



Echoes of Oceania

April 2009



Master's Travels...

Master went to the North of India from the 12th to the 23rd of March. He visited some centres and spent some time in Kolkata. There on the 21st of March, he quoted Babuji who said "In this condition I can do so much. If only my abhyasis would keep me happy, then they will see what I *really* can do." And Master added: "Keep your Master happy under all circumstances. Don't pit your desire against his plans. The Master has no desires. He has only plans: plans for the Mission, plans for the abhyasis - all for the welfare of the abhyasis, nothing for himself."

When he came back to Chennai on the 24th of March, he seemed in good shape and joyful! He left Manapakkam on Sunday 5th of April for Trichi and may visit Tiruppur next weekend. His programme is not fixed yet but He is awaited at Baroda for Babuji's Birthday celebrations. Then He may go to Dubai around mid-May, and to Europe afterwards, if, as he said "Master permitting". We look forward to being in His presence, may be soon! SM

Messages from the Brighter World.....

"I have just received the following message from my Master, and it is too important to wait for inclusion in Whispers-3. Please send out in Sahaj Sandesh immediately. Love to all. With Love and Master's Blessings, Affectionately, Parthasarathi"

The 9:00 p.m. prayer is neglected in our Mission by many abhyasis. It is important and should not be neglected like that. It is about a rallying point, and union between the hearts, on a vibratory level, where is created the favourable egregore, i.e. a subtle bond between practising abhyasis. This ritual is not to be neglected. Is this too much to ask for? It would be wise for all to become aware of it. A few moments of interiorization and convergence of thought can only serve our Mission, i.e. all our brothers and sisters who have decided to follow their divine Master. May the wise ones remember it, for the good of all.

Babuji Maharaj."

Tuesday, March 3, 2009 10:00 a.m.

In his talk given on 17th of March, at Raipur, Master emphasized again the importance of this prayer.

"One thing very important concerning world ▶

Inside this issue

- Birthday celebrations
- NZ Youth Seminar
- Ashram Update
- Book Store: latest releases
- Centre News



► Continued from front page

peace, concerning harmony, concerning peaceful existence, harmonious existence, happy existence - Babuji Maharaj has emphasized that unless we do this 9 pm prayer, the hope of uniting all humanity will never happen. Thank you." SM

Br Ajay Invites ALL for beloved Masters 83rd Birthday Celebrations 24 July

Dear Brothers & Sisters,

Pranams! We are deeply grateful and joyous that our Beloved Master has graciously permitted us to celebrate His 83rd birthday at Tiruppur, India. All the necessary information for participants is attached with this invitation*. It would be of great help if you all register as early as possible, to permit the organizers adequate time to prepare the facilities.

We invite all abhyasis to join in this auspicious occasion, where all our hearts are united in a natural and silent harmony, in His presence.

Affectionately, Ajay Bhattar SM

<http://www.srcm.org/members/24july2009/index.jsp> *

For any clarifications, please feel free to contact the seminar coordinators at: 24july_helpdesk@srcm.org. SM

"...Prepare yourself for this birthday celebration; it will show to my son once again its growing importance from one year to another in the heart of our brothers and sisters. He is loved and his action bears its fruits, beyond our hopes. May the blessed day of his birth on Earth go down in the history of our Mission as an event to remember. It makes it blaze and lends credibility to it. Be happy to be, once again, in this incarnation, living in the wake of this exceptional being..." Babuji Maharaj SM

"Whispers from the Brighter World"

On the 2nd February, Master had announced that this second volume will be released on April 30th. In his talk given on Sunday, 1st March at Manapakkam, he insisted again regarding the importance of the "Whispers from the Brighter World": "(...) If you have read Volume One with the attention that they deserve to be read, these messages are from out of this world. Therefore they qualify to be called *shruti*. *Shruti* means revealed knowledge — not heard knowledge, not thought-of knowledge, not intellectual, not owing any authorship to human beings. (...) I would request you not to hesitate, but to acquire a copy before you leave this hall, before you leave this ashram. And pass this message on to all your brothers and sisters, because they will not be reprinted within the next fifty years — not any of them. What I am now speaking about is the *shruti* — the four or five volumes projected of *Whispers from the Brighter World*, which, I sincerely assure you, *will be* the body of Veda for Sahaj Marg for all time. I pray that you will all be wise and acquire what is most valuable for you: wisdom, spiritual knowledge and Babuji's blessings." SM

Subscriptions <https://www.srcm.org/onlinebookstore//selectCountryForSubscriptions.jsp> SM



Mehak Vashist & Rohan Kulkarni

Seventeen youth from Wellington, Auckland and Christchurch centres gathered in Wellington 14th February for a youth gathering and enjoyed an enlightening and enjoyable programme together. The program began with morning meditation followed by a reading on "Retaining the Spirit of Youth" from Heart Speak 2006. The youth met together and whilst they were enjoying discussions/presentations other abhyasis had their own discussions in the adjoining room. Ahead of time, youth were given topics "What is Ambition and Aspiration?", "Sahaj Marg – An Introduction for Students"; "Youth a Time of Promise and for Effort Volume 2". "Right Behavior", "Changes seen within, before, now and how it helped your Sahaj Marg Practise", "How hard/difficult is it being a teenager on the path to Spiritual Growth", "How Spiritual Practise is affecting my life as a student, at work and in my social life", "Love is God". After lunch we had a number of recreational activities such as charades with an added 'dare' component for the team unable to guess the answer, Pictionary, outdoor games, singing and a game of Kho Kho which got the energy pumping! Evening Satsangh at 5:30pm was followed by a reading on "Right Behaviour the True Culture" and then we discussed the sensitive topic of Master's Talk on "Youth and Relationships". This brought some insightful questions leaving quite a few angry faces, some were offended and some were defensive and overall there was heaps of discussion. SM

SRCM Oceania will conduct prayer programmes on the following commemorative days

- International Day of Families, Sunday 17th May
- International Day of Peace, Sunday 20th September
- Universal Children's Day, Sunday 22nd November

Ashram Update.....

Since January we have been in contact with 2 builders who specialized in pre-fabrication. This will reduce costs by approximately 30% compared to non prefabricated options. Br Steven Haggart, ashram architect, visited both builders and amended his original plans to work within their specifications.

...NO LONGER are required to have all buildings on a 20 meter setback from neighbors boundaries

We also received some very good news from the Town Planner, who advised us of the revised zoning of the Ashram Land to Residential Large Lot from the previous Rural Zoning. The good news with this was that we now NO LONGER are required to have all buildings on a 20 meter setback from neighbours' boundaries, needing only a 5 meter setback. The plans have been revised to utilize the bigger space giving a much more agreeable open feel. However the car park now requires a 5.5 meter setback, which

pushes the car park area onto the existing house. Thus, we may have to demolish and remove the house earlier than we would have liked. They have also requested the car park be fully landscaped in the setback. Br David Todd has now completed these plans. Due to the above changes we need to revise all earlier consultants' reports and this should be finalized shortly. The Town Planner will then prepare the Environmental Impact Statement, and once this is finalized we will be submitting the DA to Council, hopefully around late April.

Other Developments

Brothers Andy Klotz, Paul John & David Todd have been busy on the renovations of the existing house for Master's pending visit, and these should be finalized by the middle to end of April 2009. Regular mid week and Sunday Satsangh continues to be held at the venue. The first flush water system and very high grade water filtration system is now fitted to the house for converting the tank water into safe drinking water. The flooded grass area at

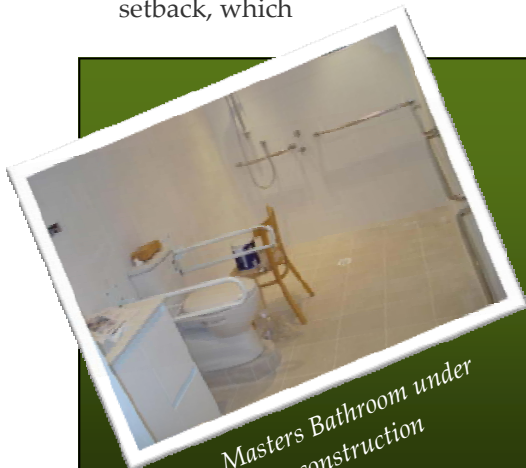


Sister Sunila and Br Andy enjoying the vegetables from the garden

the back of the house has now been rectified. The cause was a leaking pipe going to the toilet under the cement area, a real relief as we had earlier thought the water problem was due to the septic system being ineffective and it would need to be replaced.

Children's Corner

Over two weeks abhyasis worked diligently to convert the stables into space for the children to use. These efforts are a reflection of what can be achieved when we work for Him and Him alone. Any resources you would like to contribute to the children's corner please contact Sis Waireti at wairetiamai@hotmail.com SM



Masters Bathroom under construction



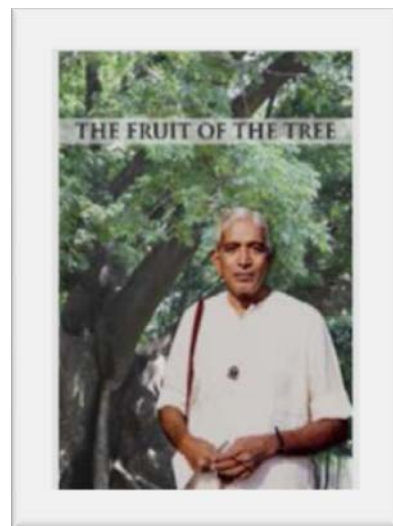
Abhyasi bathroom ready for use



Children's Corner

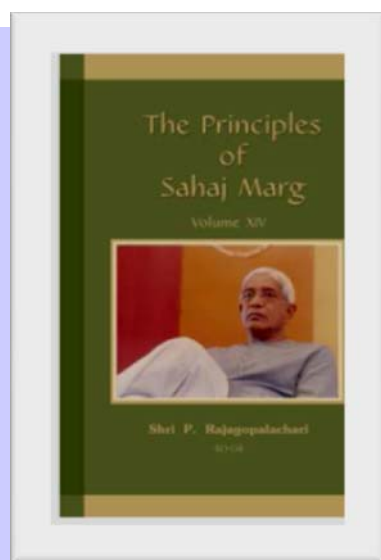
The Fruit of the Tree ►

We are pleased to present to our readers the second edition of "The Fruit of the Tree", which was initially published in 1987. This book contains talks, clarifications and answers given by Shri P. Rajagopalachari while touring in Italy, USA and Germany between September and October 1986. The title of this book is taken from a lecture of the same name, delivered in the U.S.A. In this lecture he highlights the importance of the heart in Sahaj Marg and reminds us that understanding is with the 'intellect', but we receive the Master and His love through our hearts. "...It has been a nice experience listening to so many people talking. And as usual, it reveals a great deal of understanding and a considerable amount of confusion. (Laughter) But as we say, it is the fruit of the tree that is important, and there are always going to be a multitude of leaves. The leaves are as necessary to the health of the tree, as the fruit is necessary for us.



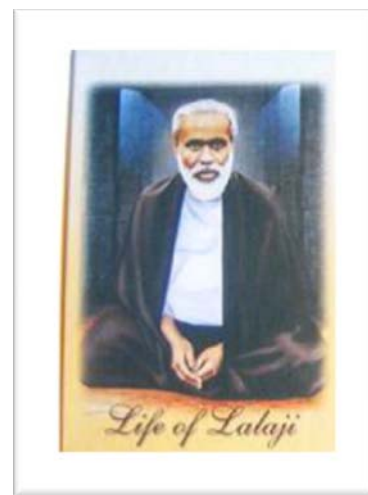
◄ *The Principles of Sahaj Marg Volume XIV*

This book is the fourteenth in the series titled "The Principles of Sahaj Marg", and contains a compilation of talks given by Shri P. Rajagopalachari during his travel across India during the period January to May 1991. This compilation of talks encompasses a wide variety of topics germane to the method of Sahaj Marg and to the daily life of abhyasis. "Sahaj Marg, above all, teaches us this very essential truth that: I am what I am, because of what I did and thought in the past - samskaras. I shall be in the future whatever I wish to be, if I do and think in the right way now, in the present. So the onus for spiritual development is totally in the abhyasi, on the abhyasi. What does the Master do? He helps. How good can be this help? It can be total, if your dependence on him is total. "



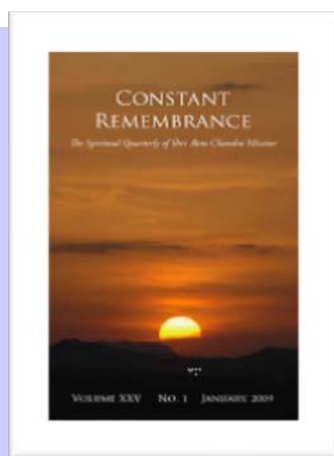
Life of Lalaji (Set of DVDs and Book) ►

We are pleased to present to our readers on the auspicious occasion of Revered Lalaji Maharaj's birth anniversary a DVD set: 'Life of Lalaji'. This biographical movie on the life and teachings of Lalaji Maharaj was produced, enacted and released in video-cassette form by the abhyasis of Pune centre (India) several years ago. Based on constant and popular demand for the availability of this movie, it is being re-released as a beautifully packaged DVD set and book - with some rare photographs of Lalaji Maharaj.



◄ *January Constant Remembrance*

Contents include various talks by Master on Character Formation; an article on Brotherhood by P.R. Krishna; and the Topic section on Pain. Sahaj Marg Around the World contains articles on the Baltic Sea Seminar, the Youth Convention in Pune and the All India Essay Writing competition. The topic for the April 2009 issue is Gratitude.



*Any queries regarding distribution or change of centre co-ordinators please update k_srivatsava@yahoo.com
You can buy these New Releases at your local bookstore now*

Centre News

Sydney

January

Monthly Topic "Maxim 1"

February

Monthly Topic "Our Mission Our Future"

Lalaji's Birthday celebrations. Full day programme at the ashram beginning with 6.30am satsangh and finishing after the 9pm prayer. Presentations on the theme 'Accept Myself: Change Myself' and DVD in the afternoon prior to the evening satsangh.

March

Monthly "Topic" Architect's update: *Powerpoint presentation Ashram plans*

Brisbane

January

January monthly gathering, we read the valedictory talk given by Master on 4th May 1991 regarding *Master, Mission, Method* followed by discussions.

February

Lalaji's Birthday Celebrations on the theme: "Accept Myself, Change Myself": Following the 10 am satsangh, we watched "Lalaji and Meditation" and after lunch "Constant Remembrance" DVDs. A selection of readings on the theme and on Lalaji from Truth Eternal, related to His character and the attitude we should develop, were followed by a few words from the zonal in charge.

March

A workshop on the 'Practice' was held at Sis Vani's resident in Ipswich. After discussions, a representative shared comments held within the small groups. Br John updated local abhyasis on the revised plans for the Ashram. On 16th/20th prayer programme was conducted at Griffith University, Nathan & Southbank Campuses to commemorate United Nations

International Year of Reconciliation, coinciding with Harmony week.

22nd March Brisbane abhyasis met for the first time at the Cubberla Hall in Fig Tree Pocket, which will be the main venue for satsanghs.

Perth

February

Study sessions held at the centre during the quarter on "Ego" & "Forgiveness"

Lalaji's birthday was celebrated as a full day program. For part of the program, Br Amiya and Sis Anita did a presentation on Lalaji's life, As of February 09, two more centres started Wednesday satsangh – Bullcreek and Port Kennedy

Upcoming Events

April

5 abhyasis from Perth will be attending Babuji's birthday celebrations at Vadodara in India. Babuji's birthday celebration

May

International Day of Families to follow after satsangh

Melbourne

January

The centre focused on the theme "Silence" with a poster activity on this theme and discussed the benefits of attending bhandaras encouraging all to take regular sittings in preparation for Basant Panchami celebrations. Just prior to Basant we had a thorough centre cleanup, just as we clean ourselves in our regular practice we want to keep our centre clean in the way that Master expects of

us.

February

We celebrated Lalaji's birthday with a full day program at our centre. Many of our brothers stayed over at the centre and on the day of the celebrations we had a discussion on the life of Lalaji Maharaj, saw videos from HE, the Hookah and I series, with a focus on the talk titled "Lalaji Maharaj". We also saw a short video on the life of Lalaji Maharaj.

Our children's corner is very active and growing in numbers. We keep conducting several activities that keep our children involved as well as ensure they learn and grow. Towards the end of the month we began discussing a project to procure cane chairs for Master to be kept at the Bringelly Ashram in Sydney.

March

Workshop focussing on the meditation system and practise. Further discussion re procuring cane chairs for Master and we also viewed the Powerpoint update re the Ashram. A number of questions were raised and sent to Br. John Smith who responded to all queries. Many are keen to spend time at the ashram and get involved in work on the site.

To prepare for Babuji's Birthday in April we viewed a talk given by Revered Master from HE, the Hookah and I series entitled 'My Master'. We are keen to ensure our centre is a true reflection of the "Centre of Light", a challenging task which all abhyasis and preceptors alike have embraced.

Canberra

March

We have had a number of new abhyasis join our centre including four new starters and a sister who has moved to Canberra from Perth to further



Canberra Centre

her studies. We give them all a big welcome!

NZ, Wellington

February

February activities in Wellington started with a whole day celebration of Adi Guru's birthday. Two satsanghs were held and a number of abhyasis spent the day in His remembrance. The first Youth seminar was also held on 14th February and attended by youths from Auckland and Wellington. It was clear to see that brotherhood among the youths became stronger and they gained from discussions on Sahaj Marg topics. The opportunity was also taken by other abhyasis to have a parallel seminar. A group session was held and various topics presented by brothers and sisters who have not presented before. All topics were picked from a hat and included the 3Ms, obedience, religion and spirituality, love and devotion, Character development. It was a wonderful day and it is hoped that another such seminar will be planned in due course.

March

First Sunday: Presentation by a young abhyasi giving an overview of his experience at the recent youth seminar.

Six abhyasis visited India and met Rev. Master at various places. They shared their experiences and it is wonderful to watch the transformation that this physical meeting brought in their spiritual lives. Every abhyasi had an opportunity to speak to Rev. Master and HE seems to have repeatedly expressed His wish to visit NZ particularly South Island.

Up and Coming Activities for Wellington Centre

April

First Sunday
Presentation by
youth topic:
Kung fu Panda
the movie- Sahaj
Marg perspective
Second Sunday

Group discussion: *cleaning, to be coordinated by an abhyasi who has attended SMRTI workshop recently on this topic.*

NZ, Christchurch

January

Two prefects visited the centre and an extended Sunday program was held. Bro. Morarji Patel will be away for 6 months in India. Prefects from other centers will be visiting Christchurch on a regular basis during his absence.

NZ, Dunedin

February

Whole day program was held for Rev. Lalaji's birthday. Dunedin centre started classes for VBSE program

Fiji

Lalaji's Birthday Celebrations in Fiji

Suva

Adi Guru Lalaji's Birthday Anniversary was celebrated by a weekend of activities by abhyasis. On the Saturday morning, meditation was conducted at 6am and the Sunday satsangh on 1st February took place at the normal time and venue. On the day itself, morning group meditation was held on 2nd February at 6am and the meditation was followed by watching of a DVD. In the afternoon, the program began with a light afternoon tea at 5.45pm, then group meditation after which we watched a DVD from 7.00pm-7.30pm. Master's message was read to abhyasis and this was followed by presentations and a shared dinner. A copy of the DVD 'Life of Lalaji' was sent to the Suva abhyasis later in February, and has since been watched by abhyasis, who benefitted from learning about the life, values and activities of Lalaji.

Nadawa

5am morning meditation

Lautoka

Two satsanghs were conducted on 2nd February and the evening satsangh was followed by a DVD on Lalaji's Life as well as dinner and discussion.

March - April

Sr Seetha Kunchitapadam, a trainer from the Sahaj Marg Spirituality Foundation will be conducting a training course for abhyasis on Value Based Education. Training modules for adult education are expected to be prepared and piloted after this project.

April

Train the trainer course to prepare teachers for value based education. Open houses will also be conducted.

New Caledonia

March

Our most recent seminar took place at La Foa, in the beautiful setting of "L'Oasis de lumière", a spiritual retirement house and Sr. Danielle from Australia spent the weekend with us and along with Bernard, our preceptor, assured that we had a meaningful and rich weekend. Some of us arrived Friday afternoon and the remaining abhyasis came on Saturday morning. In addition to the regular meditations and satsanghs, we had "reading sections" where we reanalysed and spoke about the concepts and practical aspects of prayer, cleaning, morning meditation and constant remembrance. These discussions gave us new insights into our personal practice and this was further consolidated by sharing different ideas about these subjects. At the end of the weekend, everybody felt really happy and satisfied. We are looking forward to our next gathering. We thank Master for being present in our hearts and making this occasion so special.



New Caledonia Centre

Travelling with Master

Brother Rajesh Kumar

It is an experience of its own to travel with Rev. Master when he visits different centers, meets abhyasis and ceaselessly continues his work. I was fortunate enough to travel with him on his recent trip to Pune, Panvel, Raipur and Kolkata in the month of March '09 and for me this visit was my first to most of these places.

Mostly, except Raipur, Rev. Master stayed at the venue where abhyasis were staying. During his stay he came out often and this was very difficult to predict. In Raipur one morning he came out for a morning walk around 6:15 am, next morning we were ready before 5:45 am, but he didn't come out. Similarly in Panvel ashram He had his morning walk on the terrace around 5:30 am, next day we were ready before 5:30 am, waiting for him and of course he didn't come! We realized the importance of staying in His remembrance and focusing inside. At the airport most of the time when he arrived, he would go to the lounge area but often somehow or other abhyasis travelling with him got an opportunity to have eye contact with him, exchange greetings and sometimes got to talk with him at length. Even though it seems small, the impact of such meetings often has lasting effect as meetings are full of guidance and encouragement.

Travelling with him like this for a period of a week or so gives an opportunity to physically be close to him, see him meeting with people, observe him reacting to different situations, and overall to see the human approach of one who we aspire to become. I think it helps to put our spiritual practice into perspective, giving it a boost and encouragement in so many ways. It is difficult to really understand the inner change that we get from such meetings.

May we all become more and more restless to become like Him. SM

Only Love pulls H'M.....

Neeraj Vashist, Auckland, NZ

There are two kind of happiness for any Non Resident Indian visiting India. Firstly meeting with one's Father, mother or family and the other to see

our spiritual mother. I was fortunate enough to be with Master for 10 days during Pongal.

After arriving at the Ashram the only thought that dominates the mind is to see and meet HIM. But it takes many days of waiting to really come before HIM because of his busy schedule, health issues, and his involvement in important discussion etc.

Although it is an experience which can't be expressed in words one has to be in that atmosphere to experience this bliss feeling.

Master had just left for Gayathri for three days on the day of my arrival but without giving a second thought I & Sis Sujatha set out to visit Gayathri.

After waiting for an hour Br.Padmanabham came out to ask the purpose of our visit though it is obvious why we were there! We sat out on the Verandah for some time & He called us all inside. There were so many questions in my mind but after meeting HIM all thoughts, questions or issues evaporated like dew drops.

To our delight and surprise Master invited us for lunch with him, something I at first thought was a dream. Master enquired about New Zealand and expressed his desire to visit the South Island but the long journey, health issues and time, hampers his visit. We had time with Him and thanked Master and our good fortune for this meeting with HIM. I was in the ashram for around 10 days, a retreat to and a way of carrying the Ashram life in my heart. I met lots of familiar and new abhyasis from different centres and we shared our experiences. Voluntary work is in my opinion a great place to meet and share with other abhyasis as all try to do their best for Him. The time flew quickly and the time to leave the ashram was getting closer with thoughts starting to intrude into my mind, I left the ashram with a very heavy heart. It is a love of Master which keeps us involved with HIM or HIS work without any worldly worries and binds us with other abhyasis of different cultures, race and nationality. SM

"True love can't be expressed by words. This is the very reality which is inexplicable in any way"

