

**Inauguration of the SMSF Singapore Meditation Centre - 3 July, 2013****Master's Message**

Today we are having the inauguration of the Singapore Meditation Centre. Please do not call it an ashram because an ashram means something like a building with a compound wall round it, at least minimum you know. So Singapore will have a Meditation Centre like Dubai; it's not an ashram, it's a meditation center and I hope we will have more and more in your part of the world. The year before last we were blessed with the acquisition of a property in Malaysia in Klang. So things are beginning to look up in the Far East. So I hope more will be there.

The thought I had this morning was you know about a childhood rhyme we learnt in school:

Twinkle, twinkle, little star,
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.

This kept going through my head and you know, it came to me in a flash, how wise this little rhyme is ... 'Like a diamond in the sky'. You know the diamond does not reflect light from outside; it has what is called, 'total internal reflection'. The light inside the diamond is totally reflected without escaping, that is how it becomes so brilliant and so lovely and wonderful.

Taking a parallel from that, a spiritual person must not be reflected by anything outside himself. He is not to be great because of his money or his possessions like houses, cars, properties or by his position or by the power that he has, in fact, by nothing out-

side himself. Therefore, great saints like Buddha, Babuji Maharaj, Confucius, Lao Tzu, they were not having anything to show outside themselves. Not even a degree for education, it was all inside and it was totally reflected inside you know. So I was wondering how appropriate this is 'Like a diamond in the sky'.

So we should all learn to become less and less dependent on external things and more and more focused inside, the light in our heart, on which we are supposed to meditate must be allowed to grow and to go on reflecting inside, so that one day we become like a star and then people look to that star and come. They don't guide themselves with that external light, they navigate through this world, they meet and overcome problems all with their own internal light. Therefore the great personalities of this world have nothing outside themselves to show for what they are, no degrees on the wall, no cars outside, no property documents, nothing.

So on this auspicious day of the inauguration of Singapore Meditation Center by Sis. Ann Choo, I bless that all of you aspire to become stars, you know, and one day, we will see the sky filled with, of course not the material stars, but the spiritual stars. So we hope to see a spiritual firmament studded with spiritual stars and like a diamond, you know, whether it is small or big it is the same. There is no such thing that a bigger diamond is better than a smaller diamond. So we must say that there is no large saint or a great saint. Saints are saints. Is Krishna greater than Christ? Stupid argument. Each one in his way is a bright start in the sky.

Now coming to the organisational part. Your Meditation Center in Singapore is owned by the Sahaj Marg Spirituality Foundation. It will be operated as a Meditation Centre by Shri Ram Chandra Mission, and we have just constituted working committees and ashram maintenance committees for these operations.

So I wish you all well on this very auspicious morning. May the light of Babuji Maharaj shine brightly to lead you all to the goal. Thank you very much!



Message for Children

Now life is, of course, to be enjoyed but the enjoyment must be internal, not on playgrounds, not in toys and things like that you know. Inside, inside, inside more and more.

You know we start life like a small thing in your mother's stomach, you are growing inside you know, and then when you are born, you start to grow from inside. Please grow from inside. Everything natural must grow from inside. So spiritual life most of all must grow from inside. I want the children to remember this and do it, not do it like it's a homework but naturally following their parents. So I pray for you all. Thank you!

Singapore's First Meditation Centre Inaugurated



Sis Ann Choo inaugurating the new Meditation Centre in Singapore

Wednesday, 3 July 2013, witnessed the birth of a long-cherished dream by Singapore abhyasis—the inauguration of the Sahaj Marg Spirituality Foundation (SMSF) Meditation Centre in Singapore.

The day began bright and early at the 8, New Industrial Road venue, with the cutting of the ceremonial ribbon, inauguration of the new centre, and unveiling of the SMSF plaque by Sister Ann Choo. The entire Singapore centre, including the children, eagerly waited at the threshold to witness the realisation of this vision that had materialised after twelve long years.

As soon as the ribbon was cut, the abhyasis streamed

into the venue, seated themselves in the meditation hall, and prepared for the very first meditation. Sister Ann Choo conducted the morning satsangh; the centre felt truly alive. But the highlight of the day was still to follow! The excitement in the air was palpable as every abhyasi waited for Master to address them and view the new centre via Skype. After a few technical adjustments, Master was visible to all on two large screens. The children joyfully waved to him and held up cards with the words 'Thank you, Master'.

Master said that that morning he had thought a lot about the nursery rhyme 'Twinkle, Twinkle, Little Star'. Referring to the diamond mentioned in the rhyme, he explained how the light from the diamond comes from within and not outside. Similarly we should try to be less dependent on external things and more focused inside. The light in our hearts must be allowed to grow and to go on reflecting so that one day we become like stars. We should allow this internal light to be our guide through difficult times. Master blessed all the abhyasis and expressed his hope that they all aspire to become stars. He added that he hoped to visit Singapore sooner than they think. This sentiment was greeted by a thunderous round of applause.

Master's special message to the children was that life is to be enjoyed 'internally.' They should not seek enjoyment only in playgrounds and toys. Everything natural grows from within, and so should spiritual life.





The Singapore Journey towards a Centre of Light

Singapore is an island-state that has a rich cultural diversity with the Chinese, Malay, and Indians at its core. A bridge between the East and the West for centuries, Singapore, located in the heart of South-east Asia, continues to embrace tradition and modernity today.

In Singapore, Shri Ram Chandra Mission commenced its activities in April 1977 when Babuji Maharaj, the Founder-President of the Mission, set foot for the first time on the island. The seeds of spirituality sown by Babuji Maharaj and nourished by the transmission of divine energy slowly began to sprout and blossom into regular abhyasis. The activities of the Mission gathered momentum, and the Mission itself was registered in 1997 under the Societies Act. Today Sahaj Marg has more than 200 abhyasis in Singapore.

After Rev. Master Chariji's several visits to the centre, it began to grow by leaps and bounds. The centre began to organise many year-round activities, with the main activities being the Masters' birthdays. The last few years saw new momentum in both

in-house seminars and outreach programs.

While the desire to acquire a property of our own dwelt in a few hearts since the year 2000, it turned into a forceful yearning after Master's visit in 2008. During this visit, Master urged one and all to wholeheartedly participate and contribute towards this goal. Until April 2010, satsanghs and gatherings in the centre were conducted in premises that were rented on an hourly basis. As this did not allow deeper bonding between abhyasis due to time constraints, another place was rented. Here the main meditation hall was rented on an hourly basis as before, but a smaller room was at the Centre's disposal full-time. This greatly facilitated abhyasi gatherings and individual sittings, and created an atmosphere conducive for abhyasis to get together.

During this time, a number of activities were organised around the idea of owning a place, including group discussions and interesting activities to involve abhyasis. Children also actively participated in visualising this place, coming out with paintings and sand renderings. Because it was a huge challenge, drives were conducted to boost the building fund.





As more and more abhyasis' hearts opened up to the feeling that we need our own premises, this fuelled the search. The ball was in motion, and the search progressed with renewed efforts. Challenges were encountered along the way in terms of finance, limitations due to Singapore regulations for organisations owning property, suitability and availability of the properties, etc. In October 2010, SRCM was registered as a charity organisation, which turned out to be a blessing in itself.



Finally the search that involved looking up 200 properties over a span of six years ended this year. We came across the present property that was not only approved by Master, but is also very suitable for us. SMSF purchased a property of more than 4,000 square feet to be operated as a meditation centre by SRCM. With Master's blessings, the Centre was inaugurated on 3 July 2013.

Japan

Spring Retreat 2013

On May 3-5, 2013, abhyasis from throughout Japan gathered in the town of Yogo in Shiga prefecture for the Spring 2013 Retreat. Our venue was a campground 'Forest Interaction Center', a spacious building nestled among the hills just north of Lake Biwa, Japan's largest body of fresh water. We were particularly fortunate to be joined by Canadian abhyasis Tom and Kim Hansen, who were visiting family in Japan on their way home from Babuji Memorial Ashram in Chennai. A total of twenty one abhyasis and six children attended.

The theme of the retreat was 'Heart Speak' and the organizers arranged the program to allow participants ample time to share their feelings in a relaxed environment. Sister Kim Hansen led us in two group discussions that allowed new and familiar members alike to open their hearts to each other. Kim said, "we were so happy to be able to share the retreat with everyone. It was a joy and a gift to be with you all".

The slower pace of this retreat allowed abhyasis to have a deep and positive experience. Sister Yuka Takamiya of Nagoya commented, "The retreat was really a marvelous time for me. I felt that I could be my natural self, and that everything was just flowing along naturally. I also found myself filled with a sense of gratitude."



Japan Spring Retreat

Japan contd....



Japan Spring Retreat

Brother Dominique Lamure of Kyoto added his thoughts: "This retreat had a special taste of lightness, and the entire organization was very smooth and natural! I also noticed that we had over twenty brothers and sisters of seven different nationalities! But we shared one heart, the heart of the Master! Also the presence of children was, as usual, a divine gift that brought us joy and a fore-taste of family life as a breeding ground for the spiritual life."

Japanese abhyasis hold similar retreats each spring and autumn, and we are always happy to welcome brothers and sisters from overseas who would like to participate.



Japan Spring Retreat

ECHOES OF FAR EAST

Philippines

To celebrate Babuji Maharaj's birth anniversary, the centre conducted morning satsangh in Makati city followed by a reading from *My Master*, evening satsangh in Pasig City, followed by a video of Master's message during the bandhara in Tiruppur in 2010.

By Master's grace, a new centre has been established in Tuguegarao city, Cagayan Valley, one hour by flight north of Manila. The centre had its first away mission when Babuji's birth anniversary was marked in Tuguegarao. To ensure no one was left out in this auspicious event, Sis. Gerty (a prefect) and Sis. Rana visited Tuguegarao from 27 April to 1 May 2013. The abhyasis in Tuguegarao were able to acquaint themselves and experience brotherhood with the visitors from Manila and to help expand the number of abhyasis in their area. The first day was spent in getting to know each other and on a simple but filling dinner. The second day commenced with Sunday satsangh and an orientation session. Discussions regarding the practice, a visit to the Callao Cave tourist site and cookouts punctuated most of the time spent there. The highlight was Babuji's birth anniversary celebration on 29 April during which morning and afternoon satsanghs were held. Everyone shared a special dinner to commemorate the event.

Sis. Rose, another prefect, went to Tuguegarao from 8 to 10 June. On the first day, sittings were given to the abhyasis and an orientation session was conducted at their home in the afternoon. Everyone gathered for Sunday satsangh the next day. On 19 May, the Philippine centre had the privilege of a visit from Br Nitin Govila, who led Sunday afternoon satsangh.



Philippines Centre

China

Two prefects from Turkey travelled to China from May 17th to June 2nd. They visited Shanghai, Beijing, Xi An, Kunming, Nanning, Guangzhou, Foshan, Shenzhen and Hong Kong. Each center prepared some get together, open house, seminars, retreats, GITP modules, prefects meetings. All the centres used this opportunity to spend time together and deepen the experience of Sahaj Marg. More abhyasis are feeling that something different is growing in them and a call to go to India is more and more echoing in their hearts. In some places, these travels are really crucial to keep the Sahaj Marg torch alive, and we pray that they will benefit from more and more support.

The following are details of few of the programs organized by various centres during this occasion.

Shanghai May 17-19



There was a seminar in Shanghai held at Tongji University from May 11th till 19th. In the seminar a GIPT session on Cleaning was conducted, attended by twenty participants.

Kunming May 24-26



A two and a half day retreat was organized with-GITP on meditation, sittings and a prefects meeting. This retreat saw the attendance of twenty five participants along with five children.

The center is well organized and has a very strong family and team spirit.

Nanning May 27-28



A two day seminar was organized with sittings and a workshop on the whole practice.

There were 10 participants gathered at Sis. Ll Lans yoga studio which has one room fully dedicated for Sahaj Marg activities.



Hong Kong May 31- June 2

Hong Kong organized a two and a half day retreat seminar with thirty-seven participants and eleven children this included abhyasis from Foshan, Guangzhou, Xi An and Shenzhen as well. The seminar was well conducted.

The Retreat

by Br Ramesh Kumar, Hong Kong

In a spiritual way like ours, every single effort to progress towards the goal is counted and rewarded accordingly. The retreat organised by the centres of Hong Kong and Southern China is a small effort to show that abhyasis are willing to undergo the transformation that Master wants. It taught us how small acts of kindness and love could keep our differences at bay.

The retreat started on 1 June 2013 however, most of the abhyasis arrived a day earlier to participate in the evening satsangh. The morning meditation was followed by a video of Sahaj Marg Meanderings, which dispelled a lot of confusion about Sahaj Marg.

In the afternoon, a workshop was conducted on cleaning, a fundamental activity in an abhyasi's life. The workshop material gave quotes from Master's talks to explain clearly the consequences of doing cleaning irregularly and how the cleaning should be done effectively. Group meditation followed at 5:00 p.m. After dinner, all the abhyasis watched the second video of Sahaj Marg Meanderings.

While the programme for abhyasis was going on, children of different ages went to explore the Recreation Park by themselves to take part in different activities. They got along with one another in a natural way. The second day of retreat started with group meditation at 9:30 a.m., followed by a talk focusing on the importance of participating in the seminar in the presence of Master at Manapakkam. The retreat came to a conclusion after group meditation at 2:00 p.m. and a closing talk by Br Lakshminarashiman.



Hong Kong, China Retreat

Malaysia

Babuji's 114th Birthday celebration in Klang Ashram 2013

by Sis. Shanti Thiyagarajah

The celebrations at the Klang Ashram were from 29th April to 1st May. There was a sense of joy in the hearts of all who had gathered there to participate in programs and satsanghs. Brothers and sisters interacted with happiness and even the children present were all caught up in the joy. On 29th April, after the evening satsangh, children from Kulim centre gave a presentation on Babuji's life followed by a quiz based on their presentation. It was enjoyable as they caught many off guard as we did not expect the quiz! Sis. Lakshmi then read a short story that had an important message behind it. After night prayer, all dispersed.

Next day April 30th saw seventy-two abhyasis registering though many had to leave for work after satsangh but rejoined later in the evening. A devotional bhajan was sung by abhyasis, led by Sis. Ko-dees and the birthday cake was cut by the children present. There were many activities throughout the day such as talks on the theme of 'Towards Infinity' by Br Sundaram and Sis. Nomita, reading of messages from *Whispers from The Brighter World* conducted by Br Balakrishnan, a presentation by Sis. Shanti on works by Babuji, ten maxims activity by Sis. Ramani, written quiz by Sis. Jega and Sis. Sita, Charades by Sis. Wong, individual meditation, golden silence and listening to Master's talks from DVDs. The MCs, Sis. Megha and Br Arjunan, did a good job. Br Rudra who was handling the fund raising section managed to raise a fair sum through sales and the generosity of abhyasis. There was brotherhood and a spirit of volunteering for work and help in all areas where it was needed. There was a lovely lunch cooked by sister abhyasis and served with love and much appreciated by all.

May 1st 2013, the third and final day of celebration came to a close after morning satsangh. All were happy to have been there and left with fond goodbyes....knowing that we will meet again at the next opportu-

Seremban Centre Retreat, Malaysia

By Sis. Megah, Malaysia

By Master's grace, the Seremban Centre organised a weekend retreat at the Klang Ashram on 13–14 April 2013. Twelve abhyasis and two children participated in this wonderful opportunity to bask in the joyous and blessed atmosphere of our ashram.

On the first day, satsangh was held at 3:30 PM. We were joined by some of our brothers and sisters from Klang. This was followed by a video of Master inaugurating the Ashram in Ongole Centre, Andhra Pradesh in 2004 where he spoke of the importance of ashrams and their use by all abhyasis according to his wishes. After tea, abhyasis spent time on introspection, reading, and cleaning. Before dinner, we viewed a documentary of Master's visit to Denmark in 1995. After the 9 o'clock prayer, it was free and easy time till bedtime.

The next morning, we attended Sunday satsangh with our brothers and sisters from Klang Valley. A video on Master's talk during the inauguration of the Kolkata Ashram in 2003 was shown. To our delight, we were treated to a sumptuous breakfast including *chakra ponggal* and *kadalai*, lovingly prepared by our Klang sisters, as it also happened to be New Year's Day for most Indians. We left around 10:30 AM with hearts full of joy, love, brotherhood, and a longing to come back again.

Prefects' Seminar and Grounding in the Practice Session in Malaysia

By Sis. Nomita and Sis. Eswary, Malaysia

With great anticipation, six sister prefects arrived at Kuantan Airport on 6 April 2013. When we reached the Kuantan centre, we were joined by prefects from Seremban, Malacca, Subang Jaya, a visiting prefect from Denmark and prefects from Kuantan itself. We were a total of sixteen prefects participating in the seminar.

The centre had a pleasant atmosphere. We were told Master had actually stayed in that house when he visited Kuantan in 1990. The event started with satsangh after which a message from Sahaj Marg literature befitting the occasion, was read. Sis. Sulochana, the centre-in-charge, welcomed all the prefects. She thanked the Kuantan abhyasis for the arrangements and invited them to come to the ashram in Klang.

The seminar theme was 'Role of prefects in taking the Mission Forward'. At 2:30 p.m., the prefects were divided into two groups and asked to brainstorm on the topic. The two groups then presented the salient points of their discussion. All this took us through tea and on to the Open House planned by the Kuantan Centre for 7:30 p.m.

Br Sundram spoke about the benefits of meditation, and Br Nikhil touched on the spiritual aspect of meditation. Over dinner, abhyasis further discussed the practice of Sahaj Marg, and the guests had their queries answered. The day ended with the 9 o'clock universal prayer.

On Sunday, 7 April 2013, the day started with satsangh at 7:30 a.m. After breakfast, the Grounding in the Practice (GITP) programme opened. The module was on 'prayer', and the

facilitators were sisters Margaret and Sulochana. There were abhyasis who, as a result of the course, felt they had gained better understanding of prayer in the Sahaj Marg context. Some began to view prayer from a new perspective, to follow the method as prescribed by the Masters and to internalize it. Thus ended a fruitful retreat and GITP programme.



Malaysia, Kuantan Prefects Seminar

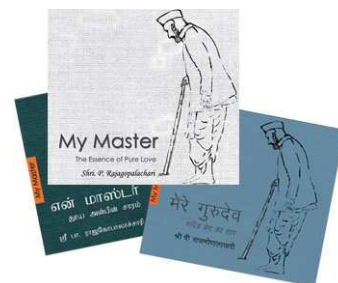
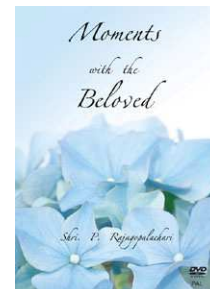
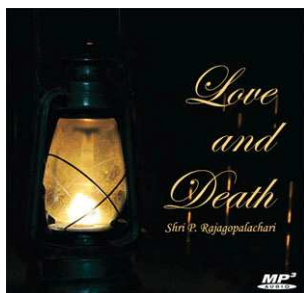
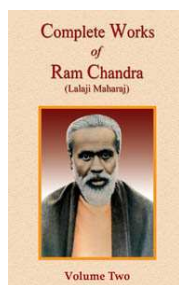
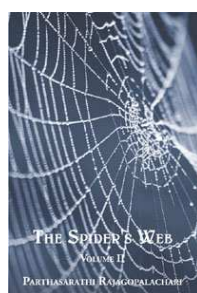
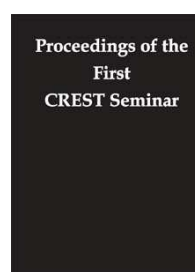


New Publications

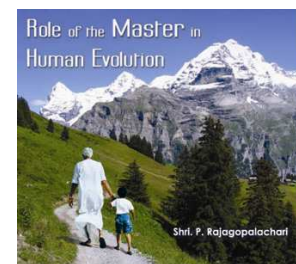


HeartSpeak 2010

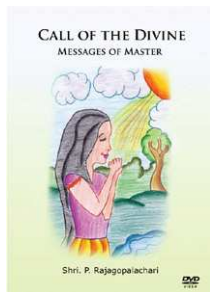
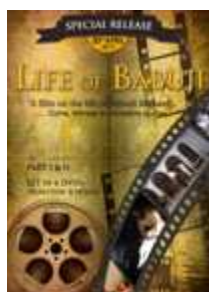
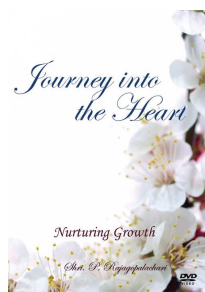
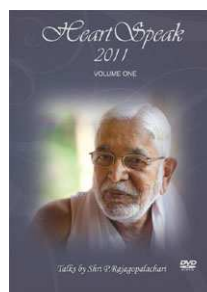
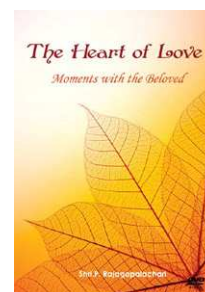
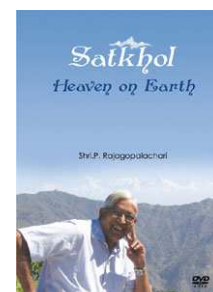
Telugu
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Marathi
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Gujarati

HeartSpeak 2007
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English



Role of the Master in Human Evolution

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