

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

In words of our Rev. 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 ..."

Archives of these newsletters will be available on SMSF website
<http://www.sahajmarg.org/newsletter/smsf-newsletters>

For suggestions on the newsletter, contact
smsf.newsletter@sahajmarg.org

Featured in this issue

CREST: We feature the activities at CREST, Bangalore and the newly announced CREST, Berlin (Germany)

ISTP: We cover the International Scholarship Training Program, 2010-11 held in Chennai

Retreat Centre: We include a report on activities of Pune Retreat Centre.

SPURS: We feature activities at SPURS retreat ranch.

Health: We cover the medical centre activities at Chennai, Satkhol and Pamarru near Vijayawada.



Rev. Master with abhyasis during inauguration of SMSF Meditation Centre in Dubai

Inauguration of Meditation Hall in Dubai by Rev. Master

Nearly 1000 abhyasis gathered in Dubai to celebrate the inauguration of the first SMSF Meditation Centre in the Middle East on 21st January 2011. There were attendees from different corners of the Middle-East region and other parts of the globe to mark this historic event.

After the inauguration, Rev. Master conducted satsangh and released a souvenir package containing a pictorial book and a DVD, documenting his trips and speeches in the region since 1996. This was followed by a speech in which He stressed again and again the importance of shedding the shackles of culture, race and color on our spiritual journey towards human integration.

Source: Sahaj Sandesh No: 2011.03

Rev. Master's talk in Dubai: Excerpts

... this is a brotherhood, and a brotherhood means, irrespective of any external manifestation or beliefs, we are always one because we share the same heart, the same family – of humanity. I don't even like the word abhyasis. Brother and sister! To me all are brothers and sisters...

.. this is not a meditation facility for Dubai; it is a meditation facility! It is like one of those old caravanserais, where any traveller could come and tie up his camel, fill his water pot, eat something and go on. This is the place where you will find rest, where you will find peace, where you can retreat into yourself, and renew yourself and walk out fresh.

Third CREST at Berlin, Europe

About CREST

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 located in Bangalore and Kharagpur near Kolkata. The third CREST is located in Berlin, Europe. For more details, see <http://www.sahajmarg.org/smw/w/crest-overview>

CREST Berlin

It is located in "Berlin-Mitte", in a huge building called "DAZ" which was formerly a factory but completely renovated and restructured after the fall of the Berlin Wall in 1989. It is placed at a point where east and west meet, not far from the site of the former Berlin Wall.

Facilities include meditation hall for 300 people, kitchen, library, dining area, children's room/seminar room, cloak room and Master's apartment. The library offers a large selection of spiritual books which can be read on the premises.

Contact:

Ashram Manager: Bianca Koch
Tel.: 0049-30-42089575, 0049-177-3442054

Email:

biancarinakoch@yahoo.com
crest.berlin@sahajmarg.org for information on CREST Sessions



(above) Rev. Master at CREST, Berlin Ashram in December 2007

On December 16, 2010, Revered Master announced during a Board of Directors meeting of SMSF, Switzerland that we will have a third CREST in this world, which will be located at Berlin Ashram in Europe. In the following days, he has given some indications and guidance.

The first CREST- seminar for about 50 young abhyasis (18+) from all Europe including CIS will work on the topic: "WHO OR WHAT ARE HUMANS". It will

be organized from 21 to 27 April 2011, just before Babuji's Birthday Celebrations in Vrads Sande Ashram.

The seminar is meant to be a journey of 5 days for younger people and should somehow allow a participant to experiment and learn to navigate through today's times. A second CREST seminar will be organized in Oct 2011.

Source: Br. Christian Macketanz



(above) Abhyasis watching "He, Hookah and I" video at Berlin Ashram

Programs at CREST Bangalore



(above) ATP Level 1 training session

ATP Level - 1 Training for ATP Coordinators

The first “ATP Level -1” training for ATP Coordinators was held at CREST, Bangalore from 21 to 26 December, 2010. 18 ATP Coordinators from different zones across India attended. This was the first “ATP Level - 1” training after a new “ATP Level - 1” was put together at CREST, Bangalore.

ATP coordinators attend “Sadhana Program for Abhyasis” along with other delegates of the program. Apart from other classroom sessions, two sessions are held exclusively for the ATP

Coordinators wherein they are trained on the “ATP Level -1” content. After attending the Sadhana Program, the ATP Coordinators become eligible to hold the “ATP Level - 1” training in their respective centers and zones.

The ATP Level -1 content consists of about 50 slides which can be covered in about 2-3 hours typically after Sunday morning Satsangh. The content covers basics of daily Sadhana like Meditation, Cleaning and Prayer. It also covers Constant Remembrance, Diary writing, Satsangh, Individual sittings and Bhandara. It ends with a snippet of



(above) ATP group discussions



(above) An ATP Classroom session



(above) An ATP classroom session

Rev.Master's speech wherein He says that for a new abhyasi everything depends on his/her daily practice.

Through the practice, an abhyasi sees that he/she has progressed and is more balanced than ever before. Then gratitude towards the Master begins to develop leading to obedience to Master. "ATP Level - 1" is particularly designed for abhyasis who have been practicing for 2 years or less. All willing abhyasis can participate in ATP Level - 1 training. 35 delegates participated in this "Sadhana Program for Abhyasis".

Prefects' Training Program

The first Prefects Training Program at CREST, Bangalore was held from 12 to 17 October, 2010. There were about 30 prefects from all over India participating in the training program. The program followed a strict daily schedule from morning 4:45 AM to night 10 PM.

Classroom sessions were on Sahaj Marg Philosophy, Sahaj Marg Sadhana [Capsule], Personal Excellence, System of Spiritual Training under Sahaj Marg, Prefect in the role of an Administrator, Effective Communication. Typically



(above) Prefects' Training at CREST Bangalore



(above) Prefects attending training at CREST Bangalore

morning classroom sessions were followed by discussions in the afternoon on the same subject in the presence of panel experts. This enabled delegates to express their doubts and seek clarifications. Faculty chosen for the training program included abhyasis and prefects who have been practising for a long time and functionaries of the mission who have had the opportunity to personally interact with Rev. Master.

There were 2 sessions on "Computer Communication: Fundamentals", the first one a theory and the second one a lab session. In the lab session, the

delegates worked on laptops to learn basics of computer operation and Email communication.

Delegates opened up very well and all sessions were very interactive. All delegates felt the need of training, many of them expressed that it is good to sit in a training room once in a while. All of them felt that the program was a learning experience and rejuvenating. The next Prefect Training Program is scheduled from 10 to 15 May, 2011.

Source: Br. Parthasarathi Patel

International Scholarship Training Program (ISTP), 2010-11

(above) Countries participating in ISTP 2010-11

About ISTP

The objectives of ISTP are to impart a correct and deep understanding of the practice of Sahaj Marg and live the practice in a divine atmosphere conducive to spiritual advancement; to integrate the principles of Sahaj Marg in our daily lives; get a good knowledge about the Mission's structure worldwide; learn to pass on the message of Sahaj Marg; live the inner connection with the Master and meet Rev. Master personally

It has been the constant concern of our Beloved Master to spread the message of his Master Babuji Maharaj and help true seekers of spirituality from all countries, cultural and religious background on their spiritual journey. In his concern for all, Rev. Master made it possible for dedicated abhyasis who belong to countries where Sahaj Marg is developing and do not have the financial support to travel, to come and spend 4 weeks under his love and care.

What a sight to see young people from twenty one different countries from all over the world spending four weeks in harmony, in an atmosphere of brotherhood that none could have guessed they would experience! This is the incredible result of the International Scholarship Training Programme that happens December to January every year.

This year, 30 abhyasis were selected from 21 countries. The coordinators preparing this programme were thrilled to see new countries participating like Peru, Nicaragua, Estonia, South Korea and Vietnam. Rev. Master invited the group to his cottage on the opening day and conducted the first satsangh after which he addressed the group. It was amazing to feel that all had already happened on that first meeting and that the programme was the time we needed to unfold what he had transmitted to us and to start absorbing it.

The group moved to Natrampalli ashram on the second day, spent 10 days of learning, meditating and introspection in an atmosphere of retreat. We were

called back to Manapakkam earlier than planned to participate in the year-end festive atmosphere, with the large Sahaj Marg family gathered around our Master. The programme was intense as always. Our hearts were constantly full and we always felt His presence and His care.

With each passing year, we see the level of the candidates of the ISTP evolving, getting lighter and stronger too in their journey. Master said all this is possible because of the work that the scholars do back home. This is the real miracle of our Master; transforming each one of us into a 'torch bearer' of Sahaj Marg.

On this 10th International Scholarship Training Programme, we remember with a lot of joy in the heart, our brothers and sister from all over the world who, by their participation in the programme and their enthusiasm following it, have helped all of us to grow and our Beloved Master's grace to cross frontiers and light the world.

Source: Sis. Dolly Nicolai

Activities of Pune Retreat Centre

Applying for Retreats

Abhyasis who wish to apply for retreats either at the **Malampuzha** or **Panshet** centres may find more information about these facilities and the retreat program at: <http://www.sahajmarg.org/smwv/retreat-center-overview>

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



(above) Work of beautification of garden has started in Pune Retreat Center

SMSF Retreat Centre Pune hosted 50 abhyasis for the quarter ending December 2010. The gist of feelings expressed by the retreaters is as under:

- *[I] have no words to express my gratitude*
- *The nature around healed me, which no doctor, no medicine could do so far*
- *The Ashram and surroundings are much more beautiful than we heard*
- *Really wonderful to be here*
- *Rev. Master has said that Retreats*

are not meant for holidays, nor escape from life, but escape in to your SELF where lies the Manasa Sarovar, the lake into which you have a dip and come out clean, fresh and bright. We had a glimpse of it

ONE CAN EXPERIENCE ALL PERVADING DIVINE ATMOSPHERE, HEAVEN ON THE EARTH THROUGH AND THROUGH.

Source: Br. K. T. Manjunath



(above) Scenic views from Pune Retreat Center



Activities at SPURS



(above) Road that leads to SPURS under repair

We invite all abhyasis to consider a stay at SPURS, keeping in mind that one must have been practicing for a minimum of two years. The length of stay can be for a minimum of three days or any number of days up to thirty. Brothers retreat on odd-numbered months, while sisters retreat on even-numbered months.

Please be in touch if you'd like to talk with us about a retreat at SPURS. You may email us at stoner.t@gmail.com or call 512-3301-2104. Information on SPURS is available at: <http://www.sahajmarg.org/smw/s/purs-texas-usa>.

Over the past months, the private road that leads to SPURS has been in the process of repair. Work has been done by local abhyasis and by hired outside help. The thought occurred to me that just as a solid road bed is necessary for travel to SPURS, so too our abhyas is a foundational path that we must continue to renew through utilization. Truly it is a path leading us to the Goal that we seek. Our beloved Master continually reaffirms the importance of our doing the practice. Again and again we see in *Spiders Web* how he urges abhyasis to do their practice regularly as a way of bringing balance to their lives.

Abhyasis have frequently told us how their retreat at SPURS has allowed them to view the practice in a deeper way, to know with their hearts how foundational the practice truly is. It is borne out by comments such as the following:

- *"The retreat really deepened my understanding of my sadhana."*
- *"I came to understand something new and important about cleaning."*
- *"I feel a commitment to the practice that I didn't have before."*
- *"I found that all elements of the practice matter. They complement each other and work together, including the nine o'clock prayer."*
- *"Doing the practice is now less mechanical for me, and now I'm doing it*

for the Goal."

- *"Master's Grace is present and you focus on your sadhana and are not distracted by outward goings-on that you think will fulfill you."*
- *"The way I do my practice definitely changed. I have been totally focused on myself here and the capacity to meditate more times daily has increased without any effort."*
- *"You can sit for meditation anytime here—it is not like being in the world, when I sit to meditate my eyes automatically close & I am soon gone."*
- *"No distractions here, so I could do my practice regularly. I can feel the difference inside me. The silence here was especially important for me during the last day and a half. I want to take this environment back home with me."*

Coming to appreciate more deeply the importance of our abhyas, to be inspired to be regular in practice, to allow it to become an experience filled with joy—these are some of the benefits that brothers and sisters have found while in retreat. We tell abhyasis who come to the retreat center that unlike a gathering, there is no planned program. The "program" here at SPURS is one's practice and what a unique opportunity it is that our Master has provided to practice and become.

Source: Br. Thomas Stoner



(above) Hillside in April at SPURS



(above) Hillside in December at SPURS

Medical Centre News

Services of Free Medical Centre at Manappakkam

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 Madurai and 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 Centers. 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.

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

Free Medical Centre at Manapakkam has served a total of 12,304 patients for the quarter Oct to Dec 2010. Spirometry camps were conducted (courtesy Lupin Laboratories) and 29 patients benefited. FMC has served 255 patients outside regular hours during this quarter. Following are the details of the medical activities conducted by Free Medical Centre, Manapakkam in this period.

Department	Patients	Panel of Doctors
General medicine	11,110	Dr. U. Ravindran, Dr. R. Sulochana Dr. K. Sudheshna, Dr. E. Ellanchezian Dr. S. Kishore
Cardiology	60	Dr V. Vanaja
Dentistry	252	Dr. Swati N. Bhagat Dr. Jagadish Kumar Dr. Komal Gupta
Dermatology	41	Dr. M. Jayaraman
Gastro-enterology	54	Dr. Manimaran
Gynaecology	5	Dr. Jayanthi Mohan
Homeopathy	607	Dr. S. K. Ram Subramaniam Dr. N. Padma Suganya
Ayurveda	587	Dr. Henoc Marceau
Ophthalmology	83	Dr. Harshitha Bakshi
Orthopaedics	24	Dr. D. Narendra
Paediatrics	1,525	Dr. Natwar Sharma Dr. S. Kishore
Physiotherapy	12	Sr. Priya
Psychiatry	25	Dr. A.P. Mythili
Pulmonology	33	Dr. G. Raja Amarnath
Urology	19	Dr. Sanjay Sharma
Endocrinology	47	Dr. Ravi Kiran
Spirometry	29	
Neurology	1	Dr. R. Padmini

Staff	Staff	Volunteers
Dr. S. Kishore (Doctor) S. Meenakshi (Pharmacist) M. Kamakshi (House-keeping) P. Gomathi (Receptionist)	A. Radhamani, R. Chitra, S. Soundarya, V.Dheivayanai, C.Ramya, P.Kausalya, R.Karthika (Nurses)	M.Jayanthi A.Radhakrishnan

Source: Br. Dr. Ravindran Ulaganathan

Medical Camp conducted at Pamarru (near Vijayawada)

By the grace of our Beloved Master, a medical camp at Pamarru was conducted under auspices of SMSF Free Medical Centre, Vijayawada on Sunday, 12 December 2010. 20 Doctors of various specialties not only offered their services but also brought their technicians and paramedical staff and equipment. Medicines to cater to about 1000 people were procured and kept ready at the camp. Publicity regarding the camp was made in about 20 villages through pamphlets, print media and local TV channels. The venue selected was a marriage hall huge enough for a camp of this size. Volunteer teams were briefed in advance on their respective duties. Separate doctor cabins were arranged and equipped to suit the different specialties.

The camp was inaugurated by Chairman of the milk dairy cooperative society who generously provided us the venue for the camp at 9.00 am. Patients started arriving from 9.00 am and continued till 3.00 pm. About 700 patients received free medical consultation and free medicines. Patients went home fully satisfied. Print and electronic media covered the event widely. They have expressed that this has been the best Medical camp conducted at Pamarru and have appreciated the care and affection rendered in treatment of the patients.

(Clockwise from below)

- Doctor cabins before the camp
- Consultations in progress
- Free medicine distribution
- Registration

The hard and dedicated work put in by volunteer teams from Vijayawada and local Pamarru centre as well as the Doctors contributed to success of this camp. Abhyasis felt the presence of our Divine Master and His grace pouring through. The Doctors who served in the camp are listed in following page.



Doctors at Pamarru Medical Camp	Specialization	Patients
Dr. Ch. Mallikarjuna Rao, M.D.	Paediatrics	42
Dr. P. Sivaiah, M.S.	Orthopaedics	87
Dr. B. V. Appa Rao, M.S.	General Medicine	34
Dr. G.V. Rama Krishna, M.D.	Cardiology	17
Smt. Dr. Durga Devi, M.D, D.G.O.	Gynaecology	28
Dr. Palaniappan, M.B.B.S, D.T.D.C.	Chest	42
Dr. Vijaya Chandra, M.D.	General Medicine	33
Dr. R. Sravan Kumar, B.D.S.	Dentistry	26
Dr. Ravindra, M.B.B.S, D.D.V.L.	Dermatology	28
Smt. Dr. Vijaya Lakshmi, M.B.B.S.	General Medicine	37
Dr. Manohar, M.S.	Ophthalmology	48
Dr. T. Prabhakar, M.B.B.S.	General Medicine	38
Dr. B. Ramesh Babu, B.A.M.S(FISA)	General Medicine	38
Dr. B. Venkata Ramana, B.A.M.S.	General Medicine	37
Smt. Dr. R. Visalakshi, B.A.M.S.	General Medicine	38
Dr. Ramesh Kumar	Homeopathy	12
Dr. Sreeram Murthy	Homeopathy	11
Dr. Sandhya, B.A.M.S.	General Medicine	39
Dr. Bhargavi, B.A.M.S.	General Medicine	33
Dr. K. Bhavani, B.A.M.S.	General Medicine	38
Total		706

Source: Br.K.V.Subba Rao

Satkhol Medical and Dental Activities

The number of patients treated at Satkhol for the period Oct-Dec 2010 is below:

Medical Panel during 2010	Specialty	Oct	Nov	Dec
Dr.C.K.Prasannakumar, MD Dr.Parhar, MD [Homoeo] Dr.Rajesh Barde, MD [Homoeo] Dr.Gopal Aironi, Homoeopathy Dr.Judith Dalmius, Homoeopathy Dr.Tomar, MBBS, Dr.A.Prabhakar, MBBS; DTCD Dr.Saritha Rani, MBBS Dr.A.Ravindrakumar. MBBS; DVD Dr.C.P.Sharma, BAMS; DPT Dr.P.Prakash, MD [Paediatric] Dr.Sudhanshu Nigam, MD Dr.S.J.Singh, MBBS Dr.Reddy Prasad, MBBS Dr.Vikas Sexena,MBBS, MD Dr.Anoop Verma, MS; ENT Dr.N.Hanumantha Rao, MBBS Dr.B.Ramesh Babu, BAMS; FISCA Dr.Mansha Singh,MD Gynaecology	Medicine	142	178	170
	Surgery	53	70	81
	Gynaecology	7	6	7
	Cardiology	2	7	2
	Dentistry	103	55	93
	Dermatology	52	40	46
	Gastro-enterology	48	43	42
	Homoeopathy	0	0	0
	Ophthalmology	17	9	19
	Pulmonology	31	22	20
	Urology	2	1	1
	Orthopaedics	30	27	30
	ENT	69	64	59
	Dental cases	89	40	82
	Number of Outpatients			
	Male	232	182	236
	Female	125	127	144
	Children	110	113	108
	Number of Abhyasis	64	26	36
	Others	403	396	452
Total		467	422	488

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

Sahaj Marg Spirituality Foundation, Inc. Copyright © 2011. 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