

Sahaj Marg Echoes of Oceania



Newsletter October 2007



Masters News



“Master along with Brother Ajay visited Naukuchiatal and arrived in Satkhol on the 23rd of September. They then travelled to Delhi on the 1st of October then on to Ambala in Punjab for a day and will return to Chennai on the 5th of October. Master will be travelling to Dubai around the 26th of October and should remain there for 10 days.”

Brother Ajay announces celebrations

Brother Ajay with the permission of our Rev. Master is pleased to announce the 24th July 2008 celebrations will be held at LUCKNOW (UP) scheduled from the 23rd July to 25th July 2008. Celebrations have also been decided for the 24th July 2009 and will be held at VADODARA (Gujarat) from 23rd July to 25th July 2009. Details in regards to the LUCKNOW (UP) will be made available to all the abhyasis at an appropriate time. Abhyasis from all over the globe are invited to attend what is no doubt an auspicious occasion.

Divine Company

Regarding your ideas about Constant Remembrance, love for the Master and then physical proximity, I will only indicate that the feeling during physical proximity is just sowing the seed which you have to nourish with your sadhana and Constant Remembrance so that it grows to become Him. Then you always have His Divine company with you in your heart. So, please understand this carefully and don't restrict Him to physical form, but try to feel His presence within your heart.

Taken from The Spider's Web, vol. 1, chapter "Importance of Sadhana" p.180 -Rev. Chariji

Inside this issue:

Training day central coast	2
Silence takes you deep within	2
Melbourne and Brisbane News	2
Spiritually we should become like children	3
In his Love	3
Fiji—Value Based Training	4
United Nations Peace Day	5-7

News in brief

- Regional Gathering to be held in Sydney from 19th—20th October at Pennant Hills Scout Hall
- Welcome to our new baby Rishab born 31 August Sydney

Australia - New South Wales

Training at Central Coast

Sis Kerrie.

On Sunday 16 September 2007 the Central Coast/Hunter Centre gathered at Valentine to attend satsangh and the training session "Going Deeper Into the Practice". In total 8 people were in attendance, as children played happily in the garden. Facilitated by Sister Elizabeth Denley and Sister Kerrie Anderson the content was drawn from

the Introductory Booklet "Welcome to Sahaj Marg". Covering topics on Morning Meditation, Cleaning, Prayer,

Remain true to the practice as is prescribed, without curvature or deviation

Transmission and readings from the booklet the group moved into an open discussion sharing experiences on various aspects of their own practice.

It was a session pregnant with lively discussion and some important points clarified. An important point raised was the need to remain true to the practice as is prescribed, without curvature or deviation. Everyone enjoyed the training and gained a lot from the discussion, leaving with a renewed enthusiasm after enjoying a shared lunch.

Comments on Little Wobby

Place was excellent

Food was excellent

People were awesome

Sadhana is back to normal after 2 year.

Looking forward another one.

Yes it was a wonderful weekend, believe it or not I was up at 5.20am doing my sitting, amazing.

Yes it was a great weekend in all respects. Silence has a lot to offer



Sisters at Little Wobby Retreat

Australia - New South Wales

Silent spaces take you deep within - Little Wobby Retreat

Abhyasis attended a reflective weekend at Little Wobby the program based on a similar concept being used in the US ashram, Spurs. From the 14th September to the 16th September Little Wobby was to be our temporary home. Nested against the hills, nature growing as it pleased with its waters massaging the shore – the sanctuary was an idyllic host for our weekend of reflection.

With free time we went for walks, read and sat observing silence. We were encouraged not to stray away from the main aim of going inwards and being in constant remembrance. For me the moments when asked to observe silence was such a natural way of going deep within. Our movements were lighter and softer, each gesture more meaningful than the spoken word. In that natural cocoon of silence, we were momentarily rid of the complications of the external world. The energy of silence more powerful than even I had ever imagined it to be. We were naturally in constant remembrance, and the space created in our minds was like the clouds parting to let the light in.

Whenever the next opportunity to go to Little Wobby, I encourage you all to go and enjoy the simple pleasures of nature that my Sisters and I discovered that weekend.

Australia - Melbourne

Centre News Weekly "Individual Sitings" day for young abhyasis, at the CBD venue of Br.Harish's house. Fridays fortnightly - Action Committee Meeting
Generate and steer discussions and efforts towards Open House presentations, looking for suitable properties for Centre and general discussions regarding Mission work, such as fund raising. Conclude with 9pm Universal meditation sitting.



Shared Lunch at Sis Aoi Brisbane

Australia - Brisbane

Centre News During our August monthly gathering, we shared our experiences of Tirupur September monthly gathering was in support of the Gold Coast centre at the home of Sis Aoi, local preceptor, where an open house was conducted in English and Japanese, with Sis Aoi's high enthusiasm

Global News—Australia, New Zealand, Fiji and New Caledonia

New Zealand

Spiritually we should become like children Content by Andre Nicki



Auckland was host to the New Zealand AGM on the (Date?). As the event program developed there was discussion to include a Q & A session for the youth with the intent to enrich them with experiences of others. Gathering on the balcony our faces drinking in the warmth of the sun we sat for two minutes observing silence. The group facilitated by four abhyasis were asked to reflect on the following "What is it that hears, but is not the ears? What is it that sees, but is not the eyes? And what is it that smells, but is not the nose"? Spontaneously three answered "Mind, Soul and Heart", personally it reminded me of

the three approaches to reality: *Science, Religion And Spirituality*. As the group grew, so did the need to ask questions; the sincerity guiding us to answer with heart felt tenderness, innocence and honesty. Reflecting on the day the wealth gained from this session was ten fold – there was a presence of wonder and gratitude felt by all as we were united by the burning desire to share all that we have.

What is love?
If love is unconditional, why does Master still expect us to change?
If meditation helps me with my studies, why are we only allowed to start at the age of 18?
What is transmission?
What is given in transmission?
Can a person start meditation at the age of 85?
If Lalaji taught Meditation to Babuji, and Babuji to Charji, then who taught Meditation to Lalaji?
Can Master see the future?
How did Lalaji come up with this system?
Can I become a Master? And will I have to give up my job then?
How does Master transfer all his powers to the successor?

In his love Bernadette, Monique, Odile, Kattalyn, Danielle, Joelle, Patrick, Angela, Elise, Béatrice

New Caledonia

Celebrations

In August, we welcomed back Patrick and Angela on their return from India. Their marriage was solemnised by Revered Master during his 80th Birthday Celebrations in Tirupur.

We shared our stories, photos and experiences interacting with brothers and sisters from all over the world, and our feelings about the depth and greatness of the work accomplished.

Resources

Our library is now being taken care by sister Monique who has covered and listed about 50 items. The library has been complemented with the Raja Yoga set of 7 volumes published by our brothers and sisters from Switzerland, a source of information and inspiration for all.

Theme for satsangh

Satsangh continues on Tuesdays.

We have started a monthly gathering in September on the theme : 'The Role of the Master in Human Evolution'

Regional Seminar in Sydney

Four of us will be attending the regional seminar in Sydney and it is a joy for us to meet with our brothers and sisters from Australia and hopefully from Oceania.



Fiji Value Based Training



Story Sis Elizabeth Denly

The value-based education teacher training workshop was held at Lautoka Campus on the 30th August and 3rd September. Organised by Sister Pramila Devi, a lecturer at USP Lautoka Campus, she sought approval from the regional education officer from the Ministry of Education. His letter of support combined with her invitation caught the interest of schools.

Invitations were sent to twenty-six schools, and all had confirmed they would send teachers the following day. On Friday, thirty-three teachers came. As word spread an additional six participants came

from the NGO FRIEND - all working in adult education. With short notice this indicated that teachers are very keen to integrate values education into their schools as well as the divine hand at work! Teachers came from both primary/secondary schools, Christian,

Teachers keen to integrate values education into their schools

Hindu and Muslim schools being a mix of male and female teachers. We had the full spectrum in attendance; school principals, experienced teachers and a number of first year's teachers just out of

training. Four copies of the SMRTI Value based Education Syllabus were left with USP to loan out to teachers. Schools are enthusiastic to receive copies of a syllabus when it is ready. In addition we left a print out copy of the SMRTI stories on values from the website, and the children's book, "Tell me, Master". Participation was excellent and we had a lot of fun. It was an atmosphere of unity and tolerance, and it was wonderful to see teachers interacting in brotherhood and working together freely. Workshops' will continue through the University of the South Pacific and the University of Fiji.



Upcoming events

Sydney

October

Sunday 7th Monthly Gathering

Friday 19th to Monday 22nd Regional Gathering at Pennant Scout Hall

Melbourne

October

Sunday - 7th Monthly Gathering w Study Group/
Books Raffle

New Caledonia

October

Sunday — 7th Monthly Gathering

When we were raindrops

Story by Raghu Kumar

A long time ago we were raindrops in the golden Ocean. Someone came and said "who wants to do a play". Everybody said "Me! Just as we were about to go from our master, then we said "NO!" Because we didn't want to leave our master so we came back and said "we don't want to leave our master" but our master said "you go I'll pick you up from there, okay" so we went and we were all chanced into animals or people or birds, we were chanced into everything and that's until now. The end



United Nations International Day of Peace

This coordinated event was held in our 4 main centres. Project coordinators pulled resources to make this event pleasant and meaningful, inviting friends, colleagues and general public. 200 participants attended this event.

Sydney *Elizabeth Chrichton*

The event was held at the Mill Hill Centre, Meeting Room 2, Waverley Council Community Services, 2nd Floor, 31-33 Spring Street, Bondi Junction, Sydney

With Br Davids Guitar music as background we welcomed the audience and the presentation talks started with the reading of Babujis letter to the UN, 8 minute UN movie, Reading of Kahil Gibran poem on Good and Evil, Reading of a verse from Constant Remembrance vol XXIII, No3 July 07, P.86, 15 minute meditation, and Guest Speaker Dr. Homayoun Bahramali well versed in Sufism and various religions, spoke about the importance of the heart to gain inner peace, love, and how through history "thou shall not kill" commandment has been compromised, quoting Mahatma Gandhi, Martin Luther King and the likes.

Many of the visitors commented on what a good night it had been, what a lovely atmosphere there was during the event and the lovely food

Almost all the guests came and shook hands before leaving and were full of praise and thanks. The programme ran smoothly and I believe it was well balanced and interesting for abhyasis and members of the public alike.



Melbourne *Ika Nakamura and Steve Waterer*

The event was held at the centre: 6 Gabriel Ave, Malvern East on 22 September from 10.30am Opening talk and introduction about UNIDP and SRCMs association with the UNDPI, short film played: "Peace One Day", followed by the performance of a song by abhyasis children. Br. Abhijeet delivered a talk on the theme. Babujis letter was then read out and all were invited to pray/meditate for world peace. A short break was taken and a slide show presentation with music on "How to build a culture of peace" was played during the break, followed by two classical songs sang by Sis. Leena. The lead up to this rather simple looking event took on the feel of a small seminar. Efforts to engage outside venues and speakers all collapsed, in turn demanding more collaboration and internal effort than would have at first seemed needed; the result though was beautiful. A fresh dynamic was allowed to emerge in terms of event preparations, and abhyasis were responsible for bringing all the guests, and immediate neighbours had a chance to participate. The combination of short visual presentation, talks about the need for spirituality today, the involvement of children through songs was the best and most effective open house I can remember. The feeling of the day was of a very "open" house and one of sharing from all sides.





United Nations International Day of Peace

This coordinated event was held in our 4 main centres. Project coordinators pulled resources to make this event pleasant and meaningful, inviting friends, colleagues and general public. 200 participants attended this event.

Perth

Mahua Singh

SRCM Perth Centre held the evening programme at Royal Park Hall in the city on 22 September. Starting at 7:00 pm with light refreshments there was an opportunity for our guests to mingle with one another and read handouts and brochures.

There was a cultural program whose performers were mostly youth some of which young abhyasis; who believe peace is important for the world as is the need for change. The hall echoed with sweetness of songs sung from the hearts of Gerry singing *Imagine*, Michael who sang *Cant do much about* and the beautiful Hindi song *Jyot se jyot jagate chalo* by Dilip; a song about kindling another heart with the light of love from our heart. Not to be left there the audience watched the video of eleven year old poet and peacemaker Mattie Stepanek, as they sat in silence their faces expressed it all, you could feel their hearts being touched as he sang *For our World*.

The video of Gary Zukav about changing ourselves to change the world was perfect timing as it strengthened the message these young performers were trying to portray and that was the need for change and world peace. As the night was unfolding the program continued to treat the audience to performances. A beautiful passage with its startling message what peace means to each one of us by Ivicia Vitz gave food for thought.

Ahana read *A Brave & Startling truth* by Maya Angelou to the audience who then heard words of wisdom of *The Sacred Tree* from the reflections of Native American spirituality by Clara. A re-enactment of the monologue on the battle field of Gettysberg was performed by Katungiro (Katu). Each performance was poignant and there was no resting for the audience as they watched Ruchira dance with the song *Heal the world*.

These young performers filled the hearts of the audience with their enthusiasm freshness and an innate sense of spirituality deep within themselves held together held together by the MC Krithika whose performance was as equally as important. With the night coming to an end, a reading of Babuji's letter to the United Nations by Brother Amiya Ghosh with a talk by Brother Satish on the importance of meditation to achieve peace within ourselves and hence for the world at large the program ended with universal prayer.



A Mantle of Grace

The only secret in Sahaj Marg practice to keep oneself free from all influences external to the self is to mentally cover oneself in a mantle of Master's Grace, i.e., you should imagine that Master's Grace is enveloping you completely and this will certainly prevent external disturbing influences from reaching you.

Taken from *The Spider's Web*, vol. 1, chapter "Importance of Sadhana" pp.188-9 -Rev. Chariji



United Nations International Day of Peace

This coordinated event was held in our 4 main centres. Project coordinators pulled resources to make this event pleasant and meaningful, inviting friends, colleagues and general public. 200 participants attended this event.

Brisbane

Danielle Smith and Mohan Bollu

International Day of Peace was held 982 Moggill Road, Kenmore and was a success due to team effort. After the welcome address and presentation on SRCM and UNDPI, a short film produced by Peace one Day NGO with interview of former UN Secretary General Kofi Annan was presented, a great introduction to bring forward SRCM's contribution with a general talk about our organisation and its spiritual service to humanity.

A guest speaker from the Ramakrishna Mission spoke about the precious aspect of life, that should be purposeful. Rather, we seem to be running from job to job in a state of ignorance, when we should be taking time for ourselves, reflecting on our actions and behaviours, finding peace within, cause of conflict being desire/ greed in the heart of man. Finding his inspiration from the Vedanta, he stressed that if we all embraced the truth that every thing and every being is divine, we should be able to resolve conflict peacefully. This world can be changed by everyone's resolution.

Johns talk took some key features of Br Somjis talk and expanded on potentials offered in our system in uncovering ignorance and deeply rooted impressions in our heart, the need to re-establish balance in our lives, in order to see a state of moderation developing, best prevention for all excesses, and help of the Master to refine our sense of duty in life developing love without expectations in our hearts.

Children from the audience and our group were then invited to recite 2 lines of poetry from a UN Peace Poem. The Convenor of International Day of Peace Alliance, who attended part of the programme and supported us also last year, commented on how he appreciated being silent and still for the duration of our prayer, and felt regenerated in the process. Abhyasis enjoyed the opportunity to blend with members of the larger community with openness and brotherly feeling. Children lit candles with excitement, concluding this session.



Coordination and contact: Waireti Amai: email: wairetiamai@hotmail.com

© 2007 Shri Ram Chandra Mission ("SRCM"). All rights reserved.

"Shri Ram Chandra Mission", "Sahaj Marg", "SRCM", "Constant Remembrance" and the Mission's Emblem are registered Trademarks of Shri Ram Chandra Mission. This message may be edited for content and is intended exclusively for the members of SRCM.

You received this email because you requested to receive emails from SRCM.

The views expressed herein are not necessarily those of SRCM.