

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 ..."

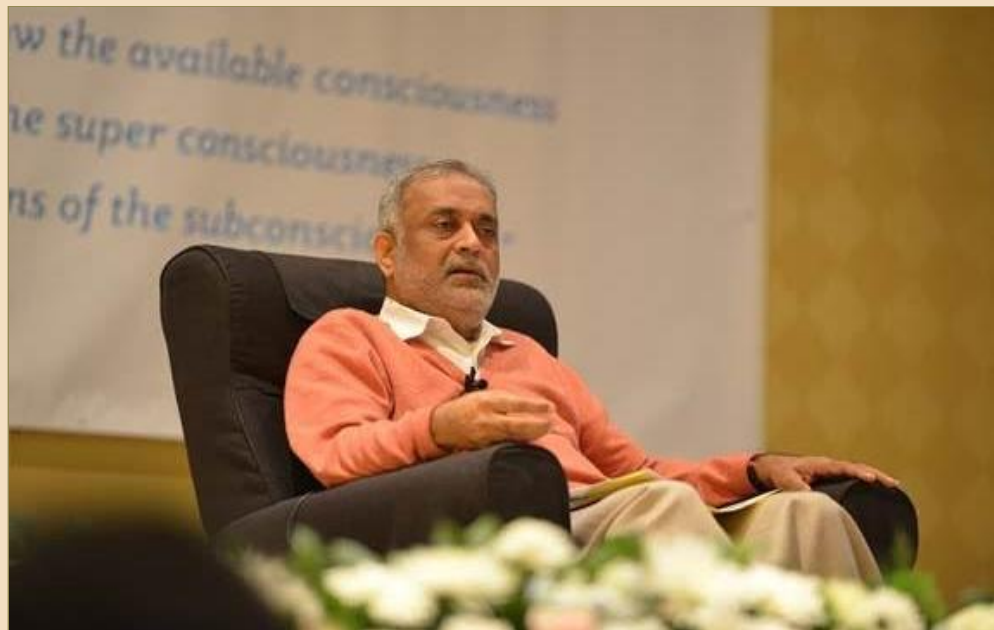
For archives of newsletters, visit <http://www.sahajmarg.org/newsletter/smsf-newsletters>.

Featured in this issue

CREST: Activities of CREST, Bangalore and CREST, Berlin are covered.

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

Health: Medical centre activities at Chennai are covered.



(above) Respected Kamlesh bhai during his North American visit in December 2015 at Monroe Ashram

Programmes at CREST, Bangalore

During this quarter, eleven events were conducted at CREST, Bangalore.

Course work for research scholars 2 - 4 October 2015

Course work related to University of Mysore's PhD course on Advanced Research Methodology was conducted.

On 3rd October a mock written examination for research scholars was conducted.

On 4th October, a seminar was conducted in the presence of Dr B.K. Tulasimala. Each scholar presented a paper for 15 minutes followed by a viva session at the end which, Dr Tulasimala suggested changes in concept papers and literature reviews.

Heartfulness 'Train the Trainer' Programs

Five of these programs were conducted during this quarter. All the programs had the same format of an

introduction to Heartfulness followed by several theory sessions on Heartfulness. Participants are divided into groups for small group activities.

Groups had practical sessions in areas such as relaxation techniques, guided meditation, prayer and cleaning. Participants were briefed on the follow-up activities of Heartfulness

Following are the details of the programs conducted during this quarter:

10–11 October 2015: Thirty-six participants facilitated by Prabhakar Ravoori and Ramesh Krishnan.

7–8 November 2015: Twenty-six participants facilitated by N. Vasantha Kumari and Sreekant Vijay.

14–15 November 2015: Fourteen participants, facilitated by Priya Hegde and Laxmi Rangarajan.



(left) Participants of the Heartfulness 'Train the Trainer' program held during 10 – 11 October 2015

5–6 December 2015: Thirteen participants, facilitated by Prasanna Krishna.

12–13 December 2015: Fifty-two participants, facilitated by Vasantha Kumari.

Respect for Guru

13 - 17 October 2015

Forty-one delegates participated in this workshop facilitated by Manoj Agarwal, Shridhar, Mohandas Hegde and Somakumar. The objectives of the programme were:

- To expand the scope of respect - What role does 'Etiquette and Mannerism in presence of Master' play in our spiritual evolution?
- Understanding the help and support that we get from Master in our spiritual evolution.

- To understand the need to serve Master for our own Spiritual Evolution - Service Transcends Love.
- To acknowledge the need to evolve from abhyasi to disciple.

On the fifth day, leaders of the groups presented their view points of this workshop and also narrated the proceedings of their group activities. The facilitators dealt with the above mentioned topics and Manoj Agarwal concluded the program and summarized the topics.

Heartfulness – C connect

31 October – 1 November 2015

Thirty-three participants attended this program facilitated by Ramana and Prabhakar Ravoori.



(above) Participants of the workshop on the topic "Respect for Guru" conducted during 13 – 17 October 2015



(above) Participants of the seminar 'Work Place Ethics'



(above) Panel conducting examination of a research scholar during the University of Mysore course work

Course work for research scholars

21 – 22 November 2015

The University of Mysore conducted part I of course work exam for ten scholars at CREST campus on 21st November.

On the 22nd of November, Part II of the exam was conducted which comprised of a seminar and viva. Each scholar presented a research proposal to a panel and then was called upon to answer questions raised by the panel.

Work Place Ethics, Level 3 Training

1 December 2015

Doctors and staff from the *Samudaya Arogya Kendra* (a community health centre close to CREST) participated in this program. They watched a DVD of revered Kamlesh Patel on Heartfulness. The Director of CREST briefed them on the approach of Heartfulness and updated them about Sahaj Marg

Spirituality Foundation. Later subtle aspects of the practice were discussed.

Respect for Guru

22 – 26 December 2015

Forty-two delegates attended this program. Following topics were taken up:

- To acknowledge the need and support of the Master for balanced existence – Rama Sastry.
- To understand and the need to participate in His work as my work – Mohandas Hegde
- To realize the need to transcend from member, abhyasi to disciple – Rishi Ranjan
- Etiquette and mannerism of an abhyasi plays an important role in spiritual evolution – Col. Ramakrishnan

Source: Brother Mohandas Hegde



(above) Participants of the Heartfulness C-connect program



(left) Participants of the workshop "Respect for Guru" conducted from 22nd to 26th December 2015 at CREST, Bangalore

Activities at CREST, Berlin

Leading a Life of Feeling

The tenth CREST session at CREST, Berlin was conducted from 5th to 10th November.

Living a Life of Feeling was the theme and that is exactly what the forty-three participants did during the programme. Working from a spiritual perspective, with the underlying current of feeling and developing our levels of sensitivity, the programme unfolded little by little. Experimenting through a series of events and exercises, the group noted the feelings that arose before and after the exercises, and the effect this had on their condition.

This was further supported by a 'Buddy' asking three simple questions which kept the internal direction of the focus. The ability to feel more deeply increased as the programme facilitated numerous opportunities to give and receive guided relaxation. The group came to a consensus that the guided relaxation as given by revered Kamlesh Bhai was definitely the most effective version. The group capitalised on this over the last few days and the ability to relax more and more was reported to increase the depth of feeling experienced.

How to feel one's subtle body, Feeling the effect of prayer and Enhancing the ability to feel the people around you enabled the participants to experiment with, and experience using some of the tools we have in Sahaj Marg which help us to live a life of feeling.

There was the opportunity to feel and give feedback on a couple of workshops destined to be presented at the seminar in Lyon in the New Year.

The local abhyasis took the opportunity to have a public Heartfulness session supported by some of the CREST participants.

We watched the movie *What the Bleep (Do We Know)?* which enabled us to better discern between feeling and emotion. We even managed to take the experiment out into the city of Berlin as some participants went to Art Galleries and Museums testing out the effects on their condition and some others went to see the new animated movie *Inside Out* which was all about our emotions. All in all it was a very intense, productive piece of research. One participant commented, "I certainly have come away with the feeling of my inner condition having been changed as a result of the days at CREST. The special atmosphere enabled me to discover a new the simplicity and beauty of what is available to us in Sahaj Marg." Many thanks to all who facilitated the event – as always, quietly doing what needs to be done to support this type of opportunity.

Source: Br. Christian Macketanz

Activities at Pune Retreat Center

During October to December 2015, 104 abhyasis stayed at the Pune retreat centre. Four programs on Heartfulness 'Train the Trainer' were also conducted during this quarter.

A major 'green' initiative was taken up during this period to reduce electricity consumption at the retreat centre by replacing all street and dormitory lamps and bulbs with LED lamps and bulbs.

Source: Brother Prem Apte

Applying for Retreats

Abhyasis who wish to apply for retreats either at the **Malampuzha, Pune or Kharagpur** centers 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.



(above) LED lights installed in the Pune retreat center campus

Activities at Kharagpur Retreat Center



(left) Participants of one of the 'Train the Trainer' workshops held at the Kharagpur retreat centre

During the last quarter, thirteen abhyasis visited Kharagpur to experience retreat at the Spiritual Retreat Centre. Besides the normal retreat activities, the premises were the venue for day to day activities of the Kharagpur centre of the Mission. Four workshops on 'Train the Trainer' for Heartfulness program were also conducted during this quarter.

The facility has lush green lawns, fruit-bearing trees, flowers and bushes. One can hear the melodious chirping of birds in the morning. The retreat centre provides a very calm and beautiful environment to turn one's focus inwards. After the first three days of stay, abhyasis can contribute in the day to day maintenance of the centre, by doing light voluntary work for about an half an hour in the kitchen, garden and other places.

Source: Brother U.P. Dhawan

Activities at SPURS

SPURS Ranch Retreat Centre hosted twenty-two abhyasis for the quarter ending December 2015. Over this period nine new trees were planted – six figs and three pecans, an agave path was planted on the path to the ponds, all new and existing trees were mulched and set up with deer fencing, cedar saplings were cut, new brush piles for the wildlife were created and gate security cameras were added. In preparation for a garden next spring, soil samples were collected and sent to Texas for analysis and recommendations for soil amendments and plants.

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

- *I had two kinds of feelings, something is melting off of me and I feel constant transmission. The presence is so intense it feels like a 'heart bomb' – ticking but it isn't yet the time – I'm a heart in process.*
- *Something happened here. This is an amazing place. It's like going into a different dimension. I'm afraid to go back and spoil this condition.*
- *All the treasures I was hoping to find I found here: beautiful silence, release and healing, atmosphere of love and acceptance, a totally natural environment, learning and clarification for my life mission.*
- *Now I know what the work of my soul in this body is.*
- *I've lightened up. I was carrying around a lot of worries and by the second day they were gone. I've gotten a positive attitude that everything will come out okay. I haven't thought of home at all.*
- *I feel more balanced, like coming home. I feel choked up thinking about leaving.*
- *The connection is stronger with the Higher Self and everything that follows that. It's been a real treat – invigorating. What had been dormant has come alive.*
- *Here I'm able to maintain my condition and improve on it because there are no distractions.*
- *I was feeling bad about leaving and then I had the thought that He's everywhere and He's coming with me.*
- *I'm feeling more light, more faithful and I'm feeling more loved.*
- *When I sat for meditation I was immediately absorbed.*
- *I feel more connected to my inner Master. I felt so natural. I never felt alone.*

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 at SPURS may now apply online at the

Medical Centre News

Free Medical Centre at Manapakkam resumed operations from 16th December 2015. Dr Kishore Sabbu is available for consultation. Two doctors are expected to join in the coming two months. 1064 patients were treated in the period 16th to 31st December 2015. Following are details of cases treated.

Diagnosis	Total	Diagnosis	Total	Diagnosis	Total
Diabetes	90	Allergic rhinitis	20	Skin	65
Hypertension	85	Headaches	21	Injuries	42
DM+HTN	40	URTI	190	UTI/Genital infections	17
CAD/CVD	30	LRTI	3	Nutritional diseases	20
Asthma/COPD	62	Viral fever	30	RA	3
OA/LBA	112	Acute bronchitis	46	Dental	11
HYPOTHYROIDISIM	15	Acute GE	22	Miscellaneous	125

Source: Dr Kishore Sabbu

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