

This is a quarterly newsletter that provides updates on SMSF activities. In the words of our Revered Master, "This publication will essentially focus on the spiritual needs of human beings, how they are being or trying to be fulfilled by the Sahaj Marg philosophy and practice ..."

For archives of newsletters, visit <http://www.sahajmarg.org/newsletter/smsf-newsletters>.

## Featured in this issue

**CREST:** We feature activities at CREST Berlin, CREST Bangalore and CREST Kharagpur.

**Retreat Centre:** We include reports on activities at retreat centre, Pune and SPURS retreat ranch, USA.

**Health:** We cover medical centre activities at Chennai and Satkhol.



(above) Revered Master addressing abhyasis on 1<sup>st</sup> January 2013 at Chennai

## Programs at CREST, Bangalore

CREST Bangalore was given recognition as a Research Centre by the University of Mysore. The research subjects are Socio-Religious Studies, Eastern and Western Philosophy, and Spirituality and Inter-Disciplinary Research.

In the fourth quarter of 2012, nine programs were conducted at CREST, Bangalore. These included three sadhana programs for abhyasis, one for prefects, one for youth, two for teachers, one program for budding youth and one symposium on maxims of Sahaj Marg.

### Sadhana Programs for abhyasis (1<sup>st</sup> – 6<sup>th</sup> October 2012 and 19<sup>th</sup> – 25<sup>th</sup> November 2012)

More than one hundred abhyasis participated in these two programs.

These programs covered topics on aspects of Sahaj Marg practice such as meditation, cleaning, prayer, constant remembrance, diary-writing, individual sitting, satsangh and the Ten Maxims. It also dealt with Sahaj Marg philosophy, the role of Master in human evolution and Sahaj Marg - a way of life. Practical aspects on how to develop faith, love and surrender towards Master were also covered.

### Sadhana Programs for teachers, 2<sup>nd</sup> – 14<sup>th</sup> October 2012 and 24<sup>th</sup> – 30<sup>th</sup> December 2012

The first program was attended by thirty-six abhyasis and the second by seventeen abhyasis. The program was divided into two halves. The first one focused on topics relating to Sahaj Marg and the second half dealt with topics pertaining to roles and responsibilities of teachers, guidance to be given to teenagers and becoming a better teacher by regulating one's mind. All programs had group discussions followed by presentations by group leaders.

### Sadhana Program for youth, 3<sup>rd</sup> – 9<sup>th</sup> December 2012

This program had topics catering to needs of youth and to face difficult situations in society. The topics were personal excellence, importance of money in the life of an abhyasi, relationships in life, role of an abhyasi in the society, importance of family, life management and effective communication. There were topics on different aspects of sadhana and the Sahaj Marg philosophy.

### Sadhana Program for prefects, 5<sup>th</sup> – 11<sup>th</sup> November 2012

This program was attended by twenty-eight prefects.



(above) Participants of Sadhana program for Teachers



(above) Participants of the Sadhana program for Youth

Following topics were discussed:

- Importance of reading Mission literature
- Personal excellence
- Religion and spirituality
- Subtle aspects of the Ten Maxims
- Subtle aspects of sadhana
- Balanced existence
- Prefect's work
- Prefect as an administrator
- Sahaj Marg philosophy
- How to prepare abhyasis before meeting Master
- How to keep Master happy under all circumstances.

Br. Bhasker Rao gave an introduction on the essence of the book 'Reality at Dawn' and explained the topics dealt by Babuji Maharaj in that book.

Two outstation faculty members were invited; they shared their experiences with the delegates.

### Balanced existence and the need for spirituality, 9<sup>th</sup> November 2012

This program was held for first year students of Integrated M.Tech course at IIIT Bangalore at their college premises. Sis. Seetha gave a short introduction on CREST and its functions. Then Br. Bhadresh Rami spoke about the world

today and about how values are deteriorating in society. He gave instances of positive growth too, talking about Bhutan, our neighbouring country. Br. Krishnamurthy highlighted the aspects of ambition and aspiration. Many students sought clarifications on the issues raised. Br. Ramalingam and Br. Rishi gave a short talk each about meaning of spirituality and their experiences in this field.

### Program for budding youth, 2<sup>nd</sup> – 18<sup>th</sup> November 2012

This program was attended by sixteen youth, all children of abhyasis and a few abhyasis. Br. Nagaraj gave the introductory talk in which he asked participants whether they disliked anything in life. Most of them said, "I hate people telling lies."

### Symposium on 10 + 2 Maxims, 14<sup>th</sup> – 16<sup>th</sup> December 2012

The symposium started with an introduction on creation, space, time and *kshobh*, followed by the maxims. The speakers brought out the importance of practicing these maxims in our day-to-day activities and explained the maxims based on the commentary given by Babuji Maharaj, the book 'Truth Eternal' by Lalaji Maharaj and with quotes from talks of Master.

Source: Sis. Seetha Kunchithapadam



(above) Participants of Sadhana program for youth



## Programs at CREST, Kharagpur

During the quarter ending 31<sup>st</sup> December 2012, five seminars on character formation were organized in CREST, Kharagpur.

### (I) Fundamentals of Character Formation (Telugu), 9<sup>th</sup> – 14<sup>th</sup> October 2012

Fifty-six abhyasis participated in this seminar. Following topics were discussed.

**The power of attitude:** Br. V. S. Mallick defined attitude as the state of mind when approaching an activity. He recalled Master's emphasis on doing sadhana with right attitude. He concluded that following the Ten Maxims is the easiest way to have the right attitude under all circumstances.

**Truthfulness – be honest to yourself:** Br. P. V. S. Sivaprasad discussed the prime teachings of the masters of Sahaj Marg regarding truthfulness. Truthfulness is to become one personality vis-à-vis many personalities that we are now.

**Unity and Brotherhood:** Br. K. S. Saptamukhulu dealt on the roots of this topic by quoting the Upanishads. He related how following the sixth maxim and the Sahaj Marg principles helps us in establishing brotherhood.

**Working in harmony with the divine plan:** Br. N. V. Krishna Rao said that working in harmony with the divine plan is nothing but working on one's self to become like Him; and working harmoniously with all brothers and sisters involved in His plan.

The seminar concluded with skits and a presentation on Ten Maxims by Br. Shareef.

### (II) Basics of Character Formation (English), 26<sup>th</sup> – 31<sup>st</sup> October 2012

Forty-two delegates participated in this program.

Following topics were conducted.

**Morality is essential:** Br. Manoj Tiwari said that Masters of Sahaj Marg have underlined morality as a way of life. He said that excess of anything including knowledge is immoral.

**Change is inevitable:** Sis. Suman Misra mentioned that change should be from the heart and that Master is interested in bringing about that change in individuals leading to changes in society and then the world at large.

**Moderation:** Br. Misal Mehta, quoting a message from Babuji Maharaj stressed the importance of moderation. He said that if one works towards the goal in remembrance of the great Master all the while, one automatically gets moderated.

**Warmth of love integrates humanity:** Br. V. R. S. Nagraj Naga Sharma said that hatred is absence of love. Satsanghs bring about harmony, togetherness and brotherly love. To love God or Master, we have to love all of creation. He concluded with a message from 'Whispers from The Brighter World' which says that the only way to save this world is love.

### (III) Youth Seminar, 20<sup>th</sup> – 25<sup>th</sup> November 2012

Fifty-one participants took part in this program.

**Power of attitude:** Br. Nitin Govila spoke about the relevance of the words - power and attitude - in our daily life as well as spiritual life.

**Vision of my Master:** Br. Kambiz Raavanbaksh talked about Master's message - *Aude Sapere – Dare to think*. This session was followed by an activity on time management by Br. Sanjay Panigrahi.

**Ways of loving hearts:** Br. (Dr.) Haresh Mehta said that



(above) Participants of the seminar on character formation

we need to introspect and aspire for the highest and that He takes over the moment we surrender.

**Ten Maxims of Sahaj Marg:** Br. Rishi Ranjan highlighted the application of the Maxims in daily life. This session was followed by a group activity on the topic "Life spaces".

**Managing relationships in Sahaj Marg:** Sis. Snehal Deshpande said that the important factors in building a relationship are faith in the other, tolerance and patience towards the other and expression of love to the other.

**Work is man's greatest function:** Br. V. K. Somakumar reflected on his experiences with Master and his ability to relate all work as Master's work.

**Soldiers of Sahaj Marg:** Br. Mohan Das Hegde spoke on this topic.

#### (IV) Seminar in Tamil, 4<sup>th</sup> - 9<sup>th</sup> December

Sixty-three participants attended this seminar. Following topics were conducted.

**A close look at character formation:** This session was handled by Br. Dhanumoorthy and Br. Ravi Subbaiyan.

**Tools available – Sahaj Marg practice and its teachings:** Br. Ragupathy and Br. B. S. Murugan gave deep insight into Sahaj Marg practice and mind regulation.

**Role of the Master in character formation:** This session was conducted by Br. S. S. Ramakrishnan and Sis. Ezhilarasi.

**Whispers from The Brighter World:** Br. Dr. T. Chenthil discussed a few extracts from *Whispers from The Brighter World* on topics of negative traits, need for practice, positive qualities and future visions.

#### (V) Seminar in Hindi, 18<sup>th</sup> – 23<sup>rd</sup> December 2012

This program was attended by seventy-one participants.

**Power of attitude:** Br. Chandra Prakash explained that in the present day, it is not easy to be a saint. He recalled the teachings of Babuji Maharaj and said that humility is a must for spiritual practice. Following this talk, group discussions were held and there the participants felt that they were able to overcome any crisis requiring a test of attitude, when they remained connected with Master's presence.

**Communication:** Br. Vijay Pande said that when we are in harmony with ourselves and all around us, non-verbal communication from the heart happens on its own. He also said that transmission by Master is a communication that fills all our hearts with gratitude.

**Discipline and obedience:** Sis. Putul Rani brought focus on the *Whispers from The Brighter World* and underlined the need for obedience in context of impending turn of events that nature is about to bring in, and His obedience is our only armor to the impending warnings we have been given.

**Open your hearts:** Sis. Rama elaborated that opening of the heart implies that the divine within our heart is manifested in our behavior.

Source: Br. U. P. Dhawan

(below) Participants of the seminar on character formation in English







(above) Participants of the Tamil seminar in the library of CREST, Kharagpur.

CREST Centers are resident schools where abhyasis in batches of 50-100 undergo intensive training in different aspects of human existence--physical, intellectual, moral, and spiritual. Two CREST centres are in India, one located at Bangalore and another at Kharagpur. One CREST centre is located at Berlin Ashram, Germany.

More details are available on our Mission's website at: <http://www.sahajmarg.org/smww/crest-overview>

The schedule of training programs for CREST, Bangalore is available on the web site at: <http://www.sahajmarg.org/smww/crest-bangalore>.

Interested abhyasis can apply for training programs using the guidelines on the web page.

Abhyasis who are interested in making use of the library at CREST, Bangalore are welcome to CREST. Minimum period of stay at CREST would be two months, at the end of which they will have to submit a monograph on a chosen subject. Interested abhyasis should write to the email address [crest.bangalore@sahajmarg.org](mailto:crest.bangalore@sahajmarg.org) with their application.

#### CREST Kharagpur Calendar: January 2013 – July 2013

22 – 27 January	Seminar on Fundamentals of Character Formation (English)
12 – 17 February	Seminar on Fundamentals of Character Formation (Telugu)
19 – 24 March	Seminar on Fundamentals of Character Formation (Hindi)
9 – 14 April	Seminar on Fundamentals of Character Formation (English; preferably for overseas abhyasis)
28 May – 2 June	Seminar on Fundamentals of Character Formation for youth (English)
6 – 9 June	Seminar on Fundamentals of Character Formation (English)
11 – 16 June	Seminar on Fundamentals of Character Formation (English)
25 – 30 June	Seminar on Fundamentals of Character Formation (Hindi)
4 – 7 July	Seminar on Fundamentals of Character Formation (English)
14 – 19 July	Seminar on Fundamentals of Character Formation (English; preferably for overseas abhyasis)

(Dates given above refer to date of arrival and date of departure from CREST Kharagpur).

Online application form is available at the web page <http://www.srcm.org/sm/CRESTKGPAApplication.do>. An acceptance of the application will be sent on receipt of recommendations from concerned prefect.

## Activities at CREST Berlin



(above, below) Participants of the session on "Love – A Grihastha adventure"

During the last quarter, CREST Berlin hosted a five day session on the topic 'Love – A Grihastha Adventure.'

**Day 1:** Br. Francois Boudier and Sis. Ekta Boudier spoke about their own experiences of forming a family despite large cultural differences and how the emergence of a 'human-being' happened in Sahaj Marg going beyond all differences and embracing all humanity. Later during the day, there were many interactions on the topic of a man and woman meeting with spiritual perspective.

**Day 2:** Br. Alain Desvignes and Sis. Veronique spoke about success in family life at all levels. They played a video of a short talk by Steve Jobs on connecting dots and achieving success in life. This was followed by a video on deep sea diving. Then the speakers spoke about some of their own correspondences with Master that gave guidance on family life. The deep sea diving video showed how the diver could not have come back up from the darkness under the water without help from the glowing rope. Following this, all participants went through an exercise to go deep within and discover goals within their lives and actions necessary to reach there.

**Day 3:** Br. Jan and Sis. Jytte Graveson talked about their long life together and how their meeting with Revered Babuji Maharaj during 1971 in Shahjahanpur changed everything. In the afternoon, they showed a movie about C.S.Lewis, a British writer. In the evening there was a question and answer, and exchange session. The day concluded with a talk by Br. Narendran Ullanganathan on the theme 'work life' in which he talked about handling work situations from spiritual perspective.

**Day 4:** Sis. Barbara Sonvilla gave insights into trust and respect. During the talk, the issue of dealing with family members who do not practice Sahaj Marg was discussed.

Sis. Verena shared many of her experiences during this session. The afternoon session consisted of short talks given by the tutor group of CREST Berlin.

**Day 5:** Br. Narendran Ullanganathan spoke about the need for harmony. He played a recording of Br. Kamlesh Patel's speech at London Ashram in May 2012 on the need to create a condition within oneself, meditation after meditation, satsangh after satsangh, so that the state of harmony and love within would become a natural state and go from within to the outside world. Master has said that whatever we see outside as 'not acceptable' or 'disturbing' behavior or character in others is in fact a reflection of what is in us. Whenever we feel that something is not up to our expectations or that something in others is disturbing, we should sit down and do cleaning on ourselves.

Source: Sis. Ekta Boudier





## Activities at Pune Retreat Centre



(above) Meditation hall at Pune retreat center decorated during Diwali festival



(above) Vegetables growing in the kitchen garden at Pune retreat center

During the last quarter more than 100 abhyasis from India and overseas availed the facilities of retreat at Pune retreat center.

Feedback expressed by the abhyasis who stayed here is as under:

- *"Before coming here my practice was becoming all the way mechanical. I was doing it forcefully. But now it is natural and force has gone."*
- *"I came here with set of questions and frustration, now that I am going back I do see that my questions have answers and I feel recharged."*
- *"[It] has changed [my] perspective towards life. I have found myself in me again. All the restlessness that I had, queries, doubts, anger have vanished. [I am] too excited to go out and practice what I have learnt here."*
- *"I have noticed that there has been an increase in inner craving towards the goal. The stay here enabled me to re-establish my practice and goal. I have noticed a change in the quality of my morning meditation."*
- *"My stay here has enabled me to introspect and identify certain tendencies of my mind that were a hindrance to my progress."*

During this period, festival of Diwali was celebrated at the retreat centre in the serene atmosphere. Volunteers and retreat employees decorated the meditation hall and prepared sweets for the abhyasis.

After the rainy season, the kitchen garden spread over approximately half an acre, has been prepared by volunteers and has started providing home grown vegetables to the retreat centre.

Source: Br. Prem Apte

**Number of abhyasis who used CREST Pune during Nov-Dec 2012**

Age	#	Days	#	Gender	#
15-30	7	3 – 5	25	Brothers	56
31-45	16	6 - 10	38	Sisters	36
46-60	27	11 – 15	18		
>60	41	>16	11		

### Applying for Retreats

Abhyasis who wish to apply for retreats either at the **Malampuzha** or **Pune** centres may find more information about these facilities and the retreat program at:  
<http://www.sahajmarg.org/smwww/retreat-center-overview>

Abhyasis who wish to enroll for retreat programs may now apply online at the address given above.

## Report of activities at SPURS

Revered Master appointed Sis. Suzanne Garner as the resident prefect of SPURS retreat ranch. She has arrived at the end of October to begin that work.

The theme for the last quarter was 'Change.' Twenty-four abhyasis were hosted during this quarter. Here are some comments made by some of the retreatants reflecting on their experiences at SPURS:

- "First thing I felt was like I'm in Master's home, as if in Master's cottage and I didn't want to leave. I felt like I belonged. This was prominent."
- "There is breathtaking stillness. It is as if Master is right here".
- "Love and gratitude are everywhere. Here, souls can catch their breath and grow."
- "Everything was washing out of me. I feel so clean, so calm and peaceful and relaxed - in a separate world."

Several special projects were also completed. One new bird box blue jays was installed, the posts at the reading porch at the back of the meditation hall were replaced, one new palm tree was planted and all shrubs were pruned.

Source: Sis. Suzanne Garner

You may yourself wish to spend a few days in this very special place. Should you have questions about coming to SPURS, please do not hesitate to call at +1-512-301-2104.

Information on SPURS is available on web at: <http://www.sahajmarg.org/smwww/spurs-texas-usa>. Abhyasis may submit the participation requests online. Once requests are processed, abhyasis will receive a confirmation and a welcome package containing detailed information on the program and the facility. Please e-mail [austin@sahajmarg.org](mailto:austin@sahajmarg.org) for any questions or information.

(below) Project work in progress at SPURS retreat ranch





## Medical Centre News

Free Medical Centers (FMC) at Manapakkam and Satkhol have been undertaking many activities towards imparting medical services to the needy. Medical Camps are regularly held in many other centres.

### Services of Free Medical Centre at Manapakkam during October 2012 to December 2012

The FMC served 20,141 patients during this quarter. Details of the activities in this period are given below.

Specialty wise	Patients	Panel of Doctors	
Allopathy	18,237	Dr. U. Ravindran, Dr. Anamay. K. Bidwai, Dr. S. Kishore, Dr. R. Sulochana, Dr. E. Elanchezian, Dr. V. Vidyavathi, Dr. K. Sudeshana, Dr. Komal Gupta	
Cardiology	88	Dr. V. Vanaja	
Dentistry	642	Dr. Jagadish Kumar, Dr. Komal Gupta	
Dermatology	331	Dr. M. Jayaraman	
Endocrinology	29	Dr. M. Ravi Kiran	
Gastro-enterology	43	Dr. M. Manimaran	
General Surgery	216	Dr. Anamay K. Bidwai	
Physiotherapy	1,527	Sis. P. Kiranmayee	
Homeopathy	1,904	Dr. RamSubramaniam Dr. Vidhi N. Shah	
Nutrition	59	Sis. G. Srilatha	
Ophthalmology	164	Dr. Harshitha Bakshi	
Orthopaedics	47	Dr. D. Narendra	
Pediatrics	2,831	Dr. Natwar Sharma Dr. S. Kishore	
Psychiatry	14	Dr. A.P. Mythili	
Pulmonology	0	Dr. G. Raja Amarnath	
Urology	0	Dr. Sanjay Sharma	
Gynecology	76	Dr. Jayanthi Mohan	
Neurology	15	Dr. R. Padmini	
Categories	Patients	Categories	Patients
Male	7,698	Abhyasis	9,197
Female	9,612	Others	10,944
Children	2,831	Total	20,141
Other details	Patients		
Services outside regular hours	178		
In patients	108		
Clinical Laboratory investigations	1,099		

Staff	Staff	Volunteers
Dr. S. Kishore (Doctor)	A. Radhamani (Nurse)	Dr. K. Sudeshana Dr. Umakanthan Dr. V. Vidyavathi Dr. R. Sulochana Dr. E. Elanchezian Sis. Rajeswari Sis. Janaki Sudha
Dr. Anamay K. Bidwai (Doctor)	C. Ramya (Nurse)	
Dr. Vidhi N. Shah (Doctor)	P. Kausalya (Nurse)	
Dr. Komal Gupta	R. Saranya (Nurse)	
S. Meenakshi (Pharmacist)	D. Eswaramma (Nurse)	
K. Jaya (House-keeping)	D. Pattabiraman (Nurse)	
P. Gomathy (Receptionist)	S. Srinivasalu (Lab Technician)	
R. Abinaya (Receptionist)	T. Sumitha (Lab Technician)	
Sis. P. Kiranmayee (Physiotherapist)	K. Kavitha (Lab Technician)	

Source: Br. Dr. Ravindran Ulaganathan

### Sahaj Marg Physicians Group (SMPG)

It is an initiative involving physicians, medical students, residents, nurses and others in the medical community to offer medical services to the needy through SMSF Medical Centres. A database of names of doctors from all branches of medicine has been done.

Group email address is:  
[smpg@sahajmarg.info](mailto:smpg@sahajmarg.info).

SMPG Contact is

Murthy Gokula  
([rgokula@hotmail.com](mailto:rgokula@hotmail.com) or  
[murthyg@msu.edu](mailto:murthyg@msu.edu)).

### Activities at Satkhol Medical and Dental Centre

Below is the report of Satkhol Medical and Dental Centre for the quarter October to December 2012.

Specialty wise	Oct	Nov	Dec
Medicine	288	217	320
Surgery	95	39	27
Gynaecology	5	11	17
Cardiology	2	1	3
Dentistry	16	11	20
Dermatology	21	28	33
Gastro-enterology	33	22	61
Homoeopathy	4	3	0
Ophthalmology	10	2	6
Pulmonology	2	8	0
Urology	1	1	6
Orthopaedics	28	32	34
ENT	20	27	19
Dental cases	233	51	50
Number of Outpatients			
Male	267	191	241
Female	141	142	169
Children	117	69	126
Number of abhysis	122	126	167
Others	403	276	369
<b>Total</b>	<b>525</b>	<b>402</b>	<b>536</b>

### Panel of Doctors

Dr.C.K.Prasannakumar, MD  
Dr.Pavan Kumar, BAMS  
Dr.Gopal Aironi, BHMS  
Dr.J.M.Rao, MBBS  
Dr.Alok Tandon, BDS  
Dr.Renu Tandon, MDS  
Dr.Sanjeev Kumar, MD  
[Paediatrics]  
Dr. Atul Vishnoi, MBBS;  
D Orthopaedics  
Dr.Jaya Agarwal, MD  
[Paediatrics]

Source: Br. Dr. C.K.Prasanna Kumar