

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>.

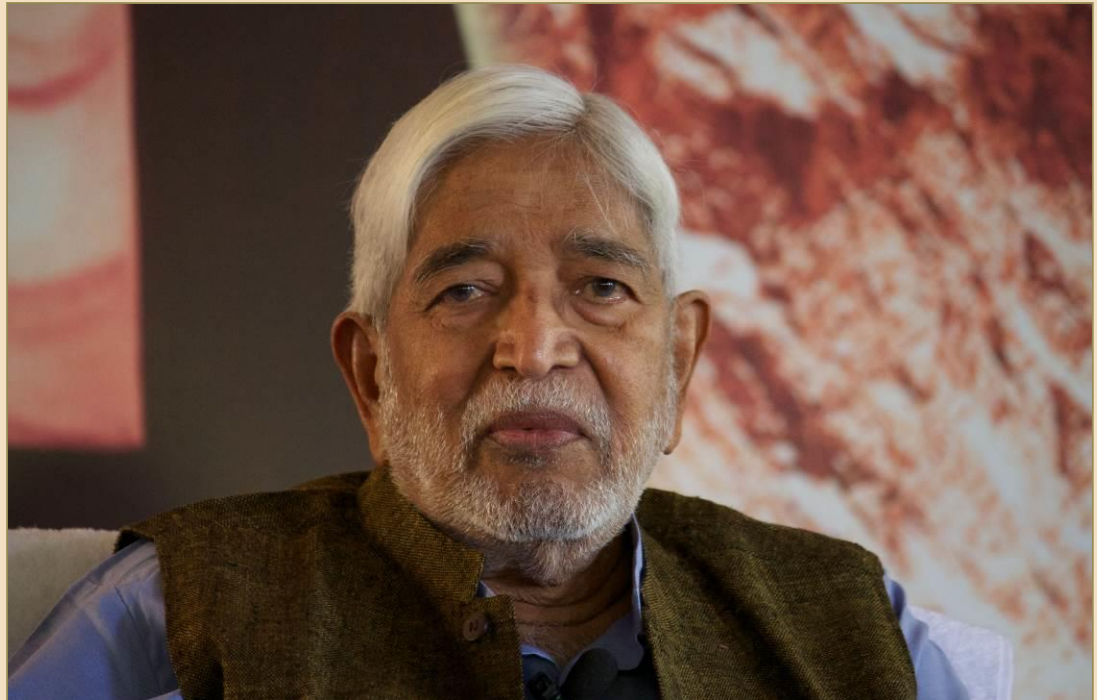
## Featured in this issue

**ISAW:** A report on the recently concluded International Scholarship Awards Workshop is featured.

**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 Satkhola.



(above) Revered Master during Lalaji's birthday celebration on 2<sup>nd</sup> February 2013 at Trichy.

## Programs at CREST, Bangalore

Last year, CREST Bangalore was given recognition as a Research Centre by the University of Mysore for research in Socio-Religious Studies, Eastern and Western Philosophy and Spirituality and Inter-Disciplinary Research. The process of selecting guides to help research scholars has started. So far, thirty-five applications have been received. Once guides are approved, selection of candidates for research will begin.

During this quarter, three programs were conducted at CREST, Bangalore. These included one program for youth, one for abhyasis and one for prefects.

### Program for Youth – Youth - Catalysts for Change (19<sup>th</sup> – 20<sup>th</sup> January 2013)

Eighty-two youth participated in this program. During the introductory session, Br Prabhakar Ravoori spoke to the participants on focusing on one's goal and avoiding distractions. Br Gopalan conducted a session on 'Work upon ourselves, through ourselves to change ourselves'. Participants were divided into groups. Each group was asked to express what they felt about the topic by creating something in clay. This was the first time many were actually working with clay and creating something beautiful with it. The second lecture of the day was on

'Seeds of Infinite Potential' by Br Bhadresha. This lecture opened them up to the infinite possibility within each one and utilising it for one's spiritual journey. This was followed by *shram daan*, cleaning and golden silence.

Br. Krishnamurthi spoke on the topic 'One lion is better than five hundred sheep'. The last session of the program was on serving the Mission. In this session, the participants discussed in groups about work they could take up at each of the ashrams in Bangalore.

### Sadhana Program for Abhyasis 19<sup>th</sup> – 25<sup>th</sup> January 2013

This program covered all important aspects of Sahaj Marg and was attended by twenty-seven abhyasis.

### Program for Prefects-Deepening Prefects' Experience 19<sup>th</sup> – 23<sup>rd</sup> March 2013

Master has permitted CREST, Bangalore to conduct programs for more than nine hundred prefects of nine zones of southern India for deepening prefects' experience. This was the first of such programs and was attended by sixty-four prefects. Details on applying for these programs are available on the Mission website.

Source: Sis. Seetha Kunchithapadam





(left) Participants of sadhana program for abhyasis



(above) Participants of the program for youth



(above) Participants of the program for prefects



## Programs at CREST, Kharagpur

During the quarter ending 31<sup>st</sup> March 2013, four seminars on character formation were organised in CREST, Kharagpur.

### (I) Fundamentals of Character Formation (Bengali), 8<sup>th</sup> – 13<sup>th</sup> January 2013

Thirty-four abhyasis participated in this seminar. Following topics were discussed.

**Discipline and Obedience:** Br Sudip Sarkar said that discipline relates to disciple, which means one who learns. Discipline manifests itself whenever difficult situations are to be overcome. He explained the what, why and where of obedience. He quoted words of Master that the way of service means the way of obedience and the secret of spiritual success, spiritual growth and spiritual achievement is obedience.

**Power of thought:** Br Kingshuk Chakraborty narrated many incidents from Master's life on how Master withstood many strains by sheer use of positive thoughts along with strong and firm will power. There are two types of thought – positive and negative. It is positive thought alone which we use in our daily practice.

**Unity and Brotherhood:** Br Parimal Jana explained that we are all brothers having descended from the same source but we still differentiate ourselves using various flimsy reasons. He stressed that we have to follow the sixth maxim by looking at all people as brethren and treat them as such.

**Guru – the role model:** Br Asoke Sengupta said that when we look at Master we develop the will to be like Him. He becomes our role model. He is the living example of maxim nine. A feeling of love and piety is aroused in us whenever we look at him.

The seminar concluded with a presentation depicting values one can imbibe by sincerely following the maxims of Sahaj Marg.

(below) Participants of the seminar on Fundamentals of Character Formation (Bengali)



### (II) Seminar in English, 23<sup>rd</sup> – 27<sup>th</sup> January 2013

Thirty-two abhyasis participated in this program. Following topics were conducted.

**Ethics and Morality:** Sis. Juhi Shah said that while morality is the set of rules to deal with one's conduct and one's own self, ethics is the set of rules to deal with the outside world. Quoting Master, she emphasized that there is no spirituality without morality.

**Transform your thinking and Transform your life:** Br Yash Vardhan said that our thoughts are our creation and have made the life that we lead. We have created a complex network of action-impressions-thought-action. Not paying attention to thoughts as advised in Sahaj Marg practice causes their collapse thus destroying our creation. Awareness of divine presence in the heart all the time and practice backed by transmission can bring about transformation of life. He said that transformation is speeded up by creating within us love for Master.

**Learn to love, Learn to serve:** Br Sudip Sarkar said that service is a way of expressing love and that service should be natural and spontaneous. The greatest service is to become what Master wants us to become. He also mentioned that service is easier than loving and the devotion to Master makes us serve the Master by serving his devotees.

**Cultivate goodness of Heart:** Br Gandharba Behera said that to cultivate goodness into us, we have to focus on the heart while our attitude, behavior, character and discipline are the tools. He referred to many quotes by the Masters – “*Our attitude should be that of a child, very receptive*” (Babuji Maharaj), “*Cultivate a positive approach in all the situations of life*” (Revered Master) and “*Behavior must be appropriate to the occasion*” (Babuji Maharaj).



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

**(III) Fundamentals of Character Formation (Telugu), 12<sup>th</sup> – 17<sup>th</sup> February 2013**

Sixty-one participants took part in this program. Following topics were discussed.

**Willingness to Change:** Br Mahanthi Ramu explained that change is necessary for growth, development and survival. The system of Sahaj Marg promotes change. Practice and Master's guidance can bring change in our attitude to face situations fearlessly and embark on the right course.

**Be plain and simple and in tune with nature:** Br Dasarath Naidu explained that God and Nature are plain and simple. He gave examples to explain what simplicity is not and how one can be simple. He said that to be simple and plain, one can emulate Nature. However emulating the Master, a living example is easier.

**Love and Brotherhood:** Br Krishna Rao explained with examples meaning of real love and difference between friendship and brotherhood. He explained the vision of the masters of Sahaj Marg in establishing a new world based on spirituality and love.

**How to achieve one world, one humanity:** Explaining 'Kshob' from Sahaj Marg literature, Sis. Padmalatha explained that we are all part of the same creator. After creation we had acquired coverings known as samskaras. Having come from the same source, we are all one and need to respond to situations spontaneously with love and brotherhood.

The program came to an end with all groups presenting six skits depicting the learning in the areas of change, tolerance, simplicity, brotherhood, love and service.

**(IV) Seminar in Hindi, 19<sup>th</sup> – 24<sup>th</sup> March 2013**

This program was attended by seventy-eight participants. Following were the topics conducted.

**Obey with your Heart:** Sis. Putul Rani explained that the guru himself is the main source for divinity which enters an individual. This is possible only through the individual's obedience. She said that during the course of our journey from being a spiritual aspirant to an abhyasi, one begins to obey with the heart.

**Tolerance begets Love:** Br Vijay Kumar Pande described multiple definitions of tolerance. He said that

(below) Participants of the seminar on Character Formation (Telugu)







(left) Participants of the seminar on character formation (Hindi)

tolerance is a duty assigned to every abhyasi and it is necessary to inculcate it into our character. He also said that tolerance means accepting all brothers and sisters as they are. It also means accepting ourselves as we are.

**Truthfulness, Be honest with yourself:** Sis. Chander Kanta Arora referred to quotes of Babuji Maharaj – “*Being inside what you are outside*” and “*Say what we mean and mean what we say*”. She told the participants that Master has emphasized on working upon the Heart so that it is the only voice – the voice of truth. According to her, the strength to be truthful is provided by Master Himself.

**Fulfill your purpose in the universe:** Br R.S.L. Srivastava explained how our Mission prayer reflected the theme. He said that we must do the practice whole heartedly to reach the goal. He further elaborated on the impediments to reach the goal and actions required for their removal.

The seminar concluded on the final day with presentations on the maxims and feedback from participants.

Source: Br U.P. Dhawan

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/smw/crest-overview>

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

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

Abhyasis who are interested in making use of the library at CREST, Bangalore 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.

#### CREST Kharagpur Calendar: May 2013 – July 2013

28 May – 2 June	Seminar on Fundamentals of Character Formation for Youth upto the age of 35 (English)
6 – 9 June	Seminar on Fundamentals of Character Formation (English)
11 – 16 June	Seminar on Fundamentals of Character Formation (English)
25 – 30 June	Seminar on Fundamentals of Character Formation (Hindi)
4 – 7 July	Seminar on Fundamentals of Character Formation (English)
9 – 14 July	Seminar on Fundamentals of Character Formation (English; preferably for overseas abhyasis)

(Dates given above refer to date of arrival and date of departure from CREST Kharagpur).

Online application form is available at the web page <http://www.srcm.org/sm/CRESTKGPAApplication.do>. An acceptance of the application will be sent on receipt of recommendations from concerned prefect.

## Activities at CREST Berlin



(above) Participants of the session on “Humility – a precious milestone in one’s spiritual journey” conducted at CREST, Berlin.

During the quarter ending 31st March 2013, CREST Berlin hosted a five day session on the subject ‘Humility – a precious milestone in one’s journey.’ Thirty-five participants attended. Following topics were conducted.

**Humility in the spiritual tradition:** Br Jens Gnaur spoke about humility as the essence of spirituality. The participants were made to ponder about some facets of humility such as loving, kindness towards others, silent communication with the divine in the heart, love for the ultimate and being empty of the self.

**What is the spiritual heart:** Sis. Iulia Nemes said that there is a whole science of technology of the heart and we have to trust what the heart tells us.

**Power versus Love:** Br Wolfgang Oude-Hengel conducted the workshop where the groups reflected on the following subjects – situation of powerlessness, acceptance of unfairness, do I look for power, can I realize some change in my inner attitude, power versus love in daily life and job, or in partnership and family life.

**Values and success:** Br Jacques Marty said that only that which comes from the heart is of value, rest is hypocrisy. He said that we do not have to develop any values, but only allow love towards the inner Self to reveal them. He also mentioned that if you give your heart to the Master, he will be cheerfully obliged to be all the time with you during your climb towards the goal.

**Samskara and Bhog (What is cheerful acceptance):** Sis. Uschi Brandl-Pühringer invited participants to view scenes from the movie ‘Mahabharata’. She explained that the *Bhagavad-Gita* is a collection of lessons on acceptance and bearing our samskaras cheerfully. She referred to Master’s speech on how cheerful acceptance is the main key in evolution.

**Dignity, self-respect and humility:** Sis. Veronique Desvigne talked about learning to respect our Self, learning to listen to it, following its direction and not being influenced by others or senses. The session ended with a reading from a letter sent by Master to Babuji Maharaj in the year 1970.

**Teaching and humility:** During this session, Sis. Rosalind Pearmain gave insights on how this life is a divine field of learning. She asked participants to reflect on their feeling of humility and how it is expressed in bearing and attitude. The participants were made to go for a walk in a state of humility and reflect on how it affected their relationship with others and the environment that they shared with others. The participants reflected on sources of learning that one had in one’s life and what one is grateful for.

**Action - blessing or curse:** Sis. Daniela Mihalciac played recordings of Master’s talks that dealt with how action out of love is a blessing. During the workshop, participants read various books and then shared through drawings their understanding of topics such as blessing, duty and action, purity of action, curse, action without expectation, not doing, and transmission as action.

**Future, A spiritual society:** Sis. Miriam Hanid asked the participants to imagine what qualities or actions could be present in a spiritual society. Following this, participants went through many exercises on the ninth maxim - “Mould your living so as to rouse a feeling of love and piety in others” and passages from Whispers.

Source: Sis. Daniela Mihalciac



## International Scholarship Awards Workshop (ISAW), 2013



(above) Participants of ISAW 2013 at Satkhol

*ISAW program (formerly called ISTP) offers abhyasis from nations where Sahaj Marg is developing, a unique opportunity to come together in brotherhood, live a simple ashram life in an environment conducive to spiritual development and above all to meet with Master. The entire training program is designed to give the scholars an opportunity to become ambassadors of the Mission in their respective countries. ISAW 2013 started on 27th January at Satkhol and ended on 24th February at Chennai. Thirty-six participants from around the world attended. Following is a report on the program by Sis. Victoria Taylor, coordinator and translator in ISAW 2013.*

None of us will ever forget our first view of the Himalayas in the Satkhol ashram. After the dark winding roads up the mountain, the freezing dormitories and the coldest pre-

dawn meditation and satsangh, we emerged from the meditation hall to see the morning sun illuminating the breathtaking mountains. There were many tears of gratitude at that sight. We all felt Master's blessings and love, being given the gift of this beautiful venue, this magical international group, and the time to really go deep within ourselves.

Our days in Satkhol were filled with intense studies, inspiring speeches, wonderful food prepared with love, and blessed peace and silence. The hour of 'Golden Silence' given to us in which to reflect on all we had studied each day was a real gift, allowing us the opportunity to internalize and utilize what we had learned to really deepen our self-development and intensify our awareness. The perfect harmony of the group could most be seen in this time, all of us wandering peacefully

(below) ISAW 2013 program in progress at Chennai







(above) Participants of ISAW with Revered Master at "Gayathri"

through the ashram, inhabiting the same space yet only communicating through gestures and smiles of love and brotherhood. In this silence we could really speak the language that all of us understand. As the days passed, we also learnt to speak more and more from the heart in our group discussions.

We had some mountain adventures, hiking to local shops and a very special afternoon at Brother Kamlesh's Satkhol house, where we were served a wonderful lunch on the sunny terrace. By the time of Basant, Master's presence was palpable throughout the ashram. A subtle energy pervaded the air and everyone was very moved by the simplicity and joyousness of the celebrations, special food, a unique international concert involving songs and music from all over the world and more local abhyasis joining us.

The feeling of arriving in Manapakkam to the peace of Master's presence was indescribable. We were extremely blessed to meet both Br Kamlesh and Master within two days of arriving, and we were lucky indeed to spend so much time attending Master's satsanghs, sittings and talks, to be invited two or three times to Master's house 'Gayathri' for meals and merely to be in his presence. Although very tired from making so many prefects from our group, Master generously gave us time just to be with him, to hear him speak, to ask him questions and to meet with him personally.

There are so many wonderful memories of Chennai. The

international dinner we all cooked, the warmth of all our hosts and speakers, the profundity of the speeches we were lucky enough to hear, the laughter and joy pervading all our activities, the shared moments with brothers and sisters now as familiar as family, the fun of documenting our studies and learning how to put them into practice, how to teach others everything we had learnt and the tears of goodbye as we all set off for the four corners of the world.

The highlight for me personally was the day we sang for Master in his house. Like most well-laid plans, our song did not quite work out the way we had planned it. We had spent many hours rehearsing it since it was the first performance by the Chinese and Russian sisters and brothers in Satkhol. We had arranged a piano, translated verses into five languages and memorized our positions in language and voice groups on the platform in the Manapakkam meditation hall. When the day came, we sang it from the heart to a crowded Sunday satsangh group, but not to Master! He was not feeling well enough to conduct satsangh that day, but he very kindly invited us to Gayathri for lunch. So right there on the floor of his living room, all mixed up into a big international jumble, with no piano or lyrics sheets, we sang it again for him. To be able to give him such a simple, heartfelt present, and see him tap his fingers along with our music and smile with thanks, was the greatest gift of the whole course.



## Activities at Pune Retreat Centre



(above) A view of Pune retreat centre

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

Abhyasis spent time in introspecting and observing silence in the serene atmosphere. Some abhyasis, who came for the first time, had planned the retreat for three days but realized that they should have planned at least five days for retreat. Many such abhyasis extended their stay by requesting additional days.

Source: Br Prem Apte

Abhyasis who used CREST, Pune during January – March 2013			
Month	Persons	Month	Person Days
January	28	January	294
February	21	February	234
March	53	March	384
<b>Total</b>	<b>102</b>	<b>Total</b>	<b>912</b>

### 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.

## Activities at SPURS Ranch Retreat Centre

SPURS Ranch Retreat Centre hosted nine abhyasis for the quarter ending March 2013. Maintenance activities at SPURS were taken up which included cleaning of meditation hall and exterior areas, moving a large brush pile further away, about a third of the roadway repair project, cutting of cedar saplings and digging a trench. The agave planting project was begun, with planting of about eight new agaves.

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

- *As soon as I entered I felt it, like tears coming out of my eyes, like this is my real home.*
- *I try to come here once a year for one reason. It makes me more regular every time I come. This place helps bring me back to it.*
- *At the end I got a peaceful mind – constructive, positive thoughts.*
- *I woke up in the night and for two hours I was in a state of just me and Master. It was the most profound, sustained contact with Master that I had ever experienced.*

Source: Sis. Suzanne Garner



(left) Volunteers performing cleaning of the exterior of SPURS

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](mailto:austin@sahajmarg.org) for any questions or information.

## 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](mailto:rgokula@hotmail.com) or [smpg@sahajmarg.info](mailto:smpg@sahajmarg.info)

### Services of Free Medical Centre at Manapakkam during the period from January 2013 to March 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	17,654	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	81	Dr V. Vanaja	
Dentistry	732	Dr Jagadish Kumar, Dr Komal Gupta	
Dermatology	478	Dr M. Jayaraman	
Endocrinology	48	Dr M. Ravi Kiran	
Gastro-enterology	81	Dr M. Manimaran	
General Surgery	213	Dr Anamay K. Bidwai	
Physiotherapy	1,215	Sis. P. Kiranmayee	
Homeopathy	1,695	Dr RamSubramaniam Dr Vidhi N. Shah	
Nutrition	82	Sis. G. Srilatha	
Ophthalmology	219	Dr Harshitha Bakshi	
Orthopaedics	51	Dr D. Narendra	
Paediatrics	2,799	Dr Natwar Sharma Dr S. Kishore	
Psychiatry	16	Dr A.P. Mythili	
Pulmonology	0	Dr G. Raja Amarnath	
Urology	7	Dr Sanjay Sharma	
Gynecology	84	Dr Jayanthi Mohan	
Neurology	29	Dr R. Padmini	
Categories	Patients	Categories	Patients
Male	6,779	Abhyasis	7,357
Female	9,771	Others	11,992
Children	2,799	Total	19,349
Other details	Patients		
Services outside regular hours	112		
In patients	28		
Clinical Laboratory investigations	1,099		

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 Satkhol Medical and Dental Centre for the quarter January to March 2013. Some pictures of medical activities can be seen in the left sidebar.

Specialty wise	Jan	Feb	Mar
Medicine	154	237	250
Surgery	63	32	26
Gynaecology	3	13	10
Cardiology	0	5	9
Dentistry	24	18	17
Dermatology	23	32	48
Gastro-enterology	70	69	93
Homoeopathy	0	0	0
Ophthalmology	9	2	8
Pulmonology	49	74	101
Urology	0	4	2
Orthopaedics	62	52	66
ENT	45	13	35
Dental cases	79	94	182
<b>Number of Outpatients</b>			
Male	294	260	311
Female	124	191	209
Children	84	100	145
Number of abhyasis	134	165	167
Others	368	386	498
<b>Total</b>	<b>502</b>	<b>551</b>	<b>665</b>

### Panel of Doctors

Dr C.K.Prasannakumar, MD  
 Dr Pavan Kumar, BAMS  
 Dr Gopal Aironi, BHMS  
 Dr J.M.Rao, MBBS  
 Dr Alok Tandon, BDS  
 Dr Renu Tandon, MDS  
 Dr Sanjeev Kumar, MD [Paediatrics]  
 Dr Atul Vishnoi, MBBS; D Orthopaedics  
 Dr Jaya Agarwal, MD [Paediatrics]

Below is the report of the specialist camp held at Satkhol from 5<sup>th</sup> April to 7<sup>th</sup> April 2013.

Specialty wise		Specialty wise	
Medicine	154	OBG	136
Surgery	64	Dermatology	64
E.N.T	77	Orthopedic	362
Cardiology	76	Physiotherapy	85
Dentistry	281	Paediatrics	103
Dermatology	64	Homeopathy	47
Ophthalmology	167	Ayurvedic	149

Lab investigations	731
Total cases treated	1677
School health program	293
Total	1970

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

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