



Echoes of Latin America



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News about Master

Important message from Rev. Master on his travels

Chennai, Friday 23 December 2011

“Dear sisters and brothers

I was planning on a long trip of Uttar Pradesh, including visits to Satkhol and Shahjahanpur, the whole trip to last approximately one month. Just as I finalised my plans this morning, I received a message from my Beloved Master dated the 22nd December 2011, which is reproduced below for you to read. It makes it clear that my travel days are over in obedience to my Beloved Master's instructions. All those who were expecting to travel with me to Satkhol, Shahjahanpur and other places may kindly note that in future all those wishing to meet me are requested to plan their visits to Chennai only. I pray for you all. Love.

With Love and Master's Blessings, affectionately, “

Parthasarathi





Rev. Master has announced the nomination of Br. Kamlesh D. Patel as his spiritual successor

Sahaj Sandesh No: 2011.33 • Monday, 3 October 2011

*“All Abhyasis Worldwide.
Dear sisters and brothers,
In the meeting of the Mission’s
Working Committee held today
morning at Kolkata, Rev. Master
has announced the nomination of
Br. Kamlesh D. Patel as his spiritual
successor who shall succeed him as the
President of the Mission worldwide.”*



Kamlesh’s letter to all abhyasis

8th December 2011 – Manapakkam

Dear Ones,

I am writing this email with a heavy heart. Our Beloved Master faces increasing physical challenges these days due to His health. And after the recent trip, it is painful to observe his difficulty even in moving between the office and bedroom at Manapakkam. Unfortunately, the demands on his time are also only increasing with each day. There are more and more people asking him for advice in mundane personal matters, presenting problems of their own, or of their friends and relatives, or seeking some solution to their problems.

While it is true that contact with the Guru is available to one and all, shouldn’t we be more careful in preserving his precious energy and time, and give him the necessary space for recuperation when he needs it the most?

We see him attending to everything so lovingly and with absolute commitment. Even if he struggles to walk, he patiently gives each person their moment when they line the pathways to see him. When abhyasis make prior “appointments,” he often sacrifices his rest to make sure the appointments are kept. We have to realize that he will always welcome us, and try to give as much of Himself as he can – even at the cost of his health.

But what is our duty as His children? When we come to him, let us think how to make his situation a little easier, not how he can solve our problems, or give us some attention. Isn’t this what we would do for a loved one?

I would like to urge our brothers and sisters worldwide to refrain from approaching Master for mundane things like birthdays, anniversaries, offering Prasad, etc. Let our love for him not be overbearing and demanding – let it be felt as silent, subtle and generous enough to allow him much needed space and flexibility.

The birthday celebrations or Bhandaras of the Mission are the most special periods of spiritual rejuvenation. These are also the times when one witnesses the most strain on our Beloved Master. Can we learn to silently absorb the subtle essence of what he is pouring into each of us, instead of clamoring for attention and forcing our way to the Master’s proximity?

I pray that this appeal touches hearts and moves us to try and change our attitude and behaviour in his presence - which have become patterned over the years. But that which seems impossible to change can indeed be transformed by the sincere prayer and efforts of pure hearts which are strengthened by love.”

**Most affectionately,
Kamlesh**





Report on Rev. Master's visit to Dubai

Sahaj Sandesh No: 2011.37 • Friday, 28 October 2011



In the course of his 10 day stay in Dubai, Rev. Master met with hundreds of abhyasis in groups of various sizes, both at the Meditation Centre as well as at the residence when he was staying. Some of the things that he said during his interactions with various abhyasis is given below.

When asked if there was any technique for faster progress in Sahaj Marg, Master said, "Ignore everything. If you want to ignore everything, then remember only one thing - what we call constant remembrance. If your mind is occupied already by constant remembrance, even though others talk, you don't hear because you can attend to only one thing at a time. If your attention is fixed only on the Goal, I see nothing, I hear nothing, though my eyes are open and my ears are open."

When an abhyasi asked how one can know about his or her spiritual progress, Master said, "When I get into an airplane, say from here to Chennai, I cannot ask the pilot every minute whether I am on the right path or not. I just trust. It is a matter of faith. It is much more with the Master because the pilot is only qualified but the Master knows. We call Him the one who takes you on the right path because He has been there."

When an abhyasi asked Master how to deal with people who are against one's involvement in the Mission, He said, "You don't think about them. My Master said, if you think someone is against you, you have created your enemy. If you forget, then there is no enemy".

On the difference between wanting and love, Master said, "There is a big difference between wanting and loving. I want a Master. What for? Now I love the Master, so I obey. So in Sahaj Marg, obedience is not from the rules like the Ten Commandments and things like that; we love, so we obey. Obedience comes from the heart, not from mind or fear but from love." Master continued, "What does the Master love? He loves all. So in Sahaj Marg we say 'Love Him Who Loves all'. So how to choose a Master? Find a man who loves all."

On Liberation, Master said, "When other people talk of liberation after death, it only means they want to continue to enjoy life with whatever they think are pleasures and then eventually going into a state of liberation where there is no pain. That is lying to yourself. You have not yet got freedom from this need from pleasure. Isn't it? You cannot have freedom only from pain. You must also have freedom from pleasure, because they





are two sides of a coin, pleasure and pain, isn't it? Either you do away with both or you keep both. Otherwise you want a coin with one side, which does not exist. So liberation is doing away with dualities, opposites of existence. That is the right idea of liberation."

On the matter of knowledge, Master said, "There is no unknown, because, as you are going through life, every next second is unknown and before you even know, it is known. Before you really want to savor, that moment has passed. So the idea of living in an eternal present is also a state of absolute knowledge."

On the matter of wisdom, He said, "The man who uses his intelligence, how much ever he is born with, is a wise man."

Talking about service, Master said, "In service, we must forget ourselves. That is true service. Service is not just delivering service, the heart must play a vital role in it."

On overcoming fear, Master said, "Give up fear. Fear is the biggest enemy of life, not danger. Fear makes everything dangerous. There is no such thing as danger. Without fear, life is joy and happiness. With fear,

life is miserable. One thing you have to remove is fear. To remove fear, do more cleaning and have sittings".

On drinking, Master asked why drinking is forbidden and He went on explain, "Because in spirituality there is this very subtle intoxication, and the intoxication of the alcohol is gross. So it removes the very subtle intoxication of the transmission. Drinking disturbs your state of consciousness and that is what is wrong with drinking. What is important is to maintain the state of consciousness undisturbed."

On Guilt, He said, "Worse than the deed is the feeling of guilt. Never feel guilty. You have to change. That's all." He went on to say that repentance means not to repeat the mistake.

When an abhyasi asked about science trying to explain spiritual states, Master said that science is only a materialistic approach to worldly reality. Science only deals with the world of matter, not with spirit.

On the nobility of suffering, He said that trouble welds people together. He went on to say that we need more suffering to become one!





News about world: Love is Life: The Spirit and Practice of Coming Together

By Trevor A. Weltman, Detroit, USA



“Last month, over one hundred abhyasis from all over the world gathered in Shenzhen, China for the October Chinese seminar. Befitting this colossal effort required to bring this seminar to fruition, “Love is Life”—the theme—was written in proud blue on a large white banner and hung in the meditation hall for all to see.

But who comprised the “all” of this seminar? Since returning back home, I have come to describe the thirty French brothers and sisters in attendance as the “the spiritual foot soldiers of Sahaj Marg.” They were armed to the teeth with nothing but their unique individuality, their warm smiles, and their loving attitudes. This wondrous group, in spite their inability to speak Chinese, had arrive in China six weeks prior to the seminar, to give sittings and conduct open houses in areas without preceptors, spiritually empowering people and spreading His love wherever they went.

On the Chinese side, abhyasis came from all over the country. While it was wonderful to see each other again and catch up with many whom I have known for some time, by far the best part of the seminar to my mind was the large number of new abhyasis in attendance. Many of them had been practicing for just a few weeks, yet they arrived with such open hearts and open minds. These attributes, combined with their willingness to learn and dive deeper for change, were an inspiration for all those interested in both commencing, and furthering, their sadhana, regardless of the length of time in the system.

It has been over a month now since I departed Shenzhen, and it is remarkable to me just how little of those ten glorious days I really remember. And believe me, they were

ten very full days: two of them spent helping prepare for the seminar; six days basking in the love, and the final two days cleaning up and tying off loose ends before leaving. “Take me with you,” Babuji often implored, and I suppose it isn’t the sum total of things that I don’t remember that surprises me, but rather, while I wasn’t able to bring everything back, there are a few things that I did, and those things I will never be far from, I will never forget. Things like the all-pervasive Manapakkam-like atmosphere that was so potent it permeated every nook and cranny of the grounds, or the laughter in the cafeteria that required no translation, and the brilliant sun coming up over the blue tiled swimming pool, as well as the willingness of everyone to put the needs of others first, before their own, and lastly, the acceptance on behalf of all parties that, despite Master not being there, His presence was decidedly not absent.

On a final note, one of the speakers at the seminar shared his thoughts with the group saying how lucky we were to have several elder brothers and sisters in attendance. Because, through their long association with our Master (some have over forty years of practice), their hearts, in his words, “have been thoroughly polished.” And, while it will take many moons until mine heart reaches that state, i.e., shines like a mirror on its own, my heart will nevertheless continue to reflect the beautiful light of all those present. Their kindness and generosity of spirit have in turn helped to polished my heart, ultimately leading to the sparkle that I now feel inside.

With love to Master, for only through Him could such a dissimilar group of people be so effortlessly united.”





Activities in the Latin America Centers

JAMAICA

History of the Mission in Jamaica

Catherine Johnson, Kingston

There have been several hiccups prior to the establishment of a Centre in Jamaica. Master has been instrumental in preparing this beautiful soil long before we could truly relate and appreciate this awesome system of Raja Yoga meditation. Brothers Murthy Gokula, Bill Waycott, and sisters Claudia Russell, Marie Brouard, Jennifer Freeman, among others, have been used by the Master as pioneering conduits prior to 2004

On October 17, 1997 sister Bani Surapu informed Claudia Russell that a brother who was residing in Mandeville (a town outside Kingston city) was willing to help her introduce Sahaj Marg to Jamaica but, at the time, he was off the island until the November of that year.

Sister Claudia contacted him and the rest was history. He was our beloved Dr. Murthy Gokula, who along with his colleagues Drs. Omkar Prasad (not an abhyasi) and Raju (became an abhyasi) helped her organize an open house at Terra Nova Hotel, December 6, 1997 at 7p.m. The presentation was titled "Meditation - the Simple and Natural Way to God" presented by brother Bill Waycott. Sisters Marie Brouard, Yolaine Rameau, Claudia Russell and brother Bill Walcott met in Kingston December 5 and stayed at a guest house where sittings and informal talks were given the entire weekend. They placed an advertisement in the Sunday Gleaner but could not recall if they had a radio announcement which they had planned to do. Thirty-five people attended. A vegetarian meal was served following the presentation. In all, fourteen took sittings - three Jamaicans, 1 Sri Lankan, 10 Indians - with two centers established in Kingston and Mandeville.

Prefects from the USA traveled to Jamaica a few times to give sittings and sister Ajantha Rajapakse (Sri Lankan living in Kingston, Jamaica) was made a prefect in Molena 1998. Unfortunately, her husband was relocated off the island and Jamaica was left without a prefect. Many abhyasis stopped practicing after her departure.

It is a fact, however, that Master's work is eternal so not withstanding the 'stops' and 'starts', He continues, benevolently and patiently, to nurture this beautiful

West Indian Island in the Caribbean, in such a way that that which seemed dead or dormant was just a period of gestation.

Sister Claudia Russell, USA was made a prefect in 1998 and returned to Jamaica with sister Jennifer Freeman in May 26, 2004. Again, with the generous support of Dr. Murthy and his colleagues they tried to reignite the center. They were, this time, hosted at Eden Garden Hotel (recommended by one of the Jamaican abhyasis). All local abhyasis had stopped practicing. They had lost contact with some, few had relocated off island and some had expressed interest and took sittings. However, after they had left, these abhyasis did not commit themselves to the practice. It was at Eden Garden that they met brother Maurice, along with others, and gave him his first sitting.

Master's work was already done.

Sister Claudia returned months later with sister Kirstin Santos and, again, stayed at Eden Gardens.

Brother Maurice was granted the Scholarship Training Program which was administered in India December 2004 - January 2005. He came back to Jamaica with much enthusiasm, prepared to be used by the Master in the role of first resident prefect. He was granted provisional license in April 2005.

Many of us heard what the system was about, some of us came on board, others were skeptical and refused to be introduced while others were on the periphery undecided. The Mission took sometime to grow but there were some of us who were adamant on staying on the path.

Brothers Chucky Young, Lascelles Dixon, S. Rao of India and sisters Ula Miller, Catherine Johnson, Angella Elliott, Carol Charlton, Jennifer McDonald were some of the first set of abhyasis. The venue for satsanghs at the time was brother Maurice Herdsman's office.

The Mission grew gradually as the teachings were spread abroad. Satsanghs included up to 15 participants sometimes. However, in the same breath, brothers and





sisters started attending irregularly and ultimately ceased coming. There were concerns among the regular abhyasis about the fluctuating tendency of the group but as we read the literature and read Master's speeches we were comforted by the fact that it was all Master's work and not ours, so ALL results should be left to Him.

Our bothers and sisters abroad continued to support us in every possible way and had always expressed joy in the growth of the Centre in Jamaica. Dr. Murthy Gokula who practiced in Jamaica for a number of years, maintained a close link and he, too, contributed generously to the physical welfare of the Centre. He has always been furnishing us with literature, gifts of all sorts, inter alia. Whenever he visited, he would make sure his colleagues from out of town join us on occasions such as Regional Gathering.

Abyhasis abroad have been in and out of Jamaica. They have been from as far as India, Martinique, Guadeloupe, North America, Latin America, Poland and other regions of the world. This has always been welcomed because from this interchange we have developed brotherhood and at the same time gained a lot of knowledge from one another.

To date, Master has kept his work alive. There are now two local prefects and other dedicated abhyasis who, by His grace are, undauntedly, practicing. Sister Catherine Johnson had also gained the Scholarship Training Program in December of 2008 to January 2009 and was granted provisional license January 2010.

Current activities of the Centre include the Annual Regional Gathering, Open House, abhyasis Training Program, All-Day satsangh, National Gatherings and Family picnics.

The following are excerpts from some of the abhyasis of the Centre. (Pictures of abhyasis are intended where the images are).

Jennifer DaCres - What has resonated with me is the forceless force that reminds me daily of the awesome teachings and how to be in constant remembrance of the Master.

Ula Miller - The idea of a living Master on Earth who is responsive to our needs allows for a level of trust and

confidence knowing that with the Master all things are possible. The Master's teachings enable me to establish a stronger connection with the inner self - the Master within. This knowledge affords me the assurance that all problems can be resolved as long as I am connected to Him and I am attuned to His methods and teachings.

Catherine Johnson - Since being introduced to this amazing teaching, I have never looked back. The goal of Sahaj Marg has kept me steadfast on the path. The practicality of it has given me purpose in attaining the goal. Transformation of self is encouraging; it makes life worth living. How could all this be realized without a living, loving and benevolent Master?

Sebastian Foster - I have been introduced to meditation for four months, now and I have seen many changes in my life. Humility, being focused and motivated are some of these changes. I have always asked myself the question - Where do I find God? But being an abhyasi has shown me that God is really within. By His grace, I will continue this practice because I am certain that Sahaj Marg is the right path to God.

Maurice Herdsman - My first experience I can never forget. After the introduction to Sahaj Marg, I can recall being at a public forum called Landmark where there were many people in attendance. While the presentation was being made, the people who were present were blocked from my sight and there was only the presence of light. I was astonished when, after approximately one hour, I realized that the people were still there. Secondly, at a satsangh which included four of us; three being introduced prior to sister Claudia's visit, during meditation, a bright light had enveloped me throughout. After satsangh, I openly asked if someone had switched on the light at which point sister Claudia beckoned me to be quiet. She, afterwards, explained to me that the light of which I spoke was from within me.

There have been many happenings from then to now. The work of the Mission continues. Many brothers and sisters have been introduced. Some have stopped and have restarted the practice while some are savoring its nectar.

May Master's will be done.'





NICARAGUA

The spiritual awakening

By Jeanett Luna

“Only the love of our beloved master has made this country add itself like so many others to Sahaj Marg.”

Nicaragua is located in the heart of Central America. It is a country of approximately 5 million people, a country which thirsts and is searching for spirituality; a country which has suffered natural disasters, political turmoil, and the 1972 earthquake that practically destroyed the nation's capitol was the most tragic event of all. The social revolution of 1979 was more than anything the means for us to rid us of one of the most cruel dictatorships in Latin America, the ongoing 80's war which came along with other natural disasters like tsunamis and hurricanes, has induced us to open ourselves to other forms of less traditional beliefs and most of all, to a more universal consciousness which as a result has brought upon ourselves a great adaptation of the liberation theology. Some of us opted for the influence of the universal literature going towards the religion of Hinduism until Raja Yoga arrived.

By January 2007, our brother and founder of Sahaj Marg in Nicaragua Hector Avellan tells us that he saw a small add on the newspaper where they offered to teach you how to meditate. It was a couple of sessions, one on a Friday night which I was not able to attend and the other one was for Saturday morning at the Plaza Azul Hotel in Managua city. I was already in search of something that I just couldn't identify and although I had a 5 years experience in Hatha Yoga, I still lacked the peace of heart and mind. That's where I met Bill Waycott and Margaret, who was the first person that had the initiative of bringing Sahaj Marg to Nicaragua. She had also told me that she had lived here in the 80s.

Then I spoke to Waycott, and I asked him if meditation would make my heart hurt. He laughed and told me “of course not”. I have been born again and since that day my life is different. I haven't stopped meditating since that meeting. We were assisted by two prefects, Jose Poy and Sandra Ferrera every two months.

There was an open house done at the city of Masaya in which around 40 people participated and from which a permanent group of 15 abhyasis came out. We had the assistance of our prefects every two months. We had our gatherings at sister Silvia Jimenez's house. We moved our activities to a different venue, brother Felix Alegria's house. We had two more open houses, one in Aguja and the other one at the Masaya Cruz Roja.

By January 2008 we had our first national meeting in Catarina city, Masaya department. We had a turnout of 40 abhyasis who all raised their hearts to our Master in a uniting spirit of brotherhood. Several seminars and workshops have taken place in the area since that date.



In October 2009 sister Jeanett Luna joined the Masaya group taking her 3 sittings with sister prefect Sandra Ferrera, and since then Jeanett has worked hand in hand with them to take, maintain and raise the group here in Nicaragua. By December of the same year and by mutual agreement, it was decided that the meditation center would be my house. Ever since then we have satsangh on Wednesdays and Sundays. There was also the need to find a bigger locale where we could have our annual national meetings. We found a very nice place in Diriamba city, located about 45 minutes from Masaya. We started meeting there once a month. All the celebrations like birthdays of our beloved Masters Lalaji, Babuji and Master Chariji take place at this center and our children share it with the children of the people who take care of the locale.

By December 2010, I had the opportunity to participate along with sister Lackcimie Pallavicini in our training program in India at the end of which we were made prefects and with that came the contribution to help our Sahaj Marg advance with the promise of service to our master in this country.

In February 2011, Lackcimie announced to us the good news of her first pregnancy which brought a lot of happiness to our Sahaj Marg family. Little Mike came to our beloved sister's house on September 26 of that same year.

We currently have a group of 50 brothers to whom more new abhyasis are joining little by little. By next weekend, we have planned a visit to Granada and later on to Leon city and so that's how our group is growing gradually day by day.

Every one of our brothers and sisters of Sahaj Marg Nicaragua, take our Master Chariji everywhere we go inside our hearts, full of love and happiness, wishing him well being, health and a long life.'





ARGENTINA

Seminar in Buenos Aires Eliminating Borders

Regine Kohler, Rio de Janeiro, Brazil



“This past weekend, from December 2 to 4, 2011, about forty abhyasis from the Southern Cone of Latin America (twenty participants from Chile, ten from Brazil, two from Uruguay, four from U.S., and six from Buenos Aires) gathered at the Tower Hotel in Buenos Aires, Argentina, with the purpose of going deeper together into the Sahaj Marg meditation. The objective of this gathering was above all; to get to know our brothers and sisters from neighboring countries, by going beyond the geographical borders and try to eliminate the language and cultural barriers that exist between countries to find the universal language of which our beloved Master speaks so much - the language of the heart.

For some, it was the first meeting of the kind, for others it was an opportunity to reunite with our beloved brothers, and soon after the first satsangh, on Friday night; the subtle force of our Divine Master was felt. The next day, after breakfast, we started the program with a satsangh, and afterwards a representative of each country presented their group and spoke about the activities of their center. Then a lecture of Master (Diving deep

into Self) was read, and with the help of some strategic questions that led us to reflect on our individual practice and re-evaluate our attitudes towards it, we gathered to “dive into ourselves.”

This dynamic quickly brought the participants very close together, causing everyone to feel comfortable enough to talk about their experiences and difficulties in their daily practice. This way, we gradually got to know each other better, and almost imperceptibly we all opened our hearts so that in the end we really felt like a big family, nourished by the love of Master, which was reflected in our eyes and hearts.

Time went by very fast, between sittings and satsanghs, group activities, meals, walks to the restaurant accompanied by lively conversations, and before we could notice it, it was time to go home. We left with a mixture of joy and sadness in our hearts, by promising to meet again soon, no matter where, carrying in our hearts the determination to improve our practice and integrate it further and further in our lives by making use of all the resources that Sahaj Marg offers us.’





BRAZIL

Sahaj Marg Seminar Brazil

By Sunita Parmar – Los Angeles - USA



“For 3 days the Brazilian seminar brought together 60 abhyasis including children. During this gathering, I had the opportunity to meet everyone and their loving welcome and warmth was felt like I had never left home! Meeting the family from one home to another that is already familiar.

The well-organized activities held were composed of an informative, interactive, reflective nature that got every abhyasi to participate and open our hearts. In turn, also contemplate where and how we can improve not only on our sadhana/practice but also as a spiritual family and community. Hence, to create a sense of ownership by all as we seek to progress with our spiritual development.

Even though there is the physical distance between us, Master is the nucleus and the glue that brings us together. We no longer see nationalities but simply see

heart to heart connections feeling right at home.

The location for the seminar was held in Maristela and it truly takes you to a place surrounded by nature, undulating hills, lush greenery, spring in the air, animals and tranquility and one starts to listen deeply – not only to nature and to each other but to the Self, too. In time, identities fall away and we are all glowing lights of love.

Soon the time to part came and it felt like we had touched hearts with nothing but love filled to the brim and no doubt Master's presence was with us throughout during the seminar.

Within a few days we created an extension to our spiritual family and a loving bond was made. A seminar which I did not think twice about going and a memorable journey on this divine path was paved naturally and beautifully.





“Building community” is happening

By Helena Spalic and José Luis Cardieri

“As we know, it is Master’s desire that the Sahaj Marg abhyasis get stronger as a true family to then participate more actively as members of the global community. In Sao Paulo, this project started with two activities: On December 11, Sunday, we went to the Botanical Garden. We agreed to meet at 9am at the gate. Everybody was there on time and we started walking along the alleys of the garden, stopping to chat, take pictures and enjoy the wonders of nature, bathed in sunlight. At 11am we had a satsangh outdoors, in the nature - in communion with Master, ourselves and the environment. It was extremely pleasant and rewarding! Then we had a community picnic with the food and drinks we all had brought, and we shared everything in an atmosphere of gratitude. Around 13:30pm, we ended the visit with plans for future activities. Dora and Andre offered their home in Vinhedo, where they live, for another gathering. Altogether, 19 people participated, between abhyasis and guests.

On December 14, Wednesday at 6pm, we had another meeting, this time in Jacques and Lydia’s apartment. The program was to watch the documentary “The Black Who-



le” on the discoveries of the physicist Nassim Hareim. With Helena and Rakesh’s help and with the participation of the others, we learnt about theories that seek to demonstrate that scientific knowledge can approach spirituality without conflict. At 8:30pm we had satsangh. It was another good opportunity to integrate, as the night ended with a very tasty pizza. Other events are scheduled, such as visits to abhyasis places, to exhibitions, music halls, theater, etc..’

Reflection on the 8th Maxim by Babuji

By José Luiz Cardieri – Rio de Janeiro - Brazil

“Maristela is a very pleasant hotel where we usually organize our seminars. For a couple of days we have a very deep and loving contact with our Master as well as interact with our brother and sister abhyasis, their families and friends. In sum, moments of joy both spiritually and materially. It feels like everyone returns home with their hearts overflowing with divine energy.

Another interesting experience is how lovingly and carefully we are all received by the hotel staff. From the owner, all the way through the coordinator and the maintenance staff, all of them make us feel at home. Part of this wonderful team is the kitchen staff. They work



hard to make sure we have nutritious and very tasty dishes that will sustain our physical bodies and help our minds and hearts to understand more clearly what our ultimate goal of life is.

I have the feeling that it is Master there helping us in those moments alternated with our spiritual practices, where we seek to find that balance

Babuji spoke of: the two wings – the spiritual and the material. And they also remind us of the 8th Maxim: “Be happy to eat in constant Divine thought whatever you get, with due regard to honest and pious earnings”.

These are our brothers and sisters that help us reflect on this Maxim.”





HAITI

The Caribbean Regional Prefects' Training

Dear brothers and sisters,

Please be advised that a series of Prefects' trainings has been administered lately all over the world in the Mission. The Caribbean Regional Prefects' training is scheduled to be held in Port au Prince, Haiti from February 3rd to February 5th, 2012. All of you are invited to participate in this important workshop. Please start preparing all travel documents that you may need for this occasion (passports, visas, invitation letters, etc) If

you have difficulties obtaining them please let us know; do not wait until the last minute.

This will be a very important seminar for all of us as we will continue to learn how to perform Master's work. I strongly encourage of you to start planning now and to make yourselves available for this important opportunity that Master is giving us.'

Affectionately,
Marie Brouard

Toward the Natural Path

Ralph Henry, Port-au-Prince - Haiti

Twenty-one persons decided on Friday, November 25th, 2011 to embark on a spiritual path through the Sahaj Marg system during an open house organized by Haiti centers. They were part of thirty four (34) Haitian participants who came for the occasion. Each one of them had a specific goal in mind such as the quest for joy, for bliss or the desire to satisfy an intellectual thirst.

They understood the need, after an enlighten presentation of sister Yrvy Frenel, one of the prefects, to reconnect with yourself, the true self, instead of researching for physical, intellectual and social satisfactions including the longing for success. Indeed, the spiritual life should not in any way exclude or minimize life.

Twenty one participants therefore decided to embark on the quest for harmony with oneself and opened the door of spiritual experimentation in the laboratory of their hearts, the first place to look for the divine presence, to use one of the comments stated by the prefect of Bourbon sister Judith Joseph in her overview of the system. The heart not only is the central blood organ, the largest distributor that plays an important role in the scheme of physical life, but also is the seat of the soul.

These new seekers were instructed about the obstacles they may face during their meditation such as uncontrolled thoughts, conditioning of the past, etc... and



that the system provides the necessary tools to achieve the goal that is merging with the Ultimate.

In addition, prefects Senexant Wilson, Judith Joseph and Yrvy Frenel responded to all questions asked by the participants and shared their personal experiences of the system that it allowed them to discover, to persist and to surrender due to constant practice.

The open house was a success. Thanks to the collaboration of all abhyasis, the prefects under the coordination of sister Judith Joseph and our Beloved Master's blessings.'





A day in His remembrance

Ralph Henry, Port-au-Prince - Haiti



“It was in an atmosphere of brotherhood that took place, on November 18, 2011, an Extended day activities at the Bourdon center located in the east part of the Haitian capital.

The theme was “Constant Remembrance” which is reflected on 8th Maxim that states: “Be happy to eat in constant Divine thought whatever you get, with due regard to honest and pious earnings.”

“It is a special day, a special moment to bath in Master’s love who sees us all” declared sister Judith Joseph to launch various activities.

The day was full of sittings, projection of DVD on master’s teachings, texts readings including Master’s speech titled: “Remember Him always,” delivered January 9, 2005 in Dubai, sharing of personal experiences all that embellished with satsanghs that paved the way for a happy submersion in His love.

Eighteen abhyasis and three prefects (Wilson, Yrvy,

Judith) participated in this program.

All day long abhyasis were very happy to share their experiences in the system. Their testimonies were focused on their experiences while practicing the 8th Maxim. This was a pre-work decided by all abhyasis to practice this maxim for one month prior to the seminar.

This experience has shown all abhyasis that: “When a resolution to do something is taken, it cannot fail and cannot be otherwise.” Master is always there to help us if in need.

Brother Durandi, a recently introduced abhyasi, shared that “the cleaning and the practice “ can be the tools to use by everyone to foster Constant Remembrance.

The seminar, lived through readings, meditation, individual and group sittings, individual experiences sharing, was a special time to a swim in the love of the Master and we are very grateful to him.”

“When a resolution to do something is taken,
it cannot fail and cannot be otherwise.”





MARTINIQUE

Third Caribbean Seminar

Lyvia Aribot Sebastien, Martinique



“As a tradition, this year from October 14th to 16th, there was the third Caribbean seminar in Martinique managed by Jacqueline Baringthon, the Center in Charge. The seminary was under the presidency of William Waycott in charge of the whole American continent, his wife Diana, and Marie Brouard in charge of the Caribbean zone.

It was a pleasure to welcome our brothers and sisters from Trinidad and Tobago, Haiti and Guadeloupe and a large number of Martinique's abhyasis who participated in the seminar.

We had the opportunity to deepen our relationship with the Master through many activities like the seminary preparation until it settled up.

Many abhyasis helped the organizing team to clean, to decorate, to allocate the rooms according to everyone's affinities, to prepare everyday three meals, to sell books, to translate, to organize the DVDs show, to participate in speeches and satsanghs, in order to offer a fabulous seminar to everybody.

Sunday was the seminary last day. After the satsangh ran by Diana Waycott we watched a DVD “Be like the Master” from Master and then we finished the workshop. Marie informed us about the creation of “SRCM Des Antilles Francaises et de la Guyane”, and the board members. We also spoke about SRCM in the Caribbean and America.

We also spoke about the opening of an ashram in Martini-

que. The way of proceeding was mentioned. The high cost of real estate in Martinique provoke some fears and some people think that it will be very difficult to find a place at a reasonable price. To reassure us Bill said that “many things become possible with faith”.

Martinique is an experimental center as regard “Community Building” in SMCR and Marie wanted to know how we work on it. She reminded us that “Community Building” is first of all developing humanitarian actions toward abhyasis or not living in Martinique before doing it in other countries. It means that we have to detect needs, find a way to resolve them with the “Community Building team”, organize it and send the information to the board members and so on to obtain Master's agreement and then act. Martine Calka and Patricia Plus who are in charge of the Community Building team said that they are at the very beginning of it. Abhyasis of Martinique have been called to join the team.

At 15.00 we had the last satsangh ran by Judith our sister from Haiti. As everything has a beginning and an end, the moment to offer memories and to thank our guest for being with us in the name of Master during the last three days came. The closing speech made by Fabrice, Jacqueline and Bill was very emotional and we all had tears in the eyes by leaving our guests.

Throughout the seminar we were surrounded by Master's love. And interchanging between everyone was brotherly.”





Seminar in Martinique, a rewarding experience

Judith Joseph, Port au Prince, Haiti

“When the Master gives himself, his will becomes our will and we do not care what happens to us. I did not think it would be possible to participate in the regional seminar in Martinique, despite my sincere wish, because of the many family and work responsibilities required of me.

The Master has decided otherwise and I found myself with joy on October 13 in Martinique to live this wonderful moment in his memory. Our Regional Coordinator, sister Mary and I were greeted warmly at the airport in Fort de France by brother Fabrice and sister Jacqueline. Arrived at the ashram carefully prepared for the occasion, we were struck by the love that flowed from this place. We felt the presence of the Master in every room, every object. We realized the immense work done by our brothers and sisters in the development of the local. Our first night was very pleasant, pampered by Marie Michele Detho and Jacqueline. The Master has also rewarded us with a satsangh conducted by sister Marie.

We were happy to see our brother Bill and sister Diana, who arrived in the evening and the next day, Danielle and abhyasis from Guadeloupe, Kiran and Madhavi Trinidad and Tobago. We headed to the inn of Gros Morne. This place located on a green mountain lent itself to a spiritual retreat. The seminar began in the evening with a Master's satsangh deep channeled by our brother Bill and a welco-

me speech by sisters Jacqueline and Martine.

The next morning we awoke by the singing of birds. The air was cool. The satsangh was followed by lunch prepared with love, viewing a DVD of Master and a workshop on the theme “Constant Remembrance”. Constant Remembrance as per our Master Babuji and reported by sister Diana, is also out of the thought of memory for its presence felt in our heart. This was reinforced by brother Bill who said that it should not only be felt because He is always there, like a light that shines continuously after pressing the switch. The dedication of our brothers and sisters of Martinique allowed us to understand that “the only way to develop love is Constant Remembrance” that should crystallize in our daily experience in our interaction with each person.

A prefects meeting led by sister Marie and brother Bill was a special time to share our experiences and to help deepen our work.

The seminar ended on Sunday afternoon after a satsangh and words of thanks by sister Jacqueline, prefect in Martinique, about which we were filled with emotion and joy. We left lighthearted with the immeasurable love of the Master.

Thanks to all abhyasis of Martinique center for their warm hospitality and to Master for making this experience possible.”

Caribbean Seminar, Martinique

By Danielle Balin, Guadeloupe

“As soon as the seminar was announced by our sisters of Martinique, this event was immediately enrolled in my heart.

From that moment, I began to prepare myself for this opportunity offered to us by Master: Gather together in Martinique and let be what ever needs to be.

Three days prior to the seminar we were very happy to have had sister Marie Brouard visit in Guadeloupe who then accompanied us in this encounter with the Master.

On October 8 we were six abhyasis of Guadeloupe to fly to Martinique in order to meet our Caribbean brothers and

sisters of Martinique, Haiti, Trinidad and the United States.

We were welcomed in a warm atmosphere filled with joy that never left me. We felt that our brothers and sisters of Martinique were dedicated to the preparation of this seminar with all their hearts.

We spent two full days in His love.

At the end this Master's quotation came to my mind:

“When we become love, everything that enters the orbit of this influence receives the love, feels that love and is inspired by that love.”

(Source: Shri Parthasarathi Rajagopalachari, “The fruit of the Tree”, chap. “Questions-Reponses”, p. 11-12)





The Original Simplicity

Fabrice Montlouis-Félicité, Martinique



“Sahaj Marg means the Simple Way or the Natural Way. Babuji Maharaj said that “God is simple and the ways to reach Him must also be simple”. One of the maxims says: “Be simple to be identical with nature.”

The simplicity or the return to simplicity is one of the principles in the teaching of Sahaj Marg. This invitation to simplify our lives must be understood with the heart. The heart is the place where simplicity is achieved; it is also there that the decision to be simple is created which is the decision to simplify our lives in order to make them more balanced and natural.

By performing the cleaning progressively and practicing the meditation regularly that we acquire the abilities to regulate the heart and the mind. Therefore the meditation gives us the ability to control both the heart and the mind. This is truly a change in perspective, a reversal of our values, like a change of polarity, represented here by the mind and the heart. Our modern civilization has decreed the rule of the head over the heart, resulting in the loss of intuition, common sense, right choice, sense of balance, harmony, inner peace in our lives; while developing intellectualism, rigidity, selfishness, blindness, hardness of heart hurts among us and in nature as a whole.

Even when the stakes are high, the balance of nature is threatened by destruction and excesses of all kinds. The very existence of man is threatened. We see how difficult it is for a human being to withdraw his mind and its limited responses to bring the cooperation heart-mind which is the source of guidance, fairness, openness and rejection of individuals' desires. But when it is in balance,

it nourishes public interest, brings harmony and makes wise decisions for the benefit of all.

“Choose” and “Act” with the heart by immersing the mind in the heart, in the Divine Self within us, to find guidance, and having found it, implement it using our will, our intelligence and our knowledge. Using the intelligence, will, skill, technology and knowledge not as masters but as servants of the heart.

That is the challenge that a man of good will must face on the journey to its divine destiny: Restoring the rule of the Heart, the divine center in itself, making this Heart becomes the head and the ego (mind, will, intellect, etc ...) its servant. Such ego-servant no longer lives by himself or for himself, does not perform what it wants but what the Heart, which is the inner Master asks him to do. There is no question of regret or remorse because the choices of the Divine Self are always right, based on the need of the moment, for a given situation at a given location and based on criteria that are often beyond our understanding and our trial. The simplicity of heart is so simple and Babuji Maharaj said that it “casts a veil” over nature. The simplicity of heart is the pure product of inner transformation induced by the elementary practice of Sahaj Marg and the burning desire to grow.

The simplicity of the heart invites us not only to understand, but to accept even the incomprehensible. At times we must “act” and in other times we must “not act”, and thus continue our march forward with freshness and innocence.”





Calendar of Events Latin America

February 2012

-	Venezuela	Preceptor's Training	mlorenzo0503@gmail.com
02	Venezuela	National Seminar	mlorenzo0503@gmail.com
03 - 05	Brazil, São Leopoldo / RS	National Seminar	sahajmarg@globo.com
03 - 05	Haiti, Port au Prince	Preceptor's Training – Caribbean Regional Seminar	mariebrouard@yahoo.com

April 2012

15 - 16	Chile, Santiago	International Seminar – South of South America	srcmchile@gmail.com
26 - 01	Brazil, Tremembé / SP	National Seminar	sahajmarg@globo.com
30	Venezuela	National Seminar	mlorenzo0503@gmail.com

May 2012

-	Venezuela	Preceptor's Training	mlorenzo0503@gmail.com
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June 2012

-	Venezuela	International Seminar – North of South America and Spanish Speaking Caribbean countries	mlorenzo0503@gmail.com
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July 2012

24	Brazil, Garopaba / SC	National Seminar	sahajmarg@globo.com
24	Venezuela	National Seminar	mlorenzo0503@gmail.com

August 2012

-	Venezuela	Preceptor's Training	mlorenzo0503@gmail.com
-	Venezuela	Regional Seminars	mlorenzo0503@gmail.com

November 2012

-	Venezuela	Preceptor's Training	mlorenzo0503@gmail.com
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