

This is a quarterly newsletter that provides updates on SMSF activities. In the words of Pujya Chariji, "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: Activities of CREST, Bangalore are covered.

Retreat Center: Reports on activities at Retreat Centers at Pune and Kharagpur, as well as Heartfulness Ranch Retreat Center, USA are featured.

Health: Medical centre activities at Chennai are covered.



(above) Respected Daaji addressing the gathering at Monroe Ashram, New Jersey, USA on 23rd July 2016.

Programmes at CREST, Bangalore

During this quarter, seven events were conducted at CREST, Bangalore. CREST scholars and team participated in a conference at the University of Mysore.

Living Our Values

6 - 10 April 2016

There were 24 participants and 3 facilitators for this event coordinated by Manoj Agarwal.

Manoj explained the objectives, introduced the delegates to the Ten Maxims and emphasized on extracting values from the Ten Maxims, followed by guided facilitation on the Maxims. The topics presented were:

- 'Leading a purposeful life' (Family, professional and spiritual life) by Madhuri Venkat.
- 'Living our values' by Ram Shastri.
- 'How etiquette and mannerisms of an abhyasi play an important role in spiritual evolution': Mohandas Hegde.

On the last day, group leaders presented reports on group discussion and shared their experiences.

Preceptors and Heartfulness Volunteers Meet – Bangalore Metro Zone

16 April 2016

Preceptors and Heartfulness volunteers (178) participated in this meeting. N. Prakash, Joint Secretary of the Mission addressed the participants. Girish Totloor (Zone Coordinator) presented a short report on the teams functioning in Bangalore zone for the Heartfulness programs, introduced the teams handling different activities and introduced new preceptors of Bangalore zone.

Library Programme II ('Change is Progress')

20 – 22 May 2016

Fourteen abhyasis participated in this study on the 'Commentary on Ten Maxims' and 'Efficacy of Raja Yoga'. After study sessions, the groups presented their themes in a skit form. The group leaders presented the points of discussion on the final day.



(above) Participants of the seminar 'Living Our Values'



(above) CREST Bangalore stall at Kanha Shantivanam during Babuji Maharaj's birthday

Seminar: Ancient Treasure of Knowledge

21 – 22 May 2016

Srinivasa Shastri spoke on the comparative study of Bhagavad Gita and Sahaj Marg to the research scholars. Mohandas Hegde presented the 'Impact of Bhagavad Gita principles on Gandhiji'. Dr S. Chandrashekar, Chairman, Dept. of Philosophy, University of Mysore spoke on the concepts of *Atman* and *Brahman* from the Upanishads. The scholars presented the teachings of Bhagavad Gita, Vedas and Upanishads on both days of the seminar.

Event: 'Discover the Self'

15 – 19 June 2016

Following topics were presented during this event:

- 'The journey of the soul' by Prabhakar Ravoori
- 'Transforming the Self through Sadhana' by G. Behera
- 'Reading our condition' by Mohandas Hegde
- 'The Self' by Bhadrash

Delegates were divided into four groups for discussions and library reference.

Event: 'Living Naturally' (Corporate Program)

25 - 26 June 2016

Working professionals from corporates who had started the practice through HFN programmes conducted at their offices, gathered at CREST. The 32 delegates and six observers from various centres, were taken through a very interesting experience by Subramanian Sankaran, the facilitator. Over the two-day programme, the participants were gradually led to a deeper understanding of how Sahaj Marg can help them to lead a very simple and natural life, bringing about a balance in their daily lives.

International Conference at the University of Mysore

25 – 26 June 2016

The University of Mysore hosted a programme for scholars, lecturers, researchers and academicians. About 400 participants attended



(above) Participants of the program on the topic 'Discover the Self'



(above) Participants of seminar 'Living Naturally'



(top right) Participants of seminar 'Ancient Treasure of Knowledge'



(right) Participants of 'Preceptors and Heartfulness Volunteers Meet'

and presented their papers. The key areas were arts, social science, humanities, economics, management, applied sciences, education, philosophy, religious studies, law, literature etc.

CREST Bangalore partnered with University of Mysore in this international conference as a recognized research centre. CREST scholars presented papers at the conference. As CREST was a partner in the conference, a Heartfulness

information counter (HFN) was setup. On Day-1, after the inauguration, relaxation was conducted for the participants. More than 200 delegates contacted the HFN counter for more information on Heartfulness meditation.

Source: Br. Mohandas Hegde

Activities at Kharagpur Retreat Centre

During the period of these 3 months i.e. 1st April to 30th June 2016, the Retreat Centre at Kharagpur, was the venue for four abhyasis, (who spent cumulative thirty-seven nights). On the day of departure, they expressed great satisfaction because their daily practice had shown a definite improvement during the period of stay. Besides the normal retreat activities, the premises were the venue for the bhandara celebrations for Babuji Maharaj's birthday for the abhyasis of Kharagpur centre. This was observed with much fervor and reverence.

Source: Brother U.P. Dhawan



(right) A view from Kharagpur retreat centre during monsoon

Activities at Heartfulness Ranch Retreat Centre

SPURS has been renamed to 'Heartfulness Ranch Retreat Centre'. It hosted ten abhyasis for the quarter ending June 2016. Over this period major volunteer tasks were centred on getting the garden planted, weeding, setting up a watering system for it and mulching the beds and paths. Abhyasis have been enjoying the produce and harvesting every Sunday after satsangh. The green beans that the kids planted did wonderfully and the zucchini is huge. Also, the fence through which several large dogs had been entering the property was repaired.

A sample of some of the feedback expressed by retreat participants is below:

- *He is everywhere here. I felt safe and content.*
- *It is really awesome to go deep and fine tune myself. I felt a connecting link and bond.*
- *This is a great environment – specially charged by Master.*
- *My heart is very light.*
- *I can feel His presence more inside me.*
- *Anywhere I am here, when I close my eyes I go immediately into meditation.*
- *I learned the importance of regularity and eating with divine thought.*
- *I feel peace and calm.*
- *It seems like the time went so fast. I want to take one day a month as a retreat for myself at home.*
- *It's a very great opportunity to get this type of retreat.*
- *During this retreat I did some reading and had some experiences that have helped me understand and appreciate the depth, beauty and interrelationship of all of our practices. Instead of a collection of bits and pieces, they feel like an integrated whole. Instead of a challenge to be met, they feel like a soft, subtle and powerful infrastructure. I feel nourished, supported and embraced by them.*
- *My heart is softer and more open.*
- *I am much calmer now, more accepting. I am just content. I let go and let His work be done*
- *I have gained a lot in every part of my life here – physically, mentally, emotionally, spiritually*
- *There were no diversions, so only Master to talk to. The guidance was sometimes loud and clear.*

Source: Sister Suzanne Garner



Abhyasis who wish to spend a few days in this very special place may find more information about the facilities and the retreat program at: <http://www.sahajmarg.org/smww/spurs-texas-usa>. Abhyasis who wish to retreat here may now apply online at the address given above.

Applying for Retreats

Abhyasis who wish to apply for retreats either at the **Malampuzha, Pune** or **Kharagpur** centres may find more information about these facilities and the retreat program at: <http://www.sahajmarg.org/smww/retreat-center-overview>. Abhyasis who wish to enroll for retreat programs may now apply online at the address given above.

(left) A view of the Heartfulness Ranch Retreat Centre

Activities at Pune Retreat Centre



(above) Mangoes grown at the Pune retreat center



(above) A view of monsoon clouds over the Pune retreat center

During April to June 2016, 103 abhyasis stayed at the Pune retreat centre and spent 657 person days in all – a substantial jump from 377 person days spent in the preceding quarter. Bookings for the quarter July-September 2016 are pointing to near full capacity usage.

May and June is mango season at Pune Retreat Centre. Mangoes are grown organically and ripened naturally without use of chemicals. Retreatants who visited during this period enjoyed mango juice and sorbet very frequently. Raw mangoes were used to prepare mango pickle for the whole year.

June is the beginning of rainy season. Clouds start gathering over the lake and with greenery around, the view is breathtaking. It rains very heavily from July to September since it is close to the Western Ghats. We recommend that visitors carry umbrellas and pack warm clothes to enjoy the showers and cool breeze.

Retreat Centre will receive visitors once a month from industry and universities to give those who have been introduced through Heartfulness programmes, an experience of peace and harmony within. These activities will be conducted with minimal disturbance to the retreatants.

Source: Brother Prem Apte

Medical Centre News

Services of Free Medical Centre at Manapakkam during the period from April 2016 to June 2016

The FMC served 6,565 patients during this quarter. The medical centre is now mainly concerned with providing basic primary health care to the patients pertaining to the specialties General Medicine, Paediatrics, and Family medicine. Details of the activities in this period are given below.

Specialty wise	Patients	Panel of Doctors	
Allopathy	9706	Dr S. Kishore, Dr G. Jaya Prasanthi, Dr Anjana U, Dr R. Sulochana, Dr Geetha Naren	
Categories	Patients	Categories	Patients
Male	2,344	Abhyasis	1,743
Female	3,281	Others	4,822
Children	950	Total	6,565
Other details	Patients		
In patients	88		
Pharmacist	Receptionist	Nurses	Others
A. Krishnakumar	R. Abinaya	K. Suganya, P. S. Sonia K. Radhika, B. Sathya, M. Thenmozhi	K.Jaya (Housekeeping) N. Jamuna (Volunteer)

Source: Sis. Dr. G. Jaya Prasanthi

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