



## Master's News



*Extracts from Echoes of India Vol4, Issue5 September 2011*

### **Tiruppur, 26 to 29 July**

The birthday celebrations came to an end 25<sup>th</sup> July and Master decided to stay in Tiruppur till the 29<sup>th</sup>. Abhyasis wanted to meet him before they left and he spent time meeting as many as was physically possible for him, as he was tired and required rest after such a large celebration. In one sweeping statement, Master said, "For everyone I am meeting and everyone I have not met, I have already given everything that I possibly can."

To a group of abhyasis, he said, "When you come for such a bhandara, please stay for a few more days and don't rush back. Please slow down, relax, take it easy and be present in this atmosphere for as long as you possibly can." Talking about the atmosphere, one abhyasi said that it was sad to see the tents being taken down and the place looking empty. Master said, "I started feeling like this from 24<sup>th</sup> evening itself, as the first set of abhyasis started leaving."

When an abhyasi thanked him for giving him the opportunity to work during the celebrations, he replied, "For one who is willing to work, work finds its way to him."

### **Chennai - 29 July to 15 August...**

Master arrived at Chennai 29<sup>th</sup> July and went straight to Manapakkam ashram. His usual routine of work started as soon as he arrived.

He has been engaged in a new project, to talk about the history of Sahaj Marg. He made a statement at Tiruppur that, "While one is alive, we do not want to get into the details, and already lots of details are lost forever." He applauded the initiative taken by some abhyasis to collect the history of Sahaj Marg in various countries. The Europeans interviewed Master on the history of Sahaj Marg in Europe. He stayed at Gayathri from 2<sup>nd</sup> to 5<sup>th</sup> August and on 2<sup>nd</sup>, he invited around 150 overseas abhyasis for dinner. His family was the perfect host, ensuring that everybody had their dinner.

On a different note, one can see the effect of age on Master. It is difficult for him to sit down or get up from

the chair and it is very hard to see him go through this. When Master came back to Manapakkam on 6<sup>th</sup> August, a group of abhyasis from Mumbai explained the land project that was coming up and he was very keen to know the details. When a brother mentioned that the project is half-way completed, he quoted a Hindi proverb which says, when the elephant's trunk is visible, its tail is sure to come.

Master talked about taking interest, "In any field, the first step is to take interest, this is what Babuji has said for Sahaj Marg also, which is to take interest." He said that for us to take interest, we have to make it a part of ourselves, which means, make Master, the Mission and the method as our own.

Master graced the CiC/ZiC meeting, which was taking place 13<sup>th</sup> to 15<sup>th</sup> August at Manapakkam ashram, with his presence and spoke at the inaugural and the closing sessions.

On Independence Day, the flag was hoisted at Manapakkam ashram by Br. A.P. Durai at the front of the meditation hall with about 150 abhyasis and children present.

### **...And now**

16<sup>th</sup> September Master left for Delhi to attend to the registration of land for the Mission. He then proceeded to Hyderabad on 18<sup>th</sup>, again for the registration of land at the new project site.

Afterwards, he came back to Manapakkam, where he is now-working as usual.



Sahaj Sandesh  
© Shri Ram Chandra Mission





## *Seminars with Master at Manapakkam December 2011.*

We warmly invite you to register for the Oceania Regional Gathering:

**Date:** 16th to 22nd December 2011

**Venue:** BMA Manapakkam, Chennai India.

**REGISTRATION:** Registration for the seminar is available by filling out the attached registration form, please email to Vipul Jajal [jajalvipul@gmail.com](mailto:jajalvipul@gmail.com) Registrations are open until 15th November 2011, however we encourage everyone to register as soon as possible, to ensure appropriate accommodation requirements.

**PREFECT WORKSHOP :** A prefect workshop will be held 23rd to 24th December as part of the seminar. The event schedule with program details and satsangh timings will be sent prior to the seminar.

**ACCOMMODATION:** Dormitory accommodation is offered at the Ashram, if you have special needs or requirements please indicate on the registration form.

**CREST:** there are two Sadhana programmes offered at CREST in Bangalore, one prior to the Abhyasi seminar which is now full, and one from 27th December– 1st January. Please register with Vipul Jajal [jajalvipul@gmail.com](mailto:jajalvipul@gmail.com) if interested to attend. A wonderful opportunity, don't miss it!

We look forward to being together in his Spiritual and Physical Presence.



Dinner with Master

Wonderful memories of our last seminar week with Master in 2010



Preceptors meet with Master



His blessings are eternal



We all watched and enjoyed the play







## Community Building

A new initiative is being set up in the Mission in line with Babuji's message from Whispers, A Third Revelation – May 31, 2001

**"Here below, you are a big family whose members should all unite for the good of each one."**

And the instruction given by our Master

**"Love All Whom He Loves"**

Community Building is an initiative to foster love and brotherhood towards all of humanity and has two main focus areas – one within the Sahaj Marg community and the other in society around us in pursuance of the objectives of SMSF related to social welfare.

### Sahaj Marg Community Building

Sahaj Marg is a community with a common goal and a value system and therefore a community within the larger society. Community Building is concerned with the means of fostering a sense of belonging to such a community and the obligation to understand and practice the values it propagates. Such unity of purpose in action and demonstration of the values propagated by the Masters in actual day to day life by members of this community will send its ripples around and affect the larger society outside.

Community Building focuses on getting the individuals to work together so that we interact and build brotherhood, work together as a team, have harmony, and a greater understanding of each other. We must be able to share the joys and sorrows of our fellow abhyasis, naturally, out of a sense of belonging.

This can be nurtured by having more frequent interaction among abhyasis in a positive spiritual environment, leading towards building a more integrated Sahaj Marg community. The diversity within our community should also be capitalized so that we learn from each other.

All of this must lead to mutual trust among those who are on this journey with the common interest of spiritual evolution to the highest. A constructive interdependency among abhyasis can create an environment where we help each other not only in our spiritual journey but also help each other in times of need. The satsanghs where spiritual integration takes place, full day programmes, bhandaras, and Sahaj Marg weddings lead to building the Sahaj Marg Community and these are already in place.

### Community Development in Society

Sahaj Marg Spirituality Foundation has been established with objectives which include helping the society in areas of need, education, training, research and establishing basic utilities and facilities. The social welfare activities relating to the society at large will be addressed as part of this Community Building initiative.

These social welfare activities which are part of "Community Building" include the medical centres which are already under operation, and other initiatives like a community kitchen, clean drinking water, etc. which can be thought of. They will cater to the basic needs of people living in proximity to ashrams of the mission.

"The development of the feeling of universal brotherhood

means the breaking up of the individual network that separated one from the other, and the closer adherence to the tie of fraternity. It will naturally lead to mutual association and greater attachment, and our dealing with one another will be moulded accordingly, ensuring greater peace and contentment to everyone. How nice would it be to have it thus!"

Notes sent out re the new community building initiative 30th July, 2011.

### Activity of the month – Perth Centre

The activity titled 'Faces of the Essence – Introducing Patanjali' was a very engaging way of getting to know one of the greatest maharishis of ancient India, who lived in 3<sup>rd</sup> century BC, author of the first ever book on Yoga called Yoga sutra.

Brother Vijayarajan who did the power point presentation did an excellent job of collecting and collating relevant information on Patanjali and presenting it to a very enthusiastic audience. The presentation included a detailed description of Ashtanga yoga – the eight limbs of Yoga of Patanjali and showed the clear link to our own practice of Sahaj Marg. Some of the excerpts from the mission literature, included in the presentation, helped to highlight the special significance and relevance to us as spiritual aspirants.

The following is an excerpt from Complete works of Ram Chandra Vol2 - **"The various successive steps of yoga laid down in Patanjali's system are all included in the one routine process under the system of Sahaj Marg and are covered by the abhyasi without undergoing each one separately. But since that is possible only through the help of pranahuti, I wish more and more abhyasis to come up to it and be profited thereby."** Babuji

Not only did it help to understand the origins of our padhati of Sahaj Marg, it also helped us appreciate and acknowledge with a sense of gratitude what our Masters have given us by way of refining the ancient practices to suit the modern man.

The presentation was followed by a pot luck dinner, the universal prayer and Friday night meditation. The evening served as an excellent opportunity for abhyasis to come together and interact. Some of the new abhyasis seemed to relax and enjoy the company and the experience. The general feedback from the abhyasis was very encouraging and positive and we hope to have more of such purpose-filled sessions in future.

**"When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds: Your**

**mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be."** - Patanjali



**"Yoga is the cessation of the movements of the mind. Then there is**

**abiding in the Seer's own form" - Patanjali**







## Ashram Update



As of 23rd September, our DA application is sitting with the Director of the Liverpool Council for signing off and approval. After a meeting with the Council Town Planner Tuesday 20<sup>th</sup> September we were informed that there are no further information requirements and that the approval should be received within the next one to two weeks. Whilst discussing progress with the assigned Town Planner, she explained that since the Director is new to his position, he is not familiar with some of the council procedures and wants to check our DA application before signing and approving it.

We are now finalising quotes from two home fabricators :  
Build Smart Homes [www.timberlinehomes.com.au](http://www.timberlinehomes.com.au)  
Steel Building Systems [www.steelbuildingsystems.com.au](http://www.steelbuildingsystems.com.au)

A team of us met with both builders Monday 19<sup>th</sup> September and our architect Steven Haggart has briefed them in regard to the design requirements. We feel both suppliers can offer a good product with further ongoing negotiations required before we can make any final decision. Furthermore our budget and forecasting has to be approved by the Office of International Affairs before proceeding.

As per Master's wish during discussions in Tirrurpur, he suggests we build the meditation and dining hall together, the first stage of the ashram development.

We have also received quotes for Sewerage Treatment options. Our sewerage requirements are quite challenging because of the non constant usage at the ashram (heavy demand at weekends, light during the week).

For the first stage of the development we need to have in place

- Meditation Hall
- Dining Hall - toilet amenities in precinct
- Sewerage System
- Parking facilities for 42 cars
- Front mounds, and landscaping
- Soundproof fencing and landscaping

We have been very active in fundraising programs. Now that the DA is at hand, we need to get the full financial support of all members with the aim of raising funds by 15<sup>th</sup> November 2011 to enable completion of the first

stage of development . For those who can donate to this wonderful project please speak with either your preceptor or centre coordinator for further details.

### Ashram Dam project

Our dam has not been filling at all after a lot of heavy rain so, assuming there to be a leak a group of willing workers young and older, spent the day clearing the dam wall to find the problem. A fence was also needed down the left hand side of the property so we set to and completed that as well. A fun day was had and rabbit holes were discovered to be the culprits in the dam wall!

On another afternoon Andy and Paul burned the bamboo, palm fronds and other greenery that was stacked up around the ashram.



Vipul, David, Jim and Libby erect the fence

Our fearless ZIC at work!



Clearing the dam

And removing the bamboo







## Master's 85th Birthday Celebrations



Master's cottage  
Tiruppur



Aussie abhyasis

### With Master on his birthday

The theme for this year's celebrations was "*Discipline in Love*". There could not have been a gathering of over 50,000 that practised this theme better than in Tiruppur this time. There was no mad rushing to meet Beloved Master, no crowding outside his cottage to plead with the security staff to be let inside etc. Even if people gathered outside his cottage it was more to sit and meditate quietly feeling his presence which is so very evident the moment you enter the venue gates. All this was so very refreshing and I am sure gave beloved Master great joy. He looked so radiant and happy on all three days of the celebration and very often joked and laughed on stage. I am sure all abhyasis wished the mikes were turned on so that all of us could have been part of the obvious camaraderie that was on stage. The foundation for the theme was laid on day one when Brother Guptaji articulated so well that beloved Master has given the total essence of Himself to us, therefore why would we disturb Him to satisfy our own selfish desire to see His physical form.

Obviously this was a very powerful message and most of the abhyasis took this to heart as they demonstrated over the next three days. Brother Krishna confirmed this on the final day when he said that Master was very happy with the "discipline in love" displayed by his abhyasis.

The three days of the celebration passed very quickly and with clockwork precision, the norm in bhandaras. Everything appears so effortless and it is thanks to the hordes of volunteers who work so hard, gently and lovingly guided by the hand of our Master.

Beloved Master conducted all the morning satsanghs which were very deep and absorbing and seemed to pass in a flash. It gave abhyasis great joy to see Him so happy and relaxed. There was a lot of time for introspection and I left the venue thinking that the only true and meaningful "guru dakshina" we can give our Guru is to become what He wants us to become. I pray that we can all work towards this. Lakshmi Sridhar, NZ

Master's 85<sup>th</sup> Birthday Celebration in Tiruppur this year was a revelation to me in which I realised the importance of volunteering. Even though I have attended several celebrations and was always appreciative of the tremendous effort that

goes into these celebrations, I was particularly sensitive this year to the amount of love, care and protection being bestowed on each and every one of us by many, many volunteers. Everywhere I looked I saw this care in action, from the dining hall feeding the multiple long lines of abhyasis day after day, to the mini buses that constantly shuttled abhyasis from the Comfort Dorms to the Celebration site, to the Reverse Recycle water stations that provided us with clean drinking water daily, both looking after our health and the environment, to the security guards who were vigilantly looking over us night and day, to the clean bedding and mosquito nets, to the medical staff looking after us in the mediation hall, to the lovely lawn patch outside Master's cottage where we could rest under beautiful flowing trees in the afternoon and so much more. Michele Dunford

### Fiji

There were satsanghs organised on three days (23-25 July) at Lautoka Centre. On 24th July the day of Master's Birthday all abhyasis gathered from 7.30am for satsangh and stayed together for whole day. After morning satsangh, Master's video watching and readings from Whispers, breakfast was served. Abhyasis decided to stay longer and watched more videos and discussed Master's messages. In the afternoon abhyasis had a short seminar, question and answers and evening satsangh. The atmosphere was filled with so much love and warmth.

While two prefects remained in Lautoka, Rakesh Sharma and Neelima Sharma travelled to Suva to celebrate with abhyasis there. They conducted satsanghs, facilitated question and answer sessions and had discussions around the theme while they watched Master's videos. The experience and atmosphere at both centres created a craving in more abhyasis to visit Master at the Oceania seminar in December.



Fiji







## Master's 85th Birthday Celebrations

### Dunedin New Zealand

Master's birthday celebration was a very different one this year for us.

Saturday 23<sup>rd</sup> July was a beautiful day, full of Master's presence. Snow was forecast for the Sunday and certainly the day felt colder, the ground was icy and even the garage wall was iced up. It was still dark as I set off slowly in my car. Normally I am very nervous about driving on ice or snow and totally avoid it but by Master's grace there was no fear at all in me on this special day. Dunedin is a city of hills, many of them steep. As I was waiting in the supermarket car park for another abhyasi I received a text from her that she couldn't get down her hill. It was too slippery. I started off again driving carefully up the hill leading to where Janine lives( celebration venue). I had no doubt in my mind that I would get there, despite the ice all the way and snow on top of the ice as the road went higher. I stopped at the bottom of the unsealed road that leads to Janine's house to wait for the others. We had decided we would go up together in a 4 wheel drive vehicle. Seeing the road it was evident that driving up it would not be an option. The others, all except one, soon arrived safely. It was still dark, cold and very windy as we set off on foot up the hill. The brightness of the fallen snow allowed us to see where we were going. At the top Janine came to meet us and accompany us back to the house.

It was such a welcome to come into the beautiful atmosphere and warmth of the meditation room. Like being in a protective gentle light Master-bubble while outside the skies were dark and the wind still howling. Because it had taken us so long to get there, satsangh started fifteen minutes late. It was a beautiful satsangh.

After satsangh it was daylight but the skies had closed in and the snow was coming down again heavily. Abhyasis decided to get home to their children and families before roads became impassable or closed. We walked back down to the cars. It was cold and slippery but quite fun too. The road back was not as bad as we feared. By the time I got home the snow had really set in and soon nothing was moving.

We continued the celebration in our own homes, sitting for the remaining two satsanghs with the Wellington group. At my house I felt exactly the same wonderful blissful atmosphere as in the meditation room at Janine's house. It felt as if the celebration had been going on here too, all along. Normally on a Sunday afternoon at home there would be a lot of coming and going but on this day I was not interrupted and I was left by the family to bask in the presence of my Masters. Again there was that feeling of being in a highly protected sacred space and that the whole room was in a Master bubble.

The Monday morning satsangh was so beautiful as was the rest of the day. Quiet, blissful, bathed in grace is what it felt like and it was a very cosy and peace filled family time later all together, cosy around the fire.

It was a very, very special celebration. I felt extremely blessed, protected, held. Suzanne Richards

### Celebrations in Auckland, NZ



Our lovely  
NZ youth



Sharing a meal

### Celebrations in Sydney



Discussion group



Tug o war  
Kids enjoying  
themselves



Our Sydney kids







## News from Centres

### Sydney



### Family retreat in the Blue Mountains 16-18th September

The venue was a beautiful cottage, well looked after by a few nuns and was situated among the bushes and forest of the Blue Mountains. It could accommodate about twenty people and had all required facilities with enough area for children to run and play.

After morning satsangh all of us explored the cottage grounds and were captivated by the beautiful waratah trees with their attractive, big, red flowers only seen previously on our drivers' licences! We decided to have our morning session in nature among the bushes, indeed an apt location since the session was on *Maxim 4 Be plain and simple to be identical with nature!*

The next program was a 'Master's Chef' competition with fifteen participants divided into five groups. The ingredients were revealed to contestants and they had one hour to prepare as many dishes as possible with those ingredients.

Babies, toddlers and young kids behaved very well during the time their parents were eagerly contesting. Food was presented beautifully and the three judges had an awfully hard time deciding on the winners. Two teams tied for first place and the judges had to taste the food a second time to choose the final winners. This competition brought out the talents of the abhyasis and many of them were pleasantly surprised to find their hidden talents! This competition proved to be a great opportunity for all of us to develop brotherhood and harmony and we could see the golden thread of unity running through our hearts.

In the evening we had a stunning and beautiful dance performance by the sisters dressed to glory. Sunday started with Satsangh in a yoga hall at David's residence. After the Satsangh, a few abhyasis tried basic yoga skills and exchanged their yoga knowledge with others. After breakfast all of us went to Everglade Gardens located in Leura. This heritage garden sits in about twelve acres and consists of European-style gardens and native Australian bush. We had beautiful views of the Jamieson Valley and had family photos taken near the 'Grotto Pool' and the

waterfall that cascaded about eight meters down a rock face into the pool. Trees starting to shoot and some bushes blooming with thick layers of colourful flowers announced the coming of spring

After lunch there was an ashram update and a general discussion about the building plan and cost savings. We all joined in the cottage cleaning, kids and all, and two days of fun filled spiritual family time came to an end.

I feel privileged to have attended the family weekend and urge the others who were not able to make it to grab the next opportunity. These weekends not only help us to open up and enable us to get closer to other abhyasis, but also to delve within ourselves. Vijaya Murthy



The kids



sisters dancing the  
bollywood song



In Everglades garden



The group of happy families





## News from Centres continued

### Sydney cont.



### A day at the Yoga Expo

It was decided to set up a booth at the *Evolve Yoga Expo* at Sydney Boys' High School. Most of the visitors we spoke to are already involved in some sort of Yoga activities, some are inclined to improve body shape by following Hatha Yoga and other posture related exercises and others are looking for an escape from the web of their emotional personal life.

We decorated the booth early with the Sahaj Marg banners and flyers. and were hopeful of getting a maximum number of visitors as our booth number was "1" and close to the coffee stand.

Many visitors were interested to know what Sahaj Marg has to offer and a few visitors expressed their interest to receive further information by email. Those who were looking for meditation and other means to explore inner self made it to our booth (some sort of natural filtering process)!

The Daily Reflection sent out on that day seemed to be so relevant in this context.

### The Sower

*You know the parable of the sower. The sower went forth and sowed his seeds. Some fell on rocky ground, and the birds of the air ate them up. Voilà, they have disappeared. Whose failure? Not the sower's, because he has been ordered to sow. Some fell among brambles and thorns and never germinated. Whose failure? Again, not the sower's. Some fell on fertile ground and yielded plentifully. Here also we are doing a gardener's job. We sow seeds, we water them with transmission, we nurture them, try to protect them, cherish them, love them. If they don't germinate, what can we do?*

*Taken from the book "Revealing the Personality", Chapter Relationships", pg. 67, by Revered Chariji*

### Silent Retreat

Have you ever been on a silent retreat? I did and came to realise there is nothing to fear in going deeper into ones self. After all I do have a Master in my life and I do trust him.

I went on the last retreat at the Bringelly Ashram. We talked on the Friday after our arrival, then after the nine o'clock sitting we did not speak again until dinner on the Saturday night.

The preceptor gave us a sitting on the Saturday, all without a word spoken. It was the most rewarding time I have spent with myself, it was a challenge and very peaceful and did much to strengthen my practise..

I would recommend that you give it a go one time. Then you will be back for more. I sure am! Wendy Wilson

### Open Houses

Abhyasis have been putting their hearts enthusiastically into arranging open houses in various locations across Sydney. We had them in Parramatta 6<sup>th</sup> Aug, on the Central Coast (Holgate) 27<sup>th</sup> August, 3<sup>rd</sup> September one was conducted in Penrith and on 10<sup>th</sup> September it was in Stanhope Gardens, then Brookvale on 24<sup>th</sup> September. All open houses were conducted in the libraries of the respective suburbs, except in Holgate.

### New Centre in Queensland: Gladstone

A new centre for Gladstone Qld. about eight hours North by car from Brisbane, evolved when two families from our other new centre in Moree Northern NSW moved last month.

John Smith visited for three days, gave an introductory sitting on arrival and an open house at the home of Anbukumar, previously from Melbourne, the next morning.

Twelve guests came for the presentation with 8 wanting to have their introductory sittings.

Two Group meditations were held Sunday 7.30am & 7.30pm with all attending the evening session, followed by a shared meal.

Anbukumar's wife, Gowri and their two daughters began and now all the family have started. There were nine new introductions, to make thirteen abhyasis in all, and more are keen to start next preceptor's visit.

Group Meditation is now held Sundays at Sekar's home

The two families who moved from Moree will be coming to the Oceania Seminar in December to see Master.

With thanks to Sekar and Gomathi who hosted me for the weekend and lovingly catered to my every need.







## News from Centres *continued*

### Melbourne

#### Visiting preceptors

We were fortunate to have two overseas preceptors visit our centre in July. Sister Preeti and her husband Brother Harpreet were in Melbourne and shared themselves and their experiences with abhyasis. Sister Preeti also conducted an excellent workshop on "Cleaning".

Stephen Waterer visited our centre in the first week of September. He made himself available to any abhyasis who wanted a sitting and spent time with them. On Sunday after conducting satsangh he explained to us the latest developments with regards to our ashram and the importance of fund raising.

#### Bring and Buy Stall

Ron Mendelsohn started an initiative called "Bring and Buy" where abhyasis bring things they no longer need/want, put them on the stall and anyone wishing to purchase puts money into the donation tin for the mission. The donation amount is decided by the purchaser. All proceeds go towards the Sydney ashram.

### Fiji



A new centre in  
Ba

New abhyasis in  
Ba



#### Emergence of a Centre in Ba

Ba is a small rural town about thirty kms from Lautoka city where I reside. A small centre has emerged in the area and we are conducting weekly satsanghs. Sashi Kiran conducted an Open House at the Seniors Citizens Community Centre in Ba. And those willing to commence the meditation registered their interest with her.

I visited the Ba Center on 22nd to start introductory sessions, eight to ten women were present, and after a recap on Sahaj Marg practice and a Q & A session lasting twenty minutes, six women expressed willingness to begin immediately. So I gave four introductory sittings.

From 23rd to 25th and again from 29th to 31st August Neelima and I visited the Ba Center together to conduct the introductory sittings. In total eight new abhyasis joined.

Rita Vithal, Lautoka

### Noumea

A weekend seminar was conducted on the theme "Discipline in love" on 20-21 August with a power point presentation and discussions on the quotes included in the slides. This was an enriching experience facilitated by visiting preceptors Mireille and Herve Scala from France who stayed in Noumea for a month. Ten local abhyasis attended all or part of the programme on the Sunday, and a DVD on "Love for the Master" concluded the week end beautifully.

25th August, a meeting was organised with the intention of presenting Sahaj Marg to abhyasis' families and friends. Fourteen assembled at the home of Isabelle in Mt Dore. The evening was a success and a lot of appreciation was expressed. The openness and naturalness of the Natural Path was felt...perhaps some seeds sown as well...

#### Guru Purnima day in Fiji

A day when we particularly remember our Guru with so much gratitude for continuing to care for us and guide us towards our goal despite all our weaknesses and follies. This year as many abhyasis were wishful to be with our beloved Master we gathered for two satsanghs, morning and evening. A loving atmosphere pervaded the venue as we gathered to meditate and watch Master's video. Twenty two abhyasis gathered for the event in Lautoka. Those who had visited Master shared their stories and encouraged the rest of the abhyasis to visit Master at least once in their life time. The evening ended with a shared meal brought by abhyasis.





## United Nations Day of Youth

On the United Nations International Day of Youth, Shri Ram Chandra Mission's centres of Melbourne, Brisbane, Wellington and Auckland organized outreach programmes to celebrate youth with a prayer session. There are more than 1.2 billion young people aged between fifteen and twenty four years in the world, accounting for about eighteen per cent of the world population. The International Year of Youth presents an opportunity to highlight the need to inspire, guide and advance youth's full and effective participation in constructing, for themselves and for the world, a peaceful and loving future fundamental to the future of the human race. On 18 December 2009, the United Nations General Assembly adopted a resolution proclaiming the year commencing on 12 August 2010 as the International Year of Youth on the theme: Dialogue and Mutual Understanding. The Year ending aimed to encourage dialogue and understanding across generations and promote the ideals of peace, respect for human rights and freedoms, and solidarity.

**Auckland, NZ:** The United Nations International Youth Day programme was held on 14 August 2011 at the Onehunga Community Centre in Auckland. The presentation was given by Shiksha Sridhar from the Auckland centre, one of our youth abhyasis aged twenty. The abhyasis of Auckland were all very enthusiastic and some interesting discussions took place. First discussions focussed on the expectations of youth and the qualities necessary for youth to progress and create a better future for forthcoming generations. A conclusion was drawn that this is the time to start developing skills that we can use for the future of our world. Skills such as imagination, tempering of will, courage and an appetite for adventure (all of which came from the UN presentation in a quote from Robert Kennedy). There was a discussion about why these qualities are needed in youth of today and how they can benefit us. Another discussion brought up was about what youth expects from the older generation and what skills they feel need to be taught in order to create a change in this world. Each youth member of the Auckland society gave their opinions and there was a consensus that the youth feel the elder generation should inform the youth of what their options are and what consequences will follow should they choose each option. Then it is up to individuals to decide. Overall, it was a very well received presentation and the enthusiasm and knowledge each abhyasi had to share created some very interesting discussions. The event proved to be very enjoyable and one where everyone has learnt something new which can be applied to their own lives



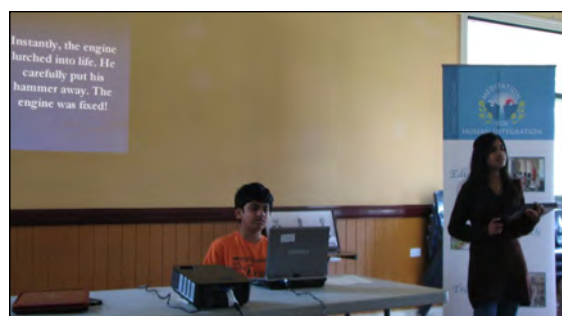
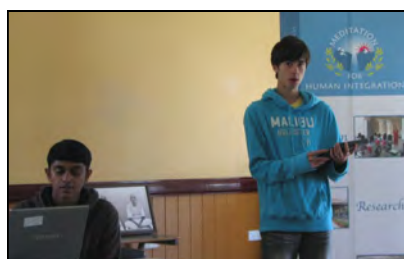
Youth and young at heart!

**Wellington, NZ:** Abhyasis celebrated United Nations Youth Day 2011 after Sunday Satsangh 12th August 2011. About seventeen of us attended. We went through the Presentation distributed globally and reflected on the facts and quotations in it. A reading from "HeartSpeak 2008" Master's speech "Change your world by Changing yourself" followed. We all then prayed for a few minutes. We also watched one of the recently released videos of Master's speech. The overall arching message was that we have an opportunity in life to change ourselves and that will change the world too.



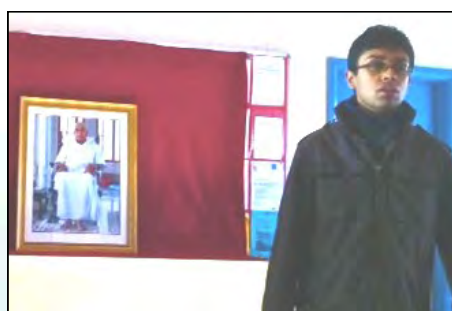
**Brisbane:** There was a good synergy with youth taking up the core presentation and for some their own presentations in the form of a funny story, selected excerpts from the literature, and a slide presentation. A journalist from the

"Epoch Times" participated and we had another visit from a person who had spent a week at the ashram of Shajahanpur and met Babuji in 1975!



**Melbourne** The event started with Anurag, a thirteen year old, reading UN Secretary General's speech. Following the reading, one of the youth abhyasis, Harish, presented the slides with constant reference to his thoughts and experiences. The presentation finished with a prayer

meditation and was followed by a spirited discussion where abhyasis engaged in their own thoughts about the theme.



Anurag







# Calendar of Events

Date	Event	Venue	Email
<b>October</b>			
1	Sittings	Sydney south Coast	rklal@optusnet.com.au
2	Presentn-Power of mind/thought Youth session and Preceptors Mtg UN International Day of Peace	Melbourne Brisbane Sydney	Vsharma4gmail.com dansm@primusonline.com.au jajalvipul@gmail.com
7	Gardening for the family...CDP	Perth	skmenon.au@gmail.com
8	Open House for Uni students Preceptors sittings	Brisbane Perth	danasm@primusonline.com.au skmenon.au@gmail.com
9	Q & A with new abhyasis Monthly Gathering Group meditation Study session	Melbourne Sydney Sydney south coast Perth	vsharma4@gmail.com jajalvipul@gmail.com rklal@optusnet.com.au skmenon.au@gmail.com
14	VBSE program	Perth	skmenon.au@gmail.com
15	Canberra visit Ashram cleanup/stables refurb Youth Weekend	Canberra Bringelly ashram Bringelly Ashram	slakshmanan@hotmail.com jajalvipul@gmail.com jajalvipul@gmail.com
16	Presentation by youth Visit Moree Canberra group meditation New abhyasi session Youth weekend	Melbourne Moree Canberra Sydney Bringelly Ashram	vsharma4@gmail.com danasm@primusonline.com.au slakshmanan@hotmail.com jajalvipul@gmail.com jajalvipul@gmail.com
22	Sittings Preceptor sittings	Bringelly ashram Perth	jajalvipul@gmail.com skmenon.au@gmail.com
23	Group meditation	South coast Sydney	rklal@optusnet.com.au
28	Preceptor sittings	Perth	skmenon.au@gmail.com
29	Youth Weekend	Bringelly Ashram	jajalvipul@gmail.com
30	Session on the topic Ashram Youth weekend	Melbourne Bringelly ashram	vsharma4@gmail.com jajalvipul@gmail.com
	Topic of the month- <i>cleaning</i>	Onehunga Hall, Auckland NZ	srcmakl@gmail.com

## November

5	Sittings Preceptor sittings	Bringelly ashram Perth	jajalvipul@gmail.com skmenon.au@gmail.com
6	Preceptor meeting Preceptor Meeting & Presentation, Power of our Attitude Monthly gathering Study session	Melbourne Brisbane Sydney Perth	vsharma4@gmail.com danasm@primusonline.com.au jajalvipul@gmail.com skmenon.au@gmail.com
11	Visit Gladstone VBSE program	Gladstone Qld Perth	danasm@primusonline.com.au skmenon.au@gmail.com





# Calendar of Events

*Cont.***Echoes Oceania Newsletter**

Date	Event	Venue	Email
------	-------	-------	-------

**November** cont.

12	Ashram cleanup Retreat	Bringelly ashram Bringelly ashram	jajalvipul@gmail.com jajalvipul@gmail.com
13	Group meditation Retreat	South coast, Sydney Bringelly ashram	rklal@optusnet.com.au jajalvipul@gmail.com
18	Faces of the Essence..CDP	Perth	skmenon.au@gmail.com
19	Canberra visit Preceptor sittings	Canberra Perth	rklal@optusnet.com.au skmenon.au@gmail.com
20	UN Int. Day of Children Canberra visit New abhyasis session	Melbourne Canberra Sydney	vsharma@gmail.com slakshmanan@hotmail.com jajalvipul@gmail.com
25	VBSE program	Perth	skmenon.au@gmail.com
26	Preceptor meeting	Bringelly ashram	rklal@optusnet.com.au
27	Topic—Import. being with Master Group meditation	Onehunga Hall, Auckland NZ South coast	srcmakl@gmail.com rklal@optusnet.copm.au

**December**

3	Sittings Preceptor sittings	Bringelly ashram Perth	jajalvipul@gmail.com skmenon.au@gmail.com
4	Preparing ourselves to visit him Preparing ourselves to visit him Monthly gathering Study session	Melbourne Brisbane Sydney Perth	Vsharma@gmail.com jajalvipul@gmail.com danasm@primusonline.com.au skmenon.au@gmail.com
9	VBSE Program	Perth	skmenon.au@gmail.com
10	Ashram cleanup	Bringelly ashram	jajalvipul@gmail.com
11	Group meditation	South coast , Sydney	rklal@optusnet.com.au
17	Sittings	South coast Sydney	rklal@optusnet.com.au
18	New abhyasi session	Sydney	jajalvipul@gmail.com
25	Topic-Love	Onehunga Hall, Auckland NZ	srcmakl@gmail.com
31	Sittings	Bringelly ashram	jajalvipul@gmail.com
8-15	CREST-Oceania and South Africa	Bangalore	johnsmith@primusonline.com.au
16-22	Oceania seminar with Master	Chennai	jajalvipul@gmail.com
23-24	Preceptor meeting	Chennai	johnsmith@primusonline.com.au
27– 1 Jan	CREST...Oceania & South Africa	Bangalore	johnsmith@primusonline.com.au

