



North American Gathering	Page 3
UN Day of Tolerance	Page 10
Ashram News	Page 11
Presenter's Gatherings	Page 12
New Publications	Page 13

Master's News

Among the October events reported from Manapakkam about Master's participation in the seminars for the Chinese abhyasis, later the Australian abhyasis, and Diwali, two others events are of special interest to North America.

The first involves the special circumstances surrounding how Master surprised the North American abhyasis on October 11th during the North American Seminar by appearing on a videoconference with centers across the region. That morning, Master was awake by 5 a.m. Later, he and Kamlesh bhai sat for about 30 minutes with their eyes closed listening as a book was read aloud, after which they started talking. Kamlesh bhai casually informed Master about the plan to have a video conference to address abhyasis participating in the North American seminar. Master was keen to know more and Kamlesh bhai asked him if he would be interested in addressing the abhyasis. Master said, "Why not?" Kamlesh bhai told everyone to keep this a secret, so it would be a surprise for all. The conference call was planned for the night-time in India so as to accommodate all centers in the North America. Master finished his dinner by 8.30 p.m., when he was informed that the link was ready. There were many centers connected online when Master addressed them. He was able to see the abhyasis from large centers like Molena, Monroe, San Jose, Texas and Sunderland on his screen, and seemed very happy to address so many abhyasis distributed across North America.

In his address, Master urged us all to understand that we are now mature enough to use our hearts. "How to use it? The only way is to love." He said that we cannot go wrong when we use the heart. We shouldn't be afraid to use it; it is not risky. Without the heart there is no spiritual life at all. There are no foes if our hearts are open. We will never be able to





Master's News, *cont.*

know what the heart can do for us unless we have the courage to open it, trust the Master, and do the practice.

To see the video of the entire call, go to:

<http://www.sahajmarg.org/literature/online/speeches/20141011-na-seminar>

The second event was Master's worldwide address on Sunday, October 26th. The original trigger for this event was the previous talk that Master gave to the US abhyasis about two weeks earlier. He had felt good that he was able to address so many people and also that he could see them and they could see him. Master said, "It will be nice to do more of this." The very next day, Kamlesh bhai arranged everything and announced that Master would address all abhyasis in a live telecast broadcast throughout the world via the Internet.

Master was ready quite early in the morning, but before breakfast, he was saying, "I am supposed to address all the abhyasis, but I do not know what I am going to say. Anyway, something will come", pointing above. Master spoke for about 50 minutes to an audience of abhyasis from countries worldwide who had gathered at ashrams and centers, or connected from home to listen to him.

After the talk was over, Master's face was glowing with satisfaction for it had been several months since he had addressed a large assembly. Later Master sat outside the cottage for an hour enjoying a hot chocolate to the delight of abhyasis gathered around him. Before long Master received many emails from abhyasis about how they felt, and the impact of his talk on them. He was very happy.

You can revisit the video of this talk at:

<http://www.sahajmarg.org/literature/online/speeches/chennai-webcast-20141026>





North American Gathering

October 10–12, 2014

Across North America abhyasis gathered in six major locations and several smaller ones for a coast-to-coast seminar on the theme, ‘Designing a Loving Heart’. The highlight of the gathering was a much-anticipated live video link Saturday morning with brother Kamlesh in India. When the moment came for our connection, we all got a wonderful surprise when our beloved Master appeared on the screen instead! Although the audio was not clear for this connection, when we all saw him, suddenly the atmosphere changed, and it was so magical that it cannot be expressed in words. Seeing the Master there, we felt his message touch all our hearts, and it was as if we were with him. At the end of his message, we truly felt his blessing.

Later, we were able to watch the video of Master’s talk again, with good audio, hearing his message urging us to understand that we are now mature enough to *use* the heart. “How to use it? The only way is to love.” He told us that we cannot go wrong when we use the heart. We shouldn’t be afraid to use it; it is not risky. Without the heart there is no spiritual life at all. There are no foes if our hearts are open. We will never be able to know what the heart can do for us unless we have the courage to open it, trust the Master, and do the practice.

Master was delighted to be speaking to all of us, enjoying the experience of seeing all the abhyasis on the screen, and knowing that we could see him.



Northwest Region

Birch Bay, WA

Kamala Iyengar, Seattle, WA

The National Gathering at Birch Bay started with much enthusiasm. Maybe the theme, ‘Designing A Loving Heart’, prompted abhyasis to put more heart into participating as the Seattle Center prepared for the gathering with joy and love. Master has made Birch Bay like an ashram for us since his first visit in 1987 when he suggested we keep this place for upcoming seminars as it is a midpoint between the Northwest centers in Canada and the US.

Locally, abhyasis were eager to join with all the North American centers to meet brother Kamlesh on Saturday at 8:30 a.m. When instead, Master appeared on the screen, it was a very moving moment – tears almost came to the eyes as the heart started singing a love song! We did not understand then, but it was from that moment a fountain of love sprang from each one present, and suddenly the mysterious design of the loving heart took shape! Love, the keynote, started playing its music, spreading the vibration. Suddenly the total atmosphere changed magically giving his message and blessing a palpable effect.

For the rest of the gathering, his message was replayed after each satsang so that it kept on designing our loving hearts the way he planned. Although physically far apart, in our hearts abhyasis were all united in the same cause and goal. Master’s teaching brings such profound meaning to our awareness, even though we do not realize it. But for me the way he is training us is really glorious! Really, to understand the spiritual teaching from the Guru needs heart. So, this seminar with the theme was really learning the way of heart.



Midwest Region

Chicago Area Attended Beaver Creek

Satakam Das and Mukesh Sharma, Chicago, IL

To reach Beaver Creek for the North American Gathering, most of the 50 abhyasis from Chicago squeezed into three vans, while another 40 car-pooled. We were excited about the gathering, sharing stories and songs as we went.

Saturday morning's deep satsang touched our hearts, encouraging us to be more introspective, after which we noted our ideas of a loving heart. Being with Master during the live video feed filled our thirsty hearts with joy. He advised us to use our heart in a loving way and not to be anxious of the consequences. He said that, in the long run, it will help us succeed because where we are headed, the heart is needed. After listening to him, we gathered in small groups where we noted that our initial design for the loving heart had begun to evolve.

It was pleasing to see the children and youth take a proactive role in Sahaj Marg. The songs and the excerpts that were read from the essays they wrote promised a future in which Sahaj Marg children will carry the baton forward with love. It was amazing to see such clarity in their thoughts. Brother Rob Klinger again connected with everyone's heart, through his energetic story telling, to instill in us the importance of practice at points A and B.

On our return trip we reflected on and discussed topics related to our spiritual practice. We all felt more motivated to work towards the goal and to be committed to our daily sadhana. We also recognize the volunteers' thoughtfulness in working out every detail to give us a joyful gathering as an illustration of a loving heart.



Record Numbers Gather in Dayton

Julie Gallagher, Dayton, Ohio

In Dayton, we gathered at a local community center to have enough room for everyone. We have been setting a firm intention for the last year that everyone is coming, per Master's instructions. This gathering showed how everyone is indeed coming. There were 328 in attendance, almost 100 more than we've hosted since Master was here in 2003. We were overjoyed when countless hands shot up in response to the question, "How many of you are attending your very first gathering?" Along with so many new abhyasis we were delighted to see nearly all of the abhyasis from Chicago in attendance.





Dayton, continued

The large attendance number overall was surely influenced by the special effort made to include children and young adults. The youth volunteers planned many special and enjoyable activities for them, so more families felt comfortable attending. Sixty-one children brought their fresh and open hearts to the event. In the slideshow about the North American ashrams, Master was quoted as saying that ashrams are a place to cultivate inner calmness. Our Dayton family of abhyasis found the balance between the celebratory atmosphere and our need for inner calmness, as we enjoyed the excitement of so many sisters and brothers in one place, while also going within during the satsangs and the program, to be refreshed and renewed by Master's grace.



Children at the Dayton Gathering.



Northeast Region

Sunderland Ashram

Mariya Rivera, Blackrock, CT

Abhyasis from all Northeast centers, including our brothers and sisters from Quebec, filled the meditation hall, and Saturday found us making space where we could, happily recalling bhandaras in Tiruppur and Lucknow when we have had to sit all packed together.



John Barlow speaking with everyone.

Saturday morning's video-conference with Master served as a beautiful reminder that we are all connected, intensifying the loving environment being created. The video of his message was replayed twice during the weekend to reinforce his message for us to use our hearts.

In typical New England fashion, the weather started off Friday wet and blustery, changing into bright sunshine by Saturday afternoon. Many of us utilized the one-hour of scheduled free time, that coincided with the sunny weather, to take a walk. Brother Jim Cowen treated the children to a nature walk, during which they learned about native plants and searched along a nearby streambed for a few specific species such as trillium.

**Sunderland,** *continued*

Team leaders' supervision and decisions and many joy-filled volunteers, made all activities appear to flow effortlessly. Readings, DVDs, registration, meals and snacks, parking, bookstore purchases, workshops, children's activities, cleanup – all were accomplished with love in remembrance of Him.

Southwest Region**Pearland Texas**

Roopa Naidu

Nearly 150 abhyasis from all over Texas and Oklahoma attended the North American seminar held at the Meenakshi Temple Event Center in Pearland.

A few things that were unique about this gathering were the face-to-face call between Master and nine centers using latest technology, the theme and activity titled 'Designing a Loving Heart' and exercise on Point A meditation and Point B cleaning, both of which were given to all participating centers by the organizers.

After Saturday morning satsangh and breakfast, abhyasis waited eagerly to hear what Master had to say. Although his talk was inaudible due to technical issues, it was gratifying to see Master in person in real-time in this video-conference bringing together centers across US and Canada. It was truly marvelous and exciting.

On Saturday afternoon, we were guided through an introspective exercise of discovering what a loving heart would look like and how we could develop that for ourselves. After the exercise we watched Master's video, *The Original State is Love*, and then participated in small group discussions about how this talk helped us develop the idea of a loving heart.

On Sunday morning, after satsang, brother Radheshyam Miryala guided abhyasis through an exercise on Point A meditation and Point B cleaning. The gathering ended with a satsang and speech from the regional coordinator, sister Ragini Khanjee.

Children's Program, Texas

Arpana Ganti, Linda Didsbury, Houston, TX

At the North American gathering in Houston, organizers of the children's program were inspired by Master's guidance from the recently released video, *Parenthood*, to include the children, since being abhyasis and being parents are not separate roles, but they are all included in the practice of Sahaj Marg. Children helped with food service, cleanup and managing the children's programs. They also wrote essays and created visual art on the theme, 'Designing a Loving Heart'.

The children also directed and performed *The Magic of Patience*, a play based on a Jataka tale about a water buffalo that taught patience to his forest friends by demonstration. The youngest children acted out the parts; children old enough to read and follow instructions narrated; and the oldest children, ages 12-16, directed. Although the first showing on stage had some technical difficulties, a second run-through was well received.

The Values Based Spiritual Education program for children ages 9 and older consisted of a story, *The Lion's Whisker*, followed by a discussion of prepared questions led by the teens that organized how to discuss the questions and spent the focused time together. All the children were included in this process.

On Sunday, all the kids collaborated on an art project based on the theme. After a big heart was drawn on canvas, the kids were asked to think about how to design/develop a loving heart, and then write their ideas inside the heart. Even the younger kids thought and shared ideas among each other before writing.

Much of the success of the weekend came from allowing sufficient time so that children and adults alike could enjoy all activities.





Southeast Region

Molena Ashram Pilot Youth Program

Supraja Gaini, Huntsville, AL



With the intention of ‘bringing youth to the forefront’, a pilot program was introduced at the Molena Ashram during the North American Gathering. College age abhyasis serving as youth coordinators met with adults to make a comprehensive participation plan for youth, including weekend activities for all children who would be attending the program.

There were diverse areas of involvement for youth including reading *Whispers* after satsang, serving food and manning the recycling effort, but by far the most energy was towards planning and leading the children’s activities for the forty children, youth and young adults attending with parents. A large tent was divided into two sections—one where the under 13 crowd met, and the other for teens and young adults.

Leaders organized age-appropriate activities that provided continuity of theme along with preparation for a performance finale delivering fun and merriment for all abhyasis on Saturday night. Together, younger children

and their leaders read aloud their play, *The Legend of the Dipper*. To effect deeper understanding following the reading, youth leaders conducted a discussion, based on Values Based Spiritual Education guidelines, which engaged the children actively. The older age group discussed a story, *The Lion*, and then gathered with a leader in small groups to write essays on the seminar theme, ‘Designing a Loving Heart’, four of which were chosen to be read to the audience that night. Both age groups also created art projects that were displayed during the evening’s performances and carefully taken home by parents afterwards.

With the props done, the kids rehearsed the story with the older youth. As they horsed around with each other, bonds were being formed between generations, promising to become spiritually nourishing relationships in the future. Successful performances were the result of outstanding coordination, welcoming attitudes and enthusiastic participation. Congratulations to the youth leaders who are moving into the future of Sahaj Marg.



Eastern Canada

Youth Emerging in Leadership Roles
Toronto Centre

Paul Pasternak, Toronto, ON

The Toronto Center benefitted immensely from the infusion of youthful energy in the management and leadership of the North American Gathering. From managing the registration table, making announcements and reading aloud special messages from *Whispers*, the youth of the Toronto Centre demonstrated how well they could contribute a great deal of heart and a maturity to his work.

One part of the program included a youth discussion group. During this discussion, the youth shared insights on many aspects of spirituality, and on the positive impact of Sahaj Marg in their personal and family life. They discussed how the positive changes they observed in their parents after beginning the Sahaj Marg practice impacted them. Parents' faces looked more relaxed and their behavior was more responsive and caring. Youth noted that their parents did not request they start Sahaj Marg. The positive example of parents' behavior, it was noted, served as the inspiration to begin Sahaj Marg meditation.

Some youth, not yet old enough to begin meditation, said they appreciate the positive family atmosphere created by their parents following Sahaj Marg spiritual practice. They also expressed, in wisdom beyond their

years, a deep understanding of the challenges and difficulties they often face in daily living. There was a shared understanding that these challenges are for their own best interest. Aspects of the *Whispers* messages and the Ten Maxims permeated the discussion without being spoken of directly.

Discussion group participants also talked about how the meditation practice helps them on a practical level; being more calm and collected in approaching daily life, for example. They noted that, compared to many of their peers, they are able to address and resolve social and personal issues more quickly, strengthening their own spiritual progress and sense of well-being. Peers, one participant noted, who struggle with teenage related challenges often come to them for advice.

Younger abhyasis noted that many of their friends are resistant to the idea of a Master, a person who can guide them on their spiritual journey. It was noted that introducing the Master and his role is challenging in a society focused on the idea of equality and with circumspection about authority in the North American culture, especially in the area of spirituality. Mostly, everyone agreed that in order to appeal to youth, it's important to focus on the immediate benefits of Sahaj Marg meditation as discussed above.

There was a heartfelt appreciation for the high degree of youth involvement in the management and leadership of the seminar and warm expression of interest in future opportunities for youth to take leadership roles, as well as other forms of engagement, in the Toronto Centre.



Youth leading groups in Toronto.



Eastern Canada, *continued*

Creating a Loving Heart

Sanam Niknafs, Toronto, ON

On the morning of October 12th, I had a deep feeling of peace and inner joy. I could not attend the satsang but started my day with a relaxing hatha yoga session and then a very deep meditation in the silence of my home. I am sure that I felt the transmission – my heart was full of love. I saw some lights and shapes as soon as my meditation ended, and I started drawing them. I had not touched my paints and brushes for more than two years. All those purple, yellow, white and gold colors were running onto my painting by themselves. Then words came out. I started writing them, all in Farsi. Now I do not even remember what I have written so in order to include some of those words here, I have to take another look at the painting:



“...The world is full of darkness and sadness, while our hearts are full of light and joy. Let’s award each other with light and joy. Tomorrow might be late. Let’s spread love and dance in joy and peace...”

I have goose bumps, even now, while I am writing them down!

Thank God for directing us to love, which is all He is!

Mid Atlantic Region





UN Day of Tolerance

We Are All Brothers and Sisters

Janet Yates, Ottawa, ON

Less than four weeks before the United Nations International Day of Tolerance, November 17, 2014, a soldier in Ottawa was fatally shot by a man at Canada's National War Memorial. The shooter continued into the Parliament of Canada to cause further harm. He was finally stopped, but there was a ripple that moved through us all in the city.

Within the circle of a few open-hearted colleagues and acquaintances, a small idea was given life: that people would come together in a spirit of unity, across traditions, to reflect and meditate to give energy to peace and tolerance. A very natural process of openhearted discussion and planning ensued. The invitation that emerged included quotations for reflection from the four spiritual traditions represented among those who gathered to observe the UN Day of Tolerance. November 17, 2014.

“All people are the limbs of one body.”

Saadi Shirazi

(part of a poem inscribed above the portal of the UN General Assembly)

All present were open to the stillness, being together in the belief that tolerance can be found. After one brother played the cello, we sat for 15 minutes in prayer-meditation. Then we then all shared from the heart around the circle, about what tolerance could mean. The gathering stirred hearts, making the seams between us disappear. It drove home how we are all brothers and sisters – part of the same ‘body’. It was a reminder in

this time of change, that there are many brothers and sisters, in the Mission and outside, to be a part of the renaissance needed in this age.

“Unless there is spiritual renaissance,
the world will know no peace.”

Dag Hammarskjöld

Secretary-General of the United Nations
(1953-1961)

“Living on hope is constructive; hope is positive and generates good vibrations. Didn't a wise man say that spirituality would save the world? A time will come when harmony and peace will bring about a productive environment on Earth for the greater good. May all advance with this perspective and create in their minds blessed times to come.”

Babuji Maharaj

Whispers from the Brighter World,
Friday, September 26, 2014





Ashram News

We Are All Invited!
Toronto, January 9-11, 2015

Dear Brothers and Sisters,

With great joy, we welcome you all to a gathering in
celebration of the Toronto Meditation Centre inauguration.

January 9 – 11, 2015.

1337 Matheson Blvd., Mississauga

Our Beloved Master has agreed to address all on 9th of
January at 6:00 pm India time, health permitting
(7:30 AM EST).

We welcome one and all to join in this celebration of our
gratitude to our Beloved Master
for this blessed place.



Ashram News, *continued***Prepare to Serve in Silence, Humility & Anonymity***Uday Kumar, Monroe, NJ*

On November 23rd at the Monroe Ashram, brother Chakra from Chennai shared with us a taste of a two-day program that has been presented in centers across Andhra Pradesh called 'Prepare to Serve in Silence, Humility and Anonymity'. A team of abhyasis in India structured this program to help us all participate in Master's work effectively and harmoniously. The content touches upon three core areas: love, service and unity, and has been built beautifully around some *Whispers* and some videos of Master.

All through the session the entire group was immersed in contemplation and deep absorption, and as time progressed, some questions arose that needed answers and effort – for example, "How does one become deserving of spiritual development?" or "What changes do we need to make in ourselves to develop unconditional love?"

He also shared with us a useful tip about reading *Whispers*: "When reading the *Whisper*, read it as if it's a personal message being given to me by the Masters. This makes it easier to assimilate the essence."

We are thankful to the volunteer travel team that developed this program and our brother who shared it with us at the Monroe Ashram.

Presenter's Gatherings**Presenter's Gathering, Molena Ashram***Teresa Valentine, Atlanta, GA*

On a beautiful November weekend, three facilitators visited Molena to offer the Presenters Gathering to abhyasis in our region. As Janmarie Connor, Bob Perry and Brian Jones described it, the 'gathering' is so named because it is not training or a workshop, but rather a

platform – a loving, edifying and supportive environment in which participants could discover their own heart's voice in sharing spirituality with others.

Twenty-five participants from Florida, North Carolina and Georgia participated in the program, which was packed with learning, laughter and surprises for many, as we took small steps towards trust in our natural ability to offer something to others with honesty, conviction and love.

I had awaited the gathering with great eagerness, mixed with trepidation; I had little or no confidence in my capacity for what I understood as 'speaking in public.' In fact I attended only because of my suspicion that if it scared me this much, it was probably what I needed to move forward. Still, it was a revelation to me how integral to our spiritual growth is the willingness to share this treasure with others. And like the spiritual journey, I'm always at just the beginning of this new adventure.

Presenter's Gathering, Austin, TX*Sasi K. Mannem, Austin Center*

Twenty-five abhyasis from Texas and Oklahoma attended a presenter's gathering in Austin from September 5-7, 2014, conducted by Brian Jones, Bob Perry and Janmarie O'Conner. Bob spoke explaining that Master encourages us to talk about our experiences in Sahaj Marg from our hearts. After breaking into small groups, we shared our experiences in Sahaj Marg generally, and then went deeper into specific topics. After being immersed in speaking from the heart on day one, participants conducted an open house the following morning. Later, Brian shared his experiences presenting Sahaj Marg in different scenarios including his interview on Good Morning America while at the Richmond Center. He explained that Master had told us to be thinking, "everyone is coming"; and from this to experience for ourselves the power of this thought to connect with the hearts of others who have an interest in spirituality and the natural path of Sahaj Marg. The gathering was a wonderful experience for all, giving us many ideas to use at home in our centers.

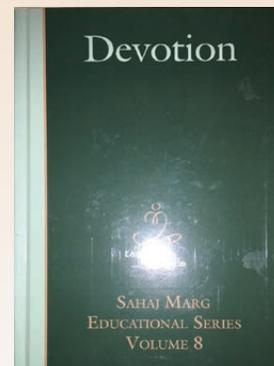
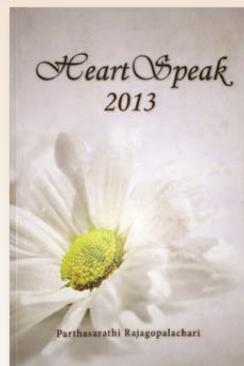


New Prefects

Raja Purna Vaddiparthi
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New Publications



Eng-HeartSpeak 2013 Corpus & Sale Price \$10.00
Eng-Devotion Corpus & Sale Price \$10.00



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