



SHRI RAM CHANDRA MISSION



## Master's News

### Hyderabad: 6 to 9 March

Local abhyasis received news of respected Kamlesh bhai's impending visit just a few hours ahead of his trip to Hyderabad. He went straight to the zonal ashram, Thumkunta and after conducting satsang, gave a talk saying, "For me it is an important visit, because it's my first visit after our beloved Master's *mahasamadhi*. The first centre within India shall always remain in my memory – of visiting this place." He emphasised that it is not important to meet Master on the physical level, but it is important to build a heart-to-heart connection.

On 7<sup>th</sup> March, Kamlesh bhai inaugurated the meditation hall at BHEL Ashram and held two satsangs. He underlined the effect of the three 'suggestions', when made in a prayerful way, and the need to practice sadhana regularly. He then decided to visit Kanha, the ashram project which was one of beloved Chariji's cherished projects.

Kamlesh bhai conducted satsang at Thumkunta on 8<sup>th</sup> March. In his talk he stated that we can protect our hearts from the imperfections in the world by embracing love. During the day, a preceptors' meeting was held in which points related to the work and new methods were clarified. After evening satsang, he headed back to Kanha.

On the 9<sup>th</sup>, Kamlesh bhai conducted satsang at Kanha and then in the evening returned to Chennai.



### Maharashtra Tour

#### Mumbai: 13 to 15 March

On Friday the 13<sup>th</sup>, Kamlesh bhai arrived in Mumbai and proceeded to Badlapur to visit the site for a new ashram. He conducted satsang and gave instructions to the committee members regarding the development of the site. He planted a tree before leaving for Panvel Ashram.

In Mumbai, he held satsangs, met with preceptors and addressed the abhyasis, remarking that one has to maintain a sense of balance in one's life between the material and spiritual. He said this meant that one should ideally have a material life that allows for a spiritual path to be easily undertaken.

On Saturday, 14<sup>th</sup>, after satsang, Kamlesh bhai spoke about his personal experiences, saying that while pain is common to all, suffering can be a choice, adding that he too had experienced pain, but had never suffered. He was particularly happy to see such a large gathering on Sunday morning coming from centres far and wide, including Pune, Ahmednagar, Surat, Solapur, Chikli, Aurangabad, Nasik and centres in the greater Mumbai area.

He addressed preceptors in Mumbai and after the speech there was a Q&A session. Excerpts from this interaction:

- According to Babuji Maharaj, our actual journey starts only after merger with the Ultimate, a little like life truly starts only after marriage, he added.



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• On how to deal with thoughts he said, thoughts during meditation are natural, achieving a thoughtless condition is not the ideal, however if we keep this thought of the divine light with us all this time, we can meditate regardless of the thoughts.

After Sunday satsang and an early lunch, he proceeded to Nasik.

### Central Maharashtra: 15 to 19 March

Kamlesh bhai reached **Nasik** by road in the afternoon and immediately conducted satsang for the 300 abhyasis gathered there. In the evening, he inaugurated the temporary meditation hall at the ashram site. He had an hour-long session with the youth and covered various questions about new abhyasis, wasting time watching TV, modern family life and how we can improve ourselves.

On the 16<sup>th</sup> after satsang and breakfast, he proceeded to Aurangabad, stopping on the way at **Yeola**, a satellite centre, and conducting satsang there. Twelve new entrants were introduced then after lunch, he was on the road again and arrived at **Lasur** centre at around 3 p.m. He conducted satsang under a tree for around 50 abhyasis near some land proposed for a meditation centre. It was a memorable moment for all those present. Kamlesh bhai finally arrived at **Aurangabad** at 4.00 p.m. Before starting the satsang at



Aurangabad Ashram, he delivered a short talk with emphasis on the need to meditate with love.

On Tuesday the 17<sup>th</sup>, he visited the Government Engineering College in Aurangabad to give an address on the topic 'Experience Meditation'. It was attended by more than 200 aspirants, including students, faculty members and invitees. In his talk he stressed that to *learn from experience* is more important than possessing knowledge. He explained the nature of meditation and the profound support given by *pranahuti* in the Sahaj Marg system. He also demonstrated the technique of relaxation. He then conducted a meditation session for those interested in the experience. Almost all chose to participate and, at the end of the session, more than 40 students showed interest in starting the practice.

After this, Kamlesh bhai proceeded to **Chikhali** and conducted an evening satsang for around 250 abhyasis, including 22 new abhyasis. After satsang, he spoke about half an hour in Hindi, then had dinner with the abhyasis and distributed prasad to everyone personally.

On the 18<sup>th</sup>, after morning satsang, he proceeded to **Jalna** where he held satsang and visited some land donated by an abhyasi for a future meditation centre.

Returning to Aurangabad, he conducted evening







satsang at the ashram and spoke to those present, in Hindi, encouraging them to bring about change in themselves. During his stay, he made the abhyasis feel that he was one of them.

On 19<sup>th</sup> March, he proceeded to **Ahmednagar** centre where morning satsang was held at the Om Garden Mangal Karyalay, after which Kamlesh bhai visited the home of a senior abhyasi. Instead of returning to Aurangabad, he changed his plan and decided to go to Pune.

### **Pune: 19 to 22 March**

Kamlesh bhai arrived in Pune with his small entourage in the evening and conducted satsang at an abhyasi's residence. On the 20<sup>th</sup>, he went to Panshet Retreat Centre, where he conducted morning and evening satsangs during the entire span of his visit. He prepared fifteen new preceptors and gave several talks to the abhyasis. In one of these he said, "Love must keep flowing from our hearts, irrespective of the situations in life. It should be like a river and not like stagnant water." In another session, he stated, "The heart will always tell you the truth and guide correctly. Greed and ego intervene and misguide. To follow the heart, one needs courage. Always follow your heart."

His time in the cottage was spent meeting new abhyasis and having discussions with those who came to see him and, as always, his unceasing work. Every evening, he enjoyed a pleasant walk to the banks of the Khadakwasla dam where he sat silently for a few moments, then interacted with the abhyasis and children, enchanting them with his openness and love for each one.

## **Coastal Andhra Tour**

### **2 to 12 April**

Respected Kamlesh bhai was ready by 6.30 a.m. on the 2<sup>nd</sup> and sat in meditation. He prayed to the Masters for this new journey to visit centres along coastal Andhra Pradesh. He mentioned that Chariji had wanted to visit all these centres again, but it did not happen for various reasons.

He reached **Sullurpeta** by around 9 a.m. and conducted satsang for the 120 abhyasis who had gathered there. After giving a short talk, he proceeded to **Nellore**. The next day, he inaugurated the new Sulochana Sadan Ashram at **Mannavarappadu**, which is around 15 km from Nellore city. During a talk he explained that samskaras and ego are two different entities. "Ego has nothing to do with samskaras. When we become wilful that, 'I will not do this', or 'I will not treat my spouse properly', it is wilfulness. This creates turbulence and chaos and more samskaras. Ego is not the result of samskaras, but ego creates more samskaras."

Continuing his tour, he visited the ashram in **Kavali** and then spent time at **Ongole** from 4<sup>th</sup> to







6<sup>th</sup> April. In these places, the local abhyasis plus those from nearby centres had gathered in large numbers. Kamlesh bhai conducted satsangs and spent time with the abhyasis and children. On the 6<sup>th</sup>, on the way to Chilakaluripeta, he visited a small village, **Yanamadla**, where he addressed 250 local people who wanted to know more about Sahaj Marg. He delivered a message about the goal of life and need for meditation.

He then proceeded to **Chilakaluripeta**. After satsang, he blessed the ashram and gave a brief talk during which he advised the local team to plant trees. He said that Lalaji desired all ashrams to be green and peaceful like the Kakabhusundi Ashram; trees retain transmission, but men may retain or lose it. So the growth of more trees will retain the charge of the ashram.

By noon he reached **Kolakalur** Ashram where he conducted satsang and the signature atmosphere of the coastal gatherings continued to be felt. While resting in the afternoon, he said that the Hierarchy is following this tour and that they were doing special work on the entire world. Spiritual openness is a necessity for humanity for its own

good and survival.

On 7<sup>th</sup> April, Kamlesh bhai arrived at **Guntur** Ashram at 8.30 a.m. Nearly 400 abhyasis were there to welcome him. After satsang, he visited the premises and keenly observed everything. As a token of remembrance of his visit, he planted three mango saplings. At 10.30 a.m. he left for Vijayawada.

On the way to Vijayawada, Kamlesh bhai stopped at KL University where the Vijayawada team had organised an Open House. About 300 students and faculty members listened enthusiastically to his explanation on the need for meditation in life. After this inspiring talk, he conducted a relaxation session and in no time the participants were drowned in a deep state. Later he gave the first sitting to all the students and on subsequent days continued with remote sittings to complete their introductions.

At **Vijayawada** Ashram, he was accorded a hearty welcome by about 40 children with a song expressing an outpouring of love from their hearts. After satsang, he visited the SMSF building adjacent to the ashram. He offered insights and advised the CIC to make optimum use of the site which is in the heart of the city. In his cottage that evening, he gave an insight into the difference between desires and wishes, asking us to reflect on why the Sahaj Marg prayer refers to 'wishes'.

On the morning of the 8<sup>th</sup>, he conducted another satsang followed by a brief talk, telling those present that new abhyasis should be welcomed with an open heart and that we should create an environment conducive to their experience of Sahaj Marg.

He continued via Elur to **Rajahmundry** Ashram, where he mentioned once again the importance of



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protecting the existing trees and the need to plant new ones near ashrams.

On the 9<sup>th</sup>, he visited **Amalapuram** and **Yanam** centres before reaching **Kakinada** Ashram in the evening. In his talk after satsang, he emphasised the need for sustained and consistent effort in our practice. "Small efforts result in very big things. Small efforts in the beginning may not sound much. But every little condition that is created in our heart adds up, like those water droplets coming from above. Each condition is also like that. We should not let them evaporate like water droplets, we must let them accumulate within our hearts and make an ocean. And when this ocean of mine merges with that of my Master, then there is beauty, magnificent beauty, you see."

Kamlesh bhai left by noon on the 10<sup>th</sup> and reached the ashram at **Sampathipuram** around 40 km from Vizag. Towards the evening, he sat outside with abhyasis and spoke about the Hyderabad project, commenting that it will be the Mecca of Sahaj Marg. The discussion then went into science and spirituality. After dinner, he sat with the local group for a long time discussing future development possibilities and answering questions about spirituality. On the next day, answering a question on laziness he said, "Our inaction also creates samskaras, our inability to do certain things, and when we keep brooding over them, that also forms samskaras."

On the 12<sup>th</sup>, after satsang at 7.30 a.m he gave a concluding talk for the tour, encouraging one and all to change for the better through dedicated practice, and attract new seekers as a result of our changed selves. He then had an informal discussion with preceptors and abhyasis, saying

that all should actively participate in the expansion of the Mission. In the afternoon, he had lunch with the volunteers and spoke to them for an hour.

Concluding this tour, he said that he was happy and impressed with the assemblies, the discipline and the approach of abhyasis to participation in the spiritual gatherings.

### Hyderabad: 13 April

Kamlesh bhai reached Hyderabad at around 10 a.m. and went to Domalguda Yogashram where more than 2,000 abhyasis were waiting for him. After satsang, he gave a short talk quoting a Whisper dated 31<sup>st</sup> March 2015, in which Babuji Maharaj states that the Kanha Shanti Vanam project will become a 'spiritual sanctuary'. He exhorted the abhyasis to be as involved as possible and to truly make it a *vanam* (jungle) with 50,000 trees or more. He also said that the project needs at least 2,000 volunteers. In the evening, he left for Delhi after spending a few hours at Kanha.

### North India Tour: 14 to 20 April

On the 14<sup>th</sup>, Kamlesh bhai conducted satsangs at the Gurgaon ashram and gave a talk after the evening meditation.

He left Delhi early on 15<sup>th</sup> morning and arrived at Amausi airport, **Lucknow** where he proceeded straight to the ashram. After breakfast and a brief rest, he examined the site map of the venue for Babuji Maharaj's Birthday Celebration and gave suggestions for improvements. He then went around the entire venue by car. Later he conducted a satsang in the meditation hall, followed by a short talk to the abhyasis.

On the 16<sup>th</sup>, he left for **Shahjahanpur** Ashram, reaching the site at 9 a.m. A few loving and enthusiastic abhyasis waited on the roadside to welcome him with garlands and loving hearts. On arriving at the ashram, he went to Babuji Maharaj's *mahasamadhi mantap* and offered flowers. After a short meditation he went to the meditation hall and conducted satsang.

After this, he went around the ashram and viewed in particular the new kitchen and dining block, suggesting many improvements to be incorporated in the subsequent renovations and new construction. He then checked his emails and discussed administrative matters. In the evening





he conducted a satsang and also visited the house of a loving and devoted abhyasi in Shahjahanpur.

In one of his talks he said, “Lalaji Maharaj used to say that we must practice in such a fashion that our progress should reflect in our behaviour. Others should be able to say, ‘Yes, he is a Sahaj Marg abhyasi.’ We must lead our lives so that we are immersed in His remembrance and the need for evening cleaning doesn’t arise. That is the ultimate achievement.”

While in Shahjahanpur, Kamlesh bhai was also attending to work in coastal Andhra, giving remote introductory sittings for a large group of villagers.

On the 17<sup>th</sup>, he conducted satsang in the meditation hall and after breakfast visited Babuji Maharaj’s home and conducted satsang in the same room where Babuji used to live and work.

He left Shahjahanpur at 9.30 a.m. for **Fatehgarh**. On arriving at the ashram, he conducted satsang then made proposals for the development of the ashram premises. In his talk he said, “Our *guru dakshina* is to spread His message to the people. Whether new seekers continue the practice or not is their wish. But they should know about Sahaj Marg meditation. We have to assure them that whenever they want it, our doors are open for them. Do not criticise them. Sahaj Marg is a path of love.”

All the abhyasis were drowned in love and gratitude when they saw their loving Master distributing food for dinner. He decided to stay in the ashram for the night and left Fatehgarh at 6 p.m. on 18<sup>th</sup> April.

On the way to Lucknow, a short break in the journey was planned at the PWD Inspection House at Hardoi. He met the local abhyasis and conducted a satsang before proceeding to the

Lucknow Ashram.

On the 19<sup>th</sup>, Kamlesh bhai rose early, checked his emails and then conducted morning satsang in the meditation hall. After satsang he delivered a speech in which he emphasised the importance of meticulous practice. He expressed the need for discipline and stressed that this is for the abhyasi’s own benefit.

He had lunch with all the volunteers in the cottage and in the evening came to the meditation hall to conduct satsang. In a short speech he said, “So stop wishing for things, start accepting them the way they are, and do it joyfully. We have to accept sufferings and that too, joyfully, to be able to learn from them. A bitter, angry, cold heart deflects the grace of the Master, whereas one who is always happy and grateful under all circumstances receives grace automatically, and such a person progresses fast.” To their delight, he had dinner with all the volunteers in the dining hall.

On the 20<sup>th</sup> April he left the ashram at 9 a.m. for Amausi airport to board the flight for New Delhi and from there proceeded to Ahmedabad.







## News from Manapakkam



### Seminar for abhyasis of Latin America and Iberian Peninsula : 9-14 February

Abhyasis from Brazil, Chile, Colombia, Ecuador, France, Haiti, Martinique, Mexico, Morocco, Portugal, Spain, USA, and Venezuela participated in this seminar.

There were three meditations and two programmes each day. Several sessions during the seminar involved self-reflection followed by discussions in small groups and, later, comments from individual participants, sharing their personal thoughts and feelings. A series of presentations centred on the theme: 'Internalise the Master and Externalise his Teachings'. The session underlining the principles of communication laid out by Lalaji Maharaj made the participants introspect on the way they communicate with others, and the changes that they would bring about. During the final days of the seminar, many abhyasis shared their answers to these questions and gave examples from their personal experiences as evidence.

On Friday, 13<sup>th</sup> February, Kamlesh bhai gave a talk

to the seminar attendees. A few points from the talk are given below:

- Our knowledge must be backed by our experience. Our thoughts have great potential, but they must be backed by experience, like a heart-felt intuition, and this then becomes real truth.
- Don't speak too much. Our exterior behaviour is the manifestation of our inner beauty and that purity flourishes when everything is done correctly.
- Our method of cleaning is very effective. Three variations we can make on the original cleaning practice: (i) a brief cleaning before making a decision, thereby avoiding a negative outcome, (ii) a brief cleaning before meeting someone, to avoid a potential confrontation with that person, and (iii) a brief cleaning immediately after a negative incident occurs.

### Prefect Candidate Programme 6<sup>th</sup> to 15<sup>th</sup> March

This seminar was attended by 43 brothers and sisters and took into account the changes recently introduced in preceptors' work. Sessions were held on topics including the philosophy of Sahaj Marg, reading the condition, and the Ten Maxims.

Kamlesh bhai was very generous with his time, addressing the candidates on three occasions. He stressed the need for preceptors to be humble and anonymous in their work, and also the importance of practising sadhana with fervour. The candidates were delighted when he joined them for dinner on the terrace of the auditorium block.

The seminar generated a sense of brotherhood and of purpose as the new preceptors prepared to take up their 'sacred and noble' work.







### ‘Designing our Destiny’: All India Youth Seminar – March

Around 450 participants between 18 and 25 years arrived from all over India to attend this seminar, having prepared for over two months with weekly activities sent via email. The emphasis throughout was on ‘experience’ rather than ‘information’.

The programme began with a video of Chariji’s talk ‘Becoming Visionaries’. Sister Elizabeth Denley described how, through the systematic practice of Sahaj Marg, an aspirant is able to evolve from ‘communication’ to ‘communion’ with others. Other activities included inspiring sessions on the practice of Sahaj Marg. On returning from his travels, Kamlesh bhai conducted the morning satsang on day three and every day thereafter. Many valuable suggestions were given in his talks to the group:

- Go from doing prayer to being in a prayerful state all the time. Go from meditation to being in a meditative state all the time.
- When we are in a bhandara, we are like buckets lowered into a well. It appears full while it is immersed, but the moment it is taken out some water is spilled, and if there are holes in the



bucket everything goes out by the time the bucket comes out. These holes are nothing but desires in our heart.

- When a vacuum holds two hemispheres together, it is very difficult to separate them. When you introduce a small amount of air, they are easily separated. Such is the power of vacuum. Create such a vacuum in your heart that a powerful inseparable bond is created with the source. Vacuum in the heart is spoilt by even the smallest desire.
- Always love and respect your parents. Nothing is worth causing them pain.
- Willful desires interfere with our destiny. Destiny unfolds when we learn not to interfere with it.
- There are two features to the practice. The *practice itself* accounts for 5% of our approach, and the *attitude* accounts for 95%. Practice can be taught, attitude cannot be taught, one has to develop it.

Kamlesh bhai also took two Q&A sessions, providing responses in a jovial manner, but underlining the need to seek guidance from within. He was happy to meet the group and hoped that all





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would prepare themselves for higher work in the future, recommending a thorough study of the following core books: *My Master*, *Role of the Master in Human Evolution*, *Revealing the Personality*, *Love and Death* and *Complete Works of Ram Chandra*.

As the seminar drew to a close, the sadness that accompanies all such endings was replaced by an overwhelming sense of joy, and a sense of a new beginning.

### Eastern States Preceptors' Seminar 24 to 28 March 2015



This seminar, entitled 'Internalise the Master and Externalise His Teachings', was attended by 82 preceptors from West Bengal, Bihar, Orissa, Jharkhand and Sikkim, as well as invitees from Maharashtra, Madhya Pradesh and Tamil Nadu.

The programme was coordinated by a team of eight facilitators and adopted the prime objectives given by Chariji Maharaj for such seminars: to promote a real brotherhood among preceptors, encourage mutual co-operation and exchange of ideas.

Among the themes covered in various talks and discussions were 'A Conscious Lifestyle', 'Refinement and Destiny', and 'Doing, Not-Doing'. Each session commenced with the practical application of one of the new techniques announced by Kamlesh bhai earlier this year. Everyone also had the opportunity to learn the 'Heartfulness' relaxation method.

On the last evening, Kamlesh bhai hosted a dinner on the terrace of the auditorium building. He interacted with all the participants in a very cordial way and touched everyone's heart. The participants expressed their eagerness to attend more such programmes.

### Spreading the Message

Yanamadala is a small village in Yaddanapudi Mandal of Prakasam district. Respected Kamlesh bhai visited this village and conducted an open house on 6<sup>th</sup> April during his Coastal Andhra tour. Nearly 250 villagers had gathered to know more about Sahaj Marg system of meditation. He delivered a message on 'The goal of life and need for meditation'. Sister Uma Gangadhar (CIC, Nellore) translated the message into Telugu. The MLA of this constituency also participated. He requested Kamlesh bhai to conduct another Open House during their constituency level meeting at Martur. Kamlesh bhai answered some queries that came up during the session underlining the need for meditation.

On 16<sup>th</sup> April, another Open House was conducted in Martur village of Prakasam District as requested by the MLA. 800 officials and non-officials attended this session. Sister Uma Gangadhar explained the Sahaj Marg way of meditation and the goal of human life. Later Dr Venkat R Edara briefly explained the benefits of meditation and invited those present to sit for meditation for 10 minutes. After the meditation all felt relaxed and some said that they had experienced extraordinary calmness. Kamlesh bhai was in Shahjahanpur at this time. He gave a remote sitting for the 800 individuals present. After the sitting he addressed the gathering and told them that in order to complete the introductory sittings they would need to sit at 9.00 p.m. on the 17<sup>th</sup> and 18<sup>th</sup>. Many volunteers were actively involved in organising this event.





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**U-Connect Activities****Ghaziabad**

A one-day U-Connect seminar was organised in Shanti Kunj Ashram, Ghaziabad on 29<sup>th</sup> March. It was attended by more than 80 participants from centres including Agra, Meerut, Hapur, Gwalior, Muzzaffar Nagar, Moradabad, Noida, Vaishali, Delhi and Gurgaon.

Brother Sumit Arora (CIC, Ghaziabad) and brother Harpreet Bhann (Noida) conducted the session and introduced the core theme, purpose and methodology of the U-Connect programme. They jointly responded to queries from the participants.

The volunteers demonstrated a mock session on 'Orientation' and 'Yoga'. At the end of the seminar, the participants were requested to identify educational institutes in their local areas where this Self Development Programme (SDP) could be included in the curriculum.

**Kolhapur**

The SDP programme introduced to MBA students of Bhima Institute of Management & Technology (BIMAT) in Kolhapur concluded successfully. The programme received excellent support from the Dean of the Institute.

A total of 12 sessions were conducted, from August 2014 to February 2015. These interactive sessions were attended by 31 students and received encouraging response and involvement from the participants. Some sessions were also attended by faculty members of the Bhima Education Society, who appreciated the substance and values delivered through the programme.

About 27 students have been introduced to the systematic practice of meditation and have taken sittings. Group meditations were conducted in the college campus. Certificates of Participation were distributed by Mr. A.K. Gurav in a grand function during which students shared their experiences and explained how the meditation technique had benefited them.

It was announced that in July 2015 a special slot would be allocated in the timetable for the U-Connect programme in order to extend its benefits to the maximum number of students.

**Kolkata**

A two-day U-Connect faculty development/ orientation workshop was organised at BMA, Kolkata on 14<sup>th</sup> and 15<sup>th</sup> March. The workshop was attended by around 75 abhyasis from Bihar, Jharkhand, Assam and West Bengal. The participants were given an overview of the U-Connect initiative followed by discussions on the roles and responsibilities of the coordinators, facilitators and faculty, the material prepared by the U-Connect team and how to approach institutions. The participants were divided into five groups, each of which was assigned a chapter from the U-Connect curriculum and they had to present a mock session on the given topic. The programme concluded with a feedback session and the definition of an action plan.







## AP North

UConnect news contd...

On 14<sup>th</sup> and 15<sup>th</sup> March, a mock training session was conducted at Warangal Ashram, Ashwapuram Centre and Sathupally Centre of Zone 1A. Presentations were given on meditation, values, yoga, religion and the theme 'Internal Development Leads to External Development', followed by a video of Master. Along with the youth, many local abhyasis and preceptors also participated. This programme gave an opportunity for all the young people to get to know each other and connect to Sahaj Marg. Students participated with enthusiasm and openness.



To participate in U-Connect work, please subscribe to:

<http://www.sahajmarg.org/resources/programs/uconnect>

## Values Education

The Values Education (VE) programme, launched by SHPT, is in full swing in different parts of the country. Many schools have opted to include the VE syllabus as part of their curriculum in the new academic sessions that started in April.

The VE syllabus was introduced in April at Ambuja Public School **Rabriyawas** (Rajasthan) for classes VIII & IX. After the initial sessions, students have shown a positive attitude towards the classes and are responding enthusiastically.

The VE syllabus was launched in St. Michael's School **Siliguri** for the 2015-2016 session. Presentations were conducted for the 9<sup>th</sup> and 8<sup>th</sup> grades on the 7<sup>th</sup> and 11<sup>th</sup> April respectively. An idea of how to impart the six 'core values' through active learning was also given. Overall these were very interesting sessions in which students participated actively.

On 7<sup>th</sup> April, an orientation session on the Values Education programme was organised for teachers at the Kendriya Vidyalaya No. 2, Railway Colony, **Jhapatapur**. Participants were given an overview of the programme with emphasis on the importance of nurturing values. Towards the end of the session, teachers promised to help the volunteers in conducting classes.

To participate as a volunteer in Values Education in your area please visit:

<http://www.sahajmarg.org/resources/programs/values-education>





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**Youth Activities****Sholavandhan, Tamil Nadu**

On 14<sup>th</sup> April, a programme was conducted for 30 young abhyasis from Sholavandhan, Sivagangai, Chinnalapatti and Madurai centres. The participants shared their experience relating to activities held in their centres aiming to encourage the abhyasis to grow towards the Master, Method and Mission. Lively presentations followed of quotes from the Masters on how to bring about necessary change within us and on the book *Reality at Dawn*. Finally, the youth discussed future activities to promote the development of the Mission. For all those participating, the day's programme felt like a spiritual retreat.

**Hubli, Karnataka**

A two-day youth seminar was conducted in Hubli centre on 13<sup>th</sup> and 14<sup>th</sup> March for 42 young abhyasis from various centres of North Karnataka. The Hubli youth team had worked intensely for more than a month in preparation by personally visiting various centres and motivating the youth to participate. They had interactive sessions on the goal, the spiritual journey, the practice and transformation, which gave ample importance for introspection and self expression. Morning physical exercises, satsang, Golden Silence, games, a picnic and evening cleaning were also included in the schedule.

**Summer Camp, Ghaziabad**

A summer camp was organised on 11<sup>th</sup> & 12<sup>th</sup> April for children at the Shanti Kunj Ashram. Children from Ghaziabad, Noida and Vaishali Ashrams participated and a welcome kit was given to each child.

Theme for the Camp was '*Inderdhanush*' (rainbow). The ashram premises was artistically decorated with various crafts, spreading colours everywhere. The camp began with an aerobics session. Breakfast was a practice in the values of sharing and caring, combined with a story-telling session. This was followed by an 'art and craft' session using recycled materials. Lunch was followed by a puppet show and movie. Evening hours were spent in volunteer work: cleaning the ashram premises, washing chairs in the meditation hall and watering plants. The children exhibited an amazing sense of sincerity and derived a lot of joy from doing the work.

Volunteers organised outdoor games of football, cricket and tug-of-war. They enjoyed the game of dumb charades and the aerobics session in the evening. The day concluded with the writing of their diaries, and the night prayer.

The next morning, breakfast was followed by an aerobics session. While the abhyasis were in the meditation hall for the Sunday satsang, the children decorated the children's centre and played games. They discussed and appreciated the values of sharing and caring, team spirit, unity, hard work, respect for nature, co-existence and cooperation. They left for their homes eagerly awaiting the next summer camp.







## News Snippets

### Coimbatore, Tamil Nadu



A new sub-centre was inaugurated on 5<sup>th</sup> April near Coimbatore Airport in order to facilitate around 40 abhyasis who live nearby. The 7.30 a.m satsang was conducted by the ZIC, brother T.V.V. Rao. It was attended by 10 newcomers as well as around 80 existing abhyasis. This was followed by a Q&A session in which Coimbatore CIC, brother T.S. Maniam, and the ZIC answered questions raised by the audience. After an experience-sharing session, the programme ended with a second satsang and lunch.

### Bhilwara, Rajasthan

After satsang on 8<sup>th</sup> March, a presentation was given in Bhilwara on the theme 'Race with Life' to which friends and relatives of abhyasis were also invited. Participants were asked to reflect on a set of ten questions about life including Is it a journey or race? If life is a race, what are we racing for? Are we all racing in the same direction? Why don't we pause to figure out our direction? In an interactive session, the participants were asked which question had struck them the most. At the conclusion, they were asked to fill the feedback forms. All said that they liked the programme and would like further sessions to be held regularly. It is hoped that this event has succeeded in initiating a process of reflection that will change the course of their lives.



### Mangalore, Karnataka

A workshop on 'How to Develop Devotion' was conducted on 22<sup>nd</sup> February by brother Mohandas, Director, CREST. It was attended by 69 abhyasis from Mangalore and nearby centres. He explained the importance of devotion to Master and why it is necessary for speedy spiritual progress. Abhyasis were asked to express their views on how such devotion could be developed and requested to list obstacles to developing devotion.

After lunch, a group discussion was held on the topic. In summarising the views expressed, brother Mohandas said that

if every abhyasi seriously implemented three or four of the suggestions discussed, he/she would surely develop devotion and progress rapidly! A Q&A session clarified some doubts. Abhyasis were invited to introspect for ten minutes on what they felt they should personally do to increase devotion, after which each person shared one point with others. The workshop concluded with evening satsang at 4 p.m.