

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 Berlin, Kharagpur and Bangalore.

**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 with Alumni of Omega School on 1 June 2012

## Programs at CREST Bangalore

Dr. Seetha Kunchithapadam joined CREST Bangalore as Director with effect from 1 May 2012.

During the months of May and June, eight programs were conducted and 290 abhyasis participated. Two Sadhana Programs for Youth, one for abhyasis, one for teachers and one for prefects were held during May and June. Three new programs were held - one for kitchen volunteers (thirty participants), one for facilitators (thirty-six participants) and one for teenagers (thirteen participants).

The program for kitchen volunteers consisted of a lecture on Sahaj Marg Philosophy followed by discussions.

The program for facilitators was organized by Br. Santosh Sreenivasan and his team on the topic 'Service.'

The third program was for children of abhyasis and abhyasis who had completed classes eleven or twelve. It was a two day program. Participants were given a bird's eye view of Sahaj Marg sadhana. Quiz, games, discussions and presentations were arranged. The other topics dealt with were 'Time Management', 'What is Success', 'Service' and 'How our Master served his Master'. The presentation had pictures of Revered

Master from his childhood to the present day.

All programs started at 4.15 a.m. with individual meditation followed by physical exercises including walking. Satsangh was held at 7.30 a.m. every day. Classes began with a prayer to Master and one message each in the forenoon as well as in the afternoon from 'Whispers from The Brighter World.'

All participants were asked to spend an hour or more in the library, select one chapter in any book, read it and submit a one page summary by the end of the program. This generated interest in the abhyasis to read Mission literature as well as other books in the library. A talk on 'Importance of reading Mission literature' has been included in every program.

The evening program consisted of *shram daan* by participants for an hour, individual cleaning and golden silence. After dinner, DVDs of Revered Master's talks were played. All participants were soaking in His glory by the time the program came to an end. The participants made a resolution that they will continue to practice all that was taught in the training programs.

Source: Dr. Seetha Kunchithapadam

The schedule of training programs is available on the CREST, Bangalore web page:

<http://www.sahajmarg.org/smww/crest-bangalore>

- Sadhana Program for abhyasis: 28 Aug–2 Sep, 2–7 Oct, 20–25 Nov
- Sadhana Program for youth: 14–19 Aug, 4–9 Dec
- Sadhana Program for prefects: 18–23 Sep, 6–11 Nov
- Sadhana Program for teachers: 16–21 Oct, 25–30 Dec

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

Abhyasis who are interested in making use of the CREST library are welcome to CREST. Minimum period of stay at CREST would be two months, at the end of which they will have to submit a monograph on a chosen subject.

Interested abhyasis should write to the email address [crest.bangalore@sahajmarg.org](mailto:crest.bangalore@sahajmarg.org) with their application.



(above) Abhyasis reading Mission literature



(above) Shram daan by abhyasis



(above) Participants of two day Sadhana program for children of abhyasis who had completed 11<sup>th</sup> and 12<sup>th</sup> standard

## Upcoming program at CREST, Berlin

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>

CREST Berlin will host a seminar on the topic "Love, The Grihastha-Adventure", from 13 September 2012 to 19 September 2012.

In five days, the participants of the program will dive into a spiritual vision of a life - here and now, under today's oppressive conditions.

- How to keep the flags of integrity, truthfulness, compassion and love for all humanity flying?
- How to live such values?

The discussion will be around the following sub-topics:

- Man meets Woman: a Spiritual Perspective
- What is a Successful Life: Work-Family-Spirituality
- Trust and Respect: The need to work on ourselves
- The Journey: Youth, Parenthood, Wrinkles: Our evolving Roles

For further information please contact [crestdirector.berlin@sahajmarg.org](mailto:crestdirector.berlin@sahajmarg.org)

Source: Br. Christian Macketanz

## Programs at CREST Kharagpur



CREST Kharagpur has been established with a firm focus on issues dealing with Character Formation. The seminars here are structured so that candidates will get the chance to reflect on their priorities and set specific goals and plans to achieve these goals once they return to their homes.

More details are available on our Mission's website at:

<http://www.srcm.org/sm/CRESTKGPApplication.do>

(above) A group photograph of the participants of seminar held during 3-8 April 2012

The second quarter of the year 2012 saw six seminars on Basics of Character Formation at CREST Kharagpur.

### (I) Basics of Character Formation (English): 3 – 8 April 2012

Twenty-seven abhyasis participated in this seminar. Following topics were conducted.

**Day 1 - Potency of a seed:** Sis. Radha Saxena spoke about the unfathomable possibilities contained in a seed. The seed needs constant love and care to germinate. Yet one does not know when it will germinate, necessitating patience.

**Day 2 – Simplicity and contentment:** Br. Sharad Jhavar took participants through Maxim 4 and stressed on the urgency to lead a simple and contented life, possible only by leading the Sahaj Marg way of life.

**Day 3 - Character is pure Love:** Br. Prabhakar Das quoted talks by Revered Master on the need for an abhyasi to develop character. He pointed out that without love, it is not possible to develop character. Only by developing love for the Master, we can grow in our spiritual life to become a noble human being.

**Day 4 – Master – the only friend:** Br. Misal Mehta, guest faculty, started with the meaning of the term 'friend'

and the need to have a friend. Selfless in her love, the mother is the closest to one's true friend. Master is the only friend who knows our goal and the right path to follow to get there, and who is ever ready to even sacrifice his life for us. Physical nearness, visits to Master and writing letters to the Master are alone not enough to lead us to the goal. One has to internalise him and allow him to guide us from there; only then can He be our true friend.

The seminar concluded on day 5 with a plenary session.

### (II) Basics of Character Formation: 8 – 13 May 2012

Twenty-three abhyasis participated in this seminar which was conducted in a unique format. Every day there were two sessions. The first consisted of an interactive talk with abhyasis. After the talk, two questions related to the topic were given for discussion in a small group. This was followed by a plenary session where abhyasis shared their experiences.

**Day 1 – Throwing off the shackles:** The speaker, Br. M V S Rohila, spoke about various shackles that hold us back from moving ahead, such as bondages of the past, biological bondages, professional bondages, traditional bondages, religious bondages, astrological bondages,

#### Calendar, CREST Kharagpur: August-December 2012

7-12 Aug: Roots of Character Formation (English)

15-20 Aug: Roots of Character Formation (Bengali)

4-9 Sep: Roots of Character Formation (Hindi)

25-30 Sep: Roots of Character Formation (Hindi) for functionaries, that is, Prefects, Ashram Managers, CsIC, ZsIC

9-14 Oct: Fundamentals of Character Formation (Telugu)

26-31 Oct: Roots of Character Formation (English)

20-25 Nov: Fundamentals of Character Formation for youth (English)

4-9 Dec: Roots of Character Formation (Tamil)

18-23 Dec: Fundamentals of Character Formation (Hindi)



(left) A group photograph of the participants of seminar held during 8 - 13 May 2012

superstitious bondages, cultural bondages and historical bondages. We are conscious of some but not aware of others that exist in us. He quoted Revered Master that "Tradition is for those who have no Guru. For one who has a Guru, the Guru is the tradition." He ended with the quote, "You must be living statues of those great persons, not in form, but in content."

**Day 2 – Balanced life:** Br. N V Krishna Rao began his presentation by requesting the participants to gaze at the divine picture of Revered Master for a few moments. He recited a shloka by Adi Sankara that means: "*There are three things which are very rare indeed and are received only with the grace of God. They are a human birth, the longing for liberation and to come to the holy feet of a perfect saint.*" One has a need for something to pursue, this being the first step of commitment. He spoke on the following:

- Appreciating the need for a Balanced Life
- Balanced life according to our Masters – the Genesis
- Challenges for a balanced life
- Sahaj Marg sadhana and balance
- Character and balance
- Simplicity and balance
- Balance, the ultimate goal of human life
- Master – as the only Inspiration of balance

The living Master in front of us is the inspiration for what a human being can ultimately become.

### Day 3 – Character protects life

Br. Lt. Col. L. M. Kayasth started with definition of character and went on to explain ethics and morality. He referred to Masters' quote: "*Love Him who Loves all and Love all whom He loves.*" Here 'all' means everything animate and inanimate, and not just human beings alone. He explained how character protects one's life with the stories of Angulimala and Buddha.

**Day 4 – Proper use of prayer:** Br. Rajat Dave related the four topics of the seminar with the Mission prayer.

- *Master! Thou Art the Real Goal of Human Life* – Throwing off shackles
- *We are Yet But Slaves of Our Wishes, Putting Bar to Our Advancement* - Balanced Life

- *Thou Art the Only God and Power* – Character protects life
- *To Bring us up to that Stage* - Proper use of Prayer

He explained the proper use of prayer quoting the Masters on how to pray, how prayer is not an activity but an attitude, how one should pray for others, how exactly to pray, how prayer assists us, how prayer connects one to the Source, how many times our Mission prayer should be recited in a day and the importance of 9 p.m. prayer. He also explained why our Mission prayer is addressed to Master and not God.

The seminar concluded on day 5 with a plenary session which included a presentation on the Ten Maxims.

### (III) Youth Seminar: 26 – 31 May 2012

This seminar was attended by thirty eight abhyasis.

**Day 1 – Informal session:** This had a DVD show titled 'Heaven' by Revered Master, followed by two games conducted by Br. Rishi Ranjan to develop teamwork.

**Day 2, Session 1 – Work and its rewards:** Br. Misal Mehta narrated the story of squirrels and Lord Rama. He highlighted the following in his talk:

- Work is fabric of every being
- Results of work, rewards of work and the explanation in Bhagavad Gita
- Dependency on inner gains from work rather than appreciation by others
- Every work is spiritual and has to be done as His work
- You have to do what you have to do
- Expectations from work done is harmful and bars progress
- Do your best; leave result and reward to Him
- While doing work, be as invisible as possible

He ended his talk with a snippet from Khalil Gibran. "*Work in his remembrance; work out of love and to work in faith in his obedience to his wishes.*"

**Day 2, Session 2 – Faith and obedience:** Br Sanjay Bhatia shared his experiences related to the topic and later shifted to talk on human evolution and reality. In his talk, he spoke about the following:



(above) A group photograph of the participants of the youth seminar held during 26-31 May 2012

### Poem on Ten Maxims

*I have a purpose today;  
To start my day with a song in my heart,  
To undo everything to know who I really am,  
To pray with devotion to attract His attention,  
To work ceaselessly to reach the Goal,  
To be simple in Nature's eyes,  
To be outside what I feel inside,  
To rise after every fall,  
To love everyone to bring them together,  
To live well because life is a Gift,  
To run eternally so I reach Home on time,  
To follow the path as directed,  
This is My purpose,  
For it is the purpose of My Lord.*

Sis Shreya Harshey, Participant – Youth Seminar

- Need to change our belief system
- Triangle of Karma, Gyan and Bhakti
- Barometer of Love
- Reality is an Invertendo
- Thought vibrations reach before the action

**Day 2, Session 3 – Reflect and share:** Sis. Susheela Nair organized a game on this theme. Chits displaying different themes from Sahaj Marg were given and each group had to voice their meaning of the theme. She then displayed Daily Reflections containing the same themes as on the chit and depicted Revered Master's teachings on the theme.

**Day 3, Session 1 – Ego and Love:** The session by Sis. Snehal Deshpande highlighted how in our interaction with Revered Master, we try to satisfy our ego and as the end result we do not gain actually what Revered Master wants to give us.

**Day 3, Session 2 – Ten Maxims, Part 1:** Br. Rishi Ranjan brought out the role of Ten Maxims in character formation and spiritual evolution. Ten Maxims as the base of balanced existence and character formation was demonstrated. Maxims 1, 2 and 3 which are related with Sadhana were discussed with reasons given as per Babuji's Commentary on the ten maxims. How Maxim 1 prepares us to get maximum benefit of meditation, Maxim 2 establishes connecting link and Maxim 3 develops craving in the abhyasi were discussed.

**Day 3, Session 3 – Life and time management:** Br. Sanjay Panigrahi approached this session from management perspective with concepts such as 'The Clock and Moral Compass', 'Circle of Influence and Concern' and Division of priorities into four quadrants based on urgency and importance.

**Day 4, Session 1 – Ten Maxims, Part 2:** Br. Rishi Ranjan discussed in detail the Maxims 4 to 10 - how Maxim 4 prepares us to reverse downward tendencies,

Maxim 5 develops devotion, Maxim 6 prepares us in breaking individual network, Maxim 7 helps in restoring purity, Maxim 8 helps in purifying human web and Maxim 9 helps us in achieving conformance with Nature.

**Day 4 – Session 2 - Who should be my role model in Life:** This session was conducted by Sis. Dr. Susheela Nair. The participants were divided into six groups and each group was asked to select a role model other than Master and bring out the characteristics of their role model through skits. The youth brought out in their skits, the outstanding characters of role models such as Mahatma Gandhi, Abdul Kalam, Swami Vivekananda, Lord Rama and Self. Their performance was rated on four parameters - creativity, humour, impact and meaningfulness. The learnings were finally summarized taking our Master as the role model.

**Day 4 – Session 3 – Working in harmony with the divine plan:** Br. N. Prakash shared a thought from Swami Vivekananda who said "You can reach God through football" and explained it is not what we do, but how and with what consciousness and purpose we do that matters. He shared a few stories about his interaction with Master and how every time through our co-operation, the divine plan was manifested. From The Heart of the Master, it emanates and through all our hearts it reaches out to all.

If we have chosen to give ourselves this high purpose to become His instruments, our lives need to be guided, molded and shaped in tune with its needs. The goal itself would guide us as we go on. Master will open one door after another and take us to Himself very fast. While we are here for ourselves, simultaneously we serve His purpose as well, by being His conduits.

He concluded that we have an opportunity to keep our Master happy vis-à-vis ourselves, by becoming his instruments. There cannot be anything more beautiful than seeing one's Master happy.

He also said that we cannot know the divine plan. But by being a part of it, by participating in it, by being a link in this immense chain, there is a possibility of knowing what it can be to a small extent, if He chooses to open the door of knowledge. Participation precedes knowledge here.

**Day 5 – Session 1 – Win as much as you can:** This activity was conducted by Br. Ramalingam. The participants were divided in four groups and each one of them was asked to give 'x' or 'y' on a chit. If all groups were to give 'y', they would have scored maximum as a team. But, even if one of them gave 'x', only that individual team would get benefit and all others would be penalized. It was a refreshing activity with lot of fun and learning. Scores were made two times to ten times to increase level of temptations and hence influencing the group judgment. Intention was for the youth to understand temptations and how they influence our judgment. Many meaningful discussions were held on teamwork, collaboration and working together.

**Day 5 – Session 2 – Service and brotherhood:** Br. Ramalingam related the topic to Maxim 6, universal prayer and universal brotherhood. He also went on to explain *Jiva* and *Brahman*. He went on to discuss various aspects of meditation where one expands internally. An external manifestation of meditation is brotherhood. That is the reason for the slogan "*Love all whom He loves.*" Qualities that promote brotherhood were highlighted such as giving, sacrifice and tolerance, He further spoke on some traits that demote brotherhood – such as doubt, hatred, prejudice and anger.

There was also an activity based on the theme of 'Service in His Remembrance'. The groups first read and contemplated on the message and then spoke a few words on the same. This was preceded by a small story presentation on Ubuntu philosophy, "*I am what I am because of who we all are*" followed by African tribes.

**Day 5 – Session 3 – Skits:** Topics for the skits were

- Misuse of any faculty whether it is physical, mental, intellectual or moral is immorality.
- Service means fulfilling the need of the moment.
- The potency of the thought is not in the thought, but in the will behind the thought.
- 'Sincerely' means 'without giving up.' Sincerity does not have any ethical connotations. One who works without giving up is sincere.
- Humility is not servitude. It is an attitude of the soul where I tell myself – "I am what I am, but I should be what I should be." This gap is my humility.

**Day 6: Plenary session:** Final session of this seminar was conducted by Br. U. P. Dhawan. Highlights were:

- Presentation on macrocosm and microcosm
- Recap presentation on the Maxims and qualities acquired through practice of each Maxim
- Always asking oneself:
  - Is my train on the right track?
  - Am I doing the right thing at the right place and at the right time to the best of my abilities?

**(IV) Seminar on character formation (in Hindi): 4 – 10 June 2012**

Fifty-three abhyasis from various centers participated in this seminar. Following were the topics.

**Day 1 – Willingness to change – Change is inevitable:** Br. Sharad Jhawar from Kolkata, posing the question, 'Why have we come to CREST', spoke mainly about the need to surrender our freedom of choice to Revered Master. He stated that the firm will to change one according to the circumstances has the potential of changing even one's destiny.

**Day 2 – Simplicity and contentment – Simplify your life:** Sis. Chandrakanta Arora explained that complications are the product of the mind, while simplicity is always in the heart. It is easy to be complicated, but very difficult to be simple. Surrendering one's mind, intellect, attainment of the condition of living-dead and



(above) A group photograph of the participants of the Hindi seminar on character formation



(left) A group photograph of the participants of the seminar or character formation held during 18 - 23 June 2012

the attitude of gratitude are the some signs of simplicity.

**Day 3 – Ethics and Morality:** Br. Hemant Kumar said that discipline is the foundation of morality. Fear and temptation can bring about only temporary morality. Proper utilisation of God-gifted things and amenities are keys to real morality.

**Day 4 – Love and discipline:** Sis. Anita Jain mentioned Revered Master's quote "*Soul is the spark of divinity, divinity is love and love is implicit in our existence.*"

**Day 5 – We create our own destiny:** Sis. Leena Dave spoke on the duty and objectives of human life. Master has said "*We are souls desperately taking this avatar with the pre-natal intention of evolving and making this our last life in which we shall fulfill our destiny. Unfortunately we are born here full of resolutions, full of a pre-programme, and then at every stage, desires arise and the plan is changed.*" The duty of every human life is to create conditions to achieve that destiny. This being the *karm-bhoomi* and not *bhog-bhoomi*, one should never lose sight of one's spiritual goal.

#### **(V) Seminar on character formation: 18 -23 June 2012**

This seminar started with a introductory presentation followed by play of two video clippings, 'From macrocosm to microcosm' and 'The Vessel' to illustrate the smallness of humans as well as the greatness of the Masters. Following were the topics.

**Day 1 – The power of attitude:** Starting with the story of the taxi driver who believed in what later on became known as 'The Law of the Garbage Truck', Br. Rajat Dave shared his experiences and exposure to the Sahaj Marg system with the participants. He said "*Life is ten percent what you make it and ninety percent how you take it!*" So, "*Love the people who treat you right, and Pray for the ones who don't.*" He shared the story of young eaglets by Tom Reilly to illustrate that no one on this earth knows your potential or what's in your heart; you alone will have to answer that. Message from Revered Babuji Maharaj dated 6 May 2001 was shared.

**Day 2 – Humility and obedience – Obedience to Master:** Br. Rishabh C. Kothari said that humility should not be confused with servitude. Humility is an attitude of the soul, where I tell myself, "I am what I am, but I should be what I should be." The more I am inclined to think that I am already what I should have been, the more arrogance it is. So when I am conscious that between me and my goal there is still something to be achieved, it makes for humility.

**Day 3 – Truthfulness – Be honest to yourself:** Sis. Jagruti Parekh explained that truthfulness means the quality of being truthful. The word truth extends from honesty, good faith, and sincerity in general, to agreement with facts or reality in particular. She shared her experiences to bring out the importance of being truthful in all aspects of life.

**Day 4 – Learn to love – Learn to serve:** Br. (Dr.) Alok Tandon explained various aspects of love and service. He said that Love does not make us what we want to become. Love only makes us *want to become* what we want to become. Love creates the longing which in turn gives us the will power to do what we have to do. Therefore, love is not the end, but the beginning. Quoting Master, he said "*Spirituality of course deals with God, with my relationship to God, and how eventually I can become one with Him. But unless I lay the foundation for that union with the Ultimate, eventual union with the Ultimate, here in this life on earth, I am not going to make it. And the way of making that possible is to meditate on the inner self, correct the tendencies, learn to love, learn to serve, because the two go together. You cannot serve what you don't love and you cannot love what you don't serve.*" He spoke on five steps which lay the foundation for the journey - acceptance, surrendering the old self, embracing the new self, nurturing the self, and openness to possibility. About learning to serve, he said "*Service comes in many forms, but in its intent and action we grow closer to God*", and "*when you become that which He wants you to become, that is the greatest service you can do to the Master.*" "*When we are devoted we must serve,*



(left) A group photograph of the participants of short duration seminar held during 12-15 April 2012 at CREST Kharagpur

and if we serve, it must be with devotion.” He spoke on ‘Service without servility.’ Here we serve because we love.

**Day 5 – Only love is eternally at balance:** Br. Gyaneswar Dayal Sarin’s talk said that philosophies teach us that where things go in pairs, both must exist together. The ancient Chinese recognized the ephemerality of worldly phenomenon and the inherent duality, and very pithily stated the truth that every stick has two ends! He further explained that this interdependence of two opposite aspects of up/down, in/out, dark/light, active/passive is present within us and throughout the greater cosmos. He explained that the crux of life is balance: balance between having and enjoying, knowing and feeling, being and becoming, life and death, and eventually as Master puts it - to live without desire either for life or for death. The state of balance has neither ecstasy, nor utter despair. It is the life of equanimity, of balanced feelings, not under compulsion like horses, but out of choice as wise, goal-seeking individuals. To avoid pain, one has to avoid

pleasure. He reiterated Revered Master’s quote that “Only love has no balancing factor, because it is eternally at balance, being the Creator Himself.”

#### **(VI) Experimental seminar of short duration: 12-15 April 2012**

Following topics were conducted.

**Day 1 – Discipline:** Sis. Juhi Shah stressed upon the need to internalize Master to be disciplined in every sphere of life.

**Day 2 – Tolerance begets love:** Br. Aroon Dave emphasized that one must cultivate tolerance. One must also learn to control one’s temper. It takes some effort, but spiritual progress depends on Tolerance.

**Day 3 – Ten Maxims of Sahaj Marg:** This seminar highlighted different values one can inculcate by sincerely practicing Ten Maxims to march ahead on the spiritual path to reach the highest goal.

Source: Br. U.P.Dhawan

## *Activities at Pune Retreat Centre*

Master has appointed Br. Dr. Rajendra Rathore as the Director of Pune retreat centre on 3rd June 2012.

Pune Retreat Centre hosted 118 abhyasis for the quarter ending June 2012. Weather was comfortable for most of the period for the retreatants.

Here is some feedback expressed by Retreatants.

- “Felt the presence of Master through and through.”
- “The atmosphere here is unique, simply superb and cannot be expressed in words.”
- “It is heaven on the earth.”
- “I could feel and sense the real meaning of retreat.”
- “The (effect of) transmission was felt throughout the day and the night.”

The work of repairing and preparing the platform behind the dormitories has been completed. A kitchen garden and a rose garden are under development.

Source: Br. Rajendra Rathore

#### 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/smww/retreat-center-overview>

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



## SPURS in Spring 2012

You may yourself wish to spend a few days in this very special place. Should you have questions about coming to SPURS, please call +1-512-301-2104.

Information on SPURS is available on the web at: <http://www.sahajmarg.org/smww/spurs-texas-usa>.

Abhyasis may submit their participation requests online. Once requests are processed, abhyasis will receive a confirmation along with a welcome package that contains detailed information on the program and the facility. Please e-mail [austin@sahajmarg.org](mailto:austin@sahajmarg.org) for any questions or information.

(right) Abhyasis digging a hole for planting a tree on April 14 – Texas wide work weekend



During this quarter, thirty-five abhyasis retreated at SPURS, out of which almost half were prefects. Each brother and sister coming to SPURS found that within the stillness of this sacred space, each in a particular way was able to deepen their spiritual connection. Some noted that in the quiet here, they found a clarity enabling them to see themselves more fully – their attitudes, needs, habits of thinking, sometimes catching a glimpse of their real Self. Following are some comments from abhyasis completing their retreat during this quarter.

- *“I feel like I’ve eaten spiritual food. I feel more connected and a lot cleaner, and clearer on what I need to do... Everything I experienced here contributed to this.”*
- *“One of the changes I see is a knowing that He animates every heart from within. Now when I am cleaning, I feel my heart within His heart and know my heart has to be clean. I know that this is achievable and that I must do it.”*
- *“I have noticed increased integration -- I feel at one with this place, the sanctuary, with Him.”*
- *“The conditions here, the contemplating, introspecting, meditating, all have helped me weed out nonessentials and begin to grasp the goal of human life, that it is not about accelerating the mental part, that it is about love; and to become love we must understand/attract greater levels of consciousness, and be aware.”*
- *“Everything is perfection. All these things outside that I thought needed improvement . . . well, all the changes that needed to happen are in me.”*

The gifts of Master’s loving presence were also felt by those who came to help with the ongoing maintenance and special projects underway here. During an all-Texas

workday on 14 April, about thirty abhyasis arrived to help with an extensive task list. Two jobs in particular required nearly day-long efforts – sanding the metal frames of twenty-five meditation hall chairs in preparation for a preserving coat of paint, and preparing planting holes for young trees that were soon to be planted. The latter task at times required the strength of three brothers to manage the drill necessary for cutting through caliche clay that comprises a large portion of the soil here in the Hill country. Additional hand digging was needed as well to achieve a proper planting hole. But as one departing brother expressed it, “All of us felt His love and presence throughout the day and now at the end nobody seems tired, even after completing physically demanding tasks.”

Source: Sis. Mary Lou Stoner

(below) Abhyasis sanding chair frames on April 14 – Texas wide work weekend



## *Medical Centre News*

### Services of Free Medical Centre at Manapakkam during April – June 2012

Details of the activities in this period are given below:

Specialty wise	Patients	Panel of Doctors	
Allopathy	12,620	Dr. U. Ravindran, Dr. Anamay. K. Bidwai, Dr. S. Kishore, Dr. R. Sulochana, Dr. E. Elanchezian	
Cardiology	59	Dr. V. Vanaja	
Dentistry	355	Dr. Jagadish Kumar, Dr. Komal Gupta Dr. Sai Praneeth, Dr. Vaishnavi	
Dermatology	212	Dr. M. Jayaraman	
Endocrinology	53	Dr. Ravi Kiran	
Gastro-enterology	35	Dr. M. Manimaran	
General Surgery	293	Dr. Anamay K. Bidwai	
Physiotherapy	80	Sis. P. Kiranmayee	
Homeopathy	1,029	Dr. S. K. Ram Subramaniam Dr. N. Vidhi N. Shah	
Nutrition	49	Sis. G. Srilatha	
Ophthalmology	131	Dr. Harshitha Bakshi	
Orthopaedics	57	Dr. D. Narendra	
Paediatrics	1695	Dr. Natwar Sharma Dr. S. Kishore	
Psychiatry	24	Dr. A.P. Mythili	
Pulmonology	10	Dr. G. Raja Amarnath	
Urology	25	Dr. Sanjay Sharma	
<b>Categories</b>			
<b>Categories</b>	<b>Patients</b>	<b>Categories</b>	<b>Patients</b>
Male	5560	Abhyasis	5,482
Female	6394	Others	8,167
Children	1695	Total	13,649
<b>Other details</b>			
<b>Other details</b>	<b>Patients</b>	<b>Remarks</b>	
Spirometry camps	5	Courtesy Lupin Laboratories	
Services outside regular hours	197		
Clinical Laboratory investigations	904		
Minor surgical procedures	31		

Staff	Staff	Volunteers
Dr. S. Kishore (Doctor) Dr. Anmay K. Bidwai (Doctor) Dr. Vidhi N. Shah (Doctor) S. Meenakshi (Pharmacist) R. Rekha (House-keeping) K. Jaya (House-keeping) K. Yeshoda (Receptionist) Sis. P. Kiranmayee (Physiotherapist)	A. Radhamani (Nurse) V. Dheivayanai (Nurse) C. Ramya (Nurse) P. Kausalya (Nurse) R. Saranya (Nurse) D. Eswaramma (Nurse) S. Srinivasalu (Lab Technician)	Dr. U. Ravindran Dr. R. Sulochana Dr. E. Elanchezian

Source: Br. Dr. Ravindran Ulaganathan

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.

**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 Centres. 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](mailto:smpg@sahajmarg.info).

SMPG Contact is Murthy Gokula ([rgokula@hotmail.com](mailto:rgokula@hotmail.com) or [murthyg@msu.edu](mailto:murthyg@msu.edu)).

**Activities at Satkhol Medical and Dental Centre**

Below is the report of Satkhol Medical and Dental Centre in this period.

Specialty wise	Apr	May	Jun
Medicine	303	295	334
Surgery	44	46	71
Gynaecology	5	20	43
Cardiology	1	3	3
Dentistry	24	18	79
Dermatology	11	31	58
Gastro-enterology	11	35	38
Homoeopathy	10	36	8
Ophthalmology	13	7	19
Pulmonology	0	3	15
Urology	1	0	4
Orthopaedics	22	49	69
ENT	15	24	36
Dental cases	173	92	58
<b>Number of Outpatients</b>			
Male	219	241	275
Female	146	193	265
Children	95	133	179
Number of abhysis	68	107	109
Others	392	460	610
<b>Total</b>	<b>460</b>	<b>567</b>	<b>719</b>

Following doctors were in the Satkhol medical panel at various months during this quarter:

- Dr.C.K.Prasannakumar, MD
- Dr.A.Prabhakar, MBBS
- Dr.Amar Dhoshi, BHMS
- Dr.Alok Tandon, BDS
- Dr.Renu Tandon, MDS
- Dr. Gopal Aironi, BHMS,
- Dr.S.J.Singh, MBBS
- Dr. Sudhanshu Nigam, MD
- Dr. Sriniv Eranki, MD

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