



Latin American / Oceania Seminar October 14-19, 2010

Around 300 abhyasis from Oceania, Latin American countries, Caribbean Islands, La Reunion, Guadeloupe and Martinique streamed into Manapakkam Ashram to be with our beloved Master for a 6 day seminar.



To open the seminar, there was a wonderful satsangh with Rev. Master followed by a talk by Rev. Master welcoming the delegates to our “Mother House” and expressing His joy at the larger and larger gatherings and now the move to National Seminars.



Contents:

- Latin American / Oceania Seminar (1)
- Speech given by Rev. Master (2)
- Seminar on Character Development for functionaries (15)
- Communications (16)
- Latin American Centres:

Contacts(17)

Calendar of events (18)

Activities (19)



➤ Restore the Heart to Its Original Nature (*Chennai, October 14, 2010*)



Dear Brother / Sister:

I consider this is our mother house. You know there is a concept of the mother house, where the mother is, and where children go every year to meet her. Nobody speaks of the father house, it is only the mother house; always has been, always will be. So I consider, and I hope you will all consider, Manapakkam to be your mother house.

And I am happy that over the years we have had larger and larger gatherings, more and more international in scope, but they have not been nationally defined. For instance, Basant or Babuji's birthday — of course, we have had abhyasis from all over. But, in this year, or commencing with a seminar for the Iranian abhyasis in Kharagpur, we

have started having national seminars — abhyasis from one country all together. We have

had one for the Iranians, we have had one for the people of the former Soviet Empire, now called the Republics, and now we are having [one] here. It is as if, to me, an albatross with its wings widespread has folded its wings and rested here. The two wings, extreme wings, what we call the Far East and what I would like to call the Far West, coming together to meet here and, I hope, resting permanently, to indicate *this is your home*, spiritual home.

So, how should I welcome you? You know, in school we are taught that our home is where our heart is. And spirituality deals, not only basically and essentially, but *only* with the heart. We have nothing to do with your brain or your intellect. We are not concerned. It does not matter at all to us whether a person is intelligent, he is wise, he has won a Nobel Prize. Power, position, money have no meaning to us. Our Mission has entertained very high dignitaries of the state, great scholars, and the average run of people: rickshaw-drivers, policemen, train ticket collectors, bus conductors, factory workers. Ours is a very broad spectrum of abhyasis.

So our production, in terms of what we have to say, is not scholarly. It does not merit attention of scholars or of semantics. It is for us, for people. In a sense it is like the *vox populi* — the voice of the people, being reflected back to the people through the heart. We are not here to produce intellectual genius or financial giants or great rulers or anything of importance in this world. Our abhyasis will shine only in the world where the heart shines



and, as Jesus said, that kingdom is not here. It is another kingdom somewhere else. It is a spiritual world — what my Master has said, the Brighter World. Only in the Brighter World does the heart shine, and the heart not having power or position or wealth, *all* hearts shine together there, once the soul is emancipated out of this mundane and unfortunately sordid atmosphere that the world has become.

So you see the aim of Sahaj Marg is not to produce excellence in human beings. It is to produce or, shall we say, transform, what was a splendid, glorious, resplendent, human heart, which has become sullied, which has become covered with grossness, which has become hardened through selfishness, into its original nature and send it back.

So I want all of you to understand this because many people come here expecting that this is some sort of Lourdes, where

you can go and have a bath and come out healed. We don't do any healing. If it is in your samskara to be a healthy individual, Sahaj Marg will make you a healthy individual. It will restore you to such original nature as Nature intended for you when it sent you down here. Restore our originality — that is to make us happy inside and outside, to make us wise in our hearts, not in our heads.

Wisdom, according to my Master Babuji Maharaj is not here [head]. The wisdom is always of the heart. But we try to seek it here [head] and we give Nobel Prizes. And we have perverts, we have power-mad people, we have dictatorial people who have ruled the world, but they have slowly disappeared from the pages of history. Who shines in this world? Whose name is on all lips, whatever religion you may belong to? It is of the great saints of the past, whether it is Mohammed the Prophet or Buddha or Jesus Christ or Krishna in India — these are the names that are everlasting.

So you see, we come here *solely* to develop our hearts, clean them, refine them and restore to them the original nature when the heart was an instrument of love, and therefore could manifest the human qualities of compassion, mercy, caring for others, sharing with others, and living in harmony with others, all of which nowadays, virtually, have ceased to exist. That is why today we have powerful financial institutions and giants having to donate for things like AIDS relief — why, I don't know. There should be money funded for moral welfare, to restore moral values, to restore human values. Because the human being, *par excellence*, is God's creation, because we have the heart and we have the head.

The head is the instrument or institution which gives us the ability to think properly, decide properly: which is right, which is wrong; what should I do, what should I not do. The heart is that which gives us the power. It is like the engine of the car and the steering wheel of the car. One gives power, one gives direction. But we have stopped using this [heart]. The heart no longer features in our human equations — not even in the much vaunted field of love (*l'amour*). The heart has lost its place; therefore all the misery in the world, the divorces, repeated divorces, multiplicity of liaisons. The heart cannot be partitioned. Therefore, we say 'broken heart'. When you try to partition your heart, you have to break it, and such a human being is only a partial human being. Therefore, one part may be human, the other part becomes, shall we say, a senseless demoniacal, self-seeking, terroristic, harmful, revengeful, violent instrument. You see this in all the manifestations of



broken hearts today. You don't have to name them or to list them.

Here if you come, you come — for those with a broken heart — to restore it, to know that love from the heart has its own way of finding its partner in life. The eyes mislead us grossly. Especially the Latin sentiment, very, very expressive — especially in Italy, [whistles] [laughter]. That is not where love is. It is not in the sweet voices that we hear, that we have seen in the tales from Greece. When you go between Scylla and Charybdis and you hear the voice of Circe, and people get off the boat and go there and they become pigs. That is where our eyes and our ears lead us — from human beings to pigs, lustful, not knowing with what we mate and with whom we mate. You have the story of the man who had a relationship with his own

mother, in the Greek traditions, because he is blinded, his senses are blinded, his intuition is blinded, his thinking capacity has been killed. All that he seeks is the fulfillment of lust; as they say in the naval parlance, any port in a storm.

So these five senses are not there to guide us into the ways of love. That is the sovereign domain of our heart. A blind man can also love. He does not need eyes and nose and ears. He does not go sniffing for his love like dogs, not tasting it. His heart tells him. Because when all senses are closed, the real way of appreciating this world opens up to us.

That is what my Master said when we place too much emphasis, reliance, on our sensory mechanism: touch, taste, smell, vision, hearing, which are there like the headlights of a car to show us the way, not to lighten beauties on the road. When a driver looks at beauties on the road and forgets the way, he runs into an accident.

So we who have become senses-bound, listening to nothing but the senses, responding to nothing but the senses, we come down to the basic or most basic level of human beings, the animal base, and when we are able to overcome these things . . . that is why Jesus has to say in the Bible or whatever, "You have eyes but you see not." Perhaps he should have said, "You see, but you see what you should not see and don't see what you should see." And you hear, of course. But what? The voice of the devil or the voice of God?

So the sensory mechanism God provided for us, which are for direction finding, like a radar or the headlights of a car, they have been grossly misused. And so we are bumping into destructive things on the way, breaking our hearts, forgetting our direction, losing it, blinding ourselves. And then someday, if you are fortunate, a tiny voice in your heart says, "Don't forget me, I am here. When all is lost, I am here to guide you." And then perhaps for the first time we realize that the source of all wisdom, of true guidance which points us to the divine way we are to follow, is right here within us. All these [senses] show us the outer world; this [heart] shows us the inner world, which is the true way into liberation. If then we have the wisdom to listen to it, we learn to follow it, obey it, and be guided by it. And when we come to that stage when we are guided by our heart, it is a sort of first step in liberation. My senses no longer point the way. Everything is decided by my heart: this is it; this is not it.



There is only one right way. There are many wrong ways, infinite wrong ways. And the senses are adept at picking out all the wrong ways, because desire guides them. It is our desire which makes our sensory instrument useless, because instead of focusing our instrument in the right direction, we focus it in the wrong direction to see what we don't have to see, what we don't need to see. Therefore, in meditation we sit with eyes closed, ears (we try to shut out all noises unnecessary for us), arms and legs folded, so that we are self-contained. All the senses are pointing inwards if at all anywhere, and then we look to the heart which now begins to slowly, like the morning — slowly, the light comes on the horizon brightening the sky. So this is the course of meditation. It promises to us nothing except what you can get yourself, by your own endeavor, by your own effort, by your own focus on your goal. Therefore, my Master says, *fix* your goal.

We have nothing to do with changing goals here — one morning, power; one morning, lust; one morning, money; one morning, beauty — no changing goals. One goal forever. Fix, and then be in tune with nature — very simple. Our ten maxims are enormously simple, unlike most systems which say don't do it, don't do it, don't do it. Our ten maxims say, do it. Do what? You know the ten maxims. Arise before dawn with purity of body and mind. Sit in meditation in the same place, so that it becomes a habit. The moment you enter that place your mind takes over, your heart takes over. It is like the pretended holiness that we all pretend to have when we enter a church or a place of worship. It is an artificially adopted atmosphere, like putting on a scarf or a hat, or taking it off for men; the sanctity is in the hats and the scarves, not here [heart]. Excuse me, this is my observation.

Here we do not worship. No need for sanctity. Purity — yes, not sanctity, because love must be pure, isn't it? So we enter with purity. And, what is it that replaces worship? Because worship creates fear. We are afraid of the object of our worship. And where we worship, we have only desire, needs to be fulfilled. In this, there are no needs to be fulfilled. We don't go begging for something. We approach the inner Master in the heart whom we think of as the divine light, to make us like Himself. "Lord, let me be like You." What does it mean? I don't know, and these are not qualities I can enumerate. I cannot say, let me be great like you, or rich like you, or powerful like you. Because, in the Ultimate, there are no riches, there is no power, there is no greatness, there is not even wisdom, He *is*. I also want to *be*.

So you see, this sort of sympathetic vibration between two can be created only by love. Like children when they are young, they say they want to be like Dad, or like Mummy. The human being starts with a great deal of aspiration, the truth. Because they see Mummy as a goddess and Dad as a god, something like that, you see. And by the time we are ten and twelve, Mummy has become a mere woman, Dad has become a mere man; and by the time we are sixteen and eighteen, we recognize all the bad points they have, their bad tendencies, their egos, their acquisitiveness, their shamelessness in acquiring, their killing spirit to dominate, to go over somebody else to achieve something else, and then you have that famous idea of the god that failed.

Our parents are gods and goddesses who have failed us. Today's world is full of children who hate their parents. "I hate my Mummy. I hate my Daddy." Why? Because Mummy and Daddy are not Mummy and Daddy; they are just sex partners who have produced me and have left, so that we have these beautiful institutions called single-parent family. How can a child have a single parent? So when you break what should be whole, you have destroyed. So you see, everything follows from love which has become degraded, de-humanized, and become merely an animal thing; of couplings producing unwanted babies, who at best are left on the church step for adoption, and at worst become children of parents who are not their parents.

All this we have to learn through meditation. No *mea culpa* — I am not culpable in that sense. It has happened because I trusted the wrong instruments which nature has given me. I chose the wrong indications. And therefore I suffer, everybody suffers, my family suffers, my culture suffers, my nation suffers, and we have the very sordid



and sorry mess that the world is in today. And there are small pockets like Sahaj Marg, which in their own humble way are trying to blow the fire up a little into the reality that it should be, put that back into the heart which has gone — left behind far away, long ago — by heating up that spark which is there. Fortunately, for us, that divine spark is never extinguished; fortunately, for us. It is there through all eternity — *but* inactive, subdued.

What does it require for the human being to say: You are there, please help me, guide me and lead me. So this is the message of our Sahaj Marg spirituality, and this is what you should all learn to assimilate. We are not trying to preach what is wrong or what is ungodly. We are only saying, go to that God who is inside you, always, eternally, whether you are in this form or in another, and who, because He is inside you, He is your friend. Outside you, He is a judge. Which would you prefer — the God who is a judge and who says I condemn you to hell and I elevate you to heaven? Or to a God who is inside you and who says, “Come I will take you where you belong, and I will be with you. Don’t be afraid.”

So that is all that Sahaj Marg promises — not good health, not beauty, not wealth, not power. If you are looking for those things, you will surely be disappointed. But if you are looking for your heart to become light and to be enlightened from inside, I believe Sahaj Marg is the right way for you — one of the right ways. And whether we have stumbled into it or come here purposefully, it is like the old saying, ‘Having gone to the well, take a drink. Don’t go away thirsty.’

Thank you.



On the 15th after satsangh, Br Santosh Khanjee in his talk on **“What keeps me on the train on the journey to my wonderful Master?”** related his own journey experience and spoke of:

- The pitfalls of getting off the train
- Service having its own trappings



- He posed the question “how do I manage myself so I stay on this train” and pointed out that much of it comes down to attitude and the need to adjust our attitude
- He also posed the questions ‘How do I need achieve it?’ and “What am I looking forward to?”
- In answering these questions he said that he had learned by being with Our Master.

Rev. Master chose the topic of **“Unity in Diversity”** for Br P. R. Krishna’s talk given on the 16th after satsangh. Some points he made were:



- If we look for unity outside we won’t find it
- The wonder of the diversity in nature
- The kshob rather than the big bang was the beginning of creation. Just before creation there was nothing, afterwards, space was formed and then time followed,
- until human beings occurred there were no samskaras
- Human beings because they have will power and ego create more diversity than there is already. Money is one of the factors that creates diversity because it offers the opportunity to be different
- When we start a spiritual journey we start the journey back to unity and here he used the example of the colour spectrum moving from 7 colours back to only white, so from diversity to unity
- If we stop anything dysfunctional (diversity) we stop creating samskaras
- We need to ask in everything we do, would Master be doing this?
- There is no point looking for solutions outside, the solution is inside. We need to work on our self to be a person of character.

Satsanghs at 6.30am, 9am (mainly with Rev. Master) and 5pm framed the daily proceedings. There were basically 4 language groups, the talks needed to be translated each afternoon and even English speakers gained from re-hearing the talks at a slower pace.



For a question and answer session one afternoon, Rev. Master sent three of his ‘children’, including his granddaughter Madhuri to answer the many questions presented to the panel.



Rev. Master hosted a dinner on the 16th evening where a special western meal had been selected and prepared. Rev. Master's generosity with his time and attention was one of the highlights of the seminar. The cottage gate often swung open for us with functionaries ushering us into the Cottage and very frequently into Master's presence.



The SMRTI abhyasi training was presented for trainer training and abhyasi training with translation for a full day. Abhyasis reported gaining insight into the system and practice.



Rev. Master attended the Oceania and New Zealand AGMs and the meetings were preceded by an animated presentation showing the graphics of a very impressive Memorial to Babuji Maharaj to be erected on a site to be fixed.

There was entertainment from the different centres in the evenings. The Latin American and Caribbean groups sang local songs with guitar accompaniment, New Zealand also presented a song and a play by our resident Australian playwright David Todd about the 5 senses and the ego invited a lot of mirth as well as deeper thought. The final act by Ram Vashist from New Zealand mimicking preceptor and abhyasi behaviours during sittings and antics brought many laughs.





The final day concluded the seminar with a tour of the Lalaji Memorial Omega School. A small group of abhyasis who were leaving that evening were blessed to spend time with Rev. Master outside his Cottage. He shared the revelation he had experienced during the 9am satsangh that morning, and said that such sittings, where he is able to remove himself completely, give the purest form of pranahuti, completely untouched as it comes from the source. He said it is like a white light that does not get filtered. The physical, mental and even the ego of thinking "I am giving the sitting" are not there. Such sittings take the life out of him, like it did to Babuji in the later part of his life when he could only manage a sitting a day, and would be exhausted after giving it. Master

asked us to make note in our diaries.



Good byes were said and abhyasis glowing with joy, gradually moved off home to their various countries.

Sahaj Sandesh No: 2010.26 Thursday, 28 October 2010

www.srcm.org



ABHYASIS TESTIMONY OF AN UNFORGETTABLE EXPERIENCE



Father
To stay close to Master
Is to feel the unconditional love of the Father,
who loves without restrictions, reminding us,
with his subtle breath of love, where we came from.

Alejandra González - Chile



➤ *My trip to India - my stay at Manapakkam (by Helena Spalic from Brazil)*

Having spent time with my Sahaj Marg family from Brazil, Latin America, New Zealand, Australia, and India at Manapakkam ashram; sharing all the daily routines there, from the toughest experiences to the most sublime ones was not only an unforgettable experience, but a real blessing.

It was a most wonderful, subtle and profound experience, very hard to put into words. During all the time I felt protected and loved by Master, as if I were in a maternal womb, despite all the material and emotional difficulties or discomfort I may have felt.

Undoubtedly we were outside our zone of comfort, surrounded by strange tastes and smells, foreign languages, and unknown codes. Common things like going to the toilet, having a shower, going to bed, waking up, eating or drinking, were challenges that required a sense of adventure, trust and determination. At times, people could be irritated, annoyed or discouraged for the simplest reasons.

However, after a satsangh or a cleaning it would all disappear and all the challenges we were exposed to would make us stronger and more humble, and everything seemed to make sense. It was so blissful to see life permeated with a higher Purpose, to see unity in so much diversity. The love and care of Master could be felt in the air, in the food, in the plants, everywhere – in the most subtle and invisible things.

The generosity of Master, the warmth of his heart, the intensity with which he works upon us in order to help us in our spiritual journey is beyond words. To be in his presence is always a life-changing, transforming experience, and I just cannot wait to go back home and be at his feet again. And having been made preceptor was the ultimate gift, for which I will serve him eternally.

Thank you Master.





➤ *OMEGA SCHOOL (by José Luis Cardieri from Brazil)*

I participated in the Latin America and Oceania Seminar, which took place in the Manapakkam Ashram, Chennai, Indian. Being with Master and spending time with so many brothers and sisters, united by faith, in those days of October, was a very happy experience for me. Those were memorable times, with satsanghs conducted by Master Chariji, His talks, a pleasant dinner with him, lectures by other brothers, in sum, days of pure love.



One of the most significant moments for me was when we visited LMOIS -Lalaji Memorial Omega International School. This school is an example of how Master acts: not just offering spiritual guidance on how each person should develop their own character, but also offering practical material and spiritual conditions to help humanity to evolve.

To incorporate spiritual values in all the aspects of a school life is the objective of Omega School. Omega is affiliated to Cambridge University, and so their students can have an international certificate issued by this institution. We visited all the facilities of the school, with its magnificent labs for their students. We listened to enthusiastic explanations by the School's employees. Finally, a delicious coffee break was offered to

celebrate our visit. All that happened in an atmosphere that for me is a reproduction of a typical ashram life.

In short, Omega School aims at forming people who will build the new humanity, balanced in the two wings of existence, as suggested our Beloved Master Babuji.



I and my Master in Manapakkam (by Sandra Klinger Rocha from Brazil)

I first learned about Sahaj Marg through a friend of mine, she was still living in Brazil at the time and hadn't started meditation.

One day this friend left the country and every time we met, I could notice a change in her, a light brightening her more and more. She had started the Sahaj Marg meditation. I began to meditate in 1986, and today I understand the reason why I had to meet her.

So many years went by! And only last October I finally visited Manapakkam, though I had visited our Master in other countries. This was a dream come true, which had been living in my heart for so long. And once again, through the grace of our Master, on the advice of this same friend and the joint effort of all, the trip happened.

The Brazilian group, of about 40 abhyasis, spent months getting organized, saving money and getting ready to receive the love from our beloved Chariji.

I understood that when we act with conviction and truth everything is possible. Distances and family barriers are overcome and professional issues handled.

The day I got my visa from the Consulate of India in Sao Paulo, I felt a strong transmission, and seeing my dream finally turning into reality, filled me with great happiness.

All the process, which began months before the seminar, showed the power of the work of our beloved Master on us. To be in Manapakkam, in his presence, was most gratifying. To enjoy his generosity, to be in close relationship with the brothers and sisters from all over the world and realize that he indeed offers us a world without borders, is only a glimpse of all that we are missing when we are not connected to our Divine Energy.

The floor was hard, and I slept beautifully, the food was spicy to my Western taste, but the love and care with which the volunteers prepared the meals, nourished my soul. I learned how much better it is to use the Indian toilets. I am sure that Manapakkam is our home, because our Master lives there and it is from there that he transmits to our hearts.

I am grateful to each and every one who helped us to make this trip, to each and every brother and sister who welcomed us, who registered us, who fed us, who gave lectures, who swept the floors, who cleaned the bathrooms, who looked after the gardens, who was in charge of the entrance and exit to and from the Ashram and offered us his or her friendship and affection.

I am grateful to my friend Regine, a powerful artery in the service of the Mission, and to Bill for his trust in our Brazilian group, and to Rajagopalan, a brother who is in my heart for ever.

I thank our beloved Master for existing in my life and for welcoming me in His house.





The Latin America and Oceania Seminar in Manapakkam is over ... (by Marta Toledo from Brazil)

Hopefully we will have others! During the Seminar, we attended some very special talks given by Santosh, Krishna and Padu, we had moments with the Master, satsanghs and more satsanghs, golden opportunities for those who faced with determination the challenge of being part of it. Those who could not make it to India will also benefit, because the work was being done by the Master, and the results will reach all abhyasis.



To realize that the Mission has grown so much makes us feel grateful to him and to all who have worked for this to happen. Small Caribbean Islands, with 66 abhyasis, tiny spots on the globe, with prefects and abhyasis, all active centers. The brothers and sisters from America whom I have met in the past, at the UNO meetings, working on economic and social development programs, I find them now, searching, as I do, for a different form of development – the spiritual. We have the same problems of those who are lacking almost everything material, of those who live under unfavorable conditions, but who have started the meditation practice. And all this together with Australia and New Zealand, because for the Mission it does not matter whether the country is rich or poor, whether there is social justice, strong economy, or whether the country has been through an earthquake and is going through hardship, with low human development rate,

everything becomes so small in the face of the work of such importance.

I cannot imagine what would be of me without the Sahaj Marg practice, and for me it is a miracle, a unique luck having found a Master, this Master who teaches patiently, time and time again, how to achieve the goal in this system with which I have been struggling for 11 years.

At the beginning, my intellect attracted me to Sahaj Marg because of its impeccable philosophy, an infallible diagram between the mind and the heart. Little by little I started to feel that I had to change, not only my way of understanding the world, but also all my assurances and beliefs about myself. And, luckily, I was not warned of this, because in the way I do not control the process for my own benefit. For us, abhyasis, there is only (as if not enough) the unbeatable determination and the confidence in the system, in the Master and in ourselves, and the certainty that nothing in life is either good or bad, but it is what we need, even if it does not always correspond to what we want. Due to my work, many years of therapy, and spiritual work, I have an acute perception of human problems reflected in myself.

Yesterday we had our first satsangh in Sao Paulo given by one of our new preceptors, and it was very special, because we are all magnetized by the love we had received, and very grateful for it. We must encourage more gatherings like



this one, pray for Master's health, for the future of humanity and for all the centers, ours and Latin America's and Oceania's. I do not know how difficult it is to organize such gatherings, but I imagine that it involves a joint effort and love for the Master by those who organize such events in different parts of the world, but I am sure they are important for the growth of the Mission.

In India, I understood clearly the meaning of serving the Mission, how not to look at the dark side of people, just like the Master does. Whenever we are in His presence, he always finds an opening in our hearts in order to fill it with his love. He makes us understand that there is something good in all of us. If we remain in Constant Remembrance, not neglecting our daily practice, we will become more and more like him and less and less as ourselves.

Our selfishness and grossness, our petit attitudes, our judgments, our choices based on the impressions we keep nourishing, our behavior, all of it has been worked upon us by the Master, who transmitted to us his love. It is important to keep in mind that this love cannot penetrate our hearts if they are blocked by negative emotions and desires.

I was left with the clear impression that to speak about spirituality appears to be commonplace. There are things that have to be experienced, sometimes even involving suffering in order to realize that it is a miracle and luck to have found a Master like ours and having become abhyasis of Sahaj Marg.

➤ Seminar on Character Development for functionaries

A seminar on 'Character Development' was held at the BMA, Chennai from the 9th to the 12th October. It was attended by all the functionaries of the Mission in India: the Working Committee Members, the Zones-in-charge of all Zones, the Centres-in-charge of several Centres as well as other functionaries, totalling to one hundred participants.



Revered Master inaugurated the seminar on the 9th morning by conducting a satsangh for the participants followed by thought provoking talk in which he challenged the usual ideas relating to character, religion, and tradition. Over the three days, from 9th to 12th, there were seven sessions of presentations by selected speakers, covering a wide gamut of topics relating to Character Development. The participants formed smaller groups and worked together to contemplate and ideate on themes relating to Character. On the 12th afternoon, each group made a presentation regarding its deliberations.





The seminar concluded on the 13th morning, with Sister Anuradha Bhatia summarizing the participants' feedback and feelings. This was followed by Revered Master delivering yet another profound message, and a satsangh. All in all, the seminar was an intense exercise of the heart and the mind, with our Revered Master keenly watching and listening to every session over the entire duration of the seminar.

The inaugural and closing speeches given by Rev. Master are located
<http://www.sahajmarg.org/literature/online/speeches>



Communications

• European Seminar

Rev. Master will be holding a seminar especially for European in the Babuji Memorial Ashram, Manapakkam between the 18th and the 23rd December 2010. In view of this, abhyasis from all other centres are requested to plan any visits to Manapakkam only after the 24th December 2010. Only registered participants will be permitted into the Ashram during the seminar dates mentioned above.

• Use of Mission Logo

It has come to Rev. Master's attention that the Mission Letterhead & Logo are being freely used by some Prefects & CICs.

Rev. Master has categorically communicated that "it is illegal" for Prefects & CICs to use Mission Letterhead and / or Logo. There are defined policies and procedures, which govern the usage of Mission Letterhead and / or Logo. Only those functionaries, who are explicitly authorized by Rev. Master to represent the Mission are permitted to use Mission Letterhead and / or Logo (subject to Mission guidelines regarding the same).

You may kindly destroy any visiting cards or letter heads that might be in your position which carry the Mission Emblem, Logo, Address etc. You are also requested to pass on this information on a top priority basis to the Prefects in your respective centers and request them to destroy such letter heads, visiting cards etc. that might be in their possession.

Kindly ensure this is carried out at your earliest convenience.

Administrative Bulletin



➤ *LATIN AMERICA CENTRES – contacts , calendar of events and activities*

• Contacts

CENTRE	CENTRE- IN -CHARGE	E-MAIL
ARGENTINA	Mr. Américo Galván	galvanamerico@yahoo.com.ar
BRAZIL	Mrs. Regine Köhler	sahajmarg@globo.com
CHILE	Mrs. Marcela Carola Celis García	carolmar.celis@gmail.com
COLOMBIA	Mr. José Ademir Agudo Ramirez	agudocrea@hotmail.com
DOMINICAN REPUBLIC	Sr. José Agustín Poy	poyjose@aol.com
ECUADOR	Mr. Juan Francisco Villacrés Orbea	juanfvi@hotmail.com
FRENCH GUIANA	Mr. Jacques Bayard	jbayard@orange.fr v.scala@wanadoo.fr
GUADELOUPE	Ms. Valerie Scala	
HAITI	Ms. Marie Mona Judith Remy Joseph	judithrj@yahoo.com
JAMAICA	Mr. Maurice Herdsman	m_herds@yahoo.co.uk
MARTINIQUE	Miss Patricia Plus	patriciaplus@live.fr
MEXICO	Mr. Vincent Willaerts	vincent.willaerts@gmail.com
URUGUAY	Mr. Antonio Ruben Martinez Suarez	armar@montevideo.com.uy



VENEZUELA	Mrs. Teresita Bravo Lopaz	teresota8@hotmail.com
TRINIDAD AND TOBAGO	Mr. Kiran Kumar Chandolu	kiranchandolu@Gmail.com
NICARÁGUA	Mrs. Jenny Zapata Machado	jenny-1961@hotmail.com
PANAMÁ	Sr. Raj Kumar	rajusha40@hotmail.com
PERU	Srª Juliana Urrutia Palomino	yuliamup@hotmail.com

■ Calendar of events

date	where	event	contact
<i>12 to 14 November</i>	<i>Argentina</i>	<i>National Seminar</i>	<i>galvanamerico@yahoo.com.ar</i>
<i>19 to 21 November 2010</i>	<i>Venezuela</i>	<i>National Seminar</i>	<i>mlorenzo@bucros.com</i>
<i>3 to 5 December</i>	<i>Mexico</i>	<i>Regional Gathering</i>	<i>vincent.willaerts@gmail.com</i> <i>matildevalecillos@hotmail.com</i>
<i>3 to 5 December</i>	<i>Jamaica</i>	<i>Regional Gathering</i> <i>The theme will be Brotherhood</i>	<i>catsjoh@yahoo.com</i>
<i>04 December 2010</i>	<i>Brazil</i>	<i>Preceptors Gathering</i>	<i>sahajmarg@globo.com</i>
<i>4 to 6 February 2011</i>	<i>Brazil</i>	<i>Basant Lalaji's Birthday</i>	<i>sivaguerra@yahoo.com.br</i> <i>vika_luz@yahoo.com.br</i>
<i>21 to 24 April 2011</i>	<i>Brazil</i>	<i>Bandhara - Babuji's Birthday</i>	<i>sahajmarg@globo.com</i>
<i>11 to 13 May 2011</i>	<i>Brazil</i>	<i>Preceptors Gathering</i>	<i>sahajmarg@globo.com</i>



22 to 24 July 2011	Brazil	Bandhara – Chariji's Birthday	ladegani@terra.com
-----------------------	--------	----------------------------------	--------------------

• Activities in the Latin America Centres

SEMINAR – ARGENTINA - November 12, 13 and 14

I close my eyes and find the exact point of the expanded inner sun, which reveals its iridescent rays and illuminate this marvelous vastness that Mother Nature presents us with. Here, inevitably, the encounter takes place.

Was it our Spiritual Guide who indicated it to us?

The Ninth Sahaj Marg Seminar, in Portrero de Los Funes, San Luis Province, in Argentina. A mirror of water reflecting the mountains' silhouette, full of light and wonderful colors.

Our Chilean brothers headed to this place, starting their journey by plane and finishing it by bus, all the way from the city of Mendoza, a province near San Luis. They came accompanied by our dear "Doc", Julio Galarza, an Ecuadorian doctor and the journalist Rafael Illanes, who filled our soul with gratitude. Marcela Celis Garcia and her brother Eduardo Celis Garcia contributed to this Seminar with all their love.

Gabriela Luciani, after having traveled by bus from Bahia Blanca for 14 hours, from 6pm to 8am, embraced us with a big hug. Bahia Blanca is 900 kilometers away from San Luis.

From Villa La Angostura, distant 1,400 kilometers, the prefect Maria Alejandra came by bus as far as Neuquen, where she met her brother Ariel. From there, they travelled the last 890 kilometers by car.

What to say of Liliana Rikemberg, who passing a picket line on the road, found a way to cross the 1,000 kilometers in order to share with us the enlightenment offered by the Seminar?

All of them in tune with the group of abhyasis who were awaiting them with open hearts.

What does a Sahaj Marg Seminar have to attract, like a powerful magnet, people covering long distances without measuring the difficulties?

There are no words to describe what generates it. There are no words for the things of the soul, for they are heritage of a spiritual world almost unknown to us. It is only perceived, felt, appreciated.



How to describe the love that is generated? Anything we say will be incorrect.

What we do know is that all these spiritual spaces that produce the Sahaj Marg Seminars are incomparable and wordless. They are a gift from our beloved Chariji, which we receive with a smile, in silence.

Americo Galvan - Argentina

ANNUAL SEMINAR – VENEZUELA – NOVEMBER 19, 20 and 21

FRIDAY

19

Twenty nine abhyasis from different states of Venezuela met at a subway station at 2:00 pm, in the country's capital, Caracas. Traffic was busy in the beginning, but it gradually dissipated just like our daily lives thoughts did, and then we began to direct all those thoughts towards the noble goal of our meeting. The climate began to change and we left behind the polluted air, so very typical of a capital city. The place to which we headed was in the village of Los Teques, 50 km from Caracas. It is a mountainous place, full of natural beauty and scenic landscapes, but the most important thing was the atmosphere created there. The place is run by Catholic nuns and it is rented only for religious and spiritual retreats, so when one arrives one can feel the harmony and peace present there. We arrived just in time for dinner and soon afterwards we went to our rooms to settle down and get some rest. Since many abhyasis had come from distant parts of Venezuela, after the daily cleaning we all went to sleep.



SATURDAY

20



Saturday started quite early with abhyasis getting individual sittings at their request. There were six (06) prefects at the seminar from the cities of Caracas, Valencia, Vargas and Barina. We attended the Satsangh at 07:30 am, and after breakfast sister Teresita Bravo and other Venezuelan brothers spoke about some of their experiences during the seminar that took place in Chennai, India. Sister Teresa Bravo told us about the loving farewell given to the Venezuelan and Brazilian delegations by the Master at his home, where our beloved Master stressed that: GOD CREATED ONE WORLD, BUT WE HUMAN BEINGS DIVIDED IT. Then he gave us a warm goodbye in



different languages with his usual sense of humor, high energy, imparting enough positivity, enthusiasm and an overflowing love for us to continue our path. After these beautiful words, Jose Vicente Cordero's brother together with sister Rosaelena Marcano conducted the PowerPoint presentation of the Introduction and Training Programme for Abhyasis, prepared by the Institute for Research and Training in Sahaj Marg (SMRTI), emphasizing the daily practice: Morning Meditation and Evening Cleaning, Night Prayer/ Meditation, Satsangh, Individual Sitting, the role of willpower, Sahaj Marg's Prayer, Constant Remembrance and Eating Habits. There was much interaction among the presenters, prefects and abhyasis, each one talking about his/her practice and personal experiences. We all learned from our own and other people's experiences, clarifying the doubts of our daily practice. It was a very productive experience and we all benefited immensely from it.



SUNDAY

21

Early on Sunday morning some sittings were given to abhyasis, and then after the satsangh, we gathered to read a text entitled "Surrender To Him". We divided into groups to read and express our ideas. This took all morning, then we collected our luggage with a feeling of melancholy due to the inevitable departure that would soon take place, yet feeling very pleased and filled with all the spiritual richness, rich discussions, and the special condition obtained by the transmission and spiritual presence of our beloved Master in this very special place.

Jose Vicente Cordero Ibarra - Venezuela.

HAITI

➤ *TAKE MISERIES AS DIVINE BLESSINGS*

I recently traveled to Haiti where the capital, Port au Prince, was stricken by a major earthquake of 7.4 magnitudes last January killing more than 200.000 people and leaving more than 1.000.000 homeless. As everyone knows, Haiti is one of the poorest countries in the Western Hemisphere. A calamity of such magnitude made a bad situation even worse. This shocking event suddenly made Haiti the focus of world attention. For months, Haiti became the limelight of the medias and occupied the front line of world news. All thoughts and



prayers were directed towards, that poor country long forgotten or unknown until January 12, 2010.

The misery spared no one and for a while blurred the divides between rich and poor. They all shared some of the same losses, fear and pain. They all slept outdoor and waited for external help of all kind. In misery, Nature treated them all equally.

Prior to the earthquake, Haiti counted approximately 25 abhyasis including 2 preceptors. Unable to communicate with any of them after the earthquake and fearing casualties among them, Rev Master was immediately informed of the situation. I kept sending him emails and after the third one he responded by saying: "Dear sister, I hear you..., I pray for all of you". Master always works in mysterious ways. The next day, I received an email from sister Judith Joseph, one of the 2 preceptors in Haiti informing me that only one sister abhyasi has lost her life during the earthquake. What a joy it was to hear from her and to know that Master is always at work whether or not we had sent Him emails. We take solace in knowing that we are always under the umbrella of His love and protection.

This dire situation has strengthened the Sahaj Marg center. Abhyasis became more and more regular in their practice and renewed their faith in him. What a great opportunity afforded us by this catastrophe to stimulate the opening of the heart. Presently, the capital city, Port-au-Prince has 2 centers with more that 45 regular abhyasis including the 2 preceptors. Their hearts are open and eager to absorb Master's love. They are stronger, supporting one another and more united than before.

Haiti's situation is a living example of the 5th Maxim of the Sahaj Marg system which states: "Be truthful. Take miseries as divine blessings for your own good and be thankful".



**Marie Brouard
Pembroke Pines, Florida**

© 2010 Shri Ram Chandra Mission ("SRCM"). All rights reserved. "Shri Ram Chandra Mission", "Sahaj Marg", "SRCM", "Constant Remembrance" and the Mission's Emblem are registered Trademarks of Shri Ram Chandra Mission. This Newsletter is intended exclusively for the members of SRCM. The views expressed in the various articles are provided by various volunteers and are not necessarily those of SRCM.
For feedback suggestions and news articles please send email to leatorres@casadalea.com.br