

SMSF Newsletter is a quarterly newsletter that provides updates, announcements and notifications on SMSF activities and events.

In 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>. Email your suggestions to [smsf.newsletter@sahajmarg.org](mailto:smsf.newsletter@sahajmarg.org)

## Featured in this issue

**ISTP:** We feature the ISTP 2012 program held in India

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

**Retreat Centre:** We include reports on activities at retreat centre, Pune.

**SPURS:** We feature activities at SPURS retreat ranch.

**Health:** We cover the medical centre activities at Chennai and Satkhol. A specialist camp held by Satkhol medical centre is also featured.



(above) Revered Master with Participants of ISTP 2012

## International Scholarship Training Program 2012

ISTP 2012 was held from 29 January to 26 February 2012. Between the two dates there are a lot of tales to share - tales of changes, love and commitment during the twenty-nine days we spent in India for ISTP.

I started my journey to India on the 25th of January. I had only a notion of what might happen during the intense, month-long program. All the tiredness of the thirty-six-hour journey was gone within a second when I had a very fatherly hug from Br. Alberto and a warm welcome from sisters, Dolly and Shadee, and other brothers and sisters at the RK Puram Ashram in Delhi. Instantly I was boosted up with a lot of energy in myself. Hearts from across the globe started gathering under Master's divine roof. We were thirty-seven scholars from twenty-two countries, and fifteen coordinators.

The way to Satkhol and the days spent

at Satkhol Ashram were unique experiences in themselves. We were eighteen brothers from across the globe - in the same dormitory, sharing with and caring for each other. The experience was very touching. Even though it was freezing cold in the morning, each day started with our individual meditation early in the morning. It was a preparation for the upcoming satsangh at 7:30 a.m.

After breakfast we had sessions on various topics, such as 'Look Inside' by Br. Alberto, 'Diary Writing' by Sis. Dolly, and 'The Master and My Master' by Br. Chuphal. The chosen topics were very profound. The talks had to go at a slower speed than usual as the class was divided into seven sub-groups of non-English speaking sisters and brothers. Each group had one translator so everyone could understand the topic. The translators had a very big responsibility to translate

simultaneously, and each one of them did the best job. That was one of the times when I felt the essence of universal brotherhood.

Some of the sessions I liked best were the small group activities (SGA). In our daily life, we do not pay attention to small matters such as punctuality, listening to others, responding to others while in discussion, giving opinions and so on. I realize the effect of the training nowadays when I go and attend meetings at my workplace where, most of the time, the hearts are in very high frequency and not in resonance. I have implemented what I have learned during SGA and have found how helpful it is to listen to others first before responding, to check my attitude first, to have a pause when necessary and to pray when nothing else works.

We also had an opportunity to conduct the group activity as facilitator, which boosted up our confidence level. Golden Silence was the time when we digested what we received throughout the day. Volunteer work in the ashram is always a pleasant feeling, and it kept the days very alive. We had a cultural program where brothers and sisters were delighted by singing a song in their native language. I was amazed at how I learned a Chinese song in the last few

minutes and joined the group. We chose this Chinese song later on to sing for Master on the last day of the seminar.

I had been to Satkhol twice before ISTP; but this time I felt that something had changed and melted away very silently in the Golden Silence. Just the feeling of gratitude remained when we returned from the Himalayan ashram after five days. The hospitality of our sisters and brothers at RK Puram Ashram at Delhi, in Moradabad, in Haldwani and in Satkhol was the utmost.

Finally the day arrived when we were going to see our beloved Master in the Manapakkam ashram after a twenty-eight-hour train journey from Delhi to Chennai. The journey in fact felt very short and smooth. All our needs for travel were taken care of by our co-coordinator sisters and brothers. We reached Babuji Memorial Ashram in Manapakkam at around 10 p.m. on the 9th of February. Master addressed us, giving a talk on 'Attach Yourself to The Heart' on the 11th of February. The following day he called all of us into his cottage. He was in joyful spirits cracking jokes on Br. Alberto and Jacky. Master gave us a sitting for about thirty minutes. After that sitting something was permanently changed in me. I felt that the heart in my body was beating

(below) Participants of ISTP 2012 with Revered Master





(right) Br Kamlesh Patel addressing participants of ISTP 2012



on His mercy. In fact, every one of us came out of the cottage with something. Tears were witness to the gratitude for him and what he is doing for us.

There were very valuable experiences shared by our very senior brothers and sisters. Br. Kamlesh also shared his experience with us. In one of his talks, he clarified some aspects of the topic, 'Proximity with the Master.'

We ended the program with an international dinner where everyone was cooking, with love, a specialty from their country. It reminded me of the love of the gopis for Lord Krishna - where the gopis said to Krishna that we are yours; this world, this universe are yours; our heart and our life are yours; so, why do you need permission to eat

*makkhan* (butter)? As the Mission is his, all of us abhyasis belong to him, our lives belong to him. He accepted our invitation for this international dinner. This was an unforgettable moment.

The life I lived during the ISTP days was like a compressed life of several lives. The days were full of love and devotion, faith and gratitude, guidance and brotherhood. Every story has an end. Every journey has a destination. But, in Sahaj Marg, we have a common goal which is the goal of our Master. I feel that my story, my life, just started with his blessings and is just at the beginning. My journey under his guidance and in his holy footsteps is eternal.

Source: Prashant Topiwala, Canada

Participants of ISTP (below) in a session in Manapakkam Ashram and (below right) with Revered Master







(right and below) Participants of  
ISTP 2012 at Satkhol





CREST Centres 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. A CREST centre outside India has been setup at Berlin Ashram, Germany.

More details are available on our Mission's website at:

<http://www.sahajmarg.org/smw/crest-overview>

(right) A session underway in CREST Berlin seminar

## *Programs at CREST Berlin*



A session on 'Love' and 'Accepting the Service of the Master' was held at Berlin Ashram from 22nd to 28th March 2012.

I dare say some of us had come with emotional, material and worldly baggage at the start of this third CREST. Leaving it all at the door, we plunged in to the vast quietude of the Berlin Ashram in a sigh of relief. After a loving welcome, a sitting and a good night's sleep, the 'raw materials' - abhyasis from all over the world - came together in somewhat of a jumble. Calmed by Master's presence and each other, we were ready to 'Accept the service of the Master' in the light of this CREST topic for the next five days.

### **Day 1 - The craving soul and the forgetfulness through living**

On the morning of 23rd March, Sis. Dorit Vaarning gave a stirring speech. Through passionate knowledge of the philosophy of Sahaj Marg, she explained how creation came into being and "is permeated by Divine Love, a force coming from the centre, which makes everything live, unfold and expand. There is also the force of Divine attraction back to the centre or origin which is felt as the soul's longing."

The sheer profundity of our incarnate

existence on this earth and the opportunity we have given ourselves in coming back here seemed to give us all a wake up call to the seriousness of this seminar.

Sis. Shona Wasson continued the day, initially by making us all laugh with how she stumbled into spirituality and her first experience of meeting Master. Picking up where Dorit left off, she showed how we have a parallel inner life alongside our outer material life and how this calls us to spirituality. Using extracts, insights and probing questions about the call from inside we were encouraged to reflect on "What was it? How do we experience it? How do we nurture it?" with an invitation to go inside and to share any insights with the person next to us. Some thoughts from Br. Kamlesh Patel were part of this: "The call from the inner world, from deep within ourselves, wants to take us deeper and deeper, becomes louder and louder only if we attempt do something about it. If we don't heed to the inner call, it goes mute."

### **Day 2 - The first exposure to Master - meeting him**

The day started with satsangh paving the way to the heart for the day's unfolding to begin. There was an

element of improvisation today as one speaker changed his travel plans. However, the unexpected happens almost every moment in our own lives; so it became incorporated naturally into the week's meandering course! The morning session was given to all to open up and share how we came into Sahaj Marg. While this drew out tears in some abhyasis, previously longing in pain and anguish for a spiritual way, and laughter in others, it was all felt in the one heart of the whole group.

I noted my condition today - "While outwardly doing material things on the physical level, my heart is thriving due to the nature of the atmosphere, depth of focus on the subject and researching the topic through direct experience."

After lunch, we continued the topic of our pursuit and choice of a spiritual Master. "We are the Master of our choice" was a quote which made today's topic go even deeper within. The evening was a mixed concert of abhyasis playing music and singing together in a chorus. Today there was a feeling of oneness - first in tears, then ending with song, laughter and a silent 9 o'clock prayer for all humanity.

#### Day 3 - Accepting Master's work

A creative slideshow by abhyasis in Romania engaged us in Mihai's morning session, which delved into the topics of pain, restlessness and longing. We were

all transported by Babuji's softly written words as we watched and read, with these themes silently rising in our hearts. In the afternoon I was touched by Br. Jacques' openness in his talk about his relationship with the Master, which came from his heart. Br. Naren and the tutors facilitated a workshop on balance of the material and spiritual facets of existence, and how our material life gets spiritualised at its base when we practise Sahaj Marg.

#### Day 4 - Love Faith and Surrender in Raja Yoga

Today there was a certain feeling of the 'calm after the storm' after yesterday's subtle turbulence on many levels within us, as we listened to Jens Gnaur's enlightening lecture on Love, Faith and Surrender in Raja Yoga. Christian Durr's afternoon programme on Krishna and Radha, and *Layavastha* (mergence) imbibed an innate quality of depth after the week's journey, which I can only look forward to the unfolding of in due course, as it went straight to the heart.

In the evening we had an open microphone session where participants could express what it was for them to be at CREST. There were great expressions of joy, reflection, introspection, amongst some apologies, serenity and yet much inspiration on participants faces. A sure testament to the miraculous inner journey we had all undergone together.



(right) Another session underway in the seminar



**Day 5 - The Eternal Yatra**

"The more we can feel and be grateful for what we are receiving, the more that the Divine can respond by giving us more and more in joy." This was an opening invitation given by Rosalind Pearmain after satsangh to inspire the absorption of the topic for the day - 'The eternal yatra, from here across the brighter worlds!'

A subtle atmosphere pervaded this final day of CREST, with our consciousness tuned in to a higher vibration as we all got more and more absorbed in Rosalind's talk. An academic but revealing video by Iain Mc Gilchrist, showed how the *left* and *right* physical brain makes decisions, empathises and connects with others, makes virtual maps to understand the world and uses intuition. Of our approach in Sahaj Marg, Rosalind said "In order to go deeper than fixed concepts and words in our perception of the inner reality within the heart, we need to cultivate the inner senses - *indriyas*." These can convey in subtle qualities of feeling, the Divine work that is continuously unfolding and revealing itself within - if we can catch a taste or sound or glimpse of it. Babuji suggested "Do and feel!"

Andreas Kramer then presented to us his heartfelt understanding of what the brighter world means to him. He used brief excerpts from Master's talks to underpin the nature of this dimension. The program in the afternoon was a

culmination of joy. It included a creative collage with many poems, drawings and colours of love. Then a choral four part harmony involved all of us, with the men's side giving a booming bass line!

As a conclusion to one period of re-search in this CREST, the topic today seemed to open up another field - vast realms of infinity treasured deep within our heart. I am positive that this day was like the transcendental 'icing on the cake' of the Third CREST 2012.

**Day of Departure**

The morning satsangh of the seminar at 6 a.m. on Day 6 marked not the end, but the beginning of a new era for all the participants. We got our worldly heads together to tackle the onward journey, a sense of happiness and friendliness pervaded our goodbyes.

I wish to say on behalf of all the participants, a heartfelt thank you, in appreciation of all faculty members, tutors and organisers who made this third CREST possible, under the guidance and inspiration of our Master. Although CREST has necessarily transferred knowledge, it has created much inspiration in the subtle one-heart of our hearts. It has reconnected us with the sacred vibration emanating from the brighter worlds. Now each of us will let this love shine in our lives, interactions with others, and ultimately to our Beloved Master.

Source: Miriam Hanid, UK

(right) Participants of CREST Berlin seminar



(right) Training program in progress at CREST, Bangalore

Abhyasis who are interested in making use of the CREST library 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.

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

- Sadhana Program for Youth 8-13 May
- Sadhana Program for Youth 22-27 May
- Sadhana Program for Prefects 5-10 June
- Sadhana Program for Abhyasis 3-8 July

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

## Programs at CREST Bangalore



Two training programs were held in the month of February - Sadhana program for abhyasis and Sadhana program for prefects. In the month of March, one program was held for abhyasis. The number of delegates attending the programs has been constantly going up ever since CREST resumed its training programs in December 2011.

There were sixty three delegates in the program which concluded on 13th April. There was equal distribution in terms of delegates from Karnataka, Tamil Nadu and Andhra Pradesh. A few delegates were from Kerala, Rajasthan, Uttar Pradesh and Dubai. There were thirty two brother abhyasis and thirty one sister abhyasis who participated as delegates of the program.

All delegates enjoyed being part of the training program. They participated very actively in the classroom sessions, brought out subtle aspects of an abhyasi's sadhana for discussion and were very happy to receive clarifications. Br. A. Perumal, Director-CREST enthused the delegates right through the program to come out with their queries and seek clarifications. He repeatedly stressed that Revered Master has provided us with a wonderful facility like CREST and that we as delegates should make full utilization of it when we come to participate in a training program.

The faculty members who handled the sessions in this program were Br. B. G. Subramanya, Br. B. Sreenivasa, Sis. Vijaylakshmi, Br. Viswanath, Br. Nirmal Kumar, Br. S. C. Bose, Br. K. K. Ramalingam, Br. Manoj Agarwal, Br. Vijaynarayanan, Br. Ramana V. and Br. Bhadrash Rami.

Everyday in the evening for about one hour, the delegates participated in doing *shramdaan*. Delegates divided themselves into groups; each group took part in carrying out physical cleaning of the CREST premises. Some groups prepared the ground for planting vegetables and another group gathered dry leaves from the campus. Br. S. S. Murgod, in his concluding remarks made during the valedictory function thanked the delegates for their efforts.

Source: Br. Parthasarathi Patel





(right) A group photograph of the participants of seminar held from 25 to 29 January 2012

CREST Kharagpur has been established with a firm focus on issues dealing with Character Formation. The seminars here are structured so that candidates will get the chance to reflect on their priorities and set specific goals and plans to achieve these goals once they return to their homes.

More details are available on our Mission's website at:

<http://www.srcm.org/sm/CRESTKGPApplication.do>

## Programs at CREST Kharagpur



Three seminars were conducted at CREST Kharagpur in this quarter.

### (I) Basics of Character Formation: 25 - 29 January 2012 in English

18 participants (13 brothers, 5 sisters) from Hyderabad, Ghaziabad, Madurai and Visakhapatnam participated.

**Day 1 - Love and Discipline:** Br. Mrinal Naik from Kolkata, broadly spoke on *What is Love, The relation between Love and Discipline and How through service, Love can grow*. He gave anecdotes, analogies and quotes from the Masters of Sahaj Marg and Saint Kabir. Highlights of his talk were:

- Love is responsibility; Love is concern; Love must remove Fear; Love without discipline has no meaning;
- Love demands discipline at many levels - physical, mental, emotional and spiritual
- To develop Love for the Master, one has to Love himself/herself.
- Love has no opposite; Hate exists in the absence of Love.

**Day 2 - Learn to Love - Learn to Serve:** Br. N V Krishna Rao from Hyderabad said that *Learn to Love - Learn to Serve* is the Revered Master's *mantra* for us to reach the goal in the shortest possible

time because it is easier to *serve* than to *love* in the real way. Service would progressively pave the way to becoming *love* or *becoming like him* and this should be the aspiration of every abhyasi. For this to happen, it is necessary that an abhyasi appreciates the nature of the goal and what it takes to get there by observing the lives of the Masters - what they did to become what they became and then try to emulate them in his/her own life.

It is also necessary to understand and experience through practice and following three Ms of Sahaj Marg what love really is according to the Masters of Sahaj Marg. It is service that helps one to deepen the understanding of Sahaj Marg and to seriously work on oneself because it takes a lot to work with others before we develop real brotherhood. And the service would progressively mature into a state of love that Master refers to often. Thus character, brotherliness, commitment develop naturally maturing into love through service. According to Master, it is very rare that an abhyasi falls in love with the Master at the very first exposure to him and for such an abhyasi all other things follow very effortlessly. But for all others, it is easy to adopt the means of service to reach the destination offered in Sahaj Marg.

## Calendar, CREST Kharagpur

May-Dec 2012

8-13 May: Basics of Character Formation (English)

26-31 May: Fundamentals of Character Formation for youth (English)

4-10 Jun: Basics of Character Formation (Hindi)

18-23 Jun: Basics of Character Formation (English)

10-15 Jul: Roots of Character Formation (Telugu)

7-12 Aug: Roots of Character Formation (English)

18-23 Aug: Roots of Character Formation (Bengali)

4-9 Sep: Roots of Character Formation (English)

25-30 Sep: Roots of Character Formation (Hindi) for functionaries, that is, Prefects, Ashram Managers, CslC, ZslC

9-14 Oct: Fundamentals of Character Formation (English)

26-31 Oct: Roots of Character Formation (English)

20-25 Nov: Fundamentals of Character Formation (English) for youth

4-9 Dec: Roots of Character Formation (Tamil)

18-23 Dec: Fundamentals of Character Formation (Hindi)

**Day 3 - Love is the essence of Spirituality:** This session by Br. Aroon Dave from Kolkata gave us a *feel* of the state of *love* that all abhyasis aspire for. Quoting from the books, *Thus Speaks Chariji* and *Whispers*, the speaker said:

- Spirituality says that God is not a particular presence tucked away in some corner of the universe in what you call a heaven. God, by very definition is omnipresent
- There can be no spirituality without morality.
- Spirituality gives us love - love of God, for his sake, to become one with Him.
- Only love which acts without breaking anyone's heart is spiritual love.
- I would not consider any of you a good abhyasi unless you are able to love each other.
- Where there is love, there is commitment.
- True love was that in which one neither knows that Master loved him nor that he loved the Master.
- Without love, there is no sadhana. Sadhana without love is a waste.
- You have a right to love; you have no right to expect to be loved in return.
- Try to keep the heart of a child throughout your life and love without condition and unrestrainedly.

For the plenary session, participants were divided into three groups and given the theme of love, service and discipline respectively, to present short skits and enactments. The response was beyond all expectations. Participants of all ages from 21 to 75 years opened up and performed creatively and harmoniously to the audience's delight. It was filled with humour, joy and some fun while retaining the prevailing subtle atmosphere. The joy of living was very much visible in eyes of all participants.

**Day 4 - Concluding Plenary Session**

Br. U. P. Dhawan, presented the twelve maxims of Sahaj Marg using the *Panch upaay*, the 'Five-point approach' that

Revered Master has explained in the book *Principles of Sahaj Marg, Vol. I*. He explained how, following the twelve maxims of Sahaj Marg, can instil in an abhyasi important values and also help him eschew things that are detrimental to one's progress, thus contributing to the formation of character.

Participants and faculty shared their experiences of the seminar and their stay at CREST-Kharagpur. Everyone mesmerised and deeply influenced by the life-transforming atmosphere prevailing here, expressed their heart-felt gratitude for the opportunity that Revered Master bestowed on them. They assured all that they would take back home everything that they gained in this brief stay and would certainly attempt to work to change themselves to fulfil the wishes of Revered Master.

**(II) Basics of Character Formation: 7-12 February 2012 in Telugu**

60 abhyasis (31 sisters, 29 brothers) from Andhra Pradesh and Orissa participated.

**Day 1 - Simplicity, contentment and being in tune with nature:** The Speaker, Sis. Uma Gangadhar, reminded the participants that in olden days, life was simple; but we have made it complicated and we alone are responsible for the state of affairs today. Quoting anecdotes from her life and her interactions with Master, she emphasized that we should observe our Master and emulate him because he alone depicts these noble virtues. People had been afraid to take up spirituality; our Masters have come to earth to simplify the system for all.

*Acceptance* helps us develop simplicity and contentment; we will then be in tune with nature. *Love* makes life *simple*. Similarly, *brotherhood* makes life *simple*. If one has imbibed love and brotherhood, one will keep doing service smilingly without bothering about hurt caused by other persons. We should be able to love even our tormentors.

Attachment to persons and worldly things makes our lives miserable.



(right) A group photograph of the participants of the seminar held from 7 to 12 February 2012



Attachment to him alone makes our life contented. The speaker recalled how by showering love upon persons who were initially highly critical, she was able to cause a change of heart in them.

**Day 2 - Change and the world will change for you:** Br. N.L.V. Prasada Rao explained the fundamental concept of change in the light of Sahaj Marg. In Sahaj Marg practice, an abhyasi is supposed to change internally as well as externally and establish balanced existence. Our Masters have taken total responsibility for our spiritual journey provided the prescribed practice is followed. They have cautioned that the external change is the entire responsibility of the abhyasi. However they have provided important tips and tools in terms of maxims 4-9, 11 and 12.

Our Master, with deep concern for our moral degradation which he expressed in his letter dated 8 October 2008, has started to work with focus on Character Formation. CREST has been established to enable the abhyasis 1) introspect 2) diagnose one's impediments and 3) learn to readjust one's mindset - with required inputs and clarifications from trained facilitators.

**Day 3 - The right way of giving:** Br. C. S. R. Murty, the speaker touched on the concept of *giving* in religions and in spirituality. In Sahaj Marg, however, the concept is much nobler. We have to

emulate Master who gives naturally, with no expectation and with no awareness of giving. As volunteers of the Mission, we have to negate our ego and work as a team for our own evolution. We have to remove the misconception that 'I am helping the Master.'

The right way of giving, according to Master, is to participate in his work in howsoever miniscule a way, like a child partaking in the work of the mother. The best example of heart's gratitude to one's Master is in the foreword to the book *My Master* where Master outlines the circumstances which went into writing that book.

**Day 4 - Unity, brotherhood and working for the good of humanity**

Sis. V. Jyoti Ganesh, the speaker, began her talk with an audio rendering of one of Meerabai's devotional songs. Master's quote "Take me along with you." suggests clearly that we should feel his presence always and we have to work continuously in His remembrance. Then, he is given more and more work as a reward. As Babuji says, such persons are always under His divine guidance as they take part in nature's work.

One who feels that he loves Master, would be total involved in Mission's activities. Master says that devotion is nothing but work with love. As we practice our sadhana, we develop right

attitude towards work. When we contemplate doing Master's work, we should not postpone it, but do it immediately. The speaker quoted Ravana's last message to Laxmana: "One should never delay doing good work."

There is no competition in spirituality, but sharing with others alone helps us to keep harmony. Failures also teach us how to develop brotherhood by mutual dependence. The modern 'Hare and Tortoise' story tells us that teamwork is key to success of any endeavour.

To develop forbearance and tenderness in our behavior with others one has to participate in *The Universal Prayer* and create subtle bonds of love among all Human beings forming an *Eggregate*.

One needs to interiorize oneself with sadhana and minimize use of external tools such as mobiles and Internet. Master says that when the heart is pure and the mind is open to noble thoughts, one can become an instant saint. One has to develop total obedience to Master. The speaker quoted Master's message in *Down Memory Lane - Vol. II* on supremacy of obedience.

**Day 5 - Final Plenary Session:** A presentation on the maxims was made enumerating the values each maxim inculcates in us. Participants, facilitators and speakers gave their feedback, expressing their heart's feelings of gratitude to Revered Master for providing the facility in the spiritual love-filled atmosphere of CREST.

In his concluding remarks, Br. U. P. Dhawan reiterated that Character Formation is a life-long work on oneself and everything learnt at CREST has to be continued back home. The technique of centering or re-adjustment can be adopted in all fields of life. The principle of "Don't React - Absorb" given by Master indicating a soft heart should also be practiced. Instead of counting to 100, we better count to 1000 and gradually increase the count before reacting so that there is no repentance later. This also helps us in following the twelfth maxim and we do not blame others.

### (III) Basics of Character Formation: 28 February - 4 March 2012 in Hindi

About 54 abhyasi brothers and sisters, from centres in India, participated.

**Day 1 - Nothing is impossible for the Willing Heart:** Sis. Chandra Kanta Arora of Ghaziabad Centre, the speaker, highlighted that it is the willpower behind the thought which is more important than the thought itself; we have to examine - what do we desire, why do we desire and how do we achieve the same; Divine willpower is the sum of our firm willpower coupled with efforts, prayers and love. Only after destroying one's own creation, one can enter God's creation. When we surrender our *lower will* to the *higher will*, it can become *universal will*.

**Day 2 - How to get rid of fear and temptations?** : Br. Arjun Pandey of Meerut centre was the speaker for this topic. He brought back memories of the time spent with Pujya Babuji Maharaj. He explained that the desire to have more than what is absolutely necessary leads to temptations and this is the root cause of our dissatisfaction. While *kama* and *krodha* are God's creations, *lobha* and *moha* are our own creations and these bring about our downfall. We have to destroy *lobha* and *moha* in us.

Heart is the gateway to divinity and by repeatedly passing through this, one day we will learn to live in it. We should develop our sensitivity because, in that state, the body remains connected with the inner consciousness despite being in the material world. With faith and dependence in the Master, coupled with firm will power, we develop discernment (*viveka*). This leads us from the world of problems into the world of solutions. Constant remembrance is the fulfilment of discernment (*viveka*); the more we are in his remembrance, our fears and temptations will get reduced in that proportion. Saints always live for others; therefore, they are free from temptations.

**Day 3 - Morality and Ethics:** Br. Manoj Tiwary of Ranchi was the guest faculty. He said that the universe is based on



ethics. Divinity is same as morality; morality is same as spirituality and ultimately all merge into one. Ethics are instructions relating to our dealings, behaviour and expressions with others; we should behave with others in the same manner that we expect them to behave with us.

Our behaviour should not change and should remain same whether we are alone or are with others. Morality is deriving maximum benefit by using less power. In other words, it is proper use of energy without misuse and without attachment. Without morality, ethics appear to be artificial and powerless and therefore, cannot exist. Ethics is the outer manifestation of ethics within oneself. It is not possible to progress in spirituality without morality. It is our morality only which can lead us from lower self to the highest Self.

**Day 4 - Warmth of Love Integrates Humanity:** Sis. Leena Dave of Kolkata, told participants that he alone is a human who is made for human beings. Everything was fully in moral state before creation of the universe; in course of time, the balance was lost. Our immoral actions can put Love, our priceless wealth, under a veil for the time being but it can never cease. Warmth of love is beyond time and limits. With purity of the vessel, its naturalness spreads in all directions.

We have to undergo the outer frictions and heat. Patience gives rise to balance. Patience pushes us towards our goal and helps in outflow of love. Love attracts at spiritual level in the same way as gravitational forces attract on material level. Love is that highest force which can develop our inner powers to the highest stage.

In this system, our Master ignites us with his Pranahuti and with its divine warmth our coverings start melting. It is our responsibility to ensure that we remain connected with the Master, the source of divine energy so that the flame remains ever lighted. We should maintain the warmth with constant remembrance so that we do not become hard inside. The seed within germinates and will be nourished only with the help of this warmth leading to flowing of values such as courage, tolerance and self-control which manifest in us the desired character.

**Day 5 - Final Plenary Session:** Br. Dhawan explained the importance of the maxims of Sahaj Marg. The participants shared their experiences. Everyone appeared to be pleasingly full of new energy. They will always cherish the taste of the Universal Love experienced by them in these days spent here with love and brotherhood at CREST.

Source: Br. U.P.Dhawan



(right) Participants of the Seminar from 28 February to 4 March 2012

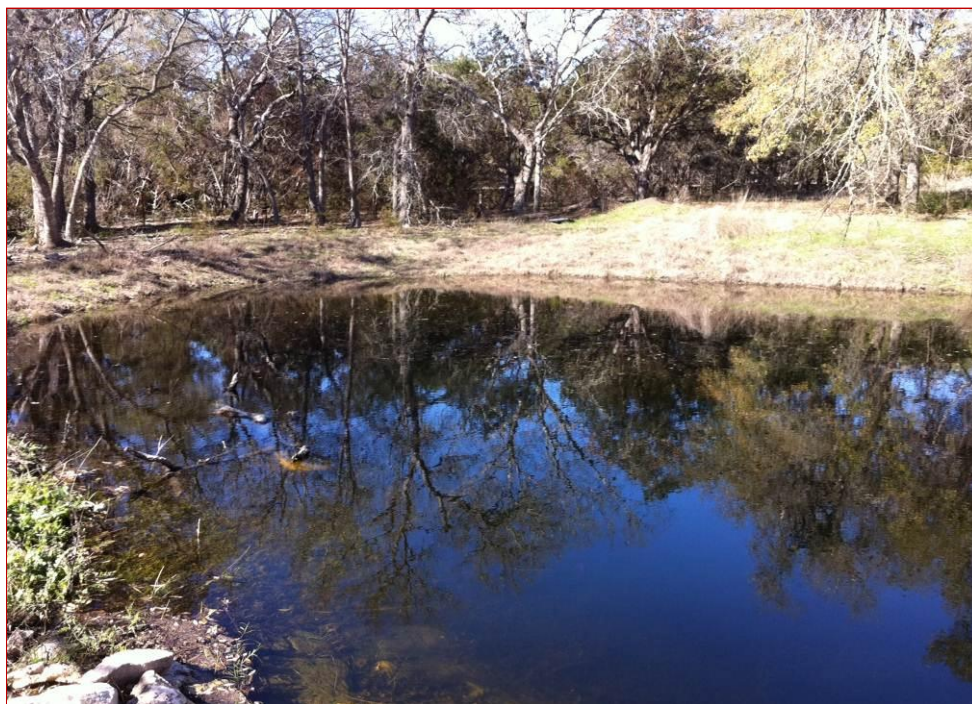


(right) View of SPURS Pond, Spring 2012

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.

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

## *SPURS in Spring 2012*



Spring arrived earlier this year in Central Texas, producing an unexpected abundance and variety of wild flowers, transforming the landscape. In the words of a sister attending Sunday satsangh, "The wildflowers lining the driveway here are like carpets laid out in preparation for a special event!"

The theme of preparation had seemed to develop at SPURS during these recent months. Some of the abhyasis who came to retreat during the first quarter of 2012 came because they could not travel to Manapakkam for the North American Seminar (NAS) with Master but wished to deepen their practice, to deepen their connection with Master, to prepare. Others came to retreat specifically in preparation for their journey to Manapakkam for the NAS.

Following Master's example at Babuji Memorial Ashram of finding ways to hold water on the land longer, allowing it to percolate down through the soil and enter the aquifer, SPURS management decided some time ago to make better use of the creek that cuts across the ranch property. At one point the creek had already formed a kind of shallow pond but with an area where water would flow out, swiftly reducing the

amount of water in the pond. Volunteers combined their skills and strength to close up that area and construct a spillway and wall to slow the outflow. This formed an adjacent secondary containment area, producing a total horizontal surface of about 3000 square feet that can retain water on the land for a longer period. During the helpful rainfalls of this spring, both the pond and the secondary containment were filled and they continue to hold water. This preparation of the property can provide some help for our current drought conditions, for the variety of wildlife that seeks drinking water here, and for and in preparation for the reduced rainfall we are advised to expect for some coming years.

A preparation particularly for springtime was also completed by volunteers who built a nesting platform where our peahens can safely lay a clutch of eggs and hatch it. Not unlike human beings who can be cautious about accepting a major change, the peahens still pursue nesting along a favorite fence. It is hoped they will soon recognize the possibilities of the "higher ground" prepared for them.

Source: Sis. Mary Lou Stoner, Austin, TX



(above) Nesting Platform for Peahens at SPURS, Spring 2012



## Activities at Pune Retreat Centre

### 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/smw/w/retreat-center-overview>

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

SMSF Retreat Centre Pune hosted 149 abhyasis for the quarter ending March 2012.

Winter was very pleasant. The participants enjoyed chilly weather during January and February. The mercury started rising after 5<sup>th</sup> March. However weather was pleasant and enjoyable in the mornings and evenings.

Feedback expressed by participants is below:

1. For the first time, I experienced the essence of silence
2. After retreating here, it was felt that even one ounce of practice is better than one ton of spiritual knowledge
3. After stepping inside the gate, it felt like a different world and like a heaven on earth
4. I experienced divine grace at every nook and corner of the retreat centre
5. It connected me to my Self, that is, to my heart, my Master

Global service team (GST) conducted a workshop for prefects (abhyasis) of Pune centre on 24<sup>th</sup> and 25<sup>th</sup> March. The topic

was 'Grounding in the Practice-Model for Pune prefects.' The Retreat centre was closed for abhyasis wanting to retreat on those two days. The program was coordinated by Sis. Supriya Vaidya and facilitated by Br. Harshal Jawale, Pune centre and Sis. Nandita, Mumbai centre. Twenty participants attended this program.

The sessions took the participants to the basics of Sahaj Marg practice in-depth. They stayed overnight at the Retreat centre. It was a pleasant experience for them, because none of them had come to retreat before. They adhered to the principles of retreat centre throughout their stay. All of them maintained total silence and were in tune with the Inner Master during their stay.

A new pathway was constructed on the eastern side of the lawn. The garden has started giving a good yield of pomegranate and sapota. It has also given a good crop of brinjal, radish, tomato, ladies finger, *paalak*, cauliflower, cabbage and pumpkin. Efforts are underway to grow more vegetables.

Source: Br. K. T. Manjunath

(below) (below right) Views of Pune Retreat Centre



## Medical Centre News

### Services of Free Medical Centre at Manapakkam during January-March 2012

Details of the activities in this period are given below:

Free Medical Centres (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.

#### Sahaj Marg Physicians Group (SMPG)

SMPG 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. As part of this initiative, a database of names of the physicians from all branches of medicine has been completed. A group email address has been set up - [smpg@sahajmarg.info](mailto:smpg@sahajmarg.info).

Source and SMPG Contact is Murthy Gokula ([rgokula@hotmail.com](mailto:rgokula@hotmail.com) or [murthyg@msu.edu](mailto:murthyg@msu.edu)).

Specialty wise	Patients	Panel of Doctors	
Allopathy	13,557	Dr. U. Ravindran, Dr. Anamay. K. Bidwai, Dr. S. Kishore, Dr. R. Sulochana, Dr. E. Elanchezian	
Cardiology	49	Dr. V. Vanaja	
Dentistry	320	Dr. Jagadish Kumar, Dr. Komal Gupta Dr. Sai Praneeth, Dr. Vaishnavi	
Dermatology	344	Dr. M. Jayaraman	
Endocrinology	40	Dr. Ravi Kiran	
Gastro-enterology	46	Dr. M. Manimaran	
General Surgery	257	Dr. Anamay K. Bidwai	
Gynaecology	17		
Homeopathy	1,165	Dr. S. K. Ram Subramaniam Dr. N. Vidhi N. Shah	
Nutrition	78	Sis. G. Srilatha	
Ophthalmology	180	Dr. Harshitha Bakshi	
Orthopaedics	57	Dr. D. Narendra	
Paediatrics	2,186	Dr. Natwar Sharma Dr. S. Kishore	
Psychiatry	27	Dr. A.P. Mythili	
Pulmonology	24	Dr. G. Raja Amarnath	
Urology	22	Dr. Sanjay Sharma	
Categories	Patients	Categories	Patients
Male	5,607	Abhyasis	6,074
Female	6,929	Others	8,648
Children	2,184	Total	14,722
Other details	Patients	Remarks	
Spirometry camps	22	Courtesy Lupin Laboratories	
Services outside regular hours	219		
Clinical Laboratory investigations	994		
Minor surgical procedures	22		

Staff	Staff	Volunteers
Dr. S. Kishore (Doctor) Dr. Anmay K. Bidwai (Doctor) Dr. Vidhi N. Shah (Doctor) S. Meenakshi (Pharmacist) R. Rekha (House-keeping) K. Jaya (House-keeping) K. Yeshoda (Receptionist)	A. Radhamani (Nurse) V. Dhevayanai (Nurse) C. Ramya (Nurse) P. Kausalya (Nurse) Annalakhmi (Nurse) S. Sathya (Nurse) S. Srinivasalu (Lab Technician)	Dr. U. Ravindran Dr. R. Sulochana Dr. E. Elanchezian

Source: Br. Dr. Ravindran Ulaganathan



### Activities at Satkhol Medical and Dental Centre

Below is the report of Satkhol Medical and Dental Centre for the quarter January to March 2012.

Specialty wise	Jan	Feb	Mar
Medicine	200	312	461
Surgery	60	40	60
Gynaecology	28	11	9
Cardiology	0	4	1
Dentistry	74	7	24
Dermatology	12	20	32
Gastro-enterology	2	18	24
Homoeopathy	77	16	4
Ophthalmology	14	2	8
Pulmonology	0	3	0
Urology	0	0	0
Orthopaedics	23	30	58
ENT	17	21	20
Dental cases	66	99	48
Number of Outpatients			
Male	207	228	327
Female	143	159	234
Children	91	97	140
Number of abhyasis	83	46	202
Others	358	438	499
<b>Total</b>	<b>441</b>	<b>484</b>	<b>701</b>

Following doctors were in the Satkhol medical panel at various months during this quarter:

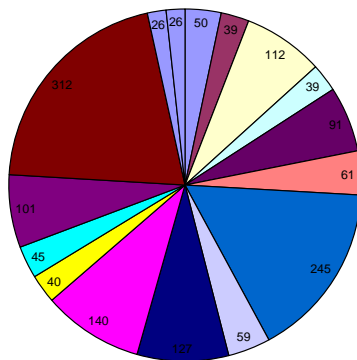
Dr.C.K.Prasannakumar, MD  
 Dr.N.Hanumantha Rao, MBBS  
 Dr.N.R.Parihar, MD [Homoeo]  
 Dr.Alok Tandon, BDS  
 Dr.Renu Tandon, MDS  
 Dr.Nirmala, DGO; PGDHS  
 Dr.K.D.Dubey, MS; Dio  
 Dr.A.Ravindrakumar, MBBS; DV  
 Dr.Dattatreya Girge, BAMS;MD

(below and right) Doctors treating patients at the Satkhol Medical Centre



### Special Medical camp at Satkhol - April 2012

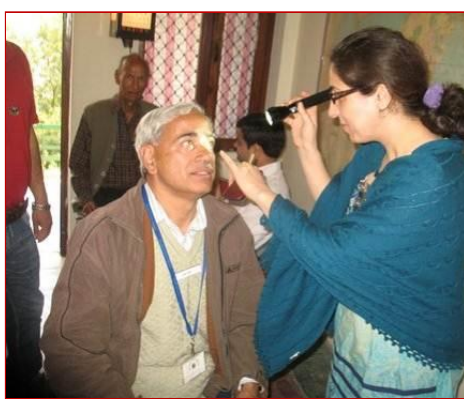
A medical camp was held at Satkhol for three days from 20 to 22 April. 1,048 cases were treated in the camp. Additional 294 cases were treated as part of school health program. Thus a total of 1,342 cases were treated in this duration. The breakup of cases treated is given below.



Medicine	50
Surgery	39
OBG	112
Cardiology	39
Pediatric	91
ENT	61
Orthopedic	245
Dermatology	59
Ophthalmology	127
Dental	140
Homoeopathy	40
Ayurveda	45
Ultrasound Exam.	101
Lab. Investigation	312
ECG	26
ECHO	26



A few pictures from the camp are shown left and below.



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

Sahaj Marg Spirituality Foundation, Inc. Copyright © 2012. All rights reserved.  
 "Shri Ram Chandra Mission", "SRCM", "Sahaj Marg", the Emblem of Shri Ram Chandra Mission, "Constant Remembrance", "Sahaj Marg Spirituality Foundation"  
 and the flag of Sahaj Marg Spirituality Foundation are registered in U.S Patent & Trademark Office.

This Newsletter is intended exclusively for the members of SRCM.  
 The views expressed in the various articles are provided by various volunteers and are not necessarily those of SRCM.