched '60 years in the Wild' a three part BBC documentary and really enjoyed it. One day during lunch, Master was talking about the issues of man and woman living together, not married but having children and later not being able to commit to the marriage. He equated this to eating a fruit before one buys it. He was referring to how this is now becoming common in India also.

On Wednesday January 9, Master had planned to go to the ashram to conduct the 9 a.m. satsangh and perform marriages. However, as he was not keeping well Br Kamlesh conducted the satsangh and performed the marriages.

Master has been watching the TV series 'Chanakya' and was saying that he did not know much about Chanakya but most of his efforts seemed to be backed by revenge even though he was very good in politics. Master said it is not good to have the attitude of revenge.



January 14, 2013 - Pongal

Master got ready quite early and was sitting outside in Gayatri. He observed the chill weather and mist and remarked that it is the time when the winter comes to an end in Chennai. Master reached the ashram and made a surprise visit to the new audio-video and IT facilities. He recorded a talk which was played after satsangh in the meditation hall.

Master conducted a long satsangh - 1 hour 10 mins. It was a completely absorbing session after which one could observe Master glowing. Master then went to inspect the cottage renovation efforts. After lunch Master left for Gayatri.

This day also marked fifty years of 'Gayatri' and there was a concert by Ganesh Kumaresh in the evening at 'Gayatri'. Master enjoyed all the songs and said that it had been a very memorable event for him. He played the perfect host as he requested all the guests to have dinner and waited till they had all finished.





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Master watched a movie which was shot mostly in Istanbul and one could sense Master was working on the city. The next day, a family from Istanbul came and spoke to him about the growth in the Mission in Turkey. They had brought photos and Master was keenly looking through them, correlating with what he had seen in the movie the previous day.

A few days before going to Trichy, Master requested that there should be no visitors at Gayatri, to enable him to rest before travelling. His plan to visit Trichy got postponed as around 200 abhyasis were coming to Manapakkam from Europe to attend the seminar which was titled 'Meeting Master'. He went to ashram on Sunday to conduct satsangh and then again on Monday to inaugurate the seminar. He left for Trichy on Tuesday by the morning flight.

At Trichy

A jubilant mood enveloped Trichy as Master's visit was announced. A Prefects' Seminar was scheduled at Trichy ashram from 21st to 25th January. The compact ashram premises welcomed eighty participants from India and abroad. Master reached Trichy on 22nd and conducted satsangh on 23rd. He spoke on the work of the prefects and how to give sittings. On 26th, after conducting satsangh, he gave a talk on brotherhood, living in harmony and the urgency for the time to meditate.

On 27th, around 1500 abhyasis attended the satsangh conducted by Master.

A Special Day at Thanjavur

The abhyasis of Thanjavur centre acquired 38.87 acres of land out of which 12.57 acres was registered for the Mission and the remaining for housing plots for abhyasis. Temporary structures for meditation, Master's cottage, kitchen, a small dormitory and bathrooms and toilets have been constructed. Master had been keen on visiting this centre for sometime but could not because of the restriction on his travel and then his illness.



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He now arrived from Trichy around 8.20 a.m. on 30th January and was cheerful. From the moment he stepped into Thanjavur ashram, he was recollecting incidents from his childhood and events in his forefather's family. After breakfast, he walked to the meditation hall and then conducted the satsangh which lasted about 50 minutes.

Br Lingusamy (a renowned film director), spoke in Tamil and narrated how Sahaj Marg had helped him to balance his life with the stressful nature of the film industry.

Master then spoke in Tamil. He said that his illness gave us the blessings of receiving messages from Babuji Maharaj





(Whispers from Brighter World) everyday, which had benefitted everybody who read them.

Master gave a pleasant surprise when he decided to walk from his cottage to the meditation hall and after satsangh and talks, walked back to the cottage. Instead of taking rest, he sat outside and interacted with abhyasis for another hour and a half. Like in the earlier days, he answered questions, listened to a couple of songs by a young girl and received gifts from some abhyasis. The session went on for so long that finally abhyasis had to request him to take rest!

During his stay, Master went through the sketches of the land and identified a location for the meditation hall. He has also went around the ashram land before leaving for Trichy around 2.30 p.m. after lunch and meeting a few volunteers. After his visit an air of joyfulness was felt by most abhyasis.

Saturday February 2, 2013

On Lalaji Maharaj's birth anniversary Master came to the ashram to conduct satsangh. He greeted everyone along the way from the main entrance till the meditation hall and then conducted the satsangh which was attended by more than 1000 abhyasis. Master conducted two marriages and then a new

Whispers message was read out by Br P.R. Krishna in English and the same was read out in Russian and in French. Speaking about the language in which the message was received, Master said that the message can be received by anyone as long as one is tuned to that frequency and the message received will be in the language of the heart. The message emphasized the importance of these special occasions of the birth anniversaries of our Masters and the effect it has on abhyasis.

Master released the first audio CD of 'Reality at Dawn'. After this, Master went back to Janaki Farm.

After reaching his cottage, Master was talking about that day's satsangh and said, "Today's sitting was very special". One could see Master glowing when he said that.

In the evening Br Kamlesh had invited all the overseas abhyasis to attend Br Shashank's flute concert and have dinner at Janaki farm. A group of more than 100 abhyasis were present. As Master was a little tired he remained inside his bedroom and listened to the ninety minute long captivating performance. After the concert, Master met with the musicians and talked with them for some time.

On Sunday February 3, Master conducted a short satsangh and as he was a little tired he said that he would not be able to give a talk. But when he was told that the European abhyasis had come from Manappakkam just for a day, he invited them all to Janaki farm for lunch and many were moved to tears. Master was particular as always to make sure that they left on time.

Master's health was a little low and towards evening, there was some treatment and Master was again talking about pain and suffering and how one should accept them with a smile. One could see that he was visibly in pain yet he was smiling as he said this.

After the weekend, the ashram in Trichy was quite empty. About forty Russian abhyasis had come and





Master had called them to the cottage, gave them a sitting and spent some time with them.

A few abhyasis from China and Turkey came and sat with Master as he sat in the sun. When the sun became too hot Master sat in the swing in the verandah. He was looking a little tired as he had been sitting for too long, giving sittings, talking, etc. The doctor was requesting him to rest. Then he started talking about Babuji and one could see a sudden flow of energy into him. It was a great time for everyone around him, listening to Master talking. A few things that Master spoke about are captured here. "God gives us a gift and some troubles together. It is our job to overcome these troubles using our gifts." "It is the characteristic of the advanced mind that it does not think in advance. It acts precisely at the present moment. It is only the educated intellectual mind which thinks in advance, plans, etc."

Master was quite tired and in pain towards the evening and had to take some treatment. After dinner, there were a few abhyasis from Europe who were leaving and Master agreed to meet them. They came in and almost all of them were in tears, totally touched by simply being in his presence. One elderly lady said that her granddaughter had sent good wishes and Master gave a gift for her granddaughter. This lady was visibly moved and left in tears and so did the others. Such acts of love, kindness and gentleness from Master are something that we should all try to emulate.

Since his health suffered a setback, Master decided to return to Chennai a day earlier. Master left Trichy by road at 11 a.m. on Tuesday and stopped at Villupuram en route.

The abhyasis of Villupuram centre were informed of Master's plan and made the arrangements to welcome Master. Master arrived at 12.30 p.m. He conducted a 30 minute long satsangh and interacted with abhyasis and had lunch. He named the ashram 'Tapo Nidi'. Master left at about 3 p.m. for Chennai,

In Chennai, Master went directly for a health checkup and then retired early as his journey had been quite tiring.

At Gayatri one afternoon, Master was talking to a few young abhyasis from Europe who have been in Sahaj Marg for a long time. He gave them each an apple and said that once Babuji had asked him to fast for a few days and then gave him an apple. Master was looking for a knife and Babuji asked him why he needed a knife. Master said so that he could share it. Babuji told him, "I know how to give to everyone. I have given this for you so that you may eat". So Master conveyed the message to all that this apple that he had given was not for sharing but for each one to eat.

Seminar for Abhyasis of Russia and S. America



It is the third year in a row that the Russian-speaking abhyasis were coming to India. 750 abhyasis from Russia and 150 abhyasis from South America gathered in Manapakkam. On February 9th the first day of the seminar, Master had gone to check on the renovation of the cottage and was affected by the dust. So he requested the abhyasis to come from the meditation hall to the Dorm A where he conducted a short satsangh and then excused himself and left immediately for Gayatri.

The topic given for the seminar was 'Love and Surrender'. Despite participating in different activities all together, the refining work seemed to happen at the individual level independently. Master's love blanketed the whole ashram. Abhyasis were asked to introspect on Master's vision and on how to lead one's life in tune with that vision.

Participants received a lot from interesting and inspiring talks by brothers Kamlesh Patel, A.P. Durai, C. Rajagopalan, P.R. Krishna, Bill Waycott, Samir Singh and N.S. Nagaraja. The talks were on



various topics: Love and Surrender, Divine Principles, Service is Life, The Spirit of Sahaj Marg and Sahaj Marg in my Life. Every afternoon facilitators conducted group sessions to reflect over and to share what had been heard during the talks.

Participants of the two different regions connected very quickly and it resulted in a few joint cultural projects. Youth of both continents recorded a song and presented it to Master.

On the last day - February 17th, Master conducted satsangh and then invited all the participants for lunch. It was a very special gift from him. A short cultural program was presented to Master. It was a Russian folk dance and a mix of many language songs. Master shared his wisdom again by saying that the Universe is an endless beginning. He inspired everyone by quoting recent Whispers from the Brighter World which have stated that there are a few Sahaj Marg abhyasis who have already reached the Ultimate goal during this lifetime. It brought hope that each of us has a chance, an opportunity and a guide to reach the same while developing love and surrender as the main spiritual qualities.

Master has been very busy making prefects. Along with this seminar, the scholarship training program was also taking place which resulted in about 36 prefects that Master had to make in less than two weeks. He has been giving three prefect sittings per day and it has been a big drain on his strength.

Friday February 15, 2013, Basant Panchami

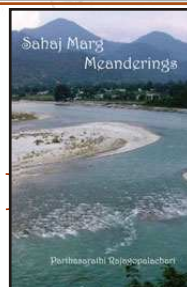
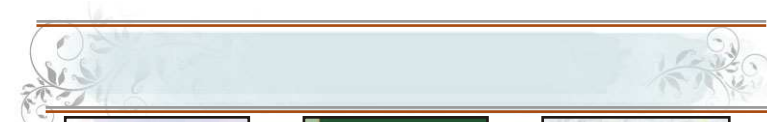
Master looked quite weak and tired in the morning but got ready ahead of time. He conducted the morning satsangh at ashram after which it started to rain heavily. Master gave a talk reminding everyone of the auspicious day and the purpose of Lalaji Maharaj's descent on Earth. He said that when the satsangh started, we did not know that it was going to rain but it did. The rain is welcomed because it is auspicious on such an occasion.

Master then inaugurated his suite at Br Satbir's flat at Garden of Hearts which had been renovated and decided to stay there till Sunday. Master was busy with sittings. His throat had been hoarse and he was physically weak but his work never stopped. On Sunday Master conducted satsangh which lasted for 1 hour 20 minutes. After that he went to the basement hall and had breakfast with the abhyasis from South America and the participants of the scholarship training program. Master then went back to Br Satbir's house. Even though he was tired, Master still had sittings to give and he finished his work. An abhyasi asked Master why he was stretching himself like this. Master said, "When I

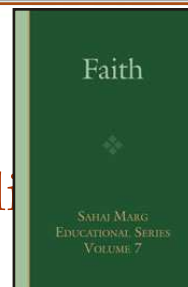


was not well, it was okay, but now that I am fine, I should do my duty and one of my duties is to give prefect sittings."

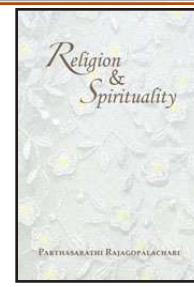
Master's work continues. It never ends. We pray that his health remains well and he is strong and glowing like he always does.



Sahaj Marg Meanderings English



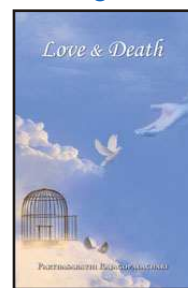
Faith English



Religion & Spirituality English



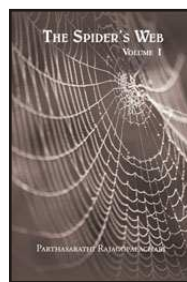
Heart Speak-2006 Hindi



Love & Death English



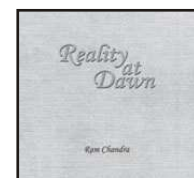
Down Memory Lane Vol-1 Tamil



The Spider's Web Vol-1 English



Messages Universal Vol-2 Hindi



Reality at Dawn Audio Book - English



140th Birth Anniversary Celebrations of Pujya Lalaji Maharaj

North

A number of centres in Gurgaon, Uttar Pradesh like Allahabad, Balia, Kanpur, Lalganj, Lucknow, Gola Gokarannath, etc. organized the birth anniversary celebrations with much fervour and enthusiasm. Chandigarh, Sonapat, Patiala and Bhawani centres of Zone 10 also organized the celebrations. A large number of abhyasis attended on all the three days.

East

Kolkata, Siliguri and Kharagpur organized the celebrations and played host to abhyasis from neighbouring centres. The programmes included talks, time for introspection as well as cultural programmes. It was an occasion to deepen the understanding of Sahaj Marg.

South

Kurnool and Vijayawada centres of Andhra Pradesh organized three-day gatherings. There were group discussions, presentations, quiz and video screenings for the spiritual upliftment of the participants. Bangalore, Kolar, Mangalore, Channapatna, Gulbarga, Hubli, Bidar and Raichur centres of Karnataka organized the celebrations which were attended by a number of abhyasis from the nearby centres. Apart from the group discussions and speeches, Essay Writing certificate distribution was

“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.”

Pujya Lalaji Maharaj

also carried out. Kerala had Trivandrum, Aluva and Payyanur centres conduct the celebrations. Madurai in Tamil Nadu held the celebration attended by about 200 abhyasis.

West

Ahmedabad in Gujarat, Nagpur, Solapur and Mumbai in Maharashtra and Alwar and Jodhpur in Rajasthan organized the celebrations in the Western part of the country.



Aluva



Bikaner



Mangalore



Bhilwara



Gulbarga



Hubli



Ahmedabad



Channapatna



Mumbai



Mirzapur



Kanpur



Nagpur



Vijayawada



Allahabad



Kurnool



Phulgaon



Varanasi



Lucknow



Kolkata



Bangalore

Seminars

Zonal Meet - Kolkata



Around seventy abhyasis from various centers in West Bengal gathered at the ashram on 5 & 6th January. Such gatherings give visiting abhyasis an opportunity to enjoy the spiritually charged atmosphere, as the zone has only two ashrams so far Kolkata and Siliguri. The third one at Gangtok is nearing completion.

Post satsangh presentations were made on the fundamentals of Sahaj Marg by Br Mahesh Bhardwaj and Br Jesal Mehta. This was followed by sessions on 'Meditation' and 'Cleaning' by Br Sharad Jhawar and Sis. Leena Dave. Post lunch began with a session on 'Prayer' by Br Parimal Jana of Durgapur and an interesting session on 'Diary Writing' by Sis. Chanderkanta Arora of Kharagpur.

More than hundred abhyasis from Kolkata also stayed overnight at the ashram. The next day after morning satsangh, ZiC Br Ajay Bhattar, emphasized the need to be serious about the goal and work towards it. Abhyasis were asked to share their experiences of this two day seminar. All left with fond memories and hearts united in love for Master.



Publication Workshop, Hubli

On 19th and 20th January Br Venkat Rao and his team from Bangalore conducted a programme at Hubli centre for about forty-five participants from Hubli, Sirsi, Gadag, Navnagar, Karur, Ranebennur, Dharwad, Davangere and Belgaum. On 19th Br Venkat spoke about 'Service'. Video clippings from Master's talks elucidating the topics were played. Participants were divided into teams and were asked to enact skits on different themes. The modalities of the sales procedure were explained. On the second day the importance of reading Sahaj Marg literature was taken up. Volunteers were asked to set up a book stall at 6 a.m. A lot of enthusiasm was seen on the faces of volunteers during the set up and the sales as well. Surprisingly the sale proceeds were about Rs.48,000. The workshop concluded with a satsangh at 5 p.m. and feedback session.

Abhedonpura, Uttar Pradesh

A gathering was organized in a school building at Abhedonpura on 17th February for about 150 participants who included management staff, principal, teachers, students of the school and local abhyasis. The event was coordinated by Br Subhash Chandra.

Br R.S. Indolia introduced Sahaj Marg and highlighted the role of meditation in human evolution. Br G.S. Gill talked about Sahaj Marg in modern life. As an answer to a question, he explained that we can achieve concentration with meditation but the purpose of meditation is not just concentration.

Sis. Usha Gill spoke on religion and spirituality and it was followed by a Q&A session. The audience bought books on Sahaj Marg philosophy and also enjoyed a meal at the end of the gathering.



Essay Event Certificate Distribution

The ceremony for distribution of certificates for the winners of the All India Essay Event 2012 was held at various centres across India.

On 3rd February at Chettipalayam Ashram, Tiruppur the prize distribution was done by Br N. Prakash, Br T.V.Viswanatha Rao, ZiC and Br S. Ravi Subbian, CiC, Tiruppur.

It was organised on 3rd February at Gulbarga and 10th February at Hubli. Shri Vardhan, DDPI Dharwad District was the Chief Guest at Hubli. At Bellary, Dr. Thejas Murthy K, Principal, ASM women's college was the Chief Guest. At Bidar and Raichur, the function was organised on 3rd February. Bangalore hosted the function for Karnataka S. zone on 10th February with Sis. Seetha Kunchithapadam doing the honours.

Tamilnadu N. Zone organised the function at Trichy. Dr K. Ramakrishnan, Director & Chairman, Athma Hospital and Research Private Ltd. was the Chief Guest. At Moradabad, the function was organised on 17th February.

The event was organised on 10th February at BMA, Panvel for Mumbai and Nasik centres. The function was presided over by Dr Kavita Gupta (IAS) Addl. Director General of Foreign Trade, Govt. of India. The guests of honor were Sis. Anuradha and Br Sanjay Bhatia.

At BMA Kolkata, Justice Chittatosh Mookherjee, Retd. Chief Justice of the Bombay and Kolkata High court, gave the prizes to the winners. Br Ajay Bhattar mentioned the need for students to take the ideas and thoughts generated during this event into their lives, which alone could make the event truly meaningful.

Invitees from Siliguri, Darjeeling and Gangtok gathered at Siliguri on 27th January. The guest of honor was Prof. Jairaman Suresh, Principal, Gyan Jyoti College and consultant for UNESCO.



Chandigarh



Gobichettypalayam



Mumbai



Tiruppur

Gulbarga



Tuticorin



Siliguri



Bellary



Kolkata



Moradabad



Gurgaon



Kurnool Ashram Land Registration

Br A.P. Durai, Jt. Secretary, SRCM arrived in Kurnool on 27th December for the registration of land which includes 10 acres for the ashram and 30 acres for an abhyasi colony. After satsangh, he proceeded to the new site about 13 kms from Kurnool in the limits of Bastipadu village. Br Durai joined the group discussion on 'How to make Master happy always?' After the presentations, he spoke on the need to shed our differences and distinctions to bring about real brotherhood among humanity. He suggested the maximum utilisation of our ashrams as ways to make Master truly happy. There was a Q&A session after lunch in which clarifications were given on the practice of Sahaj Marg.

After evening satsangh, an open house was organised for teachers. It was attended by sixty teachers, some of them from as far as Nandyal and Nandikotkur.

On 28th December after satsangh the sale deed was registered. The team proceeded to the new site where 200 abhyasis were present. Some young abhyasis were asked to speak followed by CiC Br Ravindranath, ZiC Br Gangadhar and a few others. Br Durai conveyed Master's guidelines for speedy development of the abhyasi colony and building a community by the side of the ashram. The session ended with a satsangh.



Solapur Ashram, Maharashtra

Master inaugurated the meditation hall of Solapur ashram on 30th December 2012 via live video. Solapur ashram has 1.5 acres of land on Akkalkot road just 5 km from the city. The meditation hall of approximately 3500 sq.ft. can accommodate 850 abhyasis. Around 500 different trees including neem and peepal have given a green look to the surroundings and pleased Master very much. Master inquired in detail about the ashram site while watching the video. He remembered that during his visit to Solapur twenty-three years back, he had walked up to the telephone tower and talked from the telephone office to his family in Chennai. The ashram land is situated exactly half a kilometre from that point. After seeing the video clip Master dedicated the ashram to Pujya Babuji Maharaj. He distributed prasad to the few abhyasis of Solapur centre present there on this joyous occasion.

Moradabad

A training programme was organized for forty-eight abhyasis at Moradabad ashram on 27th January by Br Raj Kishore. There were four sessions conducted in small groups. The first session emphasized self-introspection and inner awareness. The quotes and teachings of Master were prominently used in explaining the topic. The second session dealt with all aspects of meditation and clarifications were given with the help of visual aids. It also included some selected Whispers from the Brighter World messages on the subject.

The third session focused on teamwork. The abhyasis were grouped into pairs with tasks assigned to them so as to experience practical implementation of teamwork. After a short tea break the last session consisted of a video presentation, followed by inner reflection on the same. At the end of the programme, each participant gave their feedback and shared their experience during the workshop.



Trichy

An open house was organised at Bharathidasan University, Suriyur, Trichy on 4th February. Around sixty post graduates, research scholars, Technical Officers and faculty participated from various departments.

Ms Anna Joicy welcomed the gathering and introduced Br Kamlesh Patel, Vice-President, SRCM who addressed the gathering emphasizing the importance of meditation and the science behind it. Br Kamlesh interacted with some of the participants after the session. Many have expressed their interest to join the system.

On 12th February, an open house was organised at the Auditorium of Plant Science Department of Bharathidasan University, Trichy. About fifty students, research scholars and faculty members from Marine Biotechnology and Marine Sciences attended it. Br T.S. Raghuram, CiC, Trichy addressed the gathering. The students interacted with him for clarifications and a few have expressed their interest to experience the system.

Gola Gokarannath, Uttar Pradesh

A workshop for 110 teachers of various schools and colleges was organized on 20th January at Gola Gokarannath center, UP coordinated by ZiC Br Prabhat. Sis. Sujata spoke on 'Self-Centralization: Principle and Process' and Br Pankaj on 'Role of teachers in the modern society'. After lunch, Br Hemraj explained 'The problems of today's youth and their solutions'. The teachers shared their experiences with the audiences also. The workshop was well organised and about forty volunteers contributed to its success.



Tour of Kerala

Jt. Secretary Br A.P. Durai travelled through Kerala to conduct open house sessions and seminars mainly at educational institutions. Arriving at Trivandrum he started with the Sainik School and University College at Trivandrum on 17th and 18th January. On 19th, he addressed

two groups in Attingal and one at Kollam. On 20th, he conducted sessions at Pathanamthitta and Chengannur districts. On 21st, there were three sessions in Kottayam at KSEB, Mahatma Gandhi University and Kumaranelloor Higher secondary school and in the evening at Shri Ramakrishna Sevashramam, Kochi. On 22nd he interacted with abhyasis at Aluva ashram and later conducted sessions at NSS Higher Secondary School (Parakkadavu), Sree Narayana Guru Institute of Science and Technology (Karumaloor) and Vidhyadhiraja Vidhya Bhavan HS (Aluva).

On 23rd morning the session was at Lobelia Higher Secondary School (Nayarambalam). He had interactive sessions at Thrissur ashram with abhyasis in the evening and with the youth on 24th morning. After an interactive session at Amballur he proceeded to Palakkad for an open house in the evening. On 25th he conducted open houses in Malappuram, Kozhikode and Vadakara centres. The last open house was conducted in Payyanur on 27th.

At these sessions Br Durai spoke on the need to practice spirituality even as one leads a grihastha life, a life based on values, how Sahaj Marg helps modern man free himself from samskaras, the difference between religion and spirituality and the concept of God and stressed the responsibility of teachers in creating a new value-based generation. There were also sessions with abhyasis which helped to get a feel of the centre and to encourage abhyasis to clarify their doubts. He left for Chennai from Payyanur on the 28th evening.





Gujarat - Zonal Meeting (Zone 6A & 6B)

Br C. Rajagopalan arrived at Ahmedabad on 24th January to meet with functionaries and prefects. Meeting with prefects of Ahmedabad and Gandhinagar centres, he emphasized the need for regular sadhana for prefects and the need for brotherhood amongst them. He encouraged prefects to visit satellite centres and groom abhyasis for Mission work.

On 25th January Br Rajagopalan met the prefects from Zone 6A - Mehsana, Palanpur, Himmarnagar, Jamnagar, Bhuj and Rajkot centres. He then met with coordinators from the satellite centres. The next day, meetings were organized for prefects from Zones 6A & 6B, which included a Q & A session on 'Sadhana and Role of Prefects'.

On 27th Br Rajagopalan spoke on the 'Basics of Sadhana' and 'Introduction to SRCM'. He met prefects from Navsari, Baroda, Bharuch, Ankleshwar and Selamba.

Master's presence was felt by all during these three days. Everyone expressed their thanks to Br Rajagopalan and committed themselves to work for the growth of the Mission.

Satkhol Ashram, Uttarakhand

Forty-four prefects from Uttarakhand attended a two day prefect development programme conducted in Hindi by sisters Chhavi, Poonam Bubber and Vimla Sheoron and Br Jignesh on 30th and 31st December 2012.

Amidst the strong presence of Master throughout, hearts opened, brotherhood developed and commitments were made by all present to become intense abhyasis and work better to His satisfaction. Few exercises after every session, some practical, were done, all to learn skills to perfection, and many of Babuji Maharaj's messages from Whispers and Master's talks were displayed, to be absorbed in

silence, with deep contemplation, to help dive deeper into their meanings and come out, refreshed, rejuvenated and more goal oriented, with a strong awareness of the seriousness of purpose of a prefect's work.

Prefect Seminar, Trichy

A prefect's seminar was held at Trichy ashram from 21st to 25 January coordinated by Br Santosh Sreenivasan. Sixty-three prefects from India and a few overseas prefects attended this residential seminar. Master was involved in every aspect of this event. The main focus of the seminar was to specify the role of the prefect in creating a strong foundation for himself and the abhyasis entrusted to him as well as the essential attitude of the prefect and the sadhana of the abhyasis.

Master arrived on 22nd January and the seminar went on as per its schedule with the talk, introspection, group discussions, role play and so on with vibrant activities and time for introspection, sadhana and satsangh. Master conducted satsangh on 23rd and gave a speech to the participants on how prefects should be. Everyday began with satsangh and the focus on 24th was how to link with Master while giving sittings.

On 25th Br Kamlesh Patel conducted satsangh and spoke on various aspects of the prefect's work. Br Krishna gave a talk that evening on how well one has understood Sahaj Marg followed by a Q&A session. The seminar concluded on 26th with Master's satsangh and talk. Every evening the participants spent time with Master and had dinner at Janaki farm. The seminar deepened the individual's experience and they all left with renewed energy to do the work taken up by them with a focus and direction given to them.



Youth Activities

Nachipalayam Ashram, Coimbatore



Thirty youth from Coimbatore, Pollachi and Palani participated in this event organised at Coimbatore Nachipalayam ashram on 29th and 30th of December. The programme commenced with satsangh, followed by an ice breaking session which gave an opportunity to the participants to know each other. The sessions on the goal, the global perspective, attitude towards practice and unity and brotherhood were introspective as well as interactive group discussions. The team building games and songs helped the participants bind as a family and to boost their spirit of brotherhood.

A session on 'Service the key to spiritual progress' was handled by ZiC Br Viswanatha Rao. A session on CREST motivated the youth to participate in the programs being conducted there. The second day's program consisted of Babuji's messages from the Brighter World, Master's talks and other motivational videos for the youth.

Youth Seminar, Panvel Ashram, Mumbai

More than hundred participants from Maharashtra, Madhya Pradesh and Gujarat came together at Panvel Ashram, Mumbai on 26-27th January. 'Working Together towards Master's Vision' was the

theme and the youth felt the need to come together and work in harmony inspired by Master's talk - 'Becoming Visionaries'.

Activities like NASA survival game highlighted qualities that are required while working together. The youth who had attended CREST programmes and been to retreat centers shared their experiences stimulating others to attend such programmes.

Bangalore

CREST, Bangalore was host to eighty-two youth participants from 18th - 20th January. Many of these youth from Bangalore were coming to CREST for the first time. The CREST schedule kept the participants on their toes from 4:15 a.m. to 10:00 p.m.

The lectures on 'Work upon ourselves, through ourselves to change ourselves' (Br Gopalan), 'Seeds of Infinite Potential' (Br Bhadrash) and 'One Lion is better than 500 Sheep' (Br Dr Krishnamurthi) motivated the participants and gave enough food for thought.

Activities such as clay modelling and photography made them express their thoughts creatively and look at their surroundings with a new perspective. The team work and creativity were a sight to behold!

During library time each group was given one book which Master has referred to on various occasions. The group had to go through it, discuss and come up with a presentation by the next afternoon.

All ten groups presented the essence of their book in different ways. It was good to see their enthusiasm and intense group work. The participants were thankful for the opportunity given to them and they hope to utilize it to the fullest.

Adalaj Yogasharm, Ahmedabad

On 6th January 2013, a seminar was arranged for youth, from different institutions, under the age of forty years, on the topic 'Balanced Existence in Life





Through Meditation'. The program conducted by Br Jignesh Shelat for nearly two hours involved a group discussion and introduction to Sahaj Marg system. The result was outstanding and it encouraged the organizers to conduct the open house session in the same way every three months

Youth Programme, Ahmednagar

A programme was conducted on the theme 'Constant Remembrance' at Ahmednagar center on 30th December 2012. A bhajan and a poem



expressed love for Master. Br Tapas Kulkarni gave an account of the centre's activities for 2012. This was followed by a quiz programme based on the book 'Voice Real' to understand the teachings of Babuji Maharaj and to encourage abhyasis to read Mission literature. An interactive session was conducted in three groups of brothers, sisters and children, which helped to get to know each other and to develop brotherhood. The programme ended with a drama on the topic 'Constant Remembrance' followed by cake cutting to celebrate the forthcoming new year.

Vadodara

The youth of Vadodara center celebrated Republic Day by planting different saplings in the ashram premises. Nature is indeed our best friend only if we learn to respect it and nurture it with our love.



Prefect Seminar - Shahjahanpur

Thirty-eight prefects attended the seminar organized at Shahjahanpur ashram in the last week of December. It commenced with a 'Grounding in Practice' programme. The next day, the participants were divided into five groups and were assigned various topics for discussion namely:

- ♦ how to serve as a role model
- ♦ how to develop deep personal appreciation of various regions of the center
- ♦ how to inspire and motivate abhyasis to deepen links with the Master
- ♦ how to create an active and adequate pool of motivated volunteers and also promote harmony and brotherhood among them
- ♦ to develop a perspective plan for the spiritual development of the center

After discussions and sharing of experiences and ideas, all the participants accepted the shortcomings of their respective centers and decided to change for the better. The glowing faces of the participants lit by an inner joy, was proof enough that the whole seminar was an eye-opener, very well conducted and received.

New Appointments

Centre-in-Charge

- Patiala, Punjab - Br Anil Vashisht
- Navsari, Gujarat - Br Nitin Narandas Hariyani
- Rajkot, Gujarat - Br Satish Balvantrai Mehta
- Vapi, Gujarat - Br Prakash Dayaram Patel
- Tripurayar, Kerala - Br S. Jaykumar
- Varanasi, U.P. - Sis. Maya Singh
- Vishakapatnam, AP - Br Kolachina Saptamukhulu
- Lucknow, U.P. - Sis. Priyadarshini Saxena

Zone-in-Charge

- Odisha - Br. Gandharba Behera
- Maharashtra- West & Goa - Dr. Subhash Vaidya
- Maharashtra- Central - Br Arun Kumar Chauhan
- Maharashtra-Vidarbha - Br Rajendran Rethinam
- Madhya Pradhesh (West) - Br Prabhakar Das
- Madhya Pradesh (East) - Maj. Gen. A.N. Mudre
- Lucknow, Ashram Manager - Br.Om Prakash Gulia
- Manager, Malampuzha Retreat Centre - Br K. Chandrasekharan Nair



Alwar Ashram, Rajasthan

Centre of Light



“You should strive to model your behaviour on the Master. If he is humble, you should try to be humble and by habit, it becomes humility. You are able to change your character by just emulating the person you claim to admire and love so much.”

P. Rajagopalachari, 4th May, 1990, Prefect Seminar, Sariska

Alwar, the tiger gateway (*Simhadwar*) of Rajasthan is situated in the picturesque Aravali Hills. It is located 160 kms. south of Delhi and 150 kms. north of Jaipur. Alwar is known for its rich spiritual heritage. The Alwar centre came into existence in 1989 when Br Gokul Goswamy was transferred there. Subsequently Br J.P. Dubey and his wife became abhyasis. Satsangh continued at Br Dubey's residence for a few years. In October 1996 Br Dubey was made a prefect. As the number of abhyasis started to increase, Sunday satsangh was shifted to a school.

The ashram is situated on the Rajasthan state highway in a fully developed residential colony called Ambedkar Nagar. It falls on the east of the city just 0.4 kms. from the Railway Station and 0.6 kms. from the Bus Stand.

Master had first visited Alwar to attend the first International Preceptors' Seminar held at Sariska Palace Hotel from 3rd to 5th May, 1990. The second occasion was when a state level function was held on 19th - 20th October, 1999. His visits brought growth to the centre and there are now about 300 regular abhyasis in Alwar.

Land measuring 2051 square meters was allotted by the State Government through U.I.T.(Alwar) on 99 years lease basis. The lease deed was registered on 1st November 2007 by Br Uma Shankar, Secretary SRCM.

On 28th January 2010 Master unveiled the inauguration stone and conducted satsangh for around 500 abhyasis who had come for the inauguration. Since then, many occasions have been celebrated here with love and devotion not only by the abhyasis of Alwar but also abhyasis from nearby centres such as Rajgarh, Khairthal, Kotputli, Bandikui, Mahwa and Pilwa.

So far a boundary wall has been constructed on all sides, a hall of 26'x76' is being used as meditation hall, Master's office adjacent to the meditation hall, kitchen, caretaker's room, toilets and bathrooms, a bore-well and installation of a 2 HP submersible pump are all done. Development of a beautiful lawn with flowering plants and trees in and outside the ashram premises makes a picturesque landscape. Construction of a meditation hall of 50'x70' sq. ft. is proposed in the future.

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