

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, Bangalore, CREST, Kharagpur and CREST, Berlin.

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

**Health:** We cover medical center activities at Chennai.



(above) Revered Master addressing prefects and abhyasis at Manapakkam during June 2014

## Programs at CREST, Bangalore

During this quarter, two programmes were conducted at CREST, Bangalore.

### Library Immersion Period: 9 - 11 May 2014

The CREST library is a treasure of literature on spirituality, religions, cultures and philosophies of the world and on various related subjects. In this programme, abhyasis spend time reading a book of their choice from the CREST library and write or talk about the book.

During this quarter, one such programme with thirty-seven delegates was conducted. The topic was 'Dive deep to get the pearls'. The delegates were divided into five groups. Each group was given a sub-topic and asked to prepare a journal based on studying the books, life experiences, introspection and brooding over the sub-topic. A group's name was the sub-topic given to it:

- Love all Whom He loves (Love)
- Simplicity is the very essence of nature (Simple)

- Path is cleaner is proportion to our devotion (Devotion)
- Change is absolutely necessary for spiritual growth (Yatra)
- Need of a Guru grows as we go on advancing (Obedience)

On the first day, the members read a book related to the topic assigned to their group and came up with ideas. On the second day they discussed the ideas and came up with a journal. They also performed skits. On the final and third day, each group presented their journal, individual experiences and the skit.

On an average, six to eight hours were spent by the participants in the library. Daily schedule included two satsangs, *shram daan* and an hour of golden silence. Three movies were shown to participants: *Kundan* (Life of Dalai Lama), *Baba Ajiz* (on Sufi philosophy) and 'Celestine Prophecy'.



(above) Participants of the CREST chapter seminar held at CREST, Bangalore

**Seminar on “Exploring the Heart”: 16 – 20 May 2014**

The CREST chapters aim to inspire ongoing participation and contributions in the form of writing, media and art, ideas for further seminars and areas of deeper study or research. Fifty participants attended the first chapter seminar held at CREST, Bangalore. The first two days had activities of sharing and exploration of the subject. On the third day, an activity of listening to nature was conducted. Participants worked on the following specific activities:

- Writing articles for a section in the upcoming issue of *Constant Remembrance*
- Short videos and photographs that can be used to convey the experience at CREST to abhyasis worldwide
- Inputs for the next chapter seminar
- Suggestions for short interactions at SRCM centres around the theme of ‘Exploring the Heart’
- Individual areas of research supported by the CREST library immersion programme.

Source: Br. Mohandas Hegde



(above) Participants of the Library Immersion Programme held during May 2014

## Activities at SPURS



(left) Four peachicks born in SPURS during the month of May 2014

SPURS hosted seventeen abhyasis for the quarter ending June 2014. With the spring came renewal for all. Fawns were born and began scampering around the property along with baby birds, squirrels and turkeys. Four peachicks were born in mid-May.

Abhyasis at the retreat felt this atmosphere of renewal in their hearts and went home with a newfound commitment to their practice.

Source: Sis. Suzanne Garner, SPURS Ranch Retreat Center Resident Prefect

### Experience at SPURS

- *My love has gone to another level. I am ready to give my life to Him. I dropped the self and the Self took over. My love blossomed to a level that I was unaware that I could even give.*
- *I realized how important the practice and the Mission is to me, how much love Master has for us to create this place for us. It's fulfilling; nothing else is needed.*
- *A real thirst is emerging.*
- *I found Him again. This has been a great detox that brought me to a pristine clarity.*

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/smww/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.

## Activities at CREST, Berlin

The facility at CREST, Berlin has been offering programmes exclusively for abhyasis. Going forward, the team would like to find ways to open CREST to others and meet through the medium of exploring topics of mutual interest.

The CREST, Berlin facility will host a three-day event from 19<sup>th</sup> to 21<sup>st</sup> September (World Peace Day). Twenty-five abhyasis are invited for this event and are requested to invite one friend or acquaintance who would be interested in attending the event. The topic will be **"A Way to Bring Change; Take Heart, be Heart!"**. The programme will be facilitated by an international team.

CREST, Berlin is located in the centre of Berlin. Friends who are interested can receive an introduction into Sahaj Marg meditation. Daily group meditation will be offered for the abhyasis.

Interested abhyasis are requested to contact their respective Country-in-Charge.

Source: Br. Christian Macketanz

## Activities at Pune Retreat Centre



(above) A scenic view from the Pune retreat centre of the surrounding lake and hills

About one hundred abhyasis stayed at the Pune retreat centre during April to June 2014. Pune retreat centre is now available for stay throughout the year without any break. During the months of June to September the area receives a fair amount of rain and abhyasis should bring umbrellas. Bedding, blanket or bed sheets are provided in the centre.

Abhyasis are recommended to prepare themselves by reading prescribed material, taking individual sittings and getting into the retreat mood a week before the retreat starts.

Pune Retreat is surrounded by a lake and hilly areas. The facility has lush green lawns, fruit bearing trees, flowers and bushes and one can hear the melodious chirping of birds in the morning. The retreat centre is

a very calm and beautiful place to turn one's focus inwards.

Senior citizens are required to obtain a fitness certificate from a doctor to visit retreat centres in India. Prefects are requested to take note of this requirement and not approve retreat requests if an applicant is not medically fit.

After the first three days of stay, abhyasis can contribute in some way for about an hour, in the kitchen, garden and other places. Walking along the pathway, sitting beneath a tree or on a swing or in the covered sitout of Master's cottage, are some of the places where abhyasis spend their time in introspection.

Source: Brother Prem Apte

### **CREST, Kharagpur Re-designated as a Retreat Centre**

Master has re-designated CREST, Kharagpur facility as the third retreat center in India. It will primarily serve the needs of abhyasis from the northern and eastern parts of the country. Abhyasis may start going there for retreats starting on 15<sup>th</sup> August 2014. They may apply immediately on the Mission website at: <http://www.sahajmarg.org/smww/rc-kharagpur> or <http://www.sahajmarg.org/smww/retreat-center-overview>.

### **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.

## Medical Centre News

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. Physicians, medical students, residents, nurses and others in the medical community have formed Sahaj Marg Physicians Group (SMPG) to offer medical services to the needy in the FMCs. This group may be contacted at [rgokula@hotmail.com](mailto:rgokula@hotmail.com) or [smgp@sahajmarg.info](mailto:smgp@sahajmarg.info)

### Services of Free Medical Centre at Manapakkam during the period from April 2014 to June 2014

The FMC served 20,001 patients during this quarter. Details of the activities in this period are given below.

Specialty wise	Patients	Panel of Doctors	
Allopathy	19,092	Dr U. Ravindran, Dr Anamay K. Bidwai, Dr S. Kishore, Dr R. Sulochana, Dr V. Vidyavathi, Dr Komal Gupta, Dr Jaya Prasanthi, Dr Vikram Srivatsava, Dr N. Parkavi	
Cardiology	57	Dr V. Vanaja	
Dentistry	861	Dr Jagadish Kumar, Dr Komal Gupta, Dr Vikram Shrivatsava, Dr N. Parkavi	
Dermatology	538	Dr M. Jayaraman	
Endocrinology	51	Dr M. Ravi Kiran	
Gastro-enterology	84	Dr M. Manimaran	
General Surgery	280	Dr Anamay K. Bidwai	
Physiotherapy	428	Sister P. Kiranmayee	
Homeopathy	617	Dr Ram Subramaniam, Dr Vidhi N. Shah	
Nutrition	21	Sister G. Srilatha	
Ophthalmology	200	Dr Harshitha Bakshi	
Orthopedics	48	Dr D. Narendra	
Paediatrics	2,339	Dr Natwar Sharma, Dr S. Kishore	
Psychiatry	18	Dr A.P. Mythili	
Pulmonology	11	Dr G. Raja Amarnath	
Urology	29	Dr Sanjay Sharma	
Gynecology	0	Dr Jayanthi Mohan	
Neurology	14	Dr R. Padmini	
Spirometry	12	Courtesy Lupin Laboratories	
Ayurveda	292	Dr C. Jayasree	
<b>Categories</b>	<b>Patients</b>	<b>Categories</b>	<b>Patients</b>
Male	7,490	Abhyasis	4,934
Female	10,172	Others	15,067
Children	2,339	Total	20,001
<b>Other details</b>	<b>Patients</b>		
Services outside regular hours	174		
In patients	158		
Clinical Laboratory investigations	1,238		
<b>Staff</b>	<b>Staff</b>	<b>Volunteers</b>	
V. Sandhya (Lab Technician) K. Kavitha (Lab Technician) K. Jaya (House-keeping) A. Krishna Kumar (Pharmacist) Sis. P. Kiranmayee (Physiotherapist) R. Abinaya (Receptionist)	D. Eswaramma (Nurse) S. Divya Barathy (Nurse) A. Uma Maheswari (Nurse) M. Vetri Selvi (Nurse) M. Sathya (Nurse and Assistant Pharmacist) P. S. Soniya (Nurse) R. Manikodi (Nurse)	Dr Elancchezian Dr M. Umakanthan Sister Janaki Sudha	

Source: Brother Dr Ravindran Ulaganathan

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