

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 and CREST, Berlin.

Retreat Centre: We include reports on activities at the Retreat Centres at Pune and Kharagpur, as well as SPURS Retreat ranch, USA.

Health: We cover medical centre activities at Chennai.



(above) Revered Master at Manapakkam, Chennai during Diwali

Programmes at CREST, Bangalore

The following programmes were conducted at CREST, Bangalore during this quarter.

CREST Academic Team Meeting: 13 July 2014

CREST Academic team discussed various aspects of research programmes that can be held at CREST. The team also discussed the creation of a programme on 'Awareness of Spirituality' for students of the University of Mysore.

Library Immersion Programme: 8–10 August 2014

Thirty-nine delegates participated in this programme. The topic was 'Aude Sapere' (Dare to Think). The participants were divided into five groups. Each group was given a sub-topic and asked to present a skit on the second day of the programme followed by an article on the third day. Following were the sub-topics: Prayer, Heart, Creation, Balance and Progress.

Orientation Programme for Research Aspirants: 18–23 August 2014

This is a programme for research scholars and supervisors. This programme is mandatory for those intending to take up research work in CREST under SMSF. Twenty research aspirants participated in this programme. Sessions were conducted on topics below:

- *System of Sahaj Marg:* Br Mohandas Hegde and Br A. Perumal
- *Self-Assessment:* Br N.S. Nagaraja
- *Revered Babuji Maharaj's Philosophy:* Br. Balasubramanian
- *Revered Lalaji Maharaj's Teachings:* Br Ram Sastry
- *Guru-Disciple Relationship:* Br V.K. Somakumar, Br Dr. Krishnamurthy
- *Growth and Development of Sahaj Marg since Lalaji Maharaj's time:* Br A.P. Durai
- *University of Mysore Procedures:* Sis. Tulasimala
- *Approach to Research:* Sis. Sarala Upadhyaya



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

Chapter Seminar on 'Refining the Self': 9–13 September 2014

Thirty-two participants attended this programme, facilitated and coordinated by Br Amir Imani. Participants were divided into three groups, 'Media; Writing and Art', 'Research' and 'Seminars and Workshops.' These teams came up with the basic modules in each of these areas for the topic 'Refining the Self.'

Volunteers Orientation Workshop: 20–21 September 2014

This programme was held as part of the CREST Adoption Programme under which a small centre of the Mission is adopted, to help with the overall development of the abhyasis there. Ten volunteers

from the selected village participated in this workshop which focused on the qualities of volunteers, work plan at the centre and also new programmes that could be conducted at the centre. At the end of the workshop, the volunteers were divided into various teams to plan and perform their activities.

Chapter Seminar on 'Embracing Life': 30 September – 4 October 2014

Thirty-five delegates attended this programme facilitated by Br Dan Hansen and Br Madhav Bomma. Participants were divided into two groups: The Seminar and Workshop team and The Media and Art team. On the last day both the teams presented their proceedings and outcome.

Source: Br. Mohandas Hegde



(above) Participants of the Chapter Seminar on the topic 'Embracing Life' held from 30th September to 4th October 2014



(above) Participants of the Chapter Seminar on the topic 'Refining the Self' held during September 2014 at CREST Bangalore



(above) Participants of the Volunteers Orientation Workshop held in September 2014



(above) Participants of the orientation program for research aspirants held during August 2014

Activities at CREST, Berlin

During this quarter, an event on the topic 'A Way to Bring Change; Take Heart, be Heart!' was conducted from 19th to 21st September. Twenty-two people including abhyasis and their friends from Germany, France, Switzerland, Rumania and Russia participated in the programme. Discussions and talks on the following topics were conducted during this programme:

From Multiple Choice to Choicelessness: Sister Steffi Sylla spoke on this topic and related a story from her life. Group talks on '*making a choice*' followed and sister Sylla continued with a talk about 'The Heart's Call'. After dinner brother Gabriele Fonseca spoke on the same topic.

Detachment from results – Commitment to the moment: Sister Verena talked about ways to reduce the intensity of a problem. She said that it is seen either as a problem or as a challenge and then can be overcome. After lunch, sister Sushi talked about stress and solutions to overcome it.

A Peaceful Heart for a Peaceful World: Brother Tim Rom spoke about peace in the world and peace in our life. Participants were asked to think about some questions related to the topic. This was followed by discussions and exchange. At the end, participants were asked to meditate and introspect about peace in our world.

Source: Br. Christian Macketzanz



(above) Participants of the program held at CREST, Berlin

Activities at SPURS



(above) Volunteers for the Regional Workday on 27th September 2014

On 27th September 2014, a Regional Workday was held at the SPURS ranch retreat centre. Around thirty volunteers from all over Texas, arrived to take care of maintenance and improvement tasks. Some big tasks like planting trees, planting agave, sawing fallen trees, cleaning rain gutters, raking leaves and fallen branches, cleaning the tool shed and the storage rooms near the peacock shed, cleaning the wooden bridge, mowing and pruning and several other activities were taken up.

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

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 for any questions or information.

Activities at Pune Retreat Centre



(left) A scenic view of sunset from the Pune retreat centre

About one hundred abhyasis stayed at the Pune retreat centre during July to September 2014. Pune retreat centre is now available for stay throughout the year without any break. During the months of November to December, the weather is expected to be cold and abhyasis are requested to come with warm clothing. Abhyasis are requested to book early as this period is a busy one for the retreat 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 sit-out of Master's cottage, are some of the places where abhyasis can spend their time in introspection.

Source: Brother Prem Apte

Activities at Kharagpur Retreat Centre

The third retreat centre in India at Kharagpur has started functioning from 15th August 2014. This retreat centre has been created to primarily serve the needs of abhyasis from the northern and eastern parts of the country. During the period until 30th September, eight abhyasis availed of the retreat facility.

The Retreat Centre provided them the necessary seclusion and silence to discover the essence of Sahaj Marg in the core of their hearts. The environment was conducive for them to retreat into themselves, introspect and brood over their condition. It was evident from their faces on the day of departure that they were spiritually fresh and rejuvenated.

Source: Br. U. P. Dhawan

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 or smpg@sahajmarg.info

Services of Free Medical Centre at Manapakkam during the period from July 2014 to September 2014

The FMC served 25,559 patients during this quarter. Details of the activities in this period are given below.

Specialty wise	Patients	Panel of Doctors	
Allopathy	23,072	Dr U. Ravindran, Dr Anamay K. Bidwai, Dr S. Kishore, Dr R. Sulochana, Dr V. Vidyavathi, Dr. JegdishKumar, Dr. Swati Raju, Mr. Jibu George Varghese, Dr. Elanchezian, Dr. R. Sudharani, Dr Jaya Prasanthi, Dr Vikram Srivatsava, Dr N. Parkavi	
Cardiology	118	Dr V. Vanaja	
Dentistry	1,273	Dr Jagadish Kumar, Dr Komal Gupta, Dr Vikram Shrivatsava Dr N. Parkavi	
Dermatology	693	Dr M. Jayaraman	
Endocrinology	42	Dr M. Ravi Kiran	
Gastro-enterology	97	Dr M. Manimaran	
General Surgery	243	Dr Anamay K. Bidwai	
Physiotherapy	805	Sister P. Kiranmayee	
Homeopathy	1,458	Dr Ram Subramaniam Dr Vidhi N. Shah	
Nutrition	21	Sister G. Srilatha	
Ophthalmology	197	Dr Harshitha Bakshi	
Orthopedics	66	Dr D. Narendra	
Optometry	113	Mr. Arun Prasath	
Paediatrics	3,057	Dr Natwar Sharma Dr S. Kishore	
Psychiatry	8	Dr A.P. Mythili	
Pulmonology	5	Dr G. Raja Amarnath	
Urology	31	Dr Sanjay Sharma	
Gynecology	12	Dr Jayanthi Mohan	
Neurology	0	Dr R. Padmini	
Spirometry	12	Courtesy Lupin Laboratories	
Ayurveda	399	Dr C. Jayasree	
Categories	Patients	Categories	Patients
Male	9,434	Abhyasis	7,050
Female	13,068	Others	18,509
Children	3,057	Total	25,559
Other details	Patients		
Services outside regular hours	221		
In patients	144		
Clinical Laboratory investigations	1,465		
Staff	Staff	Volunteers	
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. Sathya (Nurse and Assistant Pharmacist) P. S. Soniya (Nurse) R. Manikodi (Nurse) V. Buvaneswari (Nurse) P. Nandhini (Nurse)	Dr. U. Ravindran Dr. R. Sulochana Dr. R. Sudharani Dr M. Umakanthan Sister Janaki Sudha	

Source: Br. Dr Ravindran Ulaganathan

Free Medical Camps at Tiruvallur during the period from July 2014 to September 2014

SMSF has purchased land near Thiruvallur about forty kilometers from Chennai. Revered Master has announced that a Free Medical Centre would come up here. As a beginning in that direction, he has instructed that Free Medical Camps should be conducted here on the last Sunday of every month till the construction of the centre is completed. During the last quarter, two camps were conducted in July and August 2014, details of which are provided below.

Date	Patients	Volunteers	Consultants
27 July 2014	602	15	11
31 August 2014	512	15	13

Source: Br. Dr Ravindran Ulaganathan



(above) Br. Kamlesh Patel laying foundation stone for the Free Medical center on 5th February 2014



(above and below) Pictures from medical camps held at Tiruvallur

