

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 Centres at Pune and Kharagpur, as well as SPURS Retreat, USA are featured.

**Health:** Medical centre activities at Chennai are covered.



(above) Respected Kamlesh bhai in New Jersey during September 2016

## Programmes at CREST, Bangalore

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

### Library Programme III ('Read, Review and Research')

8 - 10 July 2016

The twenty-four participants of this program were divided into three groups and were assigned the following topics:

- *Infinity:* Achieving a balanced life
- *Philosophy:* Journey towards Infinity
- *Yatra – the Journey:* Sahaj Marg, an art of perfect living

### Medical Camp

28 July 2016

Dr Ravishankar from *Samudaya Arogya Kendra* visited CREST and conducted a medical checkup for all inmates.

### Teachers' Training Programme

13 – 15 August 2016

Fifteen teacher abhyasis participated in this programme to discuss about BEd (Bachelor of Education) and other training programmes. Participants were divided into three groups. The first group was given the responsibility of preparing material for three days. The second group was asked to prepare training material for one month. The third group was asked to prepare BEd semester syllabus and course work.

### Independence Day Celebration

15 August 2016

The 70th Independence Day of India was celebrated at CREST. Participants of the Teachers' Training program participated in the celebration. Col. A. Ramakrishnan was the chief guest and B.G. Prasanna Krishna gave the welcome note.

### Event: 'Economy and Equanimity'

17 – 21 August 2016

There were twenty-four participants in this programme. Following topics were addressed.



(Above) Participants of Library Programme III

- 'Impression free life is the result of equanimity': Shraavan Banda
- 'Imbalance to Balance with the maximum utilization of the resources': Swami Vishwanathan
- 'Mental, Emotional, Physical and Spiritual equilibrium for stress free life': Harpreet Karla
- 'Learning from Master's life – Economy and Equanimity': Col. Ramakrishnan

Delegates were divided into four groups for group discussions and library usage during the first four days. On the fifth day, each group leader shared the experience of the group with others.

### Event: 'Individual Peace contributes to World Peace' (Bangalore University and Heartfulness)

21 September 2016

This programme was held in Jnana Bharathi Auditorium, Bangalore University. The audience numbering about 750 comprised of students and staff from Bangalore University, and invited



(above) Participants of the event 'Economy and Equanimity'



(Above) Participants of Teachers' training programme

Education Department members. Dr. B. Thimme Gowda, Hon. Vice Chancellor of Bangalore University, inaugurated the program and delivered the keynote address. Br. N. S. Nagaraja conducted guided relaxation followed by meditation as an experience of Heartfulness. Br. Dr. Mohandas Hegde spoke on the topic 'Meditation and Peace'.

### Other Events

25 - 28 September 2016

Following events were conducted at Tiruppur by Br. Mohandas Hegde.

- Workshop for Preceptor candidates.
- Heartfulness session for Hindi speaking Abhyasis.
- Session on Self-development at A.G. Science and Arts College.
- Workshop for Preceptors.
- Introduction to Heartfulness – Self-development.
- Introduction to Heartfulness – Meditation and Management.
- Full day program for Abhyasis of Tiruppur.

Source: Br. Mohandas Hegde



(above) Inauguration of the programme 'Individual peace contributes to world peace'





(above) Independence Day celebration at CREST, Bangalore



(above) Participants of event conducted at Tiruppur by CREST, Bangalore



## Activities at Pune Retreat Centre

During July to September 2016, 154 abhyasis stayed at the Pune retreat centre and spent 1,243 person days in all.

Pune Retreat Centre is now selectively open to strengthen Heartfulness awareness among corporates and colleges. Staff of Vulcan Technologies visited the retreat centre along with their families. Family members of the staff underwent Heartfulness sessions.

Source: Brother Prem Apte



(above) Pune retreat centre during the monsoon

## Activities at SPURS

SPURS has been renamed as 'Heartfulness Ranch Retreat Center'. It hosted twelve abhyasis for the quarter ending September 2016. Over this period, the driveway has been resurfaced. Retreatants continue to enjoy the produce from the garden.

A sample of feedback from retreat participants is below:

- *I feel peace and calm. My thought process is becoming clearer.*
- *I was too attached to electronics. If I keep them away my meditations are deeper.*
- *I am feeling more in control of my spiritual path.*
- *It was an absolutely amazing experience.*
- *My heart became softer, tender, calm and peaceful. I bring back a resolution to be obedient.*
- *I wasn't writing in my diary. Now I want to observe my condition and write.*

Source: Sister Suzanne Garner



(above) A view of the garden at the Heartfulness Ranch Retreat Center

Abhyasis who wish to spend a few days here may find more information at: <http://www.sahajmarg.org/smww/spurs-texas-usa>. They may apply online at the address given above.

## Activities at Kharagpur Retreat Centre



(above) Kharagpur retreat center

During the last quarter, eighteen abhyasis visited Kharagpur retreat centre and spent 124 nights in all.

Source: Brother U.P. Dhawan

### Applying for Retreats

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

## Medical Centre News

### Services of Free Medical Centre at Manapakkam during the period from July 2016 to September 2016

The FMC served 9,155 patients during this quarter. Specialty clinics were initiated from August 2016 and their services were availed by 522 patients. Lab services were availed by about 400 patients. A Heartfulness session was organised on the occasion of International Yoga Day in which 8 patients participated and took their first sitting. Details of the activities in this period are given below.

Specialty wise	Patients	Panel of Doctors	
Allopathy	9155	Dr G. Jaya Prasanthi, Dr Anjana U, Dr R. Sulochana, Dr Geetha Naren	
Categories	Patients	Categories	Patients
Male	3333	Abhyasis	2161
Female	4542	Others	6994
Children	1280	Total	9155
Other details	Patients		
In patients	136		
Pharmacist	Receptionist	Nurses	Others
A. Krishnakumar	R. Abinaya	P. S. Sonia K. Radhika B. Sathya M. Thenmozhi S. Jayasudha	K.Jaya (Housekeeping) N. Jamuna (Volunteer)

### Specialty Clinics

Department	Patients	Panel of Doctors
Dermatology	309	Dr M. Jayaraman
Gastro Enterology	75	Dr M. Manimaran , MD, DM
Paediatrics	43	Dr Natwar Sharma ,DNB,MRCP
Endocrinology	81	Dr Ravi Kiran , MD, DM
Pulmonology	14	Dr G. Raja Amarnath, MD,DM

Source: Br. Dr Ravindran Ulaganathan



(above) Heartfulness session at FMC, Chennai