

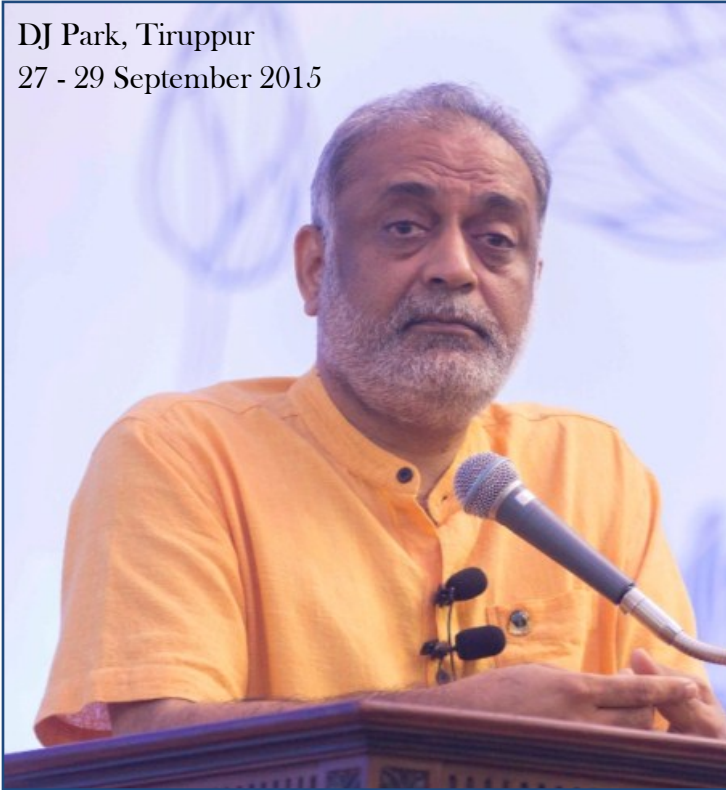


SHRI RAM CHANDRA MISSION®



Birthday Celebrations of Beloved Kamlesh Bhai

DJ Park, Tiruppur
27 - 29 September 2015



Kamlesh bhai's 60th birthday was celebrated as a three-day bhandara at DJ Park, Tiruppur. This was the first time his birthday was being celebrated as a bhandara. Even though it was announced just two months before, the organisers had made adequate arrangements within the short time. The celebrations went off smoothly thanks to all those abhyasi volunteers who worked tirelessly to make the arrangements on time.

Kamlesh bhai conducted three sittings on both 27th

& 28th and a concluding sitting on 29th. The satsangh timings were 6.30 a.m., 10 a.m. and 5 p.m.

On 27th evening Kamlesh bhai spoke in his talk of how he did not like to receive gifts. He humbly requested all to make a donation instead towards the Mission if they felt they had to give something. He mentioned that the Heartfulness initiatives which have taken off all over the world also need a lot of funds to promote and conduct the programmes.

On 28th morning he was very joyous and said that the best birthday gift was the fact that abhyasis had not crowded the cottage and that the whole place was peaceful. He spoke of how Sahaj Marg should resonate from one person to another and spread through those who are coming into the Mission now. We should enable them to do the relaxation technique for others from the day they join so that they also feel comfortable talking about it to others. He asked abhyasis to understand Heartfulness initiatives properly before rushing to conduct programmes. He also welcomed suggestions from all abhyasis and asked them to send in emails to suggestions@srcm.org.

For the first time in Tiruppur, an interesting humidification arrangement was made in the meditation hall which gave abhyasis much-needed respite from the heat during the day. A total of around 16,500 people attended the satsangh in the meditation hall while the dining hall count came to





about 19000.

Many books and audio-video materials were released by the publication department on this occasion. The Heartfulness magazine attracted the most attention, due to its interesting style of presentation and the fact that it covered a wide range of subjects and articles from various bases.

Heartfulness training sessions took place on 27th & 28th. All Heartfulness initiatives were explained in detail, some support material was distributed and doubts clarified. Kamlesh bhai came on 28th evening to answer questions from the Heartfulness facilitators. He patiently answered even the trivial questions that were put across with great humour, keeping the packed hall entertained and enlightened at the same time.

Heartfulness – being the theme given by Kamlesh bhai for the bhandara, we could see the touch of the heart-full approach everywhere. Steps were taken to care for and improve the transport facility for elders.

The Comfort Dorm accommodated 1,200 occupants and there was an air conditioned dorm too for those who required it and there was also



supply of hot water and food. Complimentary early morning tea, biscuits, banana and juice were served at the dorm.

Kamlesh bhai would come out for a short walk every evening to meet the abhyasis in spite of his busy schedule of work. The evenings were cool and

enjoyable with slight rain and drizzle. At the eastern end of DJ park, dancing of peacocks before the rain was an attraction.

During this bhandara a mobile application 'Sahaj Connect' was launched and grabbed the attention of all present. This application will allow abhyasis to take sittings from preceptors anywhere in the world as and when they feel like, irrespective of where they are.

Supply of water, purified drinking water, sewage treatment and waste management were adequately under control and Kamlesh bhai observed some improvements for the future.

In his concluding address on 29th morning Kamlesh bhai asked all to retain their condition and look forward to the next bhandara which would be Pujya Lalaji Maharaj's birth anniversary celebrations. Most of those who participated, described the experience of the bhandara as intense.





Photo Tour of Celebrations in Rest of India



Bali



Bikaner



Jodhpur



Sri Ganga Nagar



Vadodara



Valsad



Gulbarga

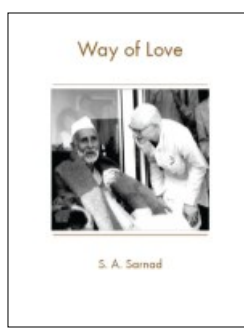


Hubli



Saharanpur

New Publication Releases



Books

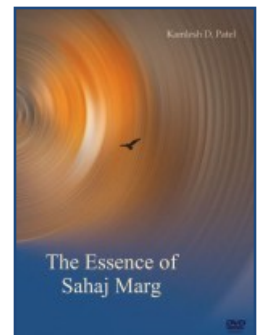
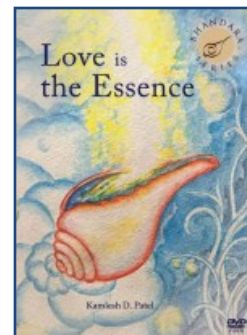
Complete Works of Ram Chandra - Vol 3 (Tamil)

Complete Works of Ram Chandra - Vol 4 (Malayalam)

Way of Love (English)

English DVDs

Love is the Essence
The Essence of Sahaj Marg





Ahmedabad

Master's Tour Report

August 2015

Ahmedabad, Gujarat

Kamlesh bhai reached Ahmedabad on 13th August from Hyderabad. All abhyasis in the region were invited to attend satsangh at Adalaj Yogashram on 14th August, it being the Mahasamadhi day of Pujya Lalaji Maharaj. It was like a mini bhandara with 1,100 abhyasis gathering in the ashram and two sittings every day for three days conducted by Kamlesh bhai.

On 15th August, after satsangh Kamlesh bhai addressed all abhyasis. He clarified the working of the functionaries, how one can compel one's Master by creating light within oneself through one's own sadhana and specifically by taking on the work of the Mission as one's own. He then elaborated quoting examples of Babuji Maharaj and the Whispers message of 10th December 2004, all about Heartfulness in great detail.

A few points from an informal Q&A session that was held in the evening:

- Whatever is given to us is to be passed on, when we shake hands or meet somebody, that person should feel the effect of the condition within us. It should ooze out of us, we should not become a graveyard of spiritual conditions, they are to be contagiously spread.
- Advice was given to all mothers that we should act as trustees to our children who are entrusted to us by the 'Great Masters'; we should never dictate their lives under the pretext of facilitating them. He said the prime and foremost duty of a woman is to

take care of her children, all other things are secondary.

It was a joyful learning session for all those present.

Preceptor Training Programme

Initially it was a batch of 18 candidates for the training from 19th to 23rd August. Slowly more candidates from all over the country started assembling in the ashram, taking the final count to 52. A day before the training, after evening satsangh, they had a brief meeting with Master. He advised all of them to go through the books that have been recommended, till they feel their essence within themselves.

Kamlesh bhai gave a profound speech in the training dormitory of Yogashram, where he read excerpts from a speech of Vivekananda, who explained how for him the work of his guru was top priority, even when his family was in dire need of him. It was a message put forth in the most loving, caring, non-imposing way about the need of the hour and setting our priorities.

On 22nd morning, Kamlesh bhai gave the final sitting and left for Mumbai at around 10.30 a.m.



Preceptor Training, Ahmedabad



Ahmedabad



Panvel

Panvel, Mumbai

Kamlesh bhai arrived in Panvel Ashram before proceeding on his tour of Belarus. Thousands of abhyasis had gathered there to peacefully benefit from his two-day presence at the ashram.

That evening Kamlesh bhai offered to take his meal with the abhyasis in the common dining hall. He had an informal interaction with the abhyasis after dinner and responded to their queries.

On Sunday 23rd, Master conducted the morning satsangh after which he spoke to the abhyasis on the need to maintain one's meditative condition throughout the day. He reminded those present about the Sahaj Marg Spiritual Movement, which was started by Babuji in 1945 and we should keep on growing and spreading across the world. Numbers do not matter, it's the impact we create in the hearts of others which matters.

Referring to Swami Vivekananda's literature on the hardships they had to undergo in spreading their guru's message, he reminded us that we as disciples don't have to undergo such adversities to spread the movement.

During the day, Master interacted with various groups of abhyasis including the volunteers from Panvel to continue extending their support in the journey of Sahaj Marg, abhyasis from smaller centres around Mumbai, youth and senior citizens group.

In the evening after satsangh he spoke about children and how parents should ensure that they do not in any way disturb their subtle bodies. He advised the parents to regulate their lifestyles so as to harmonise them with the children's rhythm.

In his interactions he stressed on character

building and discipline and said that abhyasis must reflect these values in their outward behaviour as well. He cautioned that meditation should not merely become another ritual in our lives.

A very long Sunday ended with Kamlesh bhai taking a flight from Mumbai to Minsk via Frankfurt.

Belarus & France Tour

Kamlesh bhai visited Minsk in Belarus from 24th to 30th August and from there continued his travel to Nice and Montpellier in France. He was in France from 31st August to 4th September. The detailed report is available on the Mission website. A few points from his talks are given below.

- He said that Babuji says, 'Please meditate regularly. This is how you will help me in bringing about this special egregore. Once a critical mass or critical level of this egregore is reached, that very moment will become the tipping point for the genetic change.'
- The best way and the only way to take the message of the Masters to the world is by taking the message in our hearts first and then distributing it.



Belarus



- Acceptance is the first step towards spirituality. Family life is the training ground to learn this acceptance.
- He shared that the most important required quality required in spirituality is humility. One who has it can achieve the highest very easily. He defined humility as feeling oneself to be insignificant.

September 2015

Panvel Ashram, Mumbai

On 11th September, Kamlesh bhai arrived at Panvel Ashram at 9.30 a.m. He left for Pillai College, Rasayani Campus, Raigarh soon after breakfast. In the evening Kamlesh bhai conducted satsangh at Panvel Ashram. After the satsangh he asked abhyasis to write down their fears on paper and pass it on to him.

On the 12th, he conducted the 7.30 a.m. satsangh and gave a brief talk in which he reiterated that everyone should have firm faith in one's Maker. He left Panvel Ashram at 11.30 a.m. for the airport on his onward journey to Indore.

Indore, MP

Kamlesh bhai was heartily welcomed by a small group of abhyasis at Indore airport. After a quick lunch and short rest in his host's place, he left for the old ashram venue where satsangh was conducted for more than 1,000 abhyasis. On the way to the ashram, he explained the process and instructions of guided cleaning and asked one of the brothers to give the same instructions in Hindi just before satsangh. After 5 - 7 minutes of guided cleaning Kamlesh bhai conducted satsangh which lasted for around 40 minutes.

In a brief talk after satsangh he introduced



Heartfulness and mentioned that for spreading Sahaj Marg there is a need for lot of preceptors, anyone who has read all volumes of *Complete Works of Ram Chandra* and is ready to serve the Mission, can show their willingness to serve as a preceptor.

On 13th, Kamlesh bhai conducted satsangh at the new ashram site in Bardari at 7.30 a.m. and thereafter he laid the foundation stone for the meditation hall. He called a few children to unveil it and he just witnessed the process.

As there had been heavy rains the previous day, the accommodation and other facilities were arranged in a nearby college. The hard ground of the college was used for setting up the temporary meditation hall.

Kamlesh bhai suddenly decided to have a preceptors' meeting at 10.30 a.m., which was quickly arranged in the auditorium of the college and was attended by around 60 preceptors. The main focus of the meeting was to tell preceptors to become more open and friendly, especially with the new abhyasis. He shared the experience of decentralisation of Wednesday and Sunday





satsanghs and how it has resulted in an increase in the number of attendees. He motivated all to explore this in their respective centres.

- He also explained that a preceptor should not restrict his own capabilities by inferior thinking. He said a preceptor can work on an abhyasi, a city, a state, a country, a continent or the whole earth.
- He also related death rituals of 13 days with crossing of 13 points in Sahaj Marg for liberation if Master permits. Hence, a death of any near and dear one or any abhyasi should be informed to Master immediately through email, so that he can work towards it. Whenever a preceptor goes there, a satsangh can be conducted and whoever is present there can sit, even non-abhyasis.
- Just as he surprised Indore centre with his visit, sometimes a preceptor should also surprise an abhyasi; phone him and offer a sitting.

As it was a sunny day for the 11 a.m. satsangh, he specifically instructed to make an announcement that no one should sit in the sun but instead use the veranda or even rooms of the college to sit and avoid the sun. This small gesture brought out the caring nature of our beloved Master.

At around 3.30 p.m. there was a heavy downpour along with strong winds and all the tents and the temporary meditation hall collapsed. Considering the weather conditions, all outstation abhyasis were requested to leave the venue, as arrangements could not be made for such extreme conditions. The evening satsangh was cancelled and all were asked to sit in meditation, wherever they were, before 10 p.m.

Incidentally, the owners of the college (two partners) came to meet Kamlesh bhai and as they showed interest, he offered to give them the experience of a sitting. Around 5.30 p.m. he started with relaxation and continued into meditation. During meditation one of the brothers was coughing, so Kamlesh bhai himself stood, put off the fan and handed him a water bottle, without disturbing others and continued with the sitting.

On the 14th, he conducted satsangh at the old ashram at 7.30 a.m., for around 800 abhyasis. After having breakfast in the ashram, he suddenly decided to visit the new ashram site. During the drive he took a round of University Campus where the U-Connect programme is being conducted in



Prefect Training, Tiruppur

an institute.

Before leaving for the airport, he visited the old ashram and addressed the volunteers emphasising that volunteer work should be done selflessly. Even a thought of expressing it to anyone (even to the Master) destroys the very purpose. Work should be done with anonymity, sincerity and respect. He requested all to serve without the feeling of serving and grow above the need for recognition of their volunteer work, otherwise it will result in an increase in pride and ego.

He reached Indore airport by 11.00 a.m. for his onward journey to Hyderabad.

Tiruppur

Kamlesh bhai arrived at Tiruppur on 20th September. His arrival was received with enthusiastic hearts in a very quiet manner. A new preceptor candidate training programme for 138 candidates was underway from 19th September in the Chettipalayam Ashram. He gave a sitting for them and also addressed the group.

Prior to the bhandara the three-day seminar for prefects from Tamil Nadu and Kerala began on 24th morning with a satsangh and talk by Kamlesh bhai. Most evidently, the recent seminar methodology is to go deeper within to cherish and realise what is given by Him.



Tiruppur



Erode Ashram Inauguration



Free Medical Centre, Tiruppur

In general, while in Tiruppur, Master had a tight schedule starting from early morning and ending at midnight. He inaugurated the newly constructed meditation hall in Erode on 25th September. He arrived at the ashram by 10.15 a.m. and first planted the sapling of a peepal tree at the right side of the pathway towards the meditation hall. While entering the hall he said, "It's a wonderful meditation hall." He conducted satsangh and gave an inspiring talk which was translated into Tamil by the Centre Coordinator. In his talk he mentioned that transmission is like air and it is present everywhere, we feel the transmission with the help of Master. He also mentioned that Erode centre needs more prefects and asked the abhyasis to prepare themselves to take up the work.



This ashram is located in Attayampalyam, 12 km from Erode bus stand on the Bangalore - Chennai highway. The new hall is of 10,400 sq ft including the passages on the side and the front portion. Apart from the specialised work of the new hall, most of the manual work was done by the abhyasis. There was a conducive atmosphere in the ashram premises and the teamwork developed brotherhood among the abhyasis.

At the DJ Park, Tiruppur, Kamlesh bhai also inaugurated the newly constructed FMC (Free Medical Centre) building at DJ Park on the 26th, before conducting the morning satsangh. This medical centre will be open to the public.

The Police Commissioner of Tiruppur visited Kamlesh bhai and invited him to conduct a Heartfulness session in his office. Kamlesh bhai

visited the Commissioner's office on 30th September after the bhandara and conducted a session for 650 police officers. The Heartfulness training continued for the next two days.

Hyderabad

Master spent some time in Kanha after the bhandara. During his stay there he used his time to rest and prepare himself for the Himalayan tour. He was also using the 'Sahaj Connect' mobile application and giving sittings to many abhyasis.

During these days, he also read *Sahaj Marg Philosophy*. A few pearls from the informal conversations:



Kanha



- Talking about love for the guru he said that we must not do anything that would bring disgrace to the guru. Our words and our conduct in life must reflect the essence of Master's teaching.
- While talking about Babuji Maharaj, he said, "Bringing divine essence in our existence is heartfulness."
- You cannot renounce desire. You can only understand the nature of desire and its futility. There is no point in playing with it for fulfilment or renunciation. A person who has understood the nature of desire has learnt the art of life.

On 8th October, Kamlesh bhai reached Delhi by around 10.30 a.m. and immediately left by road for Satkhoh.

Heartfulness - Raigad, Maharashtra

On 12th September, the National Event on Meditation began with the inauguration of the new administrative wing of the Pillai HOCL Educational campus, Rasayani, by Kamlesh bhai. Dr K.M. Vasudevan Pillai (Chairman and CEO, Mahatma Education Society), welcomed everyone and exhorted the engineering students to use their youthful age very sensibly and smartly, so that they will be able to have a fruitful and successful life.

Kamlesh bhai, in his speech emphasised the benefits of meditation to students, such as an increase in IQ levels, reduction of academic stress, improvement in academic achievement, better focus, etc. This was followed by a relaxation and meditation session.

Around 1,200 students of the third year and final year attended this session. It ended with a vote of thanks and feedback from students.

The event was followed by the three-day workshop from 14th - 16th September for training the students in the Heartfulness relaxation technique and meditation. A total of 120 engineering students completed the training programme and have registered for the weekly group meditation at the HOCL Campus.

On this occasion a 'Heartfulness Student Wellness Club' was launched and inaugurated by forming a student committee of 15 members comprising faculty members also. This initiative has started under the Wellness Department of Mahatma Education Society and has been decided that many wellness activity relating to meditation, spirituality, physical fitness and recreation will be regularly conducted for students and teachers, and featured in the academic timetable of the student activity.





Tamil Nadu Governor's visit to Manapakkam Ashram

His Excellency Dr K. Rosaiah, the Governor of Tamil Nadu, made a visit to Babuji Memorial Ashram, on Sunday, 11th October, to experience meditation in person. The Governor was given a warm reception by the abhyasis in the serene atmosphere of the ashram and was taken to the auditorium for the session.

After a brief introduction on 'What is meditation, the benefits of meditation and how to meditate on the heart', the first sitting was given. At the end of the session he said, "It is a very lovely experience and something new in my life I've never had before. I felt an *anandam* (bliss) I have not felt before." The preceptors offered to go to Raj Bhavan and conduct further sessions but the Governor smilingly said, "It is only correct that I come here to the ashram whenever I feel like meditating." The Governor was presented with a set of books.

Almost 15 people from his entourage took their introductory sittings and commenced their spiritual practice.

Youth Activities in Manapakkam Ashram

Over the past month, the youth of Chennai have been gathering in large numbers to involve themselves in the activities of the centre. Youth meetings have been held on several occasions at Manapakkam with a strong focus on giving young abhyasis a sense of purpose and informing them about what areas of work they could contribute to.

The organisers have periodically been arranging weekend sessions with interesting speakers, encouraging the youth to draw inspiration from

the hierarchy of Masters and channel their energies towards being an integral part of the way of the heart.

Young team leaders and volunteers have been identified for various activities in and around the Chennai metro zone. These include event management at the ashram, content creation and editing, social media management, Heartfulness trainers and IT support work. The enthusiastic group of around 200 young abhyasis shows great promise for the needs of the future.

V-Connect, Khedbarma, Gujarat (6A)



The Village Connect team of Ahmedabad, Gujarat Zone 6A along with help from the HQ team for V-Connect, planned and executed a full-fledged programme at Khedbarma.

A team of volunteers from Ahmedabad along with a team from NLRDF (an NGO working on projects in the tribal belt of Sabarkhanta district), visited the small town of Khedbarma on 16th September. They contacted six big educational institutions in this region and gave them the complete details of the programme that was to be conducted on World Peace Day. A team of two preceptors and a sister volunteer speaker along with two members from NLRDF conducted programmes in these institutions.

Approximately 1,400 plus people were informed about relaxation and meditation through a practical session on 21st September. From 22nd September nearly 500 people have started the practice. A team of four preceptors were stationed at that small town to complete the initial sittings.



Kolkata

C-Connect Training, Kolkata

Despite the short notice, over 120 participants from West Bengal and its neighbouring states attended a C-Connect training held at BMA, Kolkata on 22nd August. It started with a comprehensive session on the Heartfulness initiative, including aspects like goals and expectations. A couple of excerpts from Master's videos on Heartfulness were played. Post-lunch the session mainly concentrated on the C-Connect Initiative. The facilitators explained how to approach companies, how to conduct the programme and many other such intricacies involving the execution of the initiative. This was followed by another session of Q&A and a practical session. The practical session was extremely insightful and gave the participants an example of what can be expected when they conduct the sessions in various companies.

Allahabad, Uttar Pradesh

The Heartfulness training event 'Train the Trainer', was organised at Allahabad Ashram on 19th and 20th of September. About 226 abhyasis from all over India attended the training event and went back to their centres with a tremendous confidence of spreading the message. On 19th, the event started with an introduction to Heartfulness, mock sessions and Q&A sessions. Post lunch the session finished with clarifications.

On 20th, the event started with satsangh. A brief introduction about C-connect, V-connect and G-connect were given by the facilitators and were quite educative and informative for the abhyasis. The training event concluded at 2 p.m.

Valsad, Gujarat

Considering the current requirement, a training programme was organised at Valsad centre to



Valsad

bring awareness about Heartfulness. Around 150 abhyasis from Surat, Valsad and other satellite centres attended the training. The programme was conducted by Zone Coordinator brother Dr Surendra Agrawal. It brought an awareness among the abhyasis on the process of approaching the new seekers, which is very practical and easy now. The session was followed by a Q&A session which helped to answer their queries. This programme helped in convincing the abhyasis that every individual can play a role to spread our Master's message to the maximum number of people in this Sahaj Marg movement.

New Appointments

Zone Coordinators

Chennai Metro Zone (Zone 2)

Brother S. Prakash (CC & ZC)

Bihar & Jharkhand (Zone 17)

Brother Akhilesh Kumar Jha

Centre Coordinators

Rudrapur Centre, Uttarakhand

Sister Manjeet Kaur

Nainital Centre, Uttarakhand

Sister Geeta Sarin

Orai Centre, Uttar Pradesh

Brother Dr (Major) Ranveer Singh

Ashram Managers

Gangtok Ashram

Brother Om Prakash Gulia

Lucknow Ashram

Brother Anil Kumar Saxena

Udupi Ashram

Brother R. Sridhar



Individual Peace Contributes to World Peace

On the eve of the United Nations World Peace Day on 20th September 2015, Heartfulness programmes were conducted in various centres and ashrams across India. People from all walks of life attended this initiative. People were made aware of this unique programme through printed invitations, posters, articles relating to the event published in local newspapers and also through personal contacts.

Almost all the centres across India followed a uniform pattern. The event started with a talk on the theme 'Individual Peace Contributes to World Peace' followed by a Heartfulness session. A brief outline of the programme was explained to the seekers, followed by a 10-minute unguided meditation. The seekers were then encouraged to note down their experience.

A video clip prepared and sent by the Heartfulness team was also played. Guided relaxation followed by guided meditation for thirty minutes were conducted. After which seekers were asked to share their experiences. Almost all of them gave a positive feedback and some shared very unique experiences. A few seekers expressed their interest in starting meditation and they were guided accordingly. Participants were requested to introduce Heartfulness relaxation to family and friends.

Quite a number of schools showed a good response to the relaxation technique and are making it a part of their daily school routine. Guided meditation had a huge response in colleges across different states. This unique movement has started and is now spreading like wildfire.



Ajmer



Alwar



Arni



Bihar



Chandrapur



Digboi



Jammu



Gondia



Singarva



Ranikhet



Ujjain



Kamplikottal



Kanpur



Kharagpur



Kozhikode



Longowal



Vijayawada



Jaipur



Heartfulness Initiatives

Heartfulness programmes are in full swing throughout the country. The programme has been divided as C-Connect, U-Connect, G-Connect, V-Connect, Conscious Living and Heartfulness programmes. This has helped to focus on each section separately and cater for their specific needs. The reports which are pouring in from various parts of the country mention that the programme has been very keenly welcomed and accepted by aspirants and hundreds of people have started the practice through this initiative.



Moradabad



Ongole



Vadodara



Jodhpur



Shorapur



Gulbarga



Paithan



Kunnur



Pulgaon



Trichy

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