



SHRI RAM CHANDRA MISSION



News from Manapakkam

October 2014

On Wednesday, 1st October, Master came out in the wheelchair and met with about 20 new abhyasis who had come for the five-day Chinese Seminar due to start on the 2nd. On the 4th, by 6 p.m. Master sat for about an hour with the abhyasis from China as well as some from S. Africa who had assembled at the entrance to the cottage. With the help of a brother who was translating, he was able to interact with them. The coordinators then introduced abhyasis to Master. An abhyasi played two songs on the flute in the typical Chinese style and Master and everyone around enjoyed it. He was quite tired after this session and afterwards went straight to bed.



2015

New Year Message

"I wish all of us would introduce ourselves when they are asked 'What are you?' 'I am an abhyasi' because that is the primary thing in my life, in my heart. It must have a permanent imprint on our heart that I am an abhyasi. Every moment it must be impressed upon so much that not a moment passes without his loving remembrance, moment wasted should be regretted. Otherwise, years and years will fly, existence will float like rivers dissipating in deserts. Our existence will also disappear in this timeless ocean of time."

Kamlesh D. Patel, 1st January 2015, Manapakkam

Australian Seminar

On 5th, during the live video conference with the Australian seminar taking place in Brisbane, Kamlesh bhai said that though Master was physically suffering, he was able to do his duties with cheerful acceptance, and in doing so brought a feeling of joy and spiritual uplift to all those around him. In spite of his physical ailments he was always concerned with spiritual service to others, whether close by in the Ashram or far afield. The abhyasis were deeply moved when Kamlesh bhai added that Master was restricting certain types of treatment for his illness as they

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would have made him very vulnerable to infections and meant that he would not be able to meet abhyasis.

Around a hundred abhyasis and thirty children had gathered at Brisbane for a national gathering on the theme 'Meditate with Joy'.

Chinese Seminar

At around 11 a.m., Master came out to the front of the cottage and a group photograph was taken with the Chinese abhyasis. Monday, 6th October, was the last day of the Chinese seminar and Kamlesh bhai conducted the closing satsang.

In the second week of October, Master's routine changed a little. He would get up very late, after 9.30 or even 10 a.m. on some days, have breakfast



and spend some time listening to the news. On a couple of days, he came out and sat in the sun. He would then go for his rest, get up at around 3 p.m. and have his lunch. In the afternoon he would watch some TV or listen to a book being read and later in the evening come outside. Most of the time, Master has been silent – even while meeting abhyasis he would simply bless them.

On Tuesday, 7th October, the girl from Omega school who had played the piano earlier, came and played the piano once again. Master sat listening in silence.

Video Conference with US Seminar: On 11th October, Kamlesh bhai casually informed Master about the plan to have a video conference to address abhyasis participating in the US seminar. Kamlesh bhai asked him if he would address the abhyasis. Master said, "Why not?". Kamlesh bhai told everyone to keep this as a surprise for all. That night after dinner Master addressed the abhyasis. He was able to see abhyasis from large centres like Molena, Monroe, San Jose, Texas, etc. on his screen. Master gave a talk for about 20–30 minutes. He seemed happy to address this large number of abhyasis distributed across the USA.

Across the United States over the weekend of 10–12 October, abhyasis gathered in six locations for a national seminar on the theme, 'Designing a Loving Heart'. In his address, Master urged everyone to understand that we are now mature enough to use our hearts. "How to use it? The only way is to love." He said that we cannot go wrong when we use the heart. We shouldn't be afraid to use it; it is not risky. Without the heart there is no spiritual life at all.

October 22–23: Diwali Festival On the 22nd, Kamlesh bhai conducted the satsang. Master came out later in the morning, but he was quite unhappy that he had not been able to go to the meditation hall. In the afternoon, he met with some abhyasis who had been waiting since the morning to get a glimpse of him.

In the evening, Master went around the ashram in the golf cart. The crowd of abhyasis was enormous and as everyone was pushing to see him, it was very difficult for the security to manage the situation. Master still managed to meet a lot of abhyasis. He was telling everyone that he wanted to go out again as there were many who had come just to see him. On Thursday, even though he could not go out, Master made himself available to meet abhyasis in the cottage. There was a festive feeling,

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with lamps lit inside the cottage as well as in the hearts of everyone.

Friday, 24 October: In the evening, there was a garbha dance in the meditation hall by sisters from Gujarat; Master watched this via CCTV in his room. The sisters and children who had performed came to the cottage to meet Master. He was talking with everyone and gave a gift to each of the participants and said, "This gift is precious, don't give it away." Abhyasis responded saying, "Master you are precious to us and everything you give us is also very precious."

Sunday, 26 October: Master Addresses Abhyasis: Master had felt good that he was able to address so many people at the US seminar via the live video link and said, "It will be nice to do more of this." The very next day, Kamlesh bhai made arrangements and announced that Master would address all abhyasis through a live webcast throughout the world.

Master was ready quite early in the morning, but before breakfast, he was saying, "I am supposed to address all the abhyasis, but I do not know what I am going to say. Anyway, something will come", pointing above. Master spoke for about 50 minutes to an audience of abhyasis from countries worldwide who had gathered at ashrams and centres, or connected from home to listen to him. After the talk was over, one could see a sense of satisfaction on Master's face; it had been several months since he addressed a large assembly. After the talk, Master sat outside for an hour. Soon after this event, Master received many emails about how abhyasis felt, what impact the talk had and he was very happy to hear this.

Monday, 27 October: Master's trip out: All of a sudden Master decided to go to an abhyasi's house which was waiting to be inaugurated. He went in his golf cart, offered prasad, went around the house, came into the kitchen and lit the stove where milk was being boiled. Master then sat in

the hall while some children sang a couple of traditional Carnatic songs. He then returned to the cottage.

On Wednesday, 29th, Master conducted a short satsang and then performed a wedding. It was a very pleasant sight to see a wedding happening in the cottage after such a long time. Group photographs were taken and a very festive atmosphere prevailed.

Master's health took a slight downturn on 31st October. Some tests were done and brother Krishna came in the night to be with him.

November 2014

Master's health

At the beginning of November, it was confirmed that Master had caught an infection, so antibiotics were started. One morning, Master looked quite fresh when he came to the office room. He had breakfast, finished with the news and almost immediately wanted to watch 'Pradhan Mantri' (a TV series about the Prime Ministers of India). He then decided to sit outside for a while.

Later that week, Master was taken to MIOT hospital for a scan related to some back pain. It was also observed that he wasn't able to move his right hand properly, but due to timely and effective treatment, the impact on Master's health was minimal. His infection was cured within a week and his right hand also gradually started functioning properly again. Doctors had however made it clear that, due to Master's infection, there should not be too many people inside the cottage at any one time.

Master did some exercises to get his right hand back to normal. For a few days, a sister from Germany massaged Master's hand and this seemed to have a positive effect. Master practiced signing his name. He would hold his pen gently and attempt to write very slowly. Gradually the





With participants of the Youth Seminar

improvement became visible. Seeing Master's determination to get back to his regular work was very inspiring. The doctors keep saying, "For Master, it is always 'mind over matter.'" Towards the end of the second week of November, he was able to write with only a little difficulty and even signed a prefect's certificate.

Towards the second week, there was some definite improvement in Master's health. On one occasion, he sat outside his bedroom and was looking fresh. He requested Kamlesh bhai to have breakfast with him there. Master listened very keenly to the news. He continued to sit outside and for more than an hour, he listened to two songs by the late Bhimsen Joshi (Indian Vocalist), which Kamlesh bhai played from his computer. Master was listening with his eyes closed. One could sense Master working on everyone, while the music was going on. A new abhyasi sister, who is the director of a university in Mumbai, was sitting with Master. This sister later introduced herself and they had a short discussion. After that, he went in to rest. This entire session lasted around three hours.

Friday, 21 November

Master met a recently-married couple who came to take his blessings. Master then came to sit outside the cottage in the sun. Later abhyasis slowly started coming in and soon the gates were opened so everyone could enter and sit with Master.

In these outdoor sessions, Master would mostly sit in silence, with everyone absorbed in the atmosphere. Occasionally, abhyasis would bring up some topic flowing into a conversation.

On Sunday, 23rd November, there was concern that Master had caught another infection. Some tests were done and once again he started a course of antibiotics. It was very difficult to see Master going through severe pain all over his body. He remained in bed for several days.

Youth Seminar

On Friday, 28th November, Master came out of the cottage at around 10.15 a.m. to spend time with the participants of the Youth Seminar, which had started on Monday and was coming to an end. About 250 participants had come from all over the country. Every day, Kamlesh bhai conducted the 6.30 a.m. satsang and

gave a talk at 9 a.m. There were also group discussions and some interesting movies and documentaries to watch in the evenings.

Master sat outside and all the abhyasis from the seminar were allowed into the cottage. The previous Sunday, when Master came to know of the seminar, he had said, "I believe in the phrase, 'catch them young'." Master did not converse much, but an opportunity was given for one brother to present the Ten Maxims. Master listened to the presentation and spent 90 minutes with the youth before going back inside.

Saturday, 29 November: News Article

After the reading of an article about the 50% increase over the last two years in the number of women taking the Chartered Accountancy course, Master said that he was happy to hear this news. He commented, "I have been saying to our girls for several years that this is a safe job opportunity for them. They will have flexibility of working times and don't need to work during the night time and things like that, which are very dangerous." Then the conversation veered towards life in general, and Master commented how needs are increasing. He said, "In our days, there was only one size of refrigerator, which was the only choice we had. Now you get bigger and bigger refrigerators and all they store in it are left-overs of pizza, pasta and things like that. When you have one car, now a second car is wanted. I feel that we should all limit our needs to just the basic minimum and then we can be happy and contented."



December 2014

The Final Weeks

Group sittings for prefects:

On 3rd and 4th December Master gave the final group sitting to a batch of 39 new prefects. He also managed to sign the certificates. During the days that followed, Master generally went back to rest almost immediately after breakfast and woke up again only in the afternoon.



880 volt transmission:

An 83-year-old abhyasi came from the USA and waited for more than four hours to see Master. When they finally met, the abhyasi said, “Master, I remember on one occasion, you started a sitting and the transmission felt like 880 volts was sent into me – I was floored!” Master laughed. The brother added, “I am moved to see how you go on giving transmission to everyone who comes to you.” Master laughed again and there was a moment of absolute stillness. Only Master knows what happened in that brief moment, but many in the room were moved to tears.

Silent sitting:

One evening, Master was in great pain and his eyes were closed. It looked as though he was going to sleep, when suddenly he said, “That’s all.” Master explained, “I was giving a sitting.” Despite his ill health, his work continued.

Wednesday, 10 December

Brother Krishna had become very concerned about Master and decided to stay in the cottage. After several days, Master appeared to feel better and even planned to go out in his golf cart. However Master became unwell again the following day.

Entertainment:

Apart from the regular evening movie, Master continued to follow various TV series. The last episodes of ‘Buddha’ showed the final days of his life and how he took food even though he knew it was poisoned. Someone said to Master, “The same thing happened to you back in the old days. You knew, but you still took it.” When asked why one would do this, Master replied, “That is how it is.”

Do your work perfectly:

One day, a sister came to the cottage and said, “Master you are suffering so much, please permit me to share your pain.” Master replied with a very gentle and loving smile, “That is forbidden, it is not asked for. If you really want to do something for me, do your work perfectly, it is the best thing you can do.”

A message from Master:

The Russian seminar started on Monday, 15th December. From his bed, Master recorded the following brief message for them, which was played in the meditation hall: *“Dear brothers and sisters, I regret I cannot be with you all, but I am with you in spirit and I hope you can feel it. Please believe me when I say that I shall be with you all, all the time, whether here or in your Russia or in other countries, it does not matter. Distance does not make any difference – there is no difference. I pray for you all and wish you the best. Blessings to all of you.”*

Last time outside:

Some special equipment from the USA was used to help Master move from his bed to the wheelchair and enabled him to go outside the cottage one last time. After his breakfast and the newspaper reading, Master asked for a book to be read and sat listening with his eyes closed.

Master has always been an avid reader and he kept up this interest till the very end. As well as the daily newspaper reading, he liked to have a book read to him, especially when he couldn’t get to sleep. He would listen very keenly and even correct the pronunciation of the reader! After a while, he would drop off to sleep.

The final two days:

From 18th December, Master was very unwell and slept most of the time. On the afternoon of the 20th, Master’s condition became unstable and he had started having breathing difficulties. Despite the best efforts of the doctors to stabilise his condition, Master passed away at around 9.45 p.m. bringing to an end an era of many splendours!



All India Youth Seminar

November 25th to 29th, 2014

About 260 participants from all parts of the country attended this seminar with the theme of 'Purity Weaves Destiny'. The participants were taken through systematic preparation for two months prior to the seminar.

During the seminar, every day began with the 6.30 a.m. satsang conducted by Kamlesh bhai followed by a talk at 9 a.m. Throughout the day there was a good mix of talks, introspection, periods of silence, group discussions and volunteer work.

Some of the salient points from Kamlesh bhai's lectures are recounted below:

- He recommended *Efficacy of Raja Yoga in the Light of Sahaj Marg* and *Towards Infinity* as 'must read' books for the youth.
- Explaining the meaning of sensitivity he said, "If our consciousness is like a roaring ocean nothing can be perceived, even if a large stone is dropped into it. It should instead be like a serene pond in which even if a small leaf falls, ripples are created."
- He stressed on changing the sleep cycle to sleep early every day and waking up early. He repeatedly emphasised that this small change holds the key to a complete transformation.
- He recommended setting small goals and through them remaining focussed on the ultimate goal.

There was an engaging Q&A session also with him. Everyday there was a Whispers session in which selected messages on the theme of purity were given to participants. In the afternoons there were some sessions on Communication – Using the Heart (Elizabeth Denley), Sahaj Marg Way of Life (Punit

Lalbhai) and the Ten Maxims (Rishi Ranjan). Brother S. Prakash conducted a team-building activity, which provided moments of fun and important lessons in working together. In spite of his health problems, Master spent some time with participants and even listened to one of them play the saxophone. When the seminar came to an end, everyone left with mixed feelings of joy and sadness of separation from what they had come to know as their Real home.

Sixth Batch of Prefects' Preparation

28 November to 7th December

Thirty-nine prefect candidates from across the country attended this largest batch of the prefects' preparation workshop. In spite of his busy schedule, Kamlesh bhai spent time with the candidates and gave two talks, stressing the importance of serving with humility and love. The participants were also invited to join in the sessions where Kamlesh bhai addressed the youth and the delegates from North East.

The theme was how a prefect is an '*Intense Abhyasi*' and why it is necessary for the prefects to focus on their abhyas, and on their character formation, so as to be His instruments and participate in His work. The programme concluded with a reflection session on the essential aspects for a spiritual aspirant and the key lessons to take back to their respective centres/ashrams.



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Functionary Visit**Tour of Joint Secretary, Zone 2-C (Tamil Nadu West)**

The focus of this tour was to address open houses, conduct abhyasi home gatherings, meet with prefects and spend maximum time interacting with abhyasis. Brother Viswanatha Rao (ZIC) had organised the tour.

On 8th November, brothers A.P. Durai and M.M. Dhanumoorthi addressed an Open House at Giri Easwara Matriculation School at Kagguchi (a village 10 km from Kotagiri), where 12 of the staff volunteered to start meditation. In the afternoon a home gathering at DSSC, Wellington was followed by an open house at Aruvankadu Centre where 26 were present including 12 aspirants.

On 9th, 26 abhyasis participated in a full-day satsang at Ooty Centre. Brother Durai spoke about the need to have clarity in practice and clear goal-oriented approach towards spirituality. Later the team left for the beautiful hamlet of Thangadu where 9 were present at a brother's house. The daily practice and holding of satsangs were explained.

On 10th, an open house at Ooty Centre in the morning was attended by 15 aspirants and a few abhyasis who had discontinued their practice. Brother Durai explained the practice and urged them to continue. In the afternoon, he addressed 35 teaching staff of Vishwa Shanthi Higher Secondary School in Kotagiri. He quoted from the works of Swami Vivekanda and explained how the soul is entrapped in the cage of a physical body and is weighed down by the effects of samskara and how a capable guru clears it and helps the aspirant to forge ahead by clearing the way before him.

On reaching Coimbatore around 5.30 p.m., brother Durai attended the meeting of 15 coordinating volunteers. Various activities of the centre, the development of sub-centres and venues of Sunday satsangs, etc. were reviewed.

On 11th, a two-hour meeting of the prefects of Coimbatore centre was conducted. Brother Viswanatha Rao joined the tour from here. At 11.30 a.m., brother Durai and team visited Yellow Train special school in Ramanathapuram where he addressed a gathering of around thirty parents on Sahaj Marg meditation and answered their

questions. In the evening they visited a brother's house in Perianaickanpalayam, where a few guests and abhyasis who had discontinued were briefed about Sahaj Marg. At Mettupalayam, ten guests were present and brother Durai spoke on Sahaj Marg and also had an interactive session with the abhyasis.

On 12th, they proceeded to Karumathampatti. The half-day programme included an Open House, a session with abhyasis and concluded with satsang and lunch. In the afternoon, a brief visit was made to Saravanampatti where 10 abhyasis gathered for satsang. At the R.S. Puram hall, Coimbatore, where a library is being run by the Mission, nearly 170 abhyasis had gathered and they had an interactive session followed by satsang and dinner.

On 13th, at Gobichettipalayam 120 abhyasis participated in an interactive programme including abhyasis' talks, Q&A session and clarifications. At Erode Ashram there was a gathering of 120 abhyasis from Erode and nearby centres like Bhavani, Perundurai and Gobichettipalayam. On 14th, at Tiruchengode centre 120 abhyasis from Namakkal, Rasipuram and Komarapalayam had also gathered. In the evening, there was a two-hour session with Erode abhyasis (160) at the residence of an abhyasi.

On 15th, a meeting of prefects (15) was held at Chettipalayam (old) Ashram in the forenoon and in the afternoon, an Open House had been organised in NIFT-TEA Institute where 60 students and faculty were present.

On 16th, a full-day programme was organised at DJ Park for abhyasis of Tiruppur and nearby centres. 1050 abhyasis were present for satsang in the morning. After breakfast they had an interactive session followed by pick and talk and a Q&A session.



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CREST Director's Travel**Panvel Ashram, Mumbai**

Brother Mohandas Hegde, Director CREST Bangalore, visited Panvel Ashram on 9th November. He briefed abhyasis on the importance and need of daily practice. He reiterated that we should follow Sahaj Marg life all through the day and night by practising all the Ten Maxims. He reminded the abhyasis about some of the important teachings of Lalaji and Babuji.

Tiruppur

Brother Mohandas arrived at Tiruppur on 28th November. A programme on 'Reading my own Condition' was organised for prefects at DJ Park. He asked the prefects to meditate for 10 minutes and after that he asked each one to write how they felt during meditation. He briefly explained the various activities taking place in CREST and spoke about three types of observation on meditation - position, condition, experience and approach.

On 29th November a two-day residential programme for youth as 'Soldiers of Sahaj Marg' was conducted for around 140 youth from Tiruppur and nearby centres. The morning

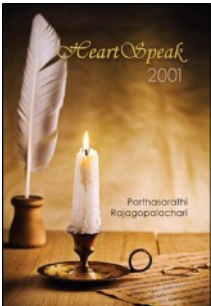


programme started from wakeup at 4.30 am, individual meditation, walking and exercises, then satsang at 7.30 am. After breakfast, a presentation was given on various aspects, such as 'Qualities of Volunteer', 'Role of Volunteer' and 'Retaining the Spirit of the Youth'. In the afternoon an interactive session on the quality, role, and commitment of volunteers was held. In the evening a film was screened. The session ended with informal discussion at 9.30 p.m.

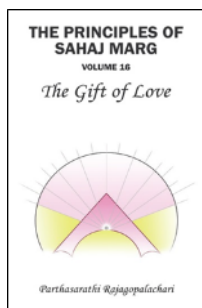
On the second day, sessions were held on 'Subtle Aspects of Practice', 'Ten Maxims - My Approach' and 'Sahaj Marg Way of Life'. In the afternoon a film was shown. The programme ended by 6.00 p.m. All the youth were in a jubilant mood and resolved to be the Soldiers of Sahaj Marg.

Abhyasi Visit to Manapakkam

Around 323 abhyasis from Haldwani, Sholapur and Kolhapur centres visited BMA Manapakkam for a three-day seminar from 10th to 12th December 2014. During their stay, they had sessions on the teachings of Master, the 3M's, a Q&A session for clearing their doubts and also a prefects' meeting.

**New Publication Releases**

HeartSpeak 2001
English



The Principles of Sahaj Marg Vol -16
(The Gift of Love)
English



HeartSpeak 2011
Telugu

New Appointments

Capt. Vineet Ranawat
Joint Secretary & Working
Committee Member

Sreekumar Kesavan
Centre in Charge, Aluva

Ravindra Kumar Sinha
Shahjahanpur Ashram Manager

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U-Connect Programmes**Faculty training, Wardha, Maharashtra**

A two-day orientation programme and mock session was organised at Wardha Ashram for the U-Connect faculty of this region on 29th and 30th November. Abhyasis from Nagpur, Chandrapur, Wardha, Yavatmal and Bhandara participated. Six trained U-Connect faculty members conducted the mock session in Hindi and Marathi. Games and activities were performed to demonstrate and infuse different human values.

Jaipur, Rajasthan

The felicitation of the members of the first Self Development Programme (SDP) under the U-Connect initiative was held at the Zonal Ashram on Sunday, 16th November. Six learners from Arch Point Consultants Pvt. Ltd were felicitated. The session started with a presentation of the Mission statement of U-Connect. This SDP was of 16 weeks, ending on 19th July 2014. Seventeen volunteers assisted in various capacities as faculty, facilitator, coordinator, IP experts, etc. From these learners, 2 participants have taken introductory sittings. Brother Sandeep Nayyar (Zone 7 Coordinator), invited the abhyasis to participate in future projects of U-connect. Participants also shared their points of view and observed the change within and reflected on the skills acquired for leading a balanced life. The second SDP in Jaipur was launched on 29th November.

**Chandigarh, Punjab**

The inaugural function of the SDP 12-week certificate programme in Punjab University was held on 22nd November. Vice Chancellor Prof. Grover in his inaugural address, expressed his joy to be part of this ceremony and mentioned how it has motivated him towards introspection. He was impressed and

stressed that the course should have a multiplier effect and should reach 3000 students. In fact all students should participate in this programme as self development is the need of the hour, he said.

A number of abhyasis and prefects of the Mission were present at the function. Major. Gen. (Retd.) Harbhajan (ZIC-Zone 10) and brother Jugal Kishore (U-Connect regional coordinator), represented the Mission and interacted well.

Gwalior, Madhya Pradesh

The SDP was launched on 20th October for students of B.Ed college of Madhav Shiksha Mahavidyalaya, Gwalior, with the aim of offering the youth an aspirational set of values to live by; to help them achieve a balanced life focused on a spiritual goal and an ethical material life and to contribute to nation building. The sessions are conducted twice a week on Monday and Thursday. In the 11th session around 25 students along with the Principal of the college and 4 faculty and U-Connect team members, visited the Gwalior Ashram. Till now 13 students and the Principal have started Sahaj Marg and the group has also got permission to organise weekly satsang in the college itself.





Children's Programmes

'Udaan', Delhi Zonal Ashram

Approximately 131 children participated in a full-day event conducted on 2nd November, planned, organised and executed by a team of young abhyasis. Below 5-year age group and their parents were engaged in activities such as 'Master says', races, crafts, singing and dancing while the elder children were engaged with races, tug-of-war, etc. Their creative side was also revealed in the game 'Best out of Waste'. Towards the end of the day they played 'Treasure Hunt', the treasure for which was saplings gifted to them to encourage them to develop love for nature and the environment. At the end, one brother addressed the kids regarding importance of discipline in life.

Moradabad, Uttar Pradesh



On 7th December, 25 children participated in a greeting card competition with the theme 'Thank You Master'. The enthusiasm, teamwork and unity among them was apparent while working in cooperation with each other to bring out beautiful cards. As a token of love and appreciation of their effort, prizes were distributed to them.

Goa

On 16th November a competition in painting and greeting card making was organised for children of abhyasis and their friends. Children had snacks and also enjoyed playing in the ashram. They watched the video of Master's talk after which a

sister explained to them about the Mission, its aim and how it helps children to improve themselves and progress towards perfection and become good human beings.

Bangalore, Karnataka

The UN Universal Children's Day was celebrated on 23rd November at Banashankari Ashram with an extended day programme. The ashram was abuzz with activity as children practised their songs and skits during morning satsang.

Clippings of Master's speech from the DVD 'Parenthood' and a short film showcasing the activities of the children's centre was played for all abhyasis after meditation. The programme for abhyasis aimed to take the abhyasis back to their childhood. They played a game and later abhyasis were divided into groups and given Master's quotes on children. The challenge given to them was to reflect on the quote, discuss and present it in the form of a poem, skit or collage.

The children under 6 years very endearingly did an action song. Those in the age group of 6 to 9 years performed a song and a short skit. After the presentation by the abhyasi groups, children above 9 years sang a group song and performed a skit. Though they had just practiced this skit since the morning, they were able to enact it confidently and beautifully. All parents were quite excited and happy with the performance.





UP Prefects' Seminar Shahjahanpur

The five-day seminar conducted from 12th to 16th November, was attended by 150 prefects from UP. The seminar focused on 'Humility', the condition of insignificance and innocence, which can be experienced and achieved by following Maxim 2 and 10 with intense practice.

Creating awareness of the behaviour pattern and character was taken well and by the end of the seminar everyone realised the need to observe and correct themselves by making a suggestion in a prayerful state. The best and most important part of the seminar was the condition created by beloved Master throughout the seminar. It was a humbling and intense experience for all the participants who attended this programme.

Programme on Whispers Hyderabad, Andhra Pradesh

This programme was conducted for 100 abhyasis from Andhra Pradesh and Telangana at Kanha Shanti Vanam Ashram from 5th to 7th December 2014. The objective of the programme was to provide a deeper awareness and appreciation about the need to read Whispers and make it a part of the daily sadhana. The aim was also to suggest to the participants the way of reading the Whispers in Sunday satsangs and other spiritual gatherings.

The programme included relevant topics like the importance of Whispers, how to approach Whispers, about Master and about service. The messages were read out in English and in Telugu and the abhyasis were given time to meditate on the meaning of the message. This was done on all three days interspersed with videos of Babuji and talks given by Master and Kamlesh bhai on selected topics.



The organisers communicated how to conduct these programmes at their respective centres. This was the first such programme held in this ashram and a dedicated band of volunteers ensured that everything went smoothly. The participants experienced the stillness and tranquillity of this place and felt it to be an appropriate location to organise such a programme.

Workshop on the Ten Maxims Indore, Madhya Pradesh

This residential programme was conducted from 12th to 14th December and was attended by 41 abhyasis from Indore and surrounding centres. It started on the 12th with a satsang. Each maxim was covered in separate sessions which focused on the philosophy behind the maxim and how it helps the abhyasis reach the goal as stated by Babuji Maharaj in *Commentary on Ten Maxims*. It also covered the practical aspect of each maxim, the difficulties faced and solution thereof.

As the sessions progressed, the participants felt more and more absorbed and a sense of deepening in their understanding and motivation in their hearts to follow the maxims. The preparation for this programme started one month in advance. For each maxim a group of two abhyasis prepared the presentation and it was followed by a group discussion.





Telugu Publication Workshop Hyderabad

In order to expand the existing teams and form new teams for various publication activities, a workshop was organised for 100 abhyasis at Thumkunta Ashram on 29th and 30th November.

The following teams were formed by the end of the first day: Book Translation, Sahaja Margamu Patrika, Echoes Newsletter, Subtitling, Miscellaneous, Gold Copy, Technical, Audio Books and Logistics and Sales Promotions. Each team will have a couple of coordinators, translators, reviewers, proof-readers and technical workers. On the second day, each of these teams interacted among themselves and presented their plan of action for the next one month. There will also be training sessions for each of these teams.

To stay connected, an electronic forum was created where all can have discussions on various topics related to the work, where queries can be answered and experiences can be shared. All the participants showed great enthusiasm. They went back with a deeper awareness of the work and an intense fervour to be a part of this endeavour.

Regional Gatherings

Kolhapur, Maharashtra

Kolhapur organised for the first time a regional gathering on 16th November, attended by nearly 200 abhyasis and 25 children from Kolhapur, Satara, Karad, Miraj, Kurlap, Ratnagiri, Sawantwadi and Sangli. Brother Subhash Vaidya (ZIC MH-5A), addressed the gathering after satsang. All nearby centres were represented by their respective prefects. Each one gave a speech on the allotted topic.

The talks were well structured and inspiring. They shed new understanding on the different aspects of sadhana. The abhyasis who had

joined recently said that it enlightened them in the understanding of the Sahaj Marg practice.

Thanjavur, Tamil Nadu

A two-day residential programme on 'Practice of Sahaj Marg & Role of Abhyasis in Sahaj Marg' was conducted in Tamil for 64 abhyasis and 16 facilitators of Thanjavur hub on 29th and 30th November at Jenbagapuram Ashram, Thanjavur. The programme covered topics of Sahaj Marg practice, character formation, the esoteric symbol and the practical implementation of Sahaj Marg way of life.

The programme started with a satsang and an introductory speech about the importance of Sahaj Marg practice and the responsibilities of an abhyasi towards own self and means of achieving the balanced state of mind. During the programme, each participant was given training materials including a couple of hand books related to practice and a course manual consisting of the complete Sahaj Marg practice. Each facilitator was allotted a group of five abhyasis throughout the programme and they discussed each topic in detail and answered the queries of the group and also involved them in a group discussion. DVDs of Master's talks related to sadhana were screened. The programme concluded with a feedback session and satsang.



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News Snippets

Hubli, N. Karnataka

A session on 'Parenting & Relationships' was conducted on 14th December. More than 70 abhyasis from Hubli, Kallur, Dharwad, Navnagar and Kadpatti were present.



Hubli

Centre Visit , Tamil Nadu

On 19th October, 14 abhyasis from Karumathampatty visited Coonoor and Ooty centres. They attended satsang and all abhyasis shared their views about regular practice and developing love towards Master. They were impressed by the hospitality and brotherhood shown by the Coonoor and Ooty abhyasis.



Ooty



Gola Gokarnath

Vellore, Tamil Nadu

A two-day programme was conducted on 'Constant Remembrance' at Vadavirinchipuram Ashram, Vellore on 8th & 9th November. Around 24 abhyasis from nearby centres attended.



Vellore



Vadodara

Gola Gokarnath, Uttar Pradesh

A teachers' training workshop was organised in Purshottam Bal Vidhya Mandir school. The workshop was attended by 23 teachers from Netaji Subhash Chandra Bose school and Purshottam Bal Vidhya Mandir.

Vadodara, Gujarat

Two programmes were conducted in Baroda high school, Alkapuri for the senior secondary classes on Values and Leadership. The students enjoyed the interactive session which helped in boosting their self confidence and in looking at themselves with respect.

Grounding in the Practice – Training Programmes

A few photos of GTP sessions conducted in centres across India can be seen here.



Jodhpur



Sirsi



Patiala



Sirohi



Goa



Palakkad

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Sathupalli Ashram, Telangana

Centre of Light



Sathupalli is a town in Khammam district of Telangana state. The town is nearly 100 kms from Vijayawada. The nearest railway station is Khammam, which is also the district headquarters and is situated between Vijayawada and Warangal. There were around ten abhyasis practicing Sahaj Marg in Sathupalli during 1980-1990. In 1990, a prefect, brother P. Surya Bhaskaram, was transferred to Kothagudem from Belampally in Khammam district. He used to travel nearly 60 km to Sathupalli to meet the abhyasis. After his frequent visits, the number of abhyasis increased from ten to twenty by the year 1997-98.

An abhyasi brother donated a piece of land measuring about 278 square yards in the heart of the town, adjacent to the main road leading from Khammam to Rajahmundry, to build an ashram. The land was registered in the name of Shri Ram Chandra Mission on 26th February 1992. An ashram building was constructed with RCC slab and completed in the year 1998 with the help of generous donations received from abhyasis and the local people. The plinth area of the ashram is –

meditation hall (545 sq. ft), kitchen (200 sq. ft), a total area of 2502 sq. ft. The ashram has a library well equipped with a computer, printer and internet connection. The ashram was inaugurated on 27th June 1994 by brother S.A. Sarnad. Two additional rooms and an open hall were constructed on the terrace in 2011 for a dining area and kitchen stores. It was inaugurated on 2nd February 2011.

Around forty abhyasis live in the same street and they gather at the ashram everyday from 5.00 to 6.00 a.m., 9.00 to 10.00 a.m. and 5.00 to 6.00 p.m. for satsangs. Reading of Whispers messages and Mission literature is held daily in the ashram from 11 a.m. to 1 p.m.

Prefects from Khammam and Kothagudem centres have been visiting this centre for giving individual sittings and conducting full-day programmes.

The present strength of abhyasis is more than eighty. All the abhyasis, including new abhyasis, have participated in the GITP programme held at Sathupalli centre during August and September 2013.



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