

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 Berlin and CREST Kharagpur.

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

Health: We cover medical centre activities at Chennai and Satkhol.



(above) Revered Master inaugurating the Singapore Meditation Centre on 3rd July 2013 via video link from BMA, Manapakkam, Chennai

Programs at CREST, Bangalore

CREST, Bangalore had a stall at Tiruppur during the 114th birth anniversary celebrations of Revered Babuji Maharaj from 26th to 30th April. In the stall, a number of colour photographs of CREST, Bangalore were displayed along with posters titled 'Now I am telling you' containing Babuji Maharaj's quotes.

During this quarter, five programs were conducted at CREST, Bangalore. These include two batches of 'Deepening Prefects' Experience', two batches of 'Library Immersion Period' and one batch of 'Sahaj Marg Insights'.

Program for prefects - Deepening Prefects' Experience: 23rd – 25th May and 11th – 15th June 2013

This is a program for training prefects from various zones of south India. During the first program, thirteen prefects with less than two years of experience participated. In the second program thirty-nine prefects participated.

Library Immersion Period: 18th – 19th May and 7th - 9th June 2013

The library at CREST Bangalore contains a treasure of literature on spirituality, religions, cultures and philosophies of the world and on various related subjects.

Many of the books have been handpicked by our Master. In this program, abhyasis spend the first two days reading a book of their choice. On the third day, they talk about the book that they have read. Other than individual sadhana and daily morning satsangh, there are no structured classroom sessions during this program.

Sahaj Marg insights – A deeper study for abhyasis: 19th to 23rd June 2013

This is a three or five day residential program designed to provide a deeper study of Sahaj Marg and of various subjects related to the philosophy and practice of Sahaj Marg in our daily lives. Abhyasis who have completed at least two years of Sahaj Marg practice and have attended the 'Grounding in the Practice' or 'Sadhana Programs' can attend this program.

In this quarter, the program was conducted in English. Following topics were chosen: 'Hide yourself and expose Him', 'Satyam vada - a challenge in today's world', 'Silence is the language of God', 'Sahaj Marg way of life' and 'Liberation, realisation and merger.'

Source: Sis. Seetha Kunchithapadam



(above) Participants of the program on Deepening Prefects' Experience - 23rd to 25th May 2013



(above) Participants of the program on Library Immersion Period - 7th to 9th June 2013



(above) Participants of the program on Deepening Prefects' Experience - 11th to 15th June 2013



(above) Participants of the program on Sahaj Marg Insights: A deeper study for abhyasis

Programs at CREST, Kharagpur

During the quarter ending 30th June 2013, three seminars on Character Formation and one programme on 'Deepening Prefects' Experiences' were organised in CREST, Kharagpur.

Fundamentals of Character Formation for Youth (English), 28th May – 2nd June 2013

Twenty-nine abhyasis participated in this seminar. The theme was 'Becoming Visionaries'. Following topics were discussed.

Vision of my Master: Br Ajay Bhattar explained that a vision is something purposeful and that purpose should never leave the mind. The vision of our Master is what we should all crave for inner spiritual growth. Our vision will become clear only when we look inside our hearts.

Patience with Tolerance: Br Misal Mehta said that patience is a virtue and to have patience is a sign of faith in the Master and allowing His plan to unfold. He said that when it is in our power to act against something, yet we choose to be patient, it is a sign of real tolerance.

Ten Maxims: Br Rishi Ranjan explained the need for the ten maxims, the idea of a balanced existence and character formation with the ten maxims as its base. The benefit of each maxim was explained.

Apprentice of Life: Br Puneet Lalbhai started this session with a group activity about difficulties in material life when following spiritual practice. He explained how Sahaj Marg makes us apprentices of life and develops us into someone who our Master wants us to be.

Life movement and balance: In this session, abhyasis were asked to ponder over many questions related to balance and make a presentation. Br. Manish Agarwal said that inner balance can be defined as an existence where the inner condition is not disturbed by any positive or negative event outside.

Evolution and Involution: Br Bhadrash Rami spoke on the meaning of evolution, the different levels of evolution and means to evolve. He connected the overall theme of how life is part of the universe and we as humans are using this life towards divinization and again become part of the universe. He brought out the point of how we evolve from gross to subtle at all levels.

Purity of Heart: Sis. Snehal Deshpande mentioned that purity of heart helps in maintaining the atmosphere around us. She brought out many subtle points about the heart and mentioned some fallacies of the brain.

The seminar concluded with a plenary session where Br U.P. Dhawan spoke on how values required for character formation are developed by following ten maxims sincerely.

Seminar in English, 11th – 16th June 2013

Twenty-four abhyasis participated in this program.

Potency of a Seed: Br N.V. Krishna Rao gave an example of a single seed from an apple tree which contains within it a potential orchard of apple trees. He said that the task undertaken by an abhyasi is to receive the seed, let it blossom and then go forth and multiply.

Simplicity and Contentment: Br C. Mohan Rao explained to the participants the importance of the fourth maxim. He said that being simple is important because it is the complexities of life that cause distress in life. He said that we should take the examples from Nature and make our lives simple and contented.

One who is disciplined alone is a disciple: Br. V. Mallik defined discipline as an assertion of will power over base desires. He said that self-discipline is to some extent a substitute for motivation when one uses reason to determine the best course of action that opposes ones desires. He referred to many quotes from our Masters related to the topic of discipline.



(left) Participants of the seminar on Fundamentals of Character Formation for Youth (English)



(left) Participants of the seminar on Character Formation (English)

In giving, we receive: Br Shailesh Kumar explained that giving is the purpose of life and that by giving alone do things multiply, become purified, sanctified and then divinised.

The seminar ended in with a plenary session where Br U. P. Dhawan spoke on the importance of using the ten maxims as tools for our character formation.

Deepening Prefects' Experiences (English), 18th – 22nd June 2013

CREST, Kharagpur has been entrusted with conducting this programme for the prefects from the Eastern and North-Eastern zones. Fifty-two prefects attended this session.

Fundamentals of Character Formation (Hindi), 25th – 30th June 2013

Seventy abhyasis participated in this programme. After an introductory session on the first day, formal sessions began.

On the second day, in the first session Br Chandra Prakash explained the purpose of having a fixed goal in life while dealing with the third maxim. The second session taken up by Br Kuldit Singh Raghuwanshi was

on the importance of the second maxim. The remaining sessions of the day were on the first maxim conducted by Br Chandra Prakash.

On the third day, the tenth maxim was taken up by Br Kuldit Singh. Br Munni Lal Maurya who spoke next, impressed upon the participants to be simple and in tune with nature as told in the fourth maxim.

On the fourth day, Br Deepak Tyagi explained the concept of universal brotherhood during his talk about the sixth maxim. Sis. Rama Saxena dealt with the fifth maxim and explained various aspects of being truthful.

On the fifth day, Br Arjun Pandey shared his thoughts and experiences about not being revengeful when explaining the seventh maxim. Next, Br Shyamji Mehrotra presented various aspects of the eighth maxim which talks about the need to have honest and pious earnings, and eating whatever one gets with happiness and in his divine thought.

On the final day of the seminar, Br Kuljit Raghuwanshi took the participants through the ninth maxim and stressed the need to live a life that arouses a feeling of love and piety in others.

Source: Br. U. P. Dhawan



(left) Participants of the program for prefects



(left) Participants of the seminar on Character Formation (Hindi)

Upcoming Seminar at CREST, Berlin

CREST, Berlin will host the next seminar from 7th to 13th November 2013. Revered Master has given the theme “From Ignorance to Unknowing to Knowing”. For further information, the interested may contact crestdirector.berlin@sahajmarg.org

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. One CREST centre is located at Berlin Ashram, Germany.

More details are available on our Mission's website at: <http://www.sahajmarg.org/smww/crest-overview>

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

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

CREST Kharagpur Calendar: July 2013 – March 2014

13 – 18 August 2013	Seminar for Youth up to 40 years of age (Hindi)
10 – 15 September 2013	Seminar on Fundamentals of Character Formation (Bangla)
23 – 28 September 2013	Program for prefects (English)
1 – 6 October 2013	Maxims of Sahaj Marg as tools for Character formation (Telugu)
21 – 26 October 2013	Program for prefects (English)
12 – 17 November 2013	Seminar on Fundamentals of Character Formation (English)
26 November – 1 December 2013	Seminar on Fundamentals of Character Formation (English) for youth upto 35 years of age
10 – 14 December 2013	Program for prefects (English)
24 – 29 December 2013	Maxims of Sahaj Marg as tools for Character formation (Tamil)
7 – 11 January 2014	Program for prefects (English)
21 – 26 January 2014	Seminar on Fundamentals of Character Formation (Hindi)
11 – 16 February 2014	Maxims of Sahaj Marg as tools for Character formation (English)
11 – 16 March 2014	Seminar on Fundamentals of Character Formation (Telugu)

Above dates are dates of arrival and departure from CREST Kharagpur. Online application form is available at website <http://www.scm.org/sm/CRESTKGPAApplication.do>. Acceptance will be sent on receipt of recommendation from concerned prefect.

Activities at SPURS



(left) Bust of Revered Babuji Maharaj at the SPURS Retreat Center

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/smwww/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 for any questions or information.

SPURS Ranch Retreat Centre hosted twenty-seven abhyasis for the quarter ending June 2013. The theme at SPURS this month was growth and nature, as an irrigation system was set up for the tree saplings that were planted last year, a garden was planted, new potted plants were placed beside Babuji's statue and a new bird feeder was installed.

Here are some comments made by some of the abhyasis reflecting on their experience at SPURS:

- *I feel tremendously relieved of burdens. I'm in a state of happiness that I've never been.*
- *Each day I became simpler and my smile broadened and I felt like a kid.*
- *I'm more aware of the quietness within myself and more able to access that quietness and bring myself back to it.*
- *To sum it up, my condition is more simple and natural.*

Source: Sis. Suzanne Garner

Activities at Pune Retreat Centre



(above) Pune Retreat Center

During the quarter of April to June 2013, more than one hundred abhyasis from all over India and overseas availed the facility of retreat at the Pune retreat centre.

Retreat centres of India (Pune and Malampuzha) set up a booth during the celebration of Babuji Maharaj's 114th birth anniversary celebrations held at Tiruppur. This booth was visited by an estimated 2000 abhyasis. As many as ninety abhyasis registered for retreat on the spot. A video of Master's talks about retreat was played in the booth. Experiences of some retreating abhyasis and facilities at the retreat centers of India could also be seen in the video. Volunteers at the booth responded to various queries in Hindi, English, Tamil, Telugu and Malayalam and also helped visitors to register on the spot for retreats.

Source: Br Prem Apte

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/smwww/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 or smpg@sahajmarg.info

Services of Free Medical Centre at Manapakkam during the period from April 2013 to June 2013

The FMC served 19,349 patients during this quarter. Details of the activities in this period are given below.

Specialty wise	Patients	Panel of Doctors	
Allopathy	16,597	Dr U. Ravindran, Dr Anamay. K. Bidwai, Dr S. Kishore, Dr R. Sulochana, Dr E. Elanchezian, Dr V. Vidyavathi, Dr K. Sudeshana, Dr Komal Gupta, Dr Umakanthan	
Cardiology	87	Dr V. Vanaja	
Dentistry	882	Dr Jagadish Kumar, Dr Komal Gupta	
Dermatology	510	Dr M. Jayaraman	
Endocrinology	44	Dr M. Ravi Kiran	
Gastro-enterology	58	Dr M. Manimaran	
General Surgery	288	Dr Anamay K. Bidwai	
Physiotherapy	946	Sis. P. Kiranmayee	
Homeopathy	1,126	Dr RamSubramaniam Dr Vidhi N. Shah	
Nutrition	78	Sis. G. Srilatha	
Ophthalmology	250	Dr Harshitha Bakshi	
Orthopaedics	54	Dr D. Narendra	
Paediatrics	2,113	Dr Natwar Sharma Dr S. Kishore	
Psychiatry	13	Dr A.P. Mythili	
Pulmonology	0	Dr G. Raja Amarnath	
Urology	12	Dr Sanjay Sharma	
Gynecology	114	Dr Jayanthi Mohan	
Neurology	9	Dr R. Padmini	
Categories	Patients	Categories	Patients
Male	6,370	Abhyasis	5,002
Female	9,040	Others	12,521
Children	2,113	Total	17,523
Other details	Patients		
Services outside regular hours	96		
In patients	183		
Clinical Laboratory investigations	1,290		

Staff	Staff	Volunteers
Dr S. Kishore (Doctor) Dr Anamay K. Bidwai (Doctor) Dr Vidhi N. Shah (Doctor) Dr Komal Gupta (Doctor) S. Meenakshi (Pharmacist) K. Jaya (House-keeping) R. Abinaya (Receptionist) Sis. P. Kiranmayee (Physiotherapist)	A. Radhamani (Nurse) C. Ramya (Nurse) D. Eswaramma (Nurse) N. Mala (Nurse) S. Jayasudha (Nurse) M. Suba (Nurse) S. Selvavani (Nurse) S. Srinivasalu (Lab Technician) T. Sumitha (Lab Technician) K. Kavitha (Lab Technician)	Dr K. Sudeshana Dr Umakanthan Dr V. Vidyavathi Dr R. Sulochana Dr E. Elanchezian Sis. Janaki Sudha

Source: Br. Dr Ravindran Ulaganathan



Activities at Satkhol Medical and Dental Centre

Below is the report of specialist camp conducted by Satkhol Medical and Dental Centre for the quarter April to June 2013.

A specialist camp was held at Satkhol from 5th to 7th April 2013. Some pictures of medical camp can be seen in the left sidebar. Details of cases treated are given below:

Specialty wise		Specialty wise	
Medicine	101	OBG	77
Surgery	64	Dermatology	64
E.N.T	77	Orthopedic	362
Cardiology	76	Physiotherapy	85
Dentistry	246	Paediatrics	103
Dermatology	64	Homeopathy	47
Ophthalmology	167	Ayurvedic	149

Total cases treated	1677
School health program	293
Total	1970

Source: Br. Dr. K. D. Dubey

Sahaj Marg Spirituality Foundation, Inc. Copyright © 2013. 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.