

This is a quarterly newsletter that provides updates on SMSF activities. In the words of our Revered Master, "This publication will essentially focus on the spiritual needs of human beings, how they are being or trying to be fulfilled by the Sahaj Marg philosophy and practice ..."

For archives of newsletters, visit <http://www.sahajmarg.org/newsletter/smsf-newsletters>.

Featured in this issue

CREST: We feature activities at CREST Bangalore, 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 Satkhol.



Shri Ram Chandra Mission

(above) Master with delegates of Chinese seminar on 1st October 2013

Programs at CREST, Bangalore

CREST, Bangalore celebrated its Founder's day on 9th August 2013 with a satsangh and a get together of the inmates. On 11th August, faculty members and volunteers were invited. About fifty participants attended the event. A short video of CREST, tracing its journey from 2006 to today was played. This was followed by a question-and-answer session. After lunch, a film on Swami Vivekananda was shown.

Seven students from IIIT-B visited CREST. They discussed the possibility of motivating other students to visit CREST and also to know more about the Sahaj Marg system.

During this quarter, seven programs were conducted at CREST, Bangalore. These included three batches of 'Sahaj Marg Insights', one batch of 'Deepening Prefects' Experience' and three batches of 'Library Immersion Period.'

Sahaj Marg Insights – A deeper study
5th – 7th July (Telugu), 30th August – 1st September (Kannada), 25th – 29th September (English)

This is a three or five day residential program designed to

provide a deeper study of Sahaj Marg and of various subjects related to the philosophy and practice of Sahaj Marg in our daily lives. Abhyasis who have completed at least two years of Sahaj Marg practice and have attended the 'Grounding in the Practice' or 'Sadhana Programs' can attend this program.

Three seminars were conducted in this quarter. Fifty-six participants attended the first seminar (Telugu) conducted by Br Saptamukhulu, Dr Padmalatha and Sis. Sudharani. Sixty-two participants attended the second seminar (Kannada) conducted by Br Ajit Kamath, Dr Gajendra Singh and Sis. Madhuri Venkat. Thirty-nine participants attended the third seminar (English).

Topics chosen for the vernacular programs were 'The ever-receding goal – how to achieve it?', 'The responsibilities of an abhyasi upon self, family, society and the Mission' and 'Love, Faith and Surrender.' Topics chosen for the program in English were 'Satyam vada - A challenge in today's world', 'Spiritual progress depends on our way of living', 'Hide yourself and expose Him', 'Silence is the language Of God', and 'Liberation and Realisation.'

The pattern was the same for all the Insights programs - lecture by the faculty member followed by introspection by participants, reading and reference at the library. The participants were then divided into groups for a discussion on the topic. Facilitators helped the groups in carrying out the discussions effectively. Each group then presented the group's thoughts. Finally the faculty member summed up the day's learnings.

Deepening Prefects' Experience 11th – 15th September

This is a training program for prefects from various zones of south India. In this quarter, one batch of this program was conducted with Sis. Elizabeth Denley as the moderator. Fifty-seven prefects participated along with one coordinator and six facilitators. The prefects had to introspect and share rather than listen to lectures. There was a question-and-answer session where prefects were asked to answer the queries that abhyasis would

normally ask. Three DVDs of Master's talks were played to help participants understand their work better.

Library Immersion Period 12th – 14th July, 23rd – 25th August, 20th – 22nd September

Three batches of this program were conducted. In this program, abhyasis spend the first two days reading a book of their choice from the CREST library. The library is a treasure of literature on spirituality, religions, cultures and philosophies of the world and on various related subjects. Many of the books have been handpicked by our Master. Selected movies from the library are screened after dinner for entertainment as well as for education. On the third day, they are asked to talk about the books that they have read and what induced them to select those books. Other than individual sadhana and daily morning satsangh, there are no structured classroom sessions.

Source: Sis. Seetha Kunchithapadam



(above) Participants of the program on Deepening Prefect Experiences held during 11th - 15th September 2013



(above) Participants of the program on Library Immersion Period



(above) IIIT-B students visiting CREST, Bangalore campus



(above) Participants of the program on Sahaj Marg Insights held during 5th – 7th July 2013



(above) Participants of the program on Sahaj Marg Insights held during 30th August – 1st September 2013



(above) Participants of the program on Sahaj Marg Insights held during 25th – 29th September 2013

Programs at CREST, Kharagpur

The facility at CREST, Kharagpur completed four years on 28th September 2013. During the quarter ending 30th September 2013, three seminars on 'Character Formation' and one program on 'Deepening Prefects' Experiences' were organised in CREST, Kharagpur.

Fundamentals of Character Formation (English), 9th July – 14th July 2013

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

The Power of Attitude: Sis. Juhi Shah explained to the participants that Sahaj Marg practice is a system based on power of thought and one should have only positive thoughts because it is the power of thought that makes one's character.

Fear and Temptation: Br Lakshman Rao explained that fear and temptation are the root causes for binding one to religion and one needs to be rid of them to grow spiritually.

Relationships: Br Bhaskara Sarma said that the various relationships in one's life are transactional and one needs to have one-to-one relationship only with the Master. Master is only the true friend and only that relation is permanent and eternal because he does not judge us.

Love is the essence of Spirituality: Br Vamsi Krishna explained the importance of love especially on the spiritual path and said that love alone can transform a person's character into an ideal character.

During conclusion of the seminar, the participants spoke about their experiences in taking part in the seminar. They were divided into groups and asked to think deeply about the topics given to them. Findings of each group were discussed in the plenary session.

Fundamentals of Character Formation for Youth (Hindi) 13th – 18th August 2013

Eighty-four abhyasis participated in this program. The theme of the seminar was "Goal of life".

Br Manoj Nagar discussed the topic 'Goal of Life'. Br Ranghuvans Pandey spoke on the topic 'Aspirations and Ambitions.' Both the sessions were interactive and generated interest in the participants. Br Rishi Ranjan presented a bird's eye view of the Ten Maxims. He highlighted the importance of the Maxims and the need to observe them in our daily life.

Br Dhruv Bajpai presented the topic 'Tolerance begets Love' and Sis. Snehal Deshpande spoke on the topic 'Relations through the Mirror of Sahaj Marg.' These two talks touched the hearts of the participants.

Br Deepak Tyagi who spoke on 'As you choose, so you Become' recalled many anecdotes from his life and urged the participants to make the right choice to succeed in life.

Br Manoj Agarwal spoke on 'Prayer – A call from Heart.' He emphasised the need for prayer and use of prayer in various aspects of our daily life - meditation, taking food, or night prayer. He said that right attitude is very important in prayer.

The seminar ended with a plenary session where the participants shared individual experiences and feedback.

Fundamentals of Character Formation (Bengali), 10th – 15th September 2013

Fifty-nine abhyasis participated in this program. After an introductory session on the first day, formal sessions began.



(left) Participants of the seminar on Fundamentals of Character Formation held during 9th – 14th July in English



(left) Participants of the seminar on Character Formation held during 13th – 18th August in Hindi

Open your Heart: Br Kiran Bijoy Chakraborty and Sis. Jhuma Basu presented their views on this topic and explained that the heart is the seat of divinity and hence it becomes our duty to keep it pure and transparent. It can be opened only if we fill it with love, tolerance, service and forgiving attitude.

Simplicity and Contentment: Br Sudeep Sarkar said that nature is simple as well as pure. He explained that we were also simple when we were born but subsequently we developed coverings in the form of complexities and that we lost our simplicity because of our desires.

Willingness to Change: Br Shekhar Roy explained that life is sometimes rough; we should not expect others to change but be ready to change ourselves using our will power. He said that we should develop the qualities of accepting oneself, forgiveness and love. Ego and prejudices are hurdles in this.

Let Sahaj Marg reflect in your life: Br Asoke Sengupta took the participants through the Ten Maxims and explained to them how following each one of them in our daily life can transform our character and make us live a life as envisaged by the Masters of Sahaj Marg.

Deepening Prefects' Experiences (English), 18th – 22nd June 2013

CREST, Kharagpur has been entrusted with conducting this program for the prefects from the Eastern and North-Eastern zones. Fifty-seven prefects attended this session. There were no formal speeches in this program, but just the sharing of experiences and silent introspection on the messages of Master in His address to prefects in Chennai and Trichy during the first Seminar on 'Deepening Prefects' Experiences.' Br Sreeniwas Deshmukh, Br Gyan Sarin, Br Manoj Tiwari and Sis. Leena Dave were the facilitators and Sis. Chhavi was the coordinator.



(left) Participants of the seminar on Character Formation held during 10th – 15th September in Bengali



(left) Participants of the program for Deepening Prefects' Experiences at CREST, Kharagpur held during 24th - 28th September

CREST Kharagpur Calendar: November 2013 – March 2014

12 – 17 November 2013	Fundamentals of Character Formation (English)
26 November – 1 December 2013	Fundamentals of Character Formation (English)
10 – 14 December 2013	Program for prefects (English)
24 – 29 December 2013	Maxims of Sahaj Marg as tools for Character formation (Tamil)
21 – 26 January 2014	Fundamentals of Character Formation (Hindi)
11 – 16 February 2014	Maxims of Sahaj Marg as tools for Character formation (English)
11 – 16 March 2014	Fundamentals of Character Formation (Telugu)
18 – 23 March 2014	Maxims of Sahaj Marg as tools for Character formation (Kannada)

(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.

Upcoming Seminar at CREST, Berlin

CREST, Berlin will host the next seminar from 7th to 13th November 2013. Revered Master has given the theme "From Ignorance to Knowing to Unknowing" for the seminar which includes following sub-topics:

- Ignorance, Innocence
- Identities, Personalities, Our own constructions, Illusions
- Cloud of Unknowing / Acceptance, Cleaning and Humility
- Dare to Think

For further information, the interested may contact crestdirector.berlin@sahajmarg.org

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>

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

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

Activities at SPURS



(left) Bust of Revered Babuji Maharaj at the SPURS Retreat Centre

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/smwww/spurs-texas-usa>. Abhyasis may submit the participation requests online. Once requests are processed, abhyasis will receive a confirmation and a welcome package containing detailed information on the program and the facility. Please e-mail austin@sahajmarg.org for any questions or information.

SPURS Ranch Retreat Centre hosted fifteen abhyasis for the quarter ending September 2013. Here are some comments made by some of the abhyasis reflecting on their experience at SPURS:

- *I feel very full here. It is like something has come in.*
- *Before I used to get anxious and had expectations. This time I was totally relaxed, total surrender with much more faith in Master.*
- *(I) never understood the practice so well. Being in this environment has helped.*
- *There were times I felt so light, like a warm glow, the condition was blossoming. I feel there has been a deepening in my sense of peace. I had no idea it would be this amazing. No stress. I am so grateful for this place. The energy is so palpable here. I can't wait to come back!*

Source: Sis. Suzanne Garner

Activities at Pune Retreat Centre



(above) Pune Retreat Center

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

A large number of volunteers from nearby centers visited the center from 20th July to 31st July for cleaning wild grass and other unwanted vegetation.

Pune retreat center has started a new induction training process for abhyasis coming to this facility. It is conducted immediately on arrival at the balcony in front of Master's cottage.

Source: Br Prem Apte

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/smwww/retreat-center-overview>

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

Medical Centre News

Free Medical Centres (FMC) at Manapakkam and Satkhol have been undertaking many activities towards imparting medical services to the needy. Medical Camps are regularly held in many other centres. Physicians, medical students, residents, nurses and others in the medical community have formed Sahaj Marg Physicians Group (SMPG) to offer medical services to the needy in the FMCs. This group may be contacted at gokula@hotmail.com or smpg@sahajmarg.info

Services of Free Medical Centre at Manapakkam during the period from July 2013 to September 2013

The FMC served 21,085 patients during this quarter. Details of the activities in this period are given below.

Specialty wise	Patients	Panel of Doctors	
Allopathy	19,863	Dr U. Ravindran, Dr Anamay. K. Bidwai, Dr S. Kishore, Dr R. Sulochana, Dr V. Vidyavathi, Dr. Komal Gupta, Dr Jaya Prasanthi, Dr. P. Dinesh	
Cardiology	63	Dr V. Vanaja	
Dentistry	890	Dr Jagadish Kumar, Dr Komal Gupta	
Dermatology	399	Dr M. Jayaraman	
Endocrinology	25	Dr M. Ravi Kiran	
Gastro-enterology	83	Dr M. Manimaran	
General Surgery	284	Dr Anamay K. Bidwai	
Physiotherapy	846	Sis. P. Kiranmayee	
Homeopathy	1,222	Dr RamSubramaniam Dr Vidhi N. Shah	
Nutrition	76	Sis. G. Srilatha	
Ophthalmology	223	Dr Harshitha Bakshi	
Orthopaedics	48	Dr D. Narendra	
Paediatrics	2,857	Dr Natwar Sharma Dr S. Kishore	
Psychiatry	8	Dr A.P. Mythili	
Pulmonology	1	Dr G. Raja Amarnath	
Urology	4	Dr Sanjay Sharma	
Gynecology	179	Dr Jayanthi Mohan	
Neurology	13	Dr R. Padmini	
Categories	Patients	Categories	Patients
Male	7,958	Abhyasis	5,699
Female	10,270	Others	15,386
Children	2,857	Total	21,085
Other details	Patients		
Services outside regular hours	166		
In patients	309		
Clinical Laboratory investigations	1,617		

Staff	Staff	Volunteers
Dr S. Kishore (Doctor) Dr Anamay K. Bidwai (Doctor) Dr Vidhi N. Shah (Doctor) Dr Komal Gupta (Doctor) Dr P. Dinesh 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 specialist camp conducted by Satkhol Medical and Dental Centre for the quarter July to September 2013.

A specialist camp was held at Satkhol from 4th to 6th October 2013. The camp included a school health program in which 413 students from four schools and one intermediate college were covered. Two photographs from the camp are shown in the left sidebar.

Details of cases treated during the specialist camp are given below:

Specialty wise		Specialty wise	
Medicine	156	OBG	175
Surgery	63	Dermatology	138
E.N.T	71	Orthopedic	126
Cardiology	95	Physiotherapy	30
Dentistry	204	Paediatrics	95
Dermatology	138	Homeopathy	53
Ophthalmology	219	Ayurvedic	97

Total cases treated	2184
School health program	413
Total	2597

Source: Br. Dr. K. D. Dubey

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