

111th Birth Anniversary Celebrations of Beloved Babuji Maharaj



Babuji Maharaj's 111th birth anniversary was celebrated in Tiruppur at the DJ Park from 29th April to 1st May, 2010. Around 9,000 abhyasis gathered on this occasion. On 29th, Master conducted satsangh and then released many new publications. On 30th morning, he conducted satsangh after which he read out three messages from Babuji Maharaj and then solemnised nine weddings.

In the first message dated April 19, 2010 (Babuji's mahasamadhi day), Babuji says, "Everything works in our way towards this flowering of the soul in its aspiration for the Divine, the ultimate goal of its journey. They (abhyasis) are given the basic elements from the outset. It remains for our candidates to grow through their efforts and perseverance."

The second message received on April 29, 2010: "This gathering of faithful souls here below is touching. A true love song rises up to us.Beyond this birth anniversary celebration, it is the whole Mission that rises to the

occasion. It attracts the Divine flow illuminating the hearts."

In the message received on 30th morning, addressing Master specifically, Babuji says, "You are a leader of men, my son, a born organizer. This dimension gives you a special place in our Mission where you will keep an iconic stature for centuries to come. ... May tomorrow's world be united for the better in recognition of the unique power without which it would have been reduced to nothing a long time ago."

Master said that the three requirements for a *sadhak* or devotee are Love for the Master, Satsangh with the Master, and Obedience to the Master. The divine flame should be kept burning by each of us by doing the daily sadhana. He recalled the days with Babuji Maharaj when they used to gather for bhandaras with hearts bursting with love and no expectations for spiritual growth. He said, "This is not a give and take situation. It is to put

For the complete audio of this speech please visit <http://www.sahajmarg.org/audio/talk/april-30-2010-tiruppur>

Website: <http://www.sahajmarg.org/newsletters>



everything you have on the *maidan* (open field) in an effort to get everything that He can give you at his will and pleasure in his own time when he thinks you are fit for it."

"Sahaj Marg preaches simplicity of life. ... Each one of you in your individual life must strive to become simple, reduce your needs, simplify your wants remembering that Babuji Maharaj has assured us that our needs will be

fulfilled, our wants are not relevant to the picture at all."

Post dinner cultural programmes included a dance by teachers of LMOIS, a play by abhyasis from Mumbai and a music programme by Dr. Jayanti and Kumaresh. Abhyasis basked in the spiritual atmosphere of the gathering and it gave an opportunity for all to serve the Master and take part in his work.



Master's Tour

Chennai

Master returned to Chennai on February 10th after Basant Celebrations at Jabalpur. Soon after arriving he visited the Lalaji Memorial Omega International School (LMOIS) to oversee the construction happening there. There was such a child like enthusiasm in him while abhyasis were wondering why he was not resting after such an arduous travel of the last several weeks. The next few days saw Master taking the much needed rest.

On February 15th, Master had breakfast with abhyasis from Russia. He spoke to them about shastras, temples, religious practices, etc. He told them, "Our goal of life is to attain our original home, the way to do that used to be called religion. But religion has divided the people of the world, whereas spirituality unites."

To a question on how to remove fear, he said, "In Christianity, Jesus says perfect love removes fear. We don't have perfect love, we don't even have love, we only have attachment, we have dependence, we have need. Where is love? So where there is no love there is fear. We all think we love somebody, we don't really love. Only love can remove fear. If you are afraid of your father you cannot love your father. If you say I love you, you must mean it, not just as a formality you know."

Over the next few days Master was busy meeting abhyasis, specifically those who had come from overseas. Every evening, he sat out





With abhyasis
from Mumbai



in the cottage lawns, in conversation with abhyasis and normally ended with a sitting for those who were fortunate to be there.

On February 25th, he conducted a satsangh in the meditation hall followed by a few weddings.

A big group of around 400 abhyasis from Mumbai had come to be with Master. He took special care of them by giving them frequent sittings and met many of them individually. He also met and spoke to them at Dormitory 'A' on Saturday evening. He thanked all the abhyasis for travelling to Chennai to be with him as he was finding it difficult to travel these days to all centres. He hoped that they would keep coming often.

On February 28th, the abhyasis from Mumbai presented a special skit on the life of Babuji Maharaj. It was a moving play portraying various incidents from Babuji's life. Master met the participants in the cottage after the session. He spent time with them recalling fond memories of Babuji. The atmosphere was so divine that everyone felt as if they were actually in Shahjahanpur.

Trichy

Master left for Trichy along with 30 abhyasis. On arrival at Trichy, he was greeted by the local abhyasis. He went straight to Janaki Farm, about 8 kms from the city centre.

He conducted satsangh on Wednesday, March 3rd at the ashram. On his return, he went to the cow-shed and named the five new born calves. He was in a cheerful mood and enjoyed naming them.

On March 4th, Master went to oversee the paddy planting in the fields of Janaki Farm. Several abhyasis joined in the planting and it was a festive atmosphere despite the slush in the fields. Master then conducted satsangh for all the abhyasis who had gathered. In the evening, Master came out and

sat in the lawn in front of the house and met a few overseas abhyasis. He then conducted satsangh.

On Sunday 7th March, Master conducted satsangh at the meditation hall where a number of local abhyasis also participated. He looked cheerful and healthy. During his stay here, Master came out on quite a few occasions for a walk around the farm. He combined a much needed quiet period with a lot of work which he continued to do. Master returned to Chennai on March 10th and left for Kolkata enroute to Kharagpur.

CREST-Kharagpur

Master arrived at the campus on the 12th and conducted satsangh at 5 p.m. The second NPTP (New Prefects' Training Program) was held at CREST, Kharagpur from March 12th to 14th. The seminar was held for recently made prefects to make them aware of various aspects of Sahaj Marg, which would facilitate them in carrying out their duties as a prefect.

Master inaugurated the gazebo and sat very relaxed as abhyasis quietly gathered around him. He was asked whether abhyasis could come and sit in the gazebo at other times, and he replied, "Yes, it is for everybody." He emphasized that the cleanliness, sanctity and purity of the place should be maintained. Later, Master pointed out the locations where the statues of Ganga and Ganesh would be situated and discussed the supporting structures. From the next day the work started so that Master could supervise the placement of the statues in the coming days.



From 15th to 21st March, the CREST facility hosted an international seminar for abhyasis from Iran. They were invited to spend a few days with Master and be in his presence.

Master conducted most of the satsanghs, walking into the meditation hall with a cheery 'Salaam'. The Iranians would respond in one voice with an equally warm and enthusiastic 'Salaam'. Various programs were conducted for the Iranian abhyasis including a youth meeting, a prefect-meeting of 30 Iranian prefects in which Master attended the evening question and answer session, a program clarifying the daily practice, a discussion on the topics - The role of women, Ten Maxims, Morality and Character Formation, VBSE, et cetera. Master made 5 new prefects for Iran. The entire week culminated with a final question-answer session for everyone with Master.

This visit of the Iranian abhyasis with Master coincided with the Iranian New Year. A ceremony called *Chahar-shanbeh-Soori*, held on the last Tuesday evening before Nowruz was organized much to their delight. Three small fires were lit and people leapt across them, to the tune of drums and singing. Master came over in his golf cart to witness the ceremony.

March 20th was Nowruz, the Iranian New Year. A traditional table was set in the dining hall and a brief explanation was given to Master on the significance of the items on the table. A short music and dance program was followed by dinner prepared by the Iranians that was enjoyed by Master as well as all gathered in the dining hall. A surprise announcement of a 10:30 pm satsangh, ushering in the Iranian New Year, made the day and the entire trip complete.

On March 17th, Master oversaw the installation of the statues of Ganga and Ganesha. He returned to Kolkata on 21st March and stayed at Br. Ajay Bhattar's residence. Leaving behind a tearful bunch of abhyasis, He left for Chennai on the 24th of March. The abhyasis from Iran seemed to be expressing their love through their tears and took back in their hearts the wonderful week they spent with beloved Master.

Karnataka Gathering

On his return to Chennai Master was not keeping too well and visitors were restricted at the cottage. Abhyasis who were at the ashram got to see him on Sunday when he conducted satsangh.

April 2nd to 4th saw a gathering of over 3000 abhyasis from Karnataka. Master conducted five satsanghs during these three days filling the hearts of the abhyasis to the brim.

A lot of work had been planned by the new AMC of Manapakkam ashram to get the entire ashram cleaned. A task force of over 250 energetic volunteers toiled under the hot sun to clear up debris lying around the ashram, clean up several areas like the mango grove, composting area, parking area and canteen as well as the toilets. It was a mammoth task which the volunteers cheerfully took up and could feel his presence while at work.

Master watched the cultural programme on 3rd evening on the T.V. in his cottage. He met the participants of the programme later and spent some time with them.

A science and magic exhibition by the children displayed many experiments from the VBSE curriculum.

On 4th April, after the Sunday satsangh Br. Doraiswamy Iyer shared some of his thoughts. After that Master spoke briefly on the need to avoid regional and language chauvinism.

Master spent the next week quietly in the ashram. He performed nine marriages on the 9th after satsangh. On 14th he conducted satsangh on the Tamil and Malayalam New Year Day and around 4500 local abhyasis attended the satsangh. Master left for Tiruppur via Coimbatore on 16th morning.



New Publications

HeartSpeak 2009

HeartSpeak 2009, a new addition to the HeartSpeak series, featuring the inspiring lectures and informal talks given by Master, while on tour in India in the title year.



MP3 Collection of Talks in Tamil

This is a compilation of Master's talks given at various places in TamilNadu such as Madurai, Tirrupur, Tiruchy, Chennai, etc. It is the second release in the series and includes a talk from 1979 which is 3 decades old. In all it contains about 4 hours of recording, and has some wonderful informal conversations, QA sessions with Master where lot of practical queries are answered by Master.



Photo Publication Releases



Babuji - Picture album

The first album in this series to be released, is a collection of portraits of Babuji. There are 20 photos placed in a classic black board paper album.

Photographs

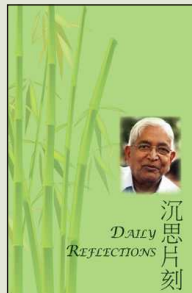
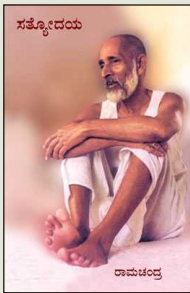
About 20 photographs of Babuji including recent photographs of our Master.

Archival Prints

New series of photographs of Babuji and Master are being offered with options for size, mount and frame.

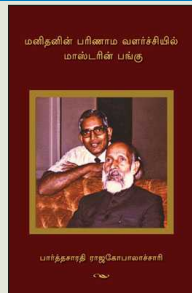
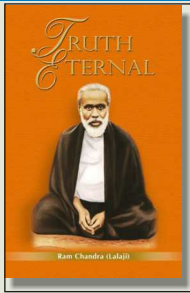
Reality At Dawn (Kannada - Reprint)

Daily Reflections (Chinese)



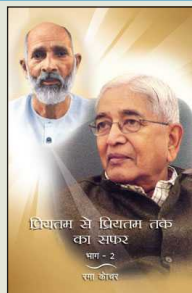
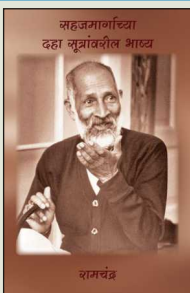
Principles of Sahaj Marg - Vol. I

Role of Master in Human Evolution (Tamil)



Commentary on Ten Maxims (Marathi)

Priyatam se Priyatam tak ka Safar - Bhaag 2



VBSE Activities Dharwad

On 27th March, a VBSE Programme was conducted in SDM Central School, Dharwad. Sis.Asha and Sis.Madhuri from Bangalore conducted the program. This was second of such program to be conducted here.

Smt. Sadhana, Principal, SDM Central School, requested to conduct such a program after attending a VBSE program conducted by SRCM at Hubli in August '09.

Topics like values, three approaches to attain values, and mind regulation were covered during the program. The program was well received by the participants as their interest could be gauged by the number of questions they asked. They were of the opinion that many such programmes should be conducted in their school.

Volunteer Training, Kakinada, A.P.

A two day Zonal level program was conducted at Kakinada centre of Andhra Pradesh on 13th and 14th of February. The program was planned by Br K Madhu, ZiC and was implemented by Br Kosuri Yadusurya, CiC, Kakinada. The theme of the program was to apprise the spirited volunteers of the zone regarding the number of activities that can be performed at a centre. This will help in taking our Mission's objective to one and all. The two day program was oriented at VBSE Teacher Training Program, organising and conducting open houses, home gatherings, etc. A time schedule for children's activity with drawing schedules, issues on scientific methods, leadership, sports, etc. were presented. More than 150 abhyasis participated in this program and it was very well received.





Radio Broadcast

Radio Siddhartha of Tumkur, Karnataka organized an interview to know more about Sahaj Marg system of meditation on April 17th. Sr. Vasantha Kumari from Bangalore centre gave answers to the questions in Kannada for 40 minutes. Topics like how Sahaj Marg benefits the individual, need for meditation for inner transformation, balanced existence, the main goal of Sahaj Marg and role of the Master were discussed. Radio Siddhartha is a community oriented FM channel hosted in SSIT College, and broadcasts programs benefitting the local community between 6 p.m. and 8 p.m. every day.

New Prefects Training Programme

The second batch of the New Prefects Training Programme was held at CREST-Kharagpur, from March 12th-14th. Each day's activities started with group discussions at 6 am followed by satsangh and breakfast. In the 9 a.m. session an excerpt from Whispers was read and reflected upon, followed by talks. After lunch and rest, the participants met again for group discussions on topics such as positive thinking, following inner guidance and the need to avoid counselling and advice.

A new feature of the second batch was that four of the six speakers were from the West, all of whom had joined Sahaj Marg with Babuji Maharaj in the 1970s. Dorit Vaarning of Germany spoke on 'Sahaj Marg - A Way of Life' followed by Chuphal Bhupendra of Almora on 'The Work of a Prefect'. On the second day, Br. Ajay Bhattar spoke on the 'Role and Responsibility of a Prefect' followed by Fausto Russo of Italy on the 'Attitude of Reverence'. Day 3, Otto Reicheneder of Munich, spoke about 'Attitude of Love and Surrender'. Christine Priland of Canada then spoke on 'What I have Learned as a Prefect' in the form of stories from her interactions with Babuji Maharaj and Rev. Master. The final talk by N. Prakash of Tiruppur, coordinator of the program, entitled 'Emulate Him' encapsulated the essence of the previous 3 days activities and discussions, and brought into the focus the attitude of the future work by emulating the Master. Future training programs will be held at different locations in India.

'Understanding and Responding to Terrorism'

Rev. Master deputed Br. A. P. Durai, Jt. Secretary, and Br. Sharat Hegde, ZiC, Karnataka-South Zone, to represent SRCM in a seminar on 'Understanding and Responding to Terrorism'. The seminar was organized by Ecumenical Christian Centre (ECC) at Bangalore from February 22nd-24th. It brought together people from various parts of India and from different religious backgrounds to share their thoughts on the subject. Experts from different fields were invited to share their thoughts and a panel discussion was held.

In his inaugural talk, Director of ECC, Dr. Mani Chacko, spoke about the need to strive towards a universal ethic, and to look beyond religion. Dr. Moses Manohar, Director, ICSA, gave the keynote address and touched upon the need to take a fresh look at the problem, the need for sensitivity on the part of the government and the need for religious bodies to appeal to the conscience of the people.

Br. Durai in the panel discussion spoke about how we need to transcend beyond religion into spirituality, bring about inner change in the individual and thus bring about cumulative change in society at large.

The seminar was well appreciated by most of the participants, but had a telling effect on some who were from a deep-rooted religious background.





Workshop for Sisters



Indore centre organized a unique half day workshop for sister abhyasis on 21st March. The theme of the program was 'Balancing sadhana with the multiple roles being performed by sister abhyasis'. About 100 sisters from Indore and nearby centers participated in this workshop. Sis. Vijaya Deshpande explained that even though we have a common system of sadhana for men and women, and it is the same soul when it gets merged with the supreme but still we have two different genders on this earth performing different roles. It is necessary to understand how our beloved Master wants us to perform the same in different manner. Sisters shared their experiences of doing sadhana while simultaneously being a housewife, teacher, doctor or magistrate.

In the second half of the workshop, a group discussion was conducted for the sisters to talk about any specific problems faced by them during sadhana. Brother abhyasis contributed their bit for the program by volunteering in the kitchen and other areas.

Message from Publications Department

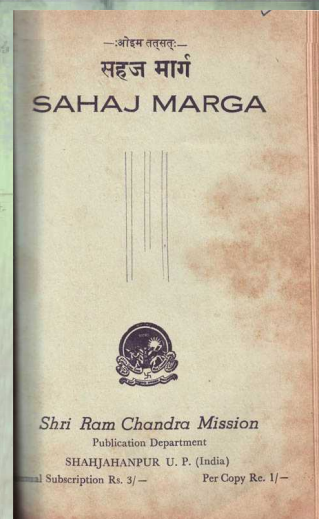
It is observed that abhyasis circulate transcripts of Master's formal / informal talks through emails, which in turn, are being forwarded in chain mails. Such content is prone to errors, and contain perceptions and interpretations instead of EXACTLY communicating what Master has said – and, as such, pose a risk to our organization.

Please note that circulation of such unofficial versions are NOT permitted / authorized. All abhyasis are hereby requested to desist, discourage and stop any activity related to private circulation of unofficial transcripts. Any instance of such circulation may also be immediately reported to publications.print@srcm.org.

The official version of Master's talks are published on the mission's web site (www.sahajmarg.org) typically within a few days of the event. These are available for one and all for any reference.

A Peep into the Past

Revered Babuji Maharaj travelled throughout India during the period from 1960-1965. His tour programme of 1964-65 was published in the 'Sahaj Marga' patrika listing the places that he was scheduled to visit - Delhi, Vijayawada, Hyderabad, Bidar, Sedam, Gulbarga, Bijapur, Hassan, Mysore, Bangalore, Tiruvanmalai, Trichy, Tirupati, Cuddapah, Chennai, Bhopal, Orai and Lucknow.



Babuji Maharaj had given various messages during these travels. Gists from some of the messages are given below.

September 1960

"The most essential for spirituality is moderation. The word carries a vast sense. It does not pertain only to the mending of our external ways of living so as to make them agreeable to others, but it is something which covers the entire sphere of our mental and physical activities."

*Source: 'Messages Universal' 'Message of My Master'

March 1964, Babuji's message on Holi

"The destination can be arrived at only by him who is mad after it. That is the only way and whoever adopted this course, his success had been assured. But for that you have to create "Pain" in your heart. The cure must also come when pain is there. All the means and Sadhanas aim at the same."

"Whatever comes into action is always in accordance with the will of God. The difficulty arises when we link it with our own will or action, thinking it to be the result of our effort. We rejoice at the success and feel aggrieved at the failure merely for that reason. This is the only thing which serves to keep us in bondage. The absence of this egoistic feeling means the advent of real potent vigour. How can this be achieved? Only by linking our self with the great power of the Divine. Doing so we go on covering stages after stages till we get closer to Him."

"Some may however sit by me only to have their mind at rest for a while. This may also be something for me for I may thus be offering them comfort for a while at least. But that alone is not enough. There may be some who like to associate with me on the basis of fellow feeling and friendship, not of course taking into account realization. This also is not too little for me because when I find one bearing in his heart love for me, I feel greatly rejoiced and refreshed. But why should one bother about it for my sake when there is a lot for him to love and like. Only one who has himself lost or atleast likes to lose all, may perhaps be inclined towards me. My mind's tendency is some what peculiar. Having lost my self in to-to, I like others to trace me out."

*Source: 'Sahaj Marga' patrika, July 1964



Essay Writing Event 2009 Certificate Distribution

The Essay Writing Event 2009 conducted By Shri Ram Chandra Mission in collaboration with the United Nations Information Centre India and Bhutan on International Youth Day - August 12, 2009 was a huge endeavour in the task of promoting Master's message among children and through them to their extended families.

The effort to read through this mountain of essays and sort out the outstanding ones was in itself a huge task. Volunteers in centres across India undertook this work and selected entries at the national, zonal and school levels. A certificate distribution ceremony was organised at major centres to felicitate the students with exceptional essays. This was also an opportunity for the centres to talk about and explain to the students, their parents and the accompanying staff of schools about the mission and its philosophy behind the Essay Writing Event. Parents and teachers were glad that the mission was making the effort to inculcate values in children through this event. Many were impressed with the Sahaj Marg system and were interested in knowing more or were keen to join the system. This event also provided an opportunity for many to work for the mission in various capacities.

Following is a report from centres across the length and breadth of India on how the certificate distribution function was conducted.

Pattambi, Kerala

On 21st February, 32 students were felicitated. Br. Krishnan VA, Br. Sasikumar KP and Br. Narayanan spoke to the audience. Students shared their feelings and said that the topics were new, attractive and relevant to the present day.

Ahmedabad

Nearly 190 institutions had conducted the event at their premises in Ahmedabad and more than 8500 participants wrote essays in their respective categories. Among the participants were 6 regional winners. Senior abhyasis from Ahmedabad distributed the certificates to the winners on 28th February at Adalaj Yogashram. More than 1200 invitees (parents and participants) were present.

Moradabad

More than 6700 students from about 84 schools and colleges from the district had participated in the Event. At the function at Yogashram on 24th February, Br. Sharwan Kumar (CiC) and Sis. Chavvi spoke to the gathering. Certificates were handed over to the participants and schools and colleges were given recognition certificates. The chief guest, Mr. Ram Murti (Chief-development officer, Moradabad) lauded the mission's effort to cultivate moral values in children through this mega event.



Abhedonpura, Uttar Pradesh

About 180 students, 220 parents, teachers and principals from various colleges and schools attended the event on 21st February. There were talks on the benefits of the Essay Event to students and their guardians after which certificates were distributed.

Kolhapur, Maharashtra

The ceremony was held on 18th February. Overall 75 schools and 6 colleges participated and around 3500 essays were collected. Maharashtra ZiC Br. Subhash Vaidya addressed the gathering.

Aurangabad, Maharashtra

The ceremony was conducted on 27th February with all the award winning students, their parents and school principals present.

Nagpur, Maharashtra

Over 1000 students from 24 schools had participated in the Essay Event. The ceremony was held on 7th March at Gandhinagar Ashram.

Indore

About 24 centers organized the Open House on 21st February. Volunteer teams visited each school and even student's residences to invite their parents. The response was really motivating and a large number of people turned up even at small and remote centers. About 3000-3500 guests were given an overview of Sahaj Marg through these open houses.

Pune

At the function at Nanded Ashram, Sis. Rupali said that we are generally negative thinkers and this needs to change. We would like the young ones to look within and find their true self to deal with the world because it is the inner world that creates the outer world. Br. Kaustubh, shared the statistics of the event and Br. Shukla (chief guest) spoke about 'Sahaj Marg as the system of training the Mind'. Certificates with a token of appreciation were presented. A big round of applause was heard for the children from the blind school.

Bangalore

The certificates for the zone were distributed at the Banashankari Ashram, Bangalore, on 21st February. The 1st prize winner from each category was invited to read out their essay. Each of these students showed remarkable confidence and a capacity for thinking deeply on the topics that had been given. A demonstration of VBSE experiments on how values can be learnt through science experiments was conducted by the young and confident children of abhyasis, which



touched the hearts of the visitors. A short video of Master was played followed by Sis. Madhuri Venkat giving a brief introduction on the goal of Sahaj Marg.

Bhavnagar, Gujarat

The function was organized on 21st February at Meditation Hall Silver Bell. Essay coordinator Sis. Vrusika gave the statistics of Bhavnagar Center, Br. Vinay (Navsari) Essay coordinator and Br. Dharmeshbhai, CiC of Bhavnagar spoke to the gathering.

Bhuj

A function was organized on 27th February at Sahyog Hall at Bhuj with around 250 guests. 32 schools who participated in the Event and all principals, parents as well as students who were awarded the certificate were invited. Mr. Mahendra Singh was the chief guest. CiC Sis. Harsha Chauhan and essay coordinator Br. Gopi Trivedi spoke to the gathering.

Similarly in **Gandhidham** centre, the MLA of Anjar area was chief guest and President of Gandhidham Municipality was the Guest of Honour. More than 180 guests attended this programme.

Chandigarh

This year 16 schools, 4 colleges and various teaching departments from Punjab University, Chandigarh, Panchkula and Mohali participated in the Event. On 28th February, at a function to honor the students who won at the zonal level, the zonal coordinator Sis. Kanan Sachdeva, Sis. Gurdev Kaur and Sis. Sudershan spoke to the gathering. 27 zonal winners were given prizes by the ZiC Br. Maj. Gen. Harbhajan Singh.

Ludhiana

On April 11th at Jacob hall of Punjab Agriculture University, 8 students at zonal and 40 students from the district level were felicitated. Zonal level students were given a certificate and a book with a memento and others got the book, 'My Master' and a certificate. St. Thomas school was honored with the best participation trophy. Eminent educationists Dr. M.A. Zahir, Dr. Prem Kumar and ZiC Br. Maj. Gen. Harbhajan Singh were present at the function as Chief Guests.

Panipat centre organized the function on 4th of April at Panipat Refinery officers club to felicitate 35 students. The chief guests Mr. Raj Kumar Ghosh and Ashwani Sharma gave away the prizes to the winners. All local abhyasis participated in the function.

Coimbatore

On 22nd February 120 students from over 60 schools came along with their parents to the Nachipalayam ashram. CiC Br. K.R. Vaidyanathan welcomed the participants followed by talks by Br. T.S. Maniam and Sis. K. Eswari. Br. Venkatraman handed over the certificates along with books to the students. There were four zonal winners from the centre who were given a copy of 'My Master' along with the certificate. Four institutions were given appreciation certificates.



Guwahati

On 4th April Br. Sidheswar Pandey conducted the programme to give away the certificates to 90 winners for best two essays selected school-wise in and around the city of Guwahati. A presentation was made to the gathering by Br. Asoke Sengupta. There was also a brief Q-A session.

Hubli, Karnataka

The essay event generated much enthusiasm and brotherhood in volunteers from Hubli and Dharwad. Shri Vishnu Bhaskar Bhat, the Chief Guest spoke about the importance of such an exercise in today's society. He had been unaware that such a mission existed which worked without any publicity. Headmaster of the Government School, Mr. Sarangmath said that there are very few people or institutions who act on what they preach and SRCM, he found, was doing what they preached. Certificates were awarded to about 70 students. Two small skits were enacted by the youth and children which were entertaining and liked by all.

Lucknow

In Lucknow students of 180 schools and colleges had participated. Br. U.S. Bajpai gave away the prizes to the winners in the respective categories. ZiC Br. Shyamji Mehrotra spoke on the occasion.

Tezpur

On 11th April around 200 guests including winners and their parents and teachers had assembled. A few aspirants showed their eagerness to start the practice. The programme concluded with the mission prayer.

Thrissur, Kerala

On Sunday, 28th February at Yogashram, Thrissur, Br. T.P. Narayanan, CiC welcomed the gathering of students and teachers from various schools and colleges and the parents of students. About 800 students from 31 schools and colleges had participated in the event. Br. A. Madhavan, Coordinator of SMRTI, Kerala briefed the gathering. Br. K.U. Mohan, ZiC, distributed the certificates to the students and the appreciation certificates for the institutions.

Vadodara

About 200 guests gathered on 28th February at the Baroda High School, Alkapuri. Sis. Poonam Bubber, Dr. Surendra Agrawal from Surat, Sis. Prabha Sharma and Br. Hiren Shah addressed the gathering. Guests were given a feedback form and many have shown an interest in joining Sahaj Marg.



Abhyasi Training Programmes

Moradabad

ATP Level-1 was conducted at Moradabad Centre on 7th March. Br. Sudhanshu presented the programme for about thirty abhyasis who were delighted to watch rare audio and video clips of Rev. Babuji and Master. Later, many expressed their views saying that this type of training was very useful for new abhyasis and that they now had more clarity about the system and were inspired to achieve the goal.

Nanouta

ATP Level-1 was conducted on Sunday 4th April by Br. Rajeev Kumar. Twenty-four abhyasis attended this programme.

Srivilliputhur

This centre in Virudhunagar district the ATP on 7th March was conducted by Sis. B. Ponnuthai and Br. V. Balasubramanian. Nearly 25 abhyasis from Srivilliputhur, Rajapalayam, Thiruthangal & Sivakasi centres participated. The abhyasis felt that the program was useful not only for newcomers, but also for others.

Kurnool

An ATP was organized on 28th February for around 23 new abhyasis. Many clarifications were sought during the programme with great enthusiasm and interaction. They also shared that the audio-video explanations of Master clarified most of the queries related to the basics of their sadhana.

Bellary

On 14th February, an ATP was conducted in Bellary at the meditation hall at Br. Sontha Sudhakar's residence. 25 abhyasis attended the program conducted in Kannada. Br. Nijalingappa, Br. Prahlad Paknikar and Br. Raju Kashampurkar spoke on the occasion. The abhyasis felt greatly benefitted and expressed that such programs should be conducted more often.

Sikka

Sikka is a remote place and a newly developed satellite centre of Jamnagar, with more than 60 enthusiastic abhyasis. On 11th April, Br. Ankit Vyas from Ahmedabad, conducted the training. While Br. Ankit elaborated on the slides in Hindi, enthusiasm was observed in all the delegates. Whenever a clipping from Master's talk was played, all felt His presence at the program.

Rajnandgaon

ATP in Hindi was organised on 28th March for 54 brothers and sisters from nearby centres and was conducted by Br. Deepak Tyagi and Br. Vijay Iyer. Abhyasis were very happy with the presentation as they felt that for the first time they felt themselves involved in the process as they have to read and imbibe the things and above all their questions were answered by quotations from Master or from his video clippings.

Pendra

ATP in Hindi was held in Pendra centre, a remote area in Chattisgarh state. 58 abhyasi sisters and brothers, 40 sisters from rural background but their involvement was absolutely beyond imagination. The whole atmosphere was like a bhandara. ATP was conducted Br. Deepak Tyagi, Br. Shrinivas and Sis. Lalita Tyagi. It was organised by Br. Swapnil Khatri.

Raipur

ATP in Hindi on 4th April was attended by 52 abhyasis. Abhyasis keenly participated and had a good question-answer session handled by Br. Deepak Tyagi. ATP was conducted by Br. Vishnu Upadhaya, Br. Satish Sharma and Br. Devnarayan.

Bilaspur

ATP in Hindi was conducted on 7th March. All abhyasis appreciated the manner in which the programme was designed by SMRTI.

Durg

Hindi ATP programme was conducted on February 21st. It was initiated by CiC Br. D.K. Nigam. 37 abhyasi brothers and sisters participated in a very serene & enthusiastic atmosphere. It was conducted by Br. Deepak Tyagi (ZIC) and Br. Shrinivas Deshmukh. Abhyasis liked the question-answer session which was very interesting and handled by Br. Deepak Tyagi.

Jamnagar

A seminar began in a crowded town hall on the subject 'Balanced Existence and Meditation'. Abhyasis took the opportunity to discuss and introduce Sahaj Marg to their friends, relatives and colleagues while inviting them for the seminar. The seminar started with two classical dances. Jaishreeben Lalbhai shared her experiences of Sahaj Marg and emphasized the need for a balanced life through meditation in today's life.

Br. Hirenbbhai Shah explained the Sahaj Marg system of meditation and its role in routine life. Br. Suresh Rajagopalan explained the efficacy of the Sahaj Marg system in attaining highest spiritual goal of human life and also informed how one can live his material life without affecting spiritual progress.

After all the lectures there was a chance for the audience to interact with the speakers as well as volunteers of SRCM. Some showed their interest to know more about Sahaj Marg and some wanted to join the system.





"Now what is the difference in an ashram? The ashram too is charged by the Great Master. But when we sit to meditate, we increase that charge all the time. In temples it is decreasing all the time whereas in the ashram it is increasing all the time, so that if you are doing what you should do in your ashrams, after fifty years it should be having a better charge, a sweeter atmosphere, something so subtle that you can say, 'This is heaven. This is the Brighter World.'"

7th January, 2004. Inauguration of Ongole Ashram

Ongole Ashram

Creation of big hearts in a small town

Ongole is the headquarters of Prakasam district in Andhra Pradesh. It is interesting to know that Babuji Maharaj was travelling to Madras in the year 1969 and his train was held up for 72 hours in an inaccessible place due to severe cyclone and floods. The location was between Ongole and Uppugunduru village. Babuji Maharaj must have sowed the seeds of spirituality in this region at that time and the result today is a full fledged centre with an ashram and a few hundred abhyasis supporting it.

The first prefect of Ongole, Br. K. Kuppaswamy had a handful of abhyasis to look after in the early 90's. Br. B. Nageswara Rao who joined the mission in the year 1994, did yeomen service in the expansion of the mission. The abhyasi strength rose to around 350 in the year 1999 including abhyasis of Ongole town and Chimakurthy, Medarametla and Addanki villages. Br. Nageswara Rao was appointed prefect and satsanghs took place in his house. The need for an ashram was acutely felt and with the cooperation of the local abhyasis, five acres of land was acquired for the ashram and forty nine acres for a colony, in the limits of Pernamitta village of S.N. Padu Mandal on the outskirts of Ongole Town.

Revered Master visited the proposed site on 22nd December, 2000, laid the foundation stone and approved the plans for construction. Master subsequently visited the site twice to inspect the progress of construction. He inaugurated the new ashram complex on 7th January, 2004 and named it **Dharamashram** dedicating it to his Master Babuji Maharaj. Six thousand abhyasis had gathered on the occasion and Master spoke on the theme of 'Giving Hearts', acknowledging the unstinting contribution of local abhyasis to erect an impressive complex in a small town- something befitting a metropolitan centre!

The buildings consist of a spacious meditation hall (2000 capacity) at the first floor level with a grand staircase in front, a dormitory in the basement, Master's cottage, kitchen, toilets and a generator room. Beautiful landscaping and shade giving trees enhance the ambience of the ashram. Ongole is also one of the ashrams declared as a free food centre. Morning satsangh takes place every day at 6.30 a.m.



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