



## Master's News

As Master's health improved he started giving all the prefect sittings by himself. On June 1<sup>st</sup>, Master received a gift from an abhyasi of a model of the very first train ever built in America. Master was impressed by its perfection and his happiness radiated to all those present with him. Master handled it very carefully and gave it a place in his showcase even though it was slightly large.



### Seminars for LMOIS students

Two back-to-back seminars were organised for batches of the Omega School Alumni, the first session in the first week of June and the second during the second week. The coordinators for these upcoming seminars came and met Master and had a short discussion to clarify many of their questions regarding the seminar.

In the evenings, Master used to go with the walker to the entrance of the cottage and sit in the wheelchair outside. This gave him some exercise, fresh air and a chance to meet with abhyasis, which he looked forward to.

On Sunday June 2, Master conducted satsangh in the meditation hall which lasted for one hour. After satsangh he returned to the cottage. As he had met many abhyasis the previous evening as well as that morning there was not much of a crowd in the cottage. One could feel a sense of contentment in the hearts of abhyasis. It was as if Master had filled all the hearts with himself and everyone was contented and happy. Master said, "Happiness does not give contentment but contentment results in happiness." One could see Master very happy as it had been a few weeks since he had come out and conducted the satsangh.

Master had a very nice time in his office room with a small group of abhyasis which started in a jovial mood and then he transformed it into a discussion:

- Talking about corruption in the IT department: Today's life only promotes greed and dishonesty.
- Fear draws to you what you are afraid of. It is your fear which is projected onto the other.
- Master's family is the only family where there are four generations of abhyasis.

Monday June 3, was the first day of the Omega Alumni Seminar - Session 1. Master came out at 9 a.m. and conducted satsangh. The satsangh lasted for an hour and then Master gave a talk. In his inspiring talk he mentioned the various degrees of corruption in India and how it is up to the next generation to take up responsibility to shape the future, not just of themselves but of the nation itself. Master said each one of these students should not change due to pressures of society, but by being a catalyst which does not change they can bring about change in the society. Master said that this is what he is expecting from the Omega students, not just scoring high marks but that they should come out as good and well-rounded human beings, who give importance to aspiration and not ambition. He again reiterated the fact that money cannot give happiness or contentment but contentment will give happiness. Master then asked a few other abhyasis to give talks. All the alumni members were asked to come to the cottage by 9 a.m. every day for satsangh.

### Working Committee Meeting

Wednesday June 5 Master was ready to go for satsangh as there were about seven marriages to be performed. However, on doctors' advice he rested in the cottage as he also had to attend the working committee meeting after satsangh. Br Kamlesh went instead to the meditation hall. The working committee members assembled in the cottage and Master attended the entire meeting, which is something that has not happened in the recent past. Master usually just joins the group towards the end of the meeting. In his general observations after going through the agenda, Master expressed his happiness that good things were happening in the Mission – meditation halls in Singapore and Qatar, recognition of LMOIS for the award of International Baccalaureate and upgrading of training courses for abhyasis and prefects in the Mission.

**Master mentioned the proliferation of ashrams in India, but regretted the fact that at least two families dedicated to Sahaj Marg could not opt to stay there and look after each ashram. He said he had a list of retired abhyasis/prefects but they were not prepared to go and live where they were wanted.**

At the end of the meeting, he got up very slowly from his chair and inched his way back to his office supporting himself on his walker. He



#### **Master's News cont.**

was overheard saying, "When He gives the pain, He also gives the energy." He was quite tired but before going to rest, Master met with all the couples who were married that day. He blessed them, spoke to them and took photographs with them.

#### **Dialogue with LMOIS students**

Master spent a lot of time with the Omega Alumni members. Once, the entire seminar group of seventy odd children were inside Master's office room, completely surrounding him. Several questions were asked and Master answered them all with equal if not even more enthusiasm.

One sister said it was difficult to get up early in the morning and do the meditation. Master answered, "You see, I hear the birds from my bedroom every night. I hear some single bird sometime by half past two in the morning, sleepily chirping. By around 3:30 a.m. about half a dozen birds start singing and by 5 a.m. they are all awake, singing, calling to each other. So, make it a habit and don't say, 'What will I do by getting up early.' You know, I don't go to sleep without finishing my day's work, whatever it is. I don't leave anything for tomorrow. Nothing! Whether it be mails, or letters or sittings. People will say, 'Oh you are tired, you must rest' and I say, 'No rest. I will rest only when the work is finished.' Rest is not in between you see. Rest only when work is finished. No, no, I am so tired... No, you are not so tired. It's just a bad habit. Indiscipline is a bad habit. Discipline is a good habit."

About marriage, Master said, "Don't let your eyes decide. Let your heart decide. And don't be compelled by your parents. Tell them that it is my life. You had your life. I didn't tell you who to marry and so, you don't tell me who to marry. I will marry who and when my heart says yes. No consideration of caste or money or anything and no Amitabh Bachchans, ok!!!"

One girl said she wanted to study politics. Master said, "Politics is a dirty subject. It is full of corruption and vice, etc. I don't like law, I don't like politics. You have to tell lies in both. *Satyam Vada* is not possible. *Dharmam Chara* is not possible. I had meetings with lawyers you know, top lawyers, top judges and I said that you people lie and the lawyer said, we only follow the plaint. You see, lawyers are there to help the judge come to a correct judgment but lawyers help only the client to win the case." The girl insisted saying that she will be the first honest politician and Master said, "So if you are the first honest politician, you will soon find out

that you cannot adjust. Today, the environment is such that it is not tolerant. You will be thrown out." And then he added, "Do something which will help you see. Help you, help the country you know. Don't go by fanciful things. I want to change politics. I once asked my Master Babuji Maharaj about corruption. He said only God can change it. It is too deep and too widespread for any individual to attempt it. So, we pray. You don't have to be in politics to change politics. So you see, until each individual is willing to be law abiding, as a matter of personal regard for yourself. When you tell the truth, nobody is going to applaud you. But, you have the satisfaction that you are truthful, you are honest. As my Master said, honesty is its own reward, because today people will ask you, 'What have you got by being honest?' I am not supposed to get anything by being honest. So, we do what we have to do, and that is its reward."

One boy said, "Master, I want to join my father's business". Master replied, "Yes, but remember, honest business always pays. You see, like, an honest investment gives you 8%, 9%, 10% but dishonest investment gives you 40%. But then there is a risk. Isn't it? You may lose your money, you may get a bad name, you might have to go to jail. So, honesty doesn't pay dividends like that. But, you lead a happy life if your investments are safe."

One boy said, Master I don't know what to do. Master responded, "Don't worry, the door will open. You see, if you are going in a single road, you don't need to worry, but if there is a branch and there are three roads, then you need to wonder which one to take. So, there is a problem with choice. When you have choices, then you think that there are three roads or five roads or fifteen roads and you are anxious, you have blood pressure, because you don't know which one to take. You know in your heart, but there is always this problem of the heart pulling one side and the mind pulling one side. So, tell the mind to shut up and follow the heart. You will never be wrong."

By the middle of June, both the seminars were over and things were coming back to normal again at the cottage and in Master's routine as he begins to get healthier and is making his time more accessible to all abhyasis.





## United Nations International Day of Families

*combined report compiled by Danielle Smith*

**United Nations Secretary General Ban Ki-moon, in this year's message on the theme, '*Advancing social integration and intergenerational solidarity*'** declared "*Families hold societies together, and intergenerational relationships extend this legacy over time. This year's International Day of Families is an occasion to celebrate connections among all members of the constellation that makes up a family....*

*...On this International Day of Families, I call on governments, civil society, families and individuals to support initiatives that bring people together across generations toward building a healthier world for all."*

In support of the United Nations, Melbourne and Perth centres conducted the following activities:

**Melbourne Centre, May 19.** The program began with a presentation about what the IDF means and the significance of social integration and intergenerational solidarity. There were presentations by various families saying a few words about what the commemoration meant for them. Some young women certainly made an impression with their impassioned talk on the subject of the family and its significance. Their presentation ended with a few minutes of prayer. Individuals expressed their feelings in different ways including drawings, craft, speech and games, and the children shared a specially made chocolate cake . Thirtysix adults and seventeen children attended.



Melbourne celebrates UN Day of Families



**Perth Centre, June 2.** There was a Power-Point presentation about the history of association of our mission with the United Nations and excerpts from Babuji's letter written to the UN. The presentation emphasised the role of spirituality in achieving unity and social integration- the common goal of the two organisations. The spirit of unity, brotherhood and harmony was felt strongly by everyone present for the occasion and this perfectly aligned with the theme of our retreat "Brotherhood and Belonging". Thirtyeight adults and fifteen children attended.

## United Nations World Environment Day

**United Nations Secretary General Ban Ki-moon, in this year's message on the theme: '*Think. Eat. Save: Reduce Your Food-print*'** declared "*We live in a world of plenty, where food production outstrips demand, yet 870 million people are undernourished and childhood stunting is a silent pandemic. To create the future we want, we must correct this inequity.... This is the vision of my Zero Hunger Challenge, launched last year at the Rio+20 UN Conference on Sustainable Development."*

On 31 May SRCM initiated an event commemorating U.N. World Environment Day supporting the U.N. Conference of Sustainable Development in Rio de Janeiro (Rio+20), in partnership with the University of South Pacific, Lautoka Campus, Fiji. Sydney Centre engaged the audience with an informative session on the theme.

**Sydney June 2** After reading the Secretary General's message, a presentation in the form of a quiz enlightened us all on the extent of food wastage throughout the world and its impact on our lives. It was an eye opener when viewed from a global perspective. The audience was divided into small groups and each group was given some products to analyse in order to find out the 'Food Miles'... Etc. It was educational for adults as well as children. As a part of the workshop, the audience was invited to write one action that they would undertake in order to alleviate the food wastage, and a list was compiled.



At the end, the kids presented their views and drawings on the theme and conducted a "Did you know" session with some alarming facts and figures, again raising the awareness of the thirty adults ten children present.



***It is also morality to consume the minimum for the maximum benefit. So, morality is, at a certain level, a question of consumption, or the proper utilization of energy. ....It is immoral to waste food".***

P. Rajagopalachari



## Centre News

### Sydney

The children's programme continues to be a successful weekly event during satsangh on Sundays. On Monthly Gatherings often a VBSE programme is offered instead of the usual games and activities. Children also from time to time assist in activities like breakfast preparation (see photos below) fundraisers such as making fruit juices or washing up.



### Sydney Centre rides the waves!

A group of twenty one adults and children caught the ferry from Meadowbank, half way up the Parramatta River, travelled into Darling Harbour to have ice-creams and coffee and then took a ferry to Watson's Bay near the Heads leading from the Ocean into Sydney Harbour. The weather was perfect and though we had dressed for the cold, we ended up needing to remove the layers! At Watson's Bay we had short walks to check out the wonderful vistas in every direction as well as finding a picturesque spot to have our lunch.



### Adelaide News

With our resident preceptor being away on her winter travels preceptors from other centres have been covering by spending weekends in Adelaide, giving sittings and satsangh. On the last visit in July, one new abhyasi started and there was also a very welcome abhyasi visiting from India who was able to join us for Sunday satsangh and have her sitting. The next visit will be second weekend of August.



## Melbourne

### Meet up

We had our first group integration meeting of newly joined abhyasis and prefects at the Multicultural Hub .The purpose of this was to arrange for the group to meet one another and to meet other prefects, as well of course for them to experience group meditation.

Before the satsangh Bro. Kamlesh's talk 'Retaining the condition' was played and that set the atmosphere. Two other prefects (besides those already involved with the new abhyasis) attended and one conducted satsangh after giving a short talk about the benefits of group meditation. After meditation we invited questions, of which there were many and these were answered by the prefects. The group was indeed very receptive to the satsangh. Br Kamlesh's talk on 'Cleaning'.

' was then played and this opened up questions on the 'how's / why's of cleaning'. There were about fifteen abhyasis present and while there were a few who were unable to come we hope to see them next time. We plan to have such meetings each month.

There was no particular format, we kept it open ended and simply followed our hearts. The prefects too enjoyed meeting the new starters. For next month's meeting the plan is to have some practising abhyasis as well as prefects.



New abhyasis at the integration meeting

Melbourne

### Melbourne new abhyasis at the meeting



## Melbourne

### Visit to Shepparton - 6th / 7th July

The visit to Shepparton had been planned for some time. Sister Sangeeta is the sole prefect in this rather remote country town so support from Melbourne centre is welcomed. I reached Shepparton around 5p.m. on 6th July and shortly afterwards two interested families arrived to hear more about the system. We had an interactive informal discussion / presentation and two ladies decided to take introductory sittings in the coming week. One young girl was present and she took her first introductory sitting over the weekend. In the evening we had a round of individual sittings, dinner, and interesting Sahaj Marg discussions.

After Sunday satsangh the visit concluded and I returned to Melbourne. Vikas Sharma





## Brisbane

### 7th Annual Brisbane Yoga Festival / Yogafest 2013

This quarter again, all our youth members were there to support the Brisbane Centre outreach event at the 7th Annual Brisbane Yoga Festival located at the Historical Old Museum, Bowen Hills during the last weekend of June.

Organized and run by the Yoga community for all yoga lovers, a number of stalls were there to give us the opportunity to meet each other, connect and offer Sahaj Marg to the wider public .

Many of us volunteered and spent some hours in discussion about our Mission and practice with those interested to meet up with us.

Some books were sold and hopefully we have managed to reach the hearts of those who are seeking Reality. Danielle Smith



## Perth

### Jarradale Retreat

What a wonderful warm loving and caring retreat we had at Jarradale from Saturday 1<sup>st</sup> June to Monday 3<sup>rd</sup>. The children produced (with the help of some dedicated parents) an outstanding and very touching presentation. There were so many children and their behaviour was exemplary.

The many presentations given were inspiring. A simple activity using 'Whispers', Rev. Babaji's messages, had a profound effect on abhyasis gathered. About ten people were asked to select a reading from any of the 'Whispers' that had made an impact on them. This was then read out with a simple explanation as to why it was chosen. If necessary the reading was repeated. No comment or discourse followed each reading with each person just absorbing the simple yet utterly profound truths

within. Some presenters shared what effect this reading had on them with one abhyasi saying how he started his working day with a reading from 'Whispers' this being a way of surrounding his working day with Master's grace and allowing him to be in Constant Remembrance.

Printed copies of 'Whispers' were also hung up around the meditation hall for abhyasis to read and introspect throughout the weekend. Anne Light



Perth Jarradale Retreat



## Jarradale Retreat cont.

My presentation for the retreat was mainly motivated by the Whispers messages what we receive on a daily basis. One of the striking features of the messages is the importance of self development and preparing for the future.

Business is in a state of flux and not different from a human being. It has a life cycle like any other living being, but the continuity is maintained by replacement of people. People become the backbone of any business and we as abhyasis are one of the most important links in the total value chain.

The theme of the presentation was based on the book *Good to Great* by Jim Collins. This book talks about the timeless principles which helped companies to become great and not to just remain good. Our masters have been telling us exactly the same thing through various modes of communication. Whilst they are providing us the means for internal transformation, it is the responsibility of every abhyasi to manage the external transformation through character building.

The focus of the presentation was to highlight the potential each one of us has to become a great abhyasi and not just remain a good abhyasi.

According to the book, every company has remained at the top only because of great leaders who then nurtured great people to be future leaders.

This is the vision of our Master too. He is indeed the greatest leader on this planet who leads us towards a goal. An abstract goal which is so abstract yet he has managed to lead scores of us. He has created a Mission that is the greatest in terms of "shareholders growth". No one can put a value to what he has been giving us. We have a great opportunity to be part of his vision. In fact, he wants us to be the visionaries. Srikrishnan



## Kids programme at the retreat

Love and different facets of love portrayed in human life was the theme for the VBSE class, and the children's programme for the retreat was indeed a visual treat for all.

A dance to welcome the monsoon was a delight to eyes and ears. The team performed a scintillating dance showing appreciation for the gift of the monsoon. Then followed a skit called 'Socrates', which was based on the sixth maxim with Socrates and Krishna as players. The group song 'It's a small world, after all' sung by all the kids was a pleasure to witness as the youngsters engaged with passion, displaying their talents. Gems in between the programme items were a very well thought out string of famous quotes by renowned leaders. This was appreciated by the audience with much applause. The jewel in the crown was the 'The Stinky Bug' skit with the theme 'Accepting others for what they are', a great fit to the overall theme of the retreat.

The children were also engaged with art and craft activities during the satsangh and especially their colourful birds which they could take home with them. Every participant was given a take home thought written within a heart which had formed part of the hall decoration over the weekend.

The whole process of getting the children to work together, getting costumes and masks organized brought out the willingness and brotherhood among us . Mini



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