



News from Manapakkam

July 2014

Friday, 4 July: Visit to Dwaraka Apartments:

Master decided to go to see Kamlesh bhai who has been unwell for more than a week with the flu. He went to the apartment complex, which is just behind the ashram, in the golf cart. On the way, he slowed down several times to respond to abhyasis' greetings, questions, problems and so on.

As Master came out of the lift, Kamlesh bhai greeted him. Master enjoyed looking at the photos in Kamlesh's house, especially those of Babuji. There was also a statue of Buddha which looked a little like Krishna; Master was told that it was the 'Buddha Krishna'. For a while Master sat in the hall with a few abhyasis sitting around and commented, "Just like bees around a flower, abhyasis are always around me." In the informal discussion that followed, he recounted incidents that had happened during his trips to Europe. On one occasion, he was leaving to go somewhere by car, but one of the abhyasis forgot his bag, then two more things happened to block the departure. He decided there and then to cancel the trip. Subsequently, many positive things happened as a result. These are examples from his life we can learn from.

From Kamlesh bhai's house, Master went on to visit every apartment in the complex, all occupied



by abhyasis. He stayed briefly in each one, before moving on to the next, and was warmly welcomed each time. Recently, Master has been quite restless saying, "I have been tied down to my place for too long." This trip was therefore a welcome change for him, although when he came back to the cottage, he was quite tired and had to rest. The famous saying, 'The spirit is willing, but the body is weak' is often mentioned in the cottage when referring to Master's intense wish to travel, go out, etc.



Sunday, 6 July: A Piano: After breakfast and reading the newspaper, Master came out of the cottage and sat in the sun for a while. He then wished to listen to a brother who plays the piano. While this brother played several pieces, he sat in the hall, listening keenly and clearly enjoying them. After this, a young girl who studies at the Omega school played too. Master was very pleased by the fact that our abhyasis can



play so well. He said, "I have always wanted to buy a piano, but it never happened. It would be really nice to have one here." Several abhyasis came forward eagerly and gave suggestions, and within a few days, a piano had been purchased and set up in the cottage. When Master saw the instrument, the happiness showed on his face. One abhyasi played a few pieces, then Master too played a few notes. He explained where it must be kept and insisted it be properly covered and protected. He said that abhyasis could come and play anytime they felt like it. Over the next few days, several abhyasis came and Master listened to them play.

Saturday, 12 July: Guru Purnima: After offering prasad, Master was ready to meet the large number of abhyasis waiting to see him. They came initially in an orderly way and Master blessed them all, one by one. However, in spite of several

announcements asking them not to, abhyasis kept touching Master's feet. Master was becoming tired and asked them to stop coming if they wanted him to conduct satsang, but people continued to push forward. By the time this was finished, Master had met more than 500 people. He then went to the meditation hall and conducted a satsang for about 50 minutes. Bhajans continued in the meditation hall as Master went back to his cottage.

Wednesday, 16 July: Master unwell: Master was not well from the beginning of the week. He had a very persistent cough and seemed to have developed an infection as well, so there was strict control regarding who was allowed into the cottage. In a couple of days, there was some improvement in Master's health and he began talking to people again.

Sunday, 20 July: Kamlesh bhai conducted the satsang and then made an announcement about Master's health. A message went out in Sahaj Sandesh encouraging abhyasis to go to the bhandara in Tiruppur instead of coming to BMA, Chennai.

Tuesday, 22 July: Master's astrological birthday: This was Master's birthday according to the Hindu calendar, but as he had fever once again, he was in no position to meet abhyasis or even to get up from bed. Kamlesh bhai conducted the 9 a.m. satsang after which the book *Letters to my Christian Family*, written by A.P. Durai, was released.



Birthday Celebrations of Babuji Maharaj and Chariji Maharaj



As usual all the centres of Colombo, Balagolla, Kandy, Galaha, Karaveddy and Kilinochchi, celebrated the 115th birth anniversary of Babuji Maharaj on 30th April 2014 and Master's 88th birthday on 24th July 2014.

Many abhyasis attended these occasions with enthusiasm and love. On both occasions the programmes at various centres included two satsangs, readings of Master's recent speeches and Whispers messages. Some of the centres had the DVD shows of recent talks given by Master and Kamlesh bhai.

Some centres enjoyed snacks and tea in the mornings and evenings after satsangs, while some centres shared breakfast as well.



Abhyasis from various centres spoke about Master, Mission and Method. One prefect spoke about the salient features of Sahaj Marg and laid special emphasis on the importance of practising at a fixed time, place and pose and retaining the condition bestowed upon us during gatherings and individual sittings as mentioned frequently by Kamlesh bhai to the abhyasis.

Another prefect spoke about the life of Babuji and another focused on Master's sufferings for humanity and as an example for our own spiritual quest and reiterated that the purpose of having this celebration was to remember and respect them for their dedication to humanity.

Abhyasis experienced the days full of blessings, serenity and brotherhood. Most of them felt the atmosphere was very loving and peaceful in which Master's presence was strongly felt.

"Babuji Maharaj used to call these celebrations 'utsavs'. That it is associated with a divine atmosphere - not just happiness, not just joy, not just bhog, not just sweets, but Divinity pervading all the activities that go on. We sit down and have divine meditation; the cooking must be in a divine remembrance, when it really becomes prasad; and all activities in an ashram should be in that state of constant remembrance."

— Parthasarathi Rajagopalachari
HeartSpeak 2004, Vol. 2, pg. 193

Grounding in the Practice (GITP) Workshop



Balagolla

Grounding in the Practice workshop on the topic 'Meditation' was conducted by sister Rathythevy Ilaguppillai on 4 May 2014 at Balagolla centre. Six abhyasis participated in this workshop. As it was on a Sunday, the programme started with morning satsang at 7.30. a.m. It was followed by reading of Mission literature and a DVD show of Master's talk on meditation. After the group activity on meditation, the session was over. The atmosphere, the communication between abhyasis and satsangs were special. The abhyasis have been very actively involved in this programme and were happy.



Kilinochchi

On 15 May 2014, the same programme was conducted at Kilinochchi Centre. It was a full day programme and eleven abhyasis attended the session which started with satsang at 9.00 a.m. followed by reading from Mission literature and a DVD show of Master's talk on 'Meditation'.

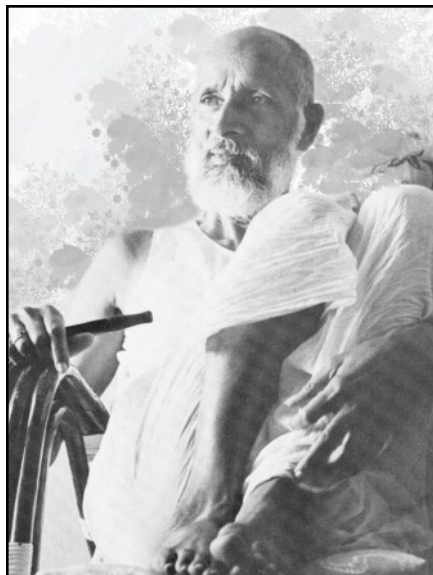
The abhyasis started by reflecting on how the daily meditation is done and then proceeded to the group activity. This was followed by a presentation on meditation and reading of *Whispers* on the same topic. A video on the talk 'Retaining the Condition' given by Kamlesh bhai was played. A practical session on meditation followed. The session ended with a video of Master's talk on 'Space, Time and Meditation'.

By Master's love and grace the programme went on well according to the schedule prescribed by the SPD team. The abhyasis enjoyed the workshop and they introspected and found how they had been doing their meditation before attending the workshop and what changes need to be brought about in the future. The workshop material helped them a lot. The atmosphere was open and harmonious and everyone could feel the brotherhood and Master's presence.

"I am ever ready to bestow lavishly upon him who offers to prepare himself for having it. But so far none seems to have come up to have his bowl filled up to the brim. I have often offered to the abhyasis to rob me of all that I have, and to give me in return that which they have. Fair exchange is no robbery."

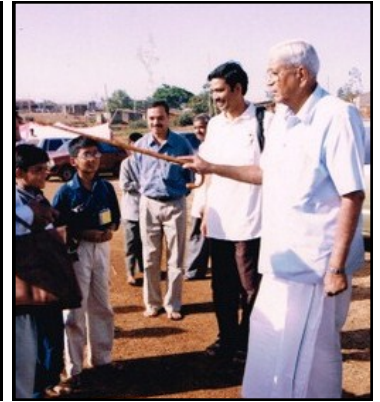
Babuji Maharaj

*Complete Works of Ram Chandra,
Vol. 2, p. 13*



Hubli Ashram, Karnataka

Centre of Light



Hubli is one of the fastest growing cities in north Karnataka, well connected by road, rail and domestic airways. Its twin city, Dharwad, 20 km away, is the district headquarters.

Hubli centre started in 1997 with two abhyasis by the effort of Sarnadji, the then General Secretary of the Mission. Satsangs used to be conducted in brother Pavaskar's home and later in Mahila Vidya Peeth and Bankers Club till the centre had its own ashram. There were around fifty abhyasis at that time.

Master visited Hubli on 5th April 2002 for registration of the ashram land. He came by train and blessed the centre to have its own ashram to spread light in this area. On the occasion he said, "Every time we dedicate a new piece of land to our great Master Babuji Maharaj, there is a certain inner joy. It is like having a child in a family. Every ashram is a divine abode of the great Master, whose presence we invoke in that ashram and by which we maintain His light eternally alive, eternally available."

The ashram is located about 2.5 km from the domestic airport and new bus stand. The meditation hall, measuring 1400 sq ft is built on the ashram land of about 11 cents. It has seating capacity for about 150 abhyasis. Apart from this, the ashram has a kitchen, dining hall, office room, toilets and bathrooms. It has beautiful garden with many trees and a play area for children.

Full day programmes are conducted every second Sunday of the month. More than a hundred abhyasis attend satsang on Sundays. There have been a few

training programmes for the Karnataka state at the centre. These include VBSE training programmes for teachers, Faculty Development programme and Publication Workshop. The other activities of the centre include regular abhyasi training programmes, essay event co-ordination, distribution of Mission publications and identity cards to sub-centres.

Three centres have been developed since the ashram has come into existence namely Navnagar, Navalgund and Kaiga. Home gatherings, open houses and abhyasi training programmes are conducted in nearby places regularly.

Keeping the future in view, fourteen acres of land have been purchased with five acres of land for the ashram and nine acres for the abhyasi's colony. The new place bought is 12 km away from the existing ashram. During the recent visit of Joint Secretary, A.P. Durai, discussions were held with abhyasis and functionaries and it was decided to take decisive steps to develop the infrastructure and create an abhyasi community next to the ashram very soon.



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