



Sahaj Marg Spirituality Foundation

SMSF Newsletter

Volume VI No.1-2011

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

In words of our Master, "This publication will essentially focus on the spiritual needs of human beings, how they are being or trying to be fulfilled by the Sahaj Marg philosophy and practice ..."

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

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

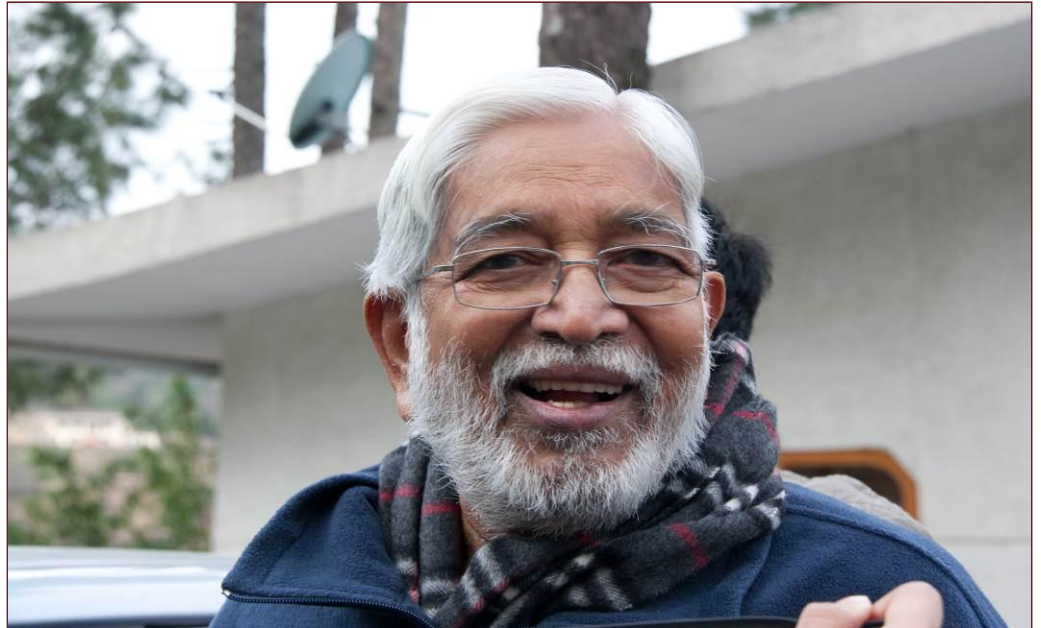
Featured in this issue

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

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

SPURS: We feature activities at SPURS retreat ranch.

Health: We cover the medical centre activities at Chennai and Satkhol.



Revered Master at Satkhol Ashram during February 2011

Programs at CREST Kharagpur

CREST Kharagpur has been focusing on Character Formation since its inception last year. During the quarter ending 31st March 2011, five seminars on Character Formation were organized.

Basics of Character Formation January 9 to 15

This seminar was attended by 39 abhyasis. For the first time, a new format was used for the seminar. In this format, the guest faculty had to deliver his/her presentations on the topic-of-the-day for a duration of 1 ½ hours. Thereafter, the participants were grouped into five small discussion groups. Each group was assigned a specially trained facilitator to ensure smooth and focused discussions and to conduct exercises requiring deep introspection and recall of past incidents relating to topic of the day. In the plenary session, participants of the groups shared their views and discussed their doubts (1 ½ hours).

Br. U.P. Dhawan, Assistant director of CREST Kharagpur, anchored the seminar interacting with guest faculties, facilitators and participants.

Following topics were taken up:

Brotherhood, Day 2: In this talk, Br. Ravindra Telang presented a new perspective towards brotherhood, which will go a long way in helping us searching for common grounds to look inside one self. He also suggested easy ways to implement it in our daily lives. He also shared many personal experiences.

Power of Thought, Day 3: The talk given by Dr. Subhash Vaidya covered the following: Self Understanding, Universal Movers, and Power of Thought in relation to Spiritual Sadhana. The importance, origin, and power of thought, their types (viz. relating to personal entity, logical–practical, psychological and devotional thought) and their influences were all explained

CREST Centers 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 centers are in India, one located at Bangalore and another at Kharagpur. A CREST center outside India has been setup at Berlin Ashram, Germany.

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

<http://www.sahajmarq.org/smw/crest-overview>

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>

Quotes from our Master's speeches regarding the importance of change:

"Change is life, and without change life cannot exist"

"Unity cannot come by your waiting for the other man to change. If you don't change, nothing in this universe will change for you. The whole universe may change but you will not change; whereas if you change, the whole universe will change for you"

Five steps (pancha-upaya) suggested by Master to reach the goal:

Know the goal, know your current status, chart the way to the goal, gather the favorable elements and remove the impediment

by Dr. Vaidya. Universal Prayer was an important illustration of such powers that our thoughts carry.

Willingness to change, Day 4: In this talk, Br. Vinay Krishna quoted some important words of our Master to emphasize the need for change. He took the participants through various levels of change, willingness and how to change (Moral Change or Character Formation and Inner Change i.e. Spiritual Change) by observing oneself, accepting oneself, overcoming the various barriers such as inner resistance, ego, prejudices, laziness, desires and temptations, finally changing oneself. He also provided tips for speedy change. Practical application of the will was exercised by the participants in the respective small group discussions.

Character is Pure Love, Day 5: In his talk, Br. Prabhakar Das explained that with Master as the nucleus (mother) abhyasi brothers and sisters are revolving round him as electrons. If one has a foundation of true love, one's nature will become like His. He spoke also about ways and means to maintain one's character overcoming selfish desires, lust for power, greed and dishonesty. He finally reminded all that we are seeds thrown by our Master and now it is for us to grow and spread Sahaj Marg by becoming good abhyasis. He expressed his view that with pure love one can gain anything in life including our Master.

How to become a Role Model, Day 6: In this talk, Br. Manoj Tiwari, explained that as a responsible abhyasi, one should understand the importance of becoming a role model to oneself and to others. He discussed the need for a role model as well as the ways and means to become a role model. He said that 90% of the abhyasis who joined Sahaj Marg and left, did so because they did not see good role models of individuals in Sahaj Marg. Brotherhood was talked about but not practiced. He reminded participants of the five steps (Panch Upaya) suggested by Master which can help one in becoming a role model for the self and for society.

Seminar for Abhyasis January 26 to 30

This seminar had 33 participants - 31 from India and 2 from Russia. Following topics were taken up:

Formation of Good Character, Day 2: In this talk, Br. Chandra Mohan Vaidya, explained nitty-gritties of formation of good Character. Quoting extensively from Gita, Rig-Veda and Upanishads, he emphasized the need of good character. Even Patanjali Maharishi had to include *Yama* (1st rung ladder-truthfulness, celibacy, non-stealing, non-violence and non-coveting) and *Niyama* (cleanliness, penance, contentment, *swadhyaya* -self-study and *Ishwara pranidhana*) in *Ashtanga Yoga*. He said that Babuji Maharaj introduced Ten Maxims in Sahaj Marg in 1946 as a substitute for these yamas and niyamas. He also dealt with issues of morality and discipline.

Opening the Heart, Day 3: In this talk, Sis. Elizabeth Denley very warmly spoke to participants about the need and ways for "Opening the Heart". According to Our Great Masters, the goal of Sahaj Marg is 'complete oneness with God' and when God is in the heart of every human being, the heart must be opened to facilitate merger with God. She also described various signposts along the way to opening of hearts. Valuable tips like daily sadhana, following ten maxims, constant remembrance, visits to Master, attending satsangs and regular individual sittings were given.

Self-control as a tool for character formation, Day 4: Br. Hiren Shah spoke about the need to exercise "self-control as a tool for character formation". He discussed in detail how by daily and regular Sadhana one develops will power, removes desires and creates right environment, leading to development of faith in Master and finally to surrender. He explained that ten maxims should be used to control temper (Maxim 7, 9), hatred (Maxim 7, 9), food habits (Maxim 8), revengeful attitude (Maxim 7) and even sleep (Maxim 1, 10).

Our Masters about Character Formation:

Babuji Maharaj (Truth Eternal):

“A good character is, in all cases the fruit of personal exertion. It is not inherited from parents; it is not created by external advantages; it is the result of one’s own endeavors - the fruit and reward of good principles manifested in the course of virtuous and honorable action.”

“Character formation is not just building up a character or forming or synchronization of a few tenets of character but also removal of unwanted irrelevant things, like the sculptor chopping off the unwanted bits from the big marble when he creates a sculpture”

Master (Chariji): “Ability to bear insults, unkindness and hatred is strength of character”

Youth Seminar on Basics of Character Formation, Feb 9-13

23 young participants from all over India participated in this seminar. The following topics were addressed:

Morality and Ethics, Day 2: Br. Sanjay Panigrahi narrated incidents from his personal life regarding professional ethics, values for good character, and stressed the need to face tough situations of life by being bold and stick to values. He gave them some teasers as test situations - a student’s dilemma or a young executive’s dilemma- requiring sincere internal guidance to handle real life.

Real Friend, Day 3: Sister Supriya Vaidya, using simple situations from day to day life, took the participants through various stages of life from childhood, youth, adulthood, wife as a friend, to old age and also office and social circles, where one considers someone as a special friend. She could touch the participants’ hearts by highlighting that all friends do part ways after sometime but Master is the only true friend who walks with us from birth to eternity and HE is the one who helps us in achieving our ultimate goal.

Changing the Future of Humanity, Day 5: Br. Tushar Pradhan said that one needs to change oneself before thinking of changing Humanity. Only by changing

oneself, one can create an impact on society and help others change in the manner that Master wants. He spoke on how improving one’s behavior in society helps Master in his divine plans of creating a new Universe. He illustrated various impediments faced in daily life such as peer pressure, ambition, money and career, balance between money and career, family and children through lively examples. He stressed upon the participants, the urgency to embrace change by overcoming one’s fears and prejudices.

Seminar on Basics of Character Formation, Feb 22 to 27

The seminar was attended by 27 participants from India and 2 participants from Russia. Following topics were taken up:

Fundamentals of Character Formation:

Sis. Anusuya Ramachandran highlighted aspects such as discipline, punctuality, right understanding, right behavior, respect to elders, reverence to the learned, morality and ethics and the like, moderation, tolerance and patience, willpower, sympathy & empathy, humility, simplicity in disposition, dauntless courage and firm resolve. She used some important quotes from the Masters of Sahaj Marg. Though the story of ‘The Carpenter’s bridge’, she



(right) Participants of Youth Seminar

Categories of discipline according to their attitude towards Master (excerpt from speech by Sis. Chhavi Sisodia)

1. Self-seekers, egoists - Manmat: Beggars, stage of bargaining;
2. Time passers- Fazli: Beggars;
3. Followers - Ahli: Sadhaka, stage of obedience;
4. Earnest disciples or sincere sadhaka - Gurumat: Sadhaka, stage of self discipline
5. The Bhakta or adoring devotee: Sevaka, Stage of love and
6. Devout disciples - Muhrad : Sevaka Bhakta, stage of surrender, becomes the focus of Master's attention

Quotes from our Masters about Moderation

Lalaji Maharaj:

"A really great man is known by three things-a generosity in the design, humanity in the execution, and moderation in success."

Babuji Maharaj: "when we are spiritual, what is inside must be outside, what is spoken must be what we mean, what we mean must be what we say, what we do for ourselves, must be in one sense be what we do for everybody else"

explained that ultimately character formation is where character is no more just for us as individuals but such persons bring about change of hearts wherever they exist. For such a person, every act is an act of character. There is no right or wrong, no left or right, not even good or bad.

How to get rid of fear and temptation in day to day life: Br. C.S.R.Murthy

spoke about saints and great teachers of the past like Nachiketa, Buddha, Mahavira, Jesus Christ, and Prophet Mohammed who overcame fear and temptation before they became great. He offered tips from Spider's Web to get rid of fear and temptations in day to day life. He narrated some incidents from lives of great Masters to illustrate practices such as keeping good company, using will power to remove unnecessary thoughts, doing regular cleaning and opening up fully to Master. He further described the great man as one "who chooses the right with invincible resolution, who resists the sorest temptations from within and without, who bears the heaviest burdens cheerfully, who is calmest in storms, and most fearless under menace & frowns and whose reliance on truth, on virtue and on god is most unfaltering". Referring to a number of Maxims i.e. maxims 3, 4, 6, 8, 9 and 10, he elaborated on how regular practice of these maxims will ensure a hassle free day life for us.

One who is disciplined alone is a

disciple: Sis. Chhavi Sisodia explained the importance of discipline in daily life as well as in the life of those in pursuit of spirituality. She said that Guru is the highest for a disciple and all thoughts must be located in the Guru only. Explaining the concept of disciple in Sahaj Marg, she said that the highest disciple is one who is absolutely obedient. Four levels of discipline, types of discipline such as physical, mental & moral, and categories of disciples according to their attitude towards Master were explained.

Moderation: Br. Girish Totloor, in his talk, said that moderation does not pertain only to mending of our external ways of living so as to make them agreeable to others, but it is something which covers the entire sphere of our mental and physical activities. Moderation really means that we have entered the sphere where our restless tendencies have subsided to a great extent. Moderation changes tendencies from Animal to Human to Divine as well as from Physical to Mental to Moral to Spiritual. Thus real spiritual training is that which makes our mind disciplined and regulated, restores moderation in senses and faculties and creates lightness of spirit. Then alone internal peace and calmness is ensured and higher approach is possible. To attain this, the medium of a worthy master of high caliber, having the power of



(right) Participants of Seminar held from 22-27 Feb 2011

Feedback from participants:

"I shall be always conscious of where I am and where I need to be."

"Rather than fixing too many items in our character, I will fix my sight on the goal of my life. The goal will guide my character formation"

"I remember a story my grandfather used to tell. On the face of an upcoming storm, every one ran away from the shore but one man who was holding on to a tree and would not let go. On inquiry he explained that the tree was holding him and not the other way round. I wonder if we are holding on to our habits in a similar manner."

"When frog jumps into hot water, he senses the heat and jumps out. However if the water that he is in is slowly heated, he is not able to sense the difference in the temperature as his frame of reference changes on a continuous basis. Frog dies in the hot water without realizing what led to his death. We should have Master as our only frame of reference so that we do not make the same mistake."

transmission is absolutely essential and to him the aspirant must surrender with full faith and confidence.

Seminar on Character Formation for Functionaries, March 12-16

This seminar was attended by 26 functionaries of the mission i.e., centers-in-charge, prefects and Ashram managers. Topics taken up were:

Art of listening - Effective

Communication: Br. Ravindra Telang gave a talk which is summarized below.

- Being alert, receptive
- Perfect communication when all three levels are in harmony
- Communication with others: Removing impediments to listening, developing listening skill
- Communication with self: Meditation, Introspection
- Communication with Nature
- Communication from the Master: His sayings, His life, Transmission
- Developing sensitivity
- Willingness to change
- Importance of listening as functionaries of the Mission

Administration with love: Br. U.S.

Bajpai spoke on this topic. It is summarized below:

- Administration of self - inside and outside, in family life, in service place, in mission, towards Master
- Administering functionaries should be

good Abhyasis first and then everything follows

- Code of ethics and guidelines to be followed with mind and administered with heads

Leadership qualities - a tool for

character formation: Br. A.P.Durai spoke on this topic; summary follows:

- Lead without being a leader
- Faith through dependence
- Committed to those working for you
- Absolutely egoless
- Inclusive approach
- Be stalwarts, not pygmies
- Courage and correction
- Get over fears, face the fears
- Honesty, integrity, transparency
- Do the work in a natural way
- Allow your will to join His will

Leadership qualities of Master:

- Leading without being a leader
- Works silently
- Puts right person at the right place at the right time
- Sense of humour
- Instant decisions
- Be stalwarts not to be pigmies.
- Work in a natural way
- Has Master plan for everything
- Open to new ideas

Source: Br. U.P.Dhawan, Asst. Director, CREST Kharagpur

(right) Participants of the Seminar for Functionaries



Programs at CREST Berlin

CREST Berlin

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

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

Contact:

Ashram Manager: Bianca Koch

Tel.: 0049-30-42089575, 0049-177-3442054

Email:

<mailto:blancakoch@yahoo.de>

crest.berlin@sahajmarg.org for information on CREST Sessions



(above) Session in progress at CREST Berlin

It was the last session of the CREST seminar at Berlin Ashram, and I was witnessing a magical Heart transformation which the participants were appearing to reflect. All of us were standing together holding each other's shoulders, forming the shape of a Heart. No one could find appropriate words to reflect the feeling; a silence prevailed as Hearts spoke through eyes, shedding tears of joy and gratitude. This was the culmination of 5 days of work that Master had been doing on all of us through the CREST seminar.

The seminar was held from 22nd to 26th April, 2011. 50 youth abhyasis of age ranging from 22 to 35 years from Germany, Austria, Holland, Belgium, UK, Denmark, France, Spain, Italy, Ireland, Norway, Switzerland, Russia, Ukraine and Belarus participated. Master gave "Who or What are Humans?" as the topic. It was directed by Br. Christian Macketanz with a team of ten faculty members identified by Master. There were five tutors who helped to run the proceedings smoothly. The seminar was conducted in English.

Master had given a general direction that CREST should not do transfer of knowledge, but should create inspiration in the participants.

Day 1 - Status Quo: "The Status Quo" was depicted by Brother Otto Kapfinger who gave shocking insights into worldwide injustices and the present destruction of the ecosystem, and Martin Mikkelsen who illustrated basic human motivation which governs world politics: maintaining a power position. As Master says: "When you are king for a day, you will never forget it." This gave an idea of darkness that prevails in the world today. It opened our eyes to how humans with their selfish tendencies have taken the world to the brink of environmental disaster, and created a social and political turmoil.

Day 2 - Light at the end of the tunnel: Alain Desvigne gave a talk on the heart being the seat of the feeble inner voice which aspires beyond material life. We were reminded that darkness does not have a source, light has. It's our birthright to have all that is coming from the Source. The heart is the source of all that a human being should have in his life. The real goal of life is to restore the connection with the Source, in other words, to become like Master.

Day 3 - Choice and Responsibility: An understanding of the human system with description of the Higher Self, the mind and the lower self was given. Rosalind

Pearson discussed techniques of maintaining a vivid contact and relation with our soul. All members were struck by her final revelation: the soul is not in body, but the body is in soul.

Day 4 - The original human values: A series of exercises were held to teach the participants how to look at and interact with people using the Heart. Role of thought power was discussed at length. Br. Kannan, who was sent by Master, gave a comprehensive understanding of man-made and divine (natural) values. He spoke in a raised voice, stressing and incorporating a simple and bold attitude of fearlessness, which Master wanted to expose to Europe when he appointed him saying “I want you to talk about values.”

Day 5 - Integration of both worlds: This integrated human and spiritual qualities of man. Albert Einstein’s statement - “No problem can be solved from the same level of consciousness that created it” - was discussed. Special emphasis was laid on human qualities of heart like honesty, sensitivity,

availability, non-judgmental attitude, sympathy, empathy, kindness, affection and patience. Participants were advised to visit Master so that he can inculcate in us, spiritual qualities like love, faith, devotion and surrender. Br. Fausto Russo gave a moving talk “*The Ultimate Love Relationship*” on his beautiful relationship with Babuji and Chariji and on human marriages: “*Are we ready to suffer with him/her for the rest of my life?*” As Master says “Spirituality is all about love.” Br. Nagaraja concluded the seminar on 27th April after satsangh.

Participants were very active throughout the seminar and kept the atmosphere joyful. The atmosphere was charged with Master’s love, and a real spirit of brotherhood was evident among abhyasis. This seminar was indeed a Brahmand success, as wished by Master. However, individual success will depend on how the abhyasi is able to keep the flame of inspiration alive and live up to it. We are all grateful to Master for making this wonder possible.

Source: Br. Samir, Br. Macketanz and others

(right) A session in progress at the seminar



(right) Participants and faculty members of the seminar



Programs at CREST Bangalore



(above) ATP group discussions



(above) ATP Level 1 training group photo

CREST Bangalore conducted two Sadhana Programs for abhyasis in the month of February 2011. Both were held for ATP Coordinators to receive training on conducting ATP Level-1.

The first program was held from 8th February till 13th February. 16 ATP coordinators participated in the program.

The second program was held from 22nd February till 27th February, in which there were 35 ATP coordinators participating from all over India.

ATP Level-1 has now got rolled out all over India. In all there have been three

Sadhana Programs, where ATP coordinators from all over India have received training on conducting ATP Level - 1.

ATP Level - 1 is designed for abhyasis who have been practicing Sahaj Marg for more than 2 years. The content of it covers all aspects of Sahaj Marg Sadhana, like Meditation, Cleaning, Prayer, Constant Remembrance, 10 Maxims, individual sittings, satsang and diary writing.

Some finer aspects like Transmission, role of the Master, role of an Abhyasi, importance of participating in voluntary work are also touched upon.



(above) Participants preparing outdoor during the session



(above) ATP Classroom session

The "Sadhana Program for Abhyasis" is designed for abhyasis with intensive focus on Sahaj Marg Sadhana.

In this program, all aspects of Sahaj Marg Sadhana are covered in detail through classroom sessions and discussions. It is mandatory for ATP coordinators to attend the "Sadhana Program for Abhyasis" before they start conducting ATP Level - 1 programs. After attending the Sadhana Program, they become equipped to present the content of the ATP Level-1 in front of participants and also handle any

doubts/clarifications on Sahaj Marg Sadhana.

Feedback about the ATP Level-1 has been good, and many participants have felt that their understanding about Sahaj Marg Sadhana has improved considerably after attending the ATP Level-1. They have recommended that all abhyasis should attend the ATP Level-1. They have also recommended that ATP Level-1 should be held repeatedly for the benefit of abhyasis.

Source: Br. Parthasarathy Patel



(above) Valedictory session

Activities at Pune Retreat Centre

Applying for Retreats

Abhyasis who wish to apply for retreats either at the Malampuzha or Panshet centres may find more information about these facilities and the retreat program at:

<http://www.sahajmarg.org/smw/retreat-center-overview>

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



(above) Newly constructed pathway at Pune Retreat Centre



(above) Aerial view of the Centre



(above) A view of the garden



(above) Sunset at the centre

The Retreat Centre is situated about 25 Km away from Pune Railway Station and approximately 30 Km away from Airport. One has to take a deviation from Mumbai-Bangalore Highway towards Singhgarh Road and move towards Khanapur. Thereafter, take a right turn two kilometres before Khanapur and move about 0.5 Km to reach the Retreat Centre.

A pathway has been constructed at the retreat centre. On completion of the pathway, the Retreat Centre is looking brighter. The abhyasis of Pune Centre have participated wholeheartedly in all respects in the construction of pathway. The retreatants are able to enjoy their morning and evening walk along the pathway. Additionally painting and gardening work undertaken by our volunteers has given the entire area a brighter and heavenly appearance.

In the quarter ending 31st March, 59 Abhyasis (38 Sisters and 21 Brothers) visited for retreat and benefitted spiritually. Abhyasis expressed their experience in the Feedback Register.

A brief summary of their experiences is as under:

- *“Yeh sthan malik ki kripa se bhara hai” (in Hindi)...The place is full of Master’s grace.*
- *“Is sthan par adhyatmik Ganga bah rahi hai” (in Hindi)... The Spiritual Ganges is flowing at this place.*
- *Felt free from worldly attachments.*
- *I understood at this place the difference between myself and mySelf with “S” capital. I received my Master within myself as capital ‘S’ of the Self.*
- *The river, the mountain, the trees ...all are blessed here with Master’s grace and seem to be standing in silence and enjoying His divine proximity.*

Source: Br. K. T. Manjunath

Activities at SPURS

(above) A silent pond at SPURS in early spring

You may yourself wish to spend a few days in this very special place in 2010. Should you have questions about coming to SPURS, please do not hesitate to call us at +1-512-301-2104.

The information on SPURS is available on the web at: <http://www.sahajmarg.org/smw/r/etreat-center-overview>. Abhyasis may submit the participation requests online. Once the 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 for any questions or information.



(above) A Serene Meadow at SPURS in April

The Practice of Silence at SPURS

Two fundamental “luxuries” sisters and brothers have noted in coming to SPURS for retreat are 1) time to do one’s practice with no worldly demands hanging overhead and 2) time as well to introspect. But abhyasis also speak of the gift of silence that they can partake of here. One brother said that “the silence here has been more important for me than words can express.” A sister referred to silence as “the biggest tool.” Still another retreatant mentioned the help he gained from being with others who were observing silence in their retreats: “The silence is profoundly important here. There was a non-verbal support among the brothers retreating, each one doing his own retreat.”

Some find the silence a little strange at first. We are so used to being in a world where it seems “unnatural” to avoid talk, perhaps for fear of not hurting someone else’s feelings. Abhyasis generally get beyond the feeling that silence is unnatural shortly after they’ve begun their retreats. As a brother put it, “I think one can accomplish so much in silence. Once the barriers of restlessness were broken, it was easy.”

Master has said “Spirituality is very easy if you are disciplined, and the fundamental discipline of silence is most essential” (Constant Remembrance, January 2008, p. 29). He expands on this at another time: “Silence is the

language of God. And therefore, when we wish to communicate with the Divine Existence, Divine places of existence, we become silent or try to become silent, and this we achieve in meditation” (Heart to Heart, I, 282). In considering the importance of silence as a discipline, new arrivals at SPURS are told that they may find it helpful if they simply consider avoiding unnecessary talking. It is not a “rule” that is imposed from outside, but rather a simple suggestion to help them make the transition into this quiet environment.

Below are several more thoughts regarding silence from those who have recently retreated:

“Silence is the language of God. When you are done with your meditation and you don’t know what happened, you can know that something in you has had a precious time in silence.”

“When I come to SPURS I am not even tempted to talk. To quiet myself, to learn about being silent inside is why I come here.”

“The silence was the most amazing part of this retreat.”

“I have had more experience of the nature of the mind. I think I could see that the mind is not the thoughts, but that the mind itself is absolutely silent—thoughts are but like dust.”

Source: Br. Thomas Stoner

*Medical Centre News***Services of Free Medical Centre at Manappakam**

Free Medical Centre at Manappakkam has served a total of 10,581 patients for the quarter Jan to Mar 2011. Spirometry camps were conducted (courtesy Lupin Laboratories) and 41 patients benefited. FMC has served 289 numbers of patients outside regular hours during this quarter. The clinical laboratory became operational from 01/11/2010 and 606 patients were investigated with various laboratory tests in the last three months. Following are the details of the medical activities conducted by Free Medical Centre, Manappakkam in this period.

Free Medical Centres (FMC) at Manappakkam and Satkhol have been undertaking many activities towards imparting medical services to the needy. Medical Camps are regularly held in Madurai and many other centres.

Sahaj Marg Physicians Group (SMPG)

SMPG is an initiative involving physicians, medical students, residents, nurses and others in the medical community to offer medical services to the needy through SMSF Medical Centers. As part of this initiative, a database of names of the physicians from all branches of medicine has been completed. A group email address has been set up - smpg@sahajmarg.info.

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

Department	Patients	Panel of Doctors
General medicine	6793	Dr. U. Ravindran, Dr. R. Sulochana Dr. K. Sudheshna, Dr. E. Ellanchezian Dr. S. Kishore
Cardiology	51	Dr V. Vanaja
Dentistry	322	Dr. Swati N. Bhagat Dr. Jagadish Kumar Dr. Komal Gupta
Dermatology	164	Dr. M. Jayaraman
Gastro-enterology	45	Dr. Manimaran
Gynaecology	18	Dr. Jayanthi Mohan
Homeopathy	694	Dr. S. K. Ram Subramaniam Dr. N. Padma Suganya
Ayurveda	276	Dr. Henoc Marceau
Ophthalmology	129	Dr. Harshitha Bakshi
Orthopaedics	103	Dr. D. Narendra
Paediatrics	1358	Dr. Natwar Sharma Dr. S. Kishore
Psychiatry	37	Dr. A.P. Mythili
Pulmonology	46	Dr. G. Raja Amarnath
Urology	20	Dr. Sanjay Sharma
Endocrinology	66	Dr. Ravi Kiran
Spirometry	41	
Neurology	0	Dr.R.Padmini

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

Source: Br. Dr. Ravindran Ulaganathan



(above) Doctors treating patients at Satkhol medical center

Satkhol Medical and Dental Activities

Following is the report for Satkhol Medical and Dental Centre for the quarter Jan-Mar 2011:

Specialty wise	Jan	Feb	Mar
Medicine	59	144	130
Surgery	47	56	63
Gynaecology	2	3	8
Cardiology	2	2	5
Dentistry	55	10	91
Dermatology	34	27	39
Gastro-enterology	66	102	96
Homoeopathy	128	0	0
Ophthalmology	3	8	15
Pulmonology	67	18	110
Urology	8	2	4
Orthopaedics	37	27	36
ENT	69	134	86
Dental cases	99	0	154
Number of Outpatients			
Male	178	235	308
Female	128	180	189
Children	111	118	122
Number of Abhyasis	46	173	141
Others	371	360	478
Total	417	533	619

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

Dr.C.K.Prasannakumar, MD

Dr.Parhar, MD [Homoeo]

Dr.K.D.Dubey, MS; Dio

Dr.Gopal Aironi, Homoeopathy

Dr.A.Prabhakar, MBBS; DTCD

Dr.Alok Tandon, BDS

Dr.Renu Tandon, BDS

Dr.R.K.Purohit, MBBS; DA

Dr.Sunny, MBBS

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