

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

In words of our Rev. 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>

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

Featured in this issue

Spiritual training: CREST Bangalore hosted its second batch on December 17th. We provide an update on this program. STP-2006 program is also featured.

Health: We cover the medical center activities organized by Medical Center of Manapakkam, and Satkhol. We also feature proposed plans of SMPG (Sahaj Marg Physicians Group)

Education: We cover Rev. Master participating in Children's day celebration in Lalaji Memorial Omega International School, Chennai.



Rev. Master with Scholars of STP-2006

Rev. Master's address to 2nd batch at CREST, Bangalore

Excerpts from the speech made on 17th December 2006

"...I am talking of, now, the growth of Sahaj Marg as it is wrongly spoken about, wrongly referred to. We are not trying to spread Sahaj Marg. We are trying to bring new life, offer a new life to people of the world..."

"... until you ladies and gentlemen speak about Sahaj Marg with conviction borne out of your own feelings, experiences in Sahaj Marg, Sahaj Marg will not work. The people of your country will not receive its benefits because you are at fault, you don't speak, you know..."

"...these Seminars are supposed to bring out this particular aspect of enabling you to appreciate in yourself, for yourself, by yourself what Sahaj Marg is, can do, and has done. Let us patiently remember this during every step of this Seminar: that it is for me to establish within myself the truths of the so-called truths that these guys have been talking about, so that I may speak this truth as my truth and not his truth..."

"...So you have to give a chance to others to speak, to teach you so that you may teach them..."

Second Batch at CREST Bangalore

CREST Centres are resident schools where abhyasis in batches of fifty to hundred undergo intensive training for one month. The training covers aspects of religions, spirituality, psychology and our civic responsibilities. First training took place in August 2006. Second batch joined on Dec 17th 2006 and stayed up to Dec 29.



The course for the second batch of participants was conducted at CREST from 17th to 28th December. Master arrived at CREST on the 15th and inaugurated the course on the 17th. There were about fifty delegates from around the globe who came for the course, attending presentations on around 22 topics by a faculty which too had been drawn from across the globe.

The CREST course is designed to give spiritual, mental and physical rejuvenation and invigoration to all the participants. They are required to get up before 5am and do their meditation. They are encouraged to do some brisk walking and some light exercises from 6am. At 7am Group Satsangh is held in the Meditation Hall. Breakfast is served at 8 am. Presentations begin at 9am and continue till noon. Often the presentations do not get over within the morning session with lively and in-depth discussions taking place after each presentation. Then the deliberations and presentations continue in the afternoon. Otherwise the afternoon is spent in browsing the library. Delegates have to do their cleaning between 6 and 6.30 pm and dinner is served at 7.30 pm. After universal prayer at 9 pm, there is a video-show of films hand-picked by Rev. Master. Of course, this

entire schedule changes if Rev. Master comes out and sits with abhyasis outside His cottage. Then this area becomes an extension of the class-room where He speaks about presentations of the day sharing His insights on various matters.

Master delivered the valedictory talk after the last presentation on 27th evening in which he spoke about communication and extolled everyone to understand the true means and value of communication. The talk marked the end of the Course and Master left



for Chennai by road the next morning. The delegates take back with them 2 weeks of encapsulated knowledge and cherished memories, which shall unfold into wonder and wisdom in their hearts and minds in the days to come.

Source: Br. Rishabh C. Kothari, Br. Niraj K. Srivastava

Talks in CREST Batch II

- Spiritual Education
- Sufi tradition and spirituality
- Islam
- Women's Role in Spirituality
- Christianity
- Psychology & Spirituality
- Buddhism
- The Present - A link between the past and the Future
- Sikhism
- Spirituality and Islam
- Science and Spirituality
- Saints of India
- Reincarnation
- Mysticism
- African Belief Systems
- Jainism
- Superstition and Spirituality
- Shat Darshanas
- Vedic Heritage
- Confucius, Taoism
- Communication - Material and Spiritual
- Yoga Psychology

POEM

Composed by Peni Moore (Fiji)

We came together as strangers
from many different countries.
All we had in common
was being abhyasis.
We spanned the globe
as far apart as Siberia and Fiji.
But what we had in common
we all began to see.
Our different languages
and Nationalities
dropped away with teachings
Spanish, Portuguese and Japanese;
all laugh in the same language you
see.
Many of us had stories of pain and
searching,
Which have brought us to our
Master.
A Saint for all to see.
His dream of one planet
with the language of love supreme:
Means we all have a responsibility
when we return home across the
seas.
Our friend from Pakistan
will need our prayers I'm sure,
Romania with two strong sisters,
China now has three
to make a difference.
Serbia and Kazakhstan
have Rita, Slava and Ivana
to raise the flag up high.
Let's not forget down-under:
Noumea and Fiji,
Madagascar and Dominican Rep
put the islands on the Map.
We all must work together
and help Chile,
Argentina and Brazil
have many more of us
with Malaysia and the Philippines
we've almost covered the globe.
We may be small in number
but our hearts are as big as God.
If we become what
we are supposed to become
our Master will rest easy.
So let us all go forward
and keep doing what the Master
has begun.

Transformed by Love – STP-2006

Most of us began as strangers: 33 abhyasis from 19 countries, speaking 8 different languages, carrying with us different backgrounds and experiences. For four weeks we meditated, studied, ate, laughed, cried, shared stories and insights, discovered India and more importantly, came face to face with our inner truths as one. We were united with a common spiritual goal.

During the opening ceremony of the 2006-2007 Scholarship Training Program (STP) held on December 10, 2006, Master told us, "You are all going to receive some training here, I hope, which will help you more and more to become human - human in the sense that we are people with hearts."

The STP has certainly been an exercise in each one of us opening our own heart, learning to listen to its subtle message, connecting with each other and deepening our own relationship with Master, who is the prime example of transforming love present in our world.

During the STP scholars had the golden opportunity to live a truly spiritual life. Through the talks given by the esteemed faculty, the group discussions and the individual reading sessions, we scholars could gain an in-depth personal understanding of the Sahaj Marg practice and its principles. Another valuable aspect of the STP was that through our experience of the simple and ideal ashram life we performed proper sadhana and developed the spirit of tolerance, work and love as brothers and sisters everyday.

Our process of transformation was complemented by the abundant beauty and harmony of nature manifested in the green and serene environment of

the ashrams in Manapakkam and in Natarampally where we lived like a family. From the ashram volunteers and our STP co-ordinators, we learnt the true meaning of service - that is, selfless working and giving out of grateful devotion to Master.

One aim of the STP is that we scholars return to our homes and communities with a more disciplined practice, inner wisdom, and a desire to share the life-changing message of Sahaj Marg to other members of the human race. Master said in his speech during the closing



ceremony on January 5, 2007, "My Master used to say that it is easy to begin something, but to carry it through successfully, faithfully, with dedication and love, one needs a lot of confidence and faith in what you are doing."

It is our hope and prayer that we continue to evolve as authentic human beings with hearts that naturally overflow with love. We know that if we change, our world will change. Sahaj Marg is a way that we can begin to bring about positive change in our own small corners of the globe: to help in the work of connecting human hearts to their essence, which is the Ultimate.

Source: Sis. Maris Stella Mortel, Philippines

VACANCIES AT Lalaji Memorial Omega International School

This prestigious co-educational school is set on a sprawling campus of nine acres. The school commenced operations on June 27, 2005 with Classes from KG to V. Enrolment was at 128. By the end of that academic year the numbers had risen to 160. The next year we received Central Board of Secondary Education (CBSE), New Delhi, affiliation for Classes VI through VIII and our student population grew to 573. A hostel block was also commissioned for students V to VIII and we have about 130 boarders now. Plans for the next academic year (2007 - 2008) call for about 1,000 students in Classes KG - IX (approval from CBSE is expected shortly for Class IX and X).

In the ensuing academic year (2007-08), classes are being upgraded to Class IX with hostel facilities for Students of Classes 5 to 8. We are expecting to have student strength of 1000 and this will entail an increase in the number of sections and staff (both academic and administration).

Interested candidates may register online at the earliest. Based on the need and other selection criteria, the selected candidates will be called for an interview/demonstration to be held at Chennai. The date, timings and venue will be intimated later. For applications, see <http://www.omegaschools.org/application.htm>

Children's day at Lalaji Memorial Omega International School



Children's Day was celebrated on Sunday, the 12th November 2006 at Lalaji Memorial Omega International School, Kolapakkam, Chennai. An exhibition was conducted by the children of the school coinciding with the occasion - the theme being "Invincible India - An Insight". Rev. Master graced the occasion by His physical presence.

After the Sunday morning satsangh at ashram, Rev. Master reached the school by around 10.45 am. He was accorded a traditional South Indian welcome by the students including the "Aarathi". Rev. Master later lighted a "Kuthu Vilakku" to formally inaugurate the session. Br. Ajay Bhattar was also present on the occasion.

Rev. Master gave a speech to the students reminding them of the values they have to live by and blessed them on the occasion.

The students had put together various stalls in the class rooms depicting the

major states of India, tracing the history, culture etc. of the respective states. Rev. Master went around looking at these exhibits. He very lovingly interacted with the students, listened to their presentations and questioned them about their exhibits. The children participated enthusiastically in every activity - after all it was their day "With HIM".



Source: Br. S Prakash in Sahaj Sandesh 2006.84 - Monday, 13, 2006

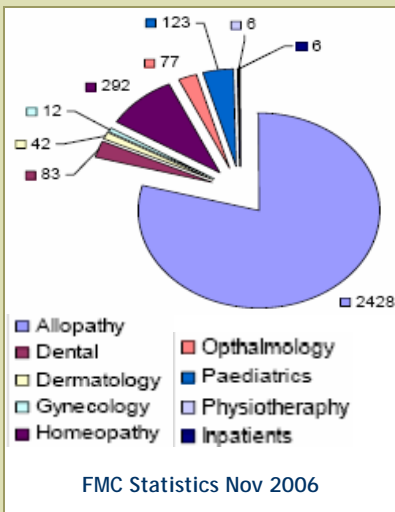
Medical Centers at Manapakkam and Satkhol and the new Medical Center at Allahabad have been undertaking many activities towards imparting medical services to the needy. Medical Camps are regularly held in Madurai.

Medical Camps at Madurai

The calendar for free medical camps in Madurai in 2007 is given below.

FMC Activity Calendar
January 28
February 4
March 4
April 1
May 6
June 3
July 1
August 5
September 2
October 7
November 4
December 2

Source: Br. P. Palaniappan



Medical Center News

Satkhol Medical Center - statistics

Number of patients treated at Satkhol Medical Center from 8-10 Sept 2006:

Case	Patients treated
Medical Cases	170
Surgical	37
OBG	183
Cardiology	104
Pediatric	82
ENT	139
Orthopedic	186
Dermatology	108
Ophthalmic	331
Dental	139
Ultrasound	55
Lab investigation	86
School health checkup	157
Total	1731

Outpatients treated during 2006:

	Male	Female	Children	TOTAL
JAN	204	192	89	485
FEB	200	227	93	520
MAR	219	245	112	576
APR	241	221	140	602
MAY	267	219	172	658
JUN	307	243	150	700
JUL	184	170	154	508
AUG	216	191	197	604
SEP	185	149	93	427
OCT	199	159	120	478
NOV	221	160	85	466
DEC	166	150	110	426

Source: Dr. C. K. Prasannakumar

Free Medical Center, Chennai

The FMC has come a long way from the day it was started as a medical center for treating visiting Abhyasis at Manapakkam. Its continuous operations started from July 1999. It was then decided to extend its services to the local public especially the poor.

Accordingly the Free Medical Centre (FMC) has evolved and was inaugurated by Beloved Master Shri P. Rajagopalachari on 14th Jan 2005.

Primarily the FMC shall provide out-patient service and later extend to provide in-house facilities, to provide the various disciplines to a larger

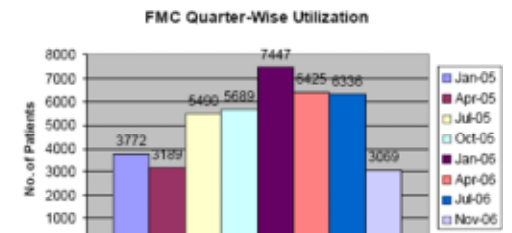
section of the needy and economically weaker sections by free medical aid.

FMC services are available from 10:30AM to 12:30PM daily and from 6PM to 7PM on weekdays. Monthly and weekly duties are allotted to specialists who attend to public. A team of around 20 specialists manage the specialty clinics. Beneficiaries include Manapakkam Ashram staff, LMOS staff, students, and abhyasis in addition to general public. Abhyasis and public are using the facility almost equally.

Future plans: Now four inpatient beds serve emergency cases. It is proposed to have a minimum 20 bed hospital to treat the inpatients. A full time Doctor shall be appointed in charge of the hospital on a voluntary basis or on honorarium.

Following are planned services of FMC:

1. Prosthodontia department to give dentures when teeth are extracted
2. An Ultrasound SCAN - to be housed in a separate room
3. X ray room with a qualified x-ray technician
4. A pharmacist and nursing staff on permanent basis
5. Infrastructure like shelves, racks, water outlets, partitions for better storage / administration
6. Medical history record folders with link to patient identification cards for regular users
7. Continuing medical education training by visiting doctors/faculty
8. 2 stand alone computers for record keeping of medical history / stocks
9. Medical / clinical lab with Microscope, auto analyzer for biochemical examination.
10. Separate room for cataract surgery



SMSF spends around one lakh rupees/month towards purchase of medicines and utilities.

REQUEST FOR FREE MEDICAL CENTRE STAFFING

Under Rev. Master's guiding hand, the Free Medical Centre at Manapakkam has been growing rapidly. For quite some time now, we have started catering to the basic medical needs of the nearby villagers as well.

To meet our ever expanding staff requirements, we need immediately:

- A qualified Allopathic Medical Practitioner, preferably M.D. in General Medicine, to work as Part time / Full Time at the Free Medical Center at Babuji Memorial Ashram, either on a honorary or on a paid basis.
- Qualified Nursing Staffs, Pharmacists & Auxiliary Nursing Midwife on paid basis.

Those who are qualified and are interested in offering their services to the Mission are requested to send in their Resume with complete contact details to Dr. U. Ravindran, Free Medical Center, Babuji Memorial Ashram, Manapakkam, Chennai - 6000116. The details can also be sent via email to Dr. U. Ravindran who is reachable at ravisrcm@sify.com.

MONTH/YEAR	ALLOPATHY MEDICINE	OPHTHALMOLOGY	DENT	PAEDIATRICS	UROLOGY	Dental	HOMIOPATHY	ACUPUNCTURE	DERMATOLOGY	PHYSIOTHERAPY	INFANTIS	Gynaecology	ABHYASIS	OTHERS	TOTAL
Jan-05	1269	60	12				242	18	9					3	1623
Feb-05	579	36	4	6	3		230	169	17					5	1048
Mar-05	601	41	11	16	11	3	228	159	31	6				4	1100
Apr-05	477	12	11	12	11	43	163	116	26					3	865
May-05	712	44		23		59	110	47	24	2			836	185	1021
Jun-05	995	42		21		84	125	28	8				909	394	1303
Jul-05	1088	31		35		81	208	86	36	5			1047	523	1570
Aug-05	1541	34		43		65	157	76	50	1			1126	823	1949
Sep-05	1518	37		42		55	125	94	84	55			1043	936	1979
Oct-05	1457	28		56		52	144	19	73	1			947	911	1858
Nov-05	1820	31		51		37	120		40				944	1166	2110
Dec-05	1453	38		94		36	83		17				651	1070	1721
Jan-06	2084	60		92		93	230		71		2		1318	1327	2645
Feb-06	1707	63		129		93	209		47				944	1316	2260
Mar-06	1894	87		169		98	207		43	7			1003	1539	2542
Apr-06	1614	47		52		74	182		59	6	6		1178	910	2088
May-06	1528	63		71		69	146		85	8	6		949	1055	2004
Jun-06	1871	61		55		51	193		70	10	10		1234	1039	2333
Jul-06	2008	42	14	25		72	289		71	6	15		2550	1284	1207
Aug-06	1855	64	5	61	3	59	221		88	10			1224	1173	2397
Sep-06	2103	67	28	90	1	93	273		57	11			1277	1455	2732
Oct-06	2295	86		233		132	391		105	14			2153	1120	3275
Nov-06	2428	77		123		83	292		42	6	6	12	1388	1681	3069

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. Revered Master has agreed tentatively to go ahead with the vision statement and plans for SMPG

AIM: To promote the well being of the people by providing primary care as well as specialist services as needed and coordinate continuity of care uniformly who utilize our clinics as a source of health care.

OBJECTIVES: To coordinate the staffing of the clinics at Satkhol and Chennai using the services of local physicians as well as other physicians in the mission who have agreed to volunteer their time at their convenience and also when a need arises to promote the well being of people using the services of our clinics. We intend to use the services from all

branches of medicine to deliver care with love and a caring attitude using a holistic approach aiming at the physical, social, and mental as well as the spiritual well being of a person.

As part of this initiative, a database of names of the physicians from all branches of medicine has been completed. A PDF data intake (demographics) form in Sahaj Marg site for physicians, medical students, residents, nurses and others to fill and be part of a central data base which can be accessed only by the designated administrators has been completed. (<http://srcm.org/survey/entry.jsp?id=1139428373063>) Future plans include creating a strong physician staff in both clinics to run smoothly year round along.

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).