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## Master's News

### The Whale

One morning in Dubai, Master gave a beautiful sitting. After the sitting, the German abhyasis had a gift for Master, which they explained was to represent the spontaneous and playful attitude of the Germans. An affectionate laughter followed. The gift was a Swarovski crystal dolphin riding a wave. When Master opened the box he seemed taken aback, leaned back in his chair, and said [in words remembered by abhyasis present]:

You won't believe it if I tell you. In my meditation, I saw a whale at the bottom of the ocean and it was very weak, too weak to move. Then, it *floated* to the top. (He repeated that it *floated* because it was very weak.) At the surface it began feeding on algae and krill and became very strong. Again he said, "No one would believe it if I told them." Someone asked if the whale represented the Germans? He said, "No, it is Sahaj Marg."

As he was leaving, he walked past an abhyasi from the U.S. who asked if the whale in his vision might in some way be connected to the theme for the upcoming North American gathering. He again repeated that no one would believe it if he told them. She said, "It is very optimistic," and he corrected her and said, "No, *it is*." And with that comment, he punctuated the air with his finger, as if to put an exclamation point to the statement.

He was positively glowing from this experience and we could all feel that our master's work on behalf of humanity was secured for all in that moment. (January 26, 2011)

### A Few Pearls from Master's Dubai and Satkhol Trips

During his recent tours of Dubai and Satkhol, some North American abhyasis accompanied Master. They have shared their gleanings below.

- Master said that he wanted to share a dream he had the night before. He was alone and was wondering why the abhyasis are not progressing. He got the answer that in all other spheres of life we are ready and trained to excel and to exceed, to go beyond records and our teachers, except in the field of spirituality. We think that in spirituality it is not possible for us to succeed: only special people can do it. He can do it because he is the master or he is a saint. We limit ourselves.
- From a will power that is totally opened and undirected, through discipline, we help a child focus his will power to do what he can do, when and as he should, until in the end



there is only one choice, the right one. If the child is not disciplined at home, he will have to try at school and will create a tantrum requiring him to be disciplined. If he is not disciplined at school, he will enter the adult world with the same unfocused will power and will surely fail to find his place in his job. From unfocused will power we should try to develop focused will power. ...Consistency and discipline in the parents' behavior seems to be the surest way to help our teenagers develop and learn to focus their will power.



- Seminars should be inspirational rather than educational. Religious teaching has brought no change to humanity. A teaching should gently open a heart. For example, if you give a rose bud to a child it will open the flower by plucking the petals, but when the sun gently warms the flower it cannot resist opening. A gentle warming is the principle. So our seminars must not be educationally oriented; they must be inspirationally oriented.

Next:

**North American Celebration of Beloved Babuji's 112th Birth Anniversary**





## Invitation for National Gathering

### North American Celebration of Beloved Babuji's 112th Birth Anniversary

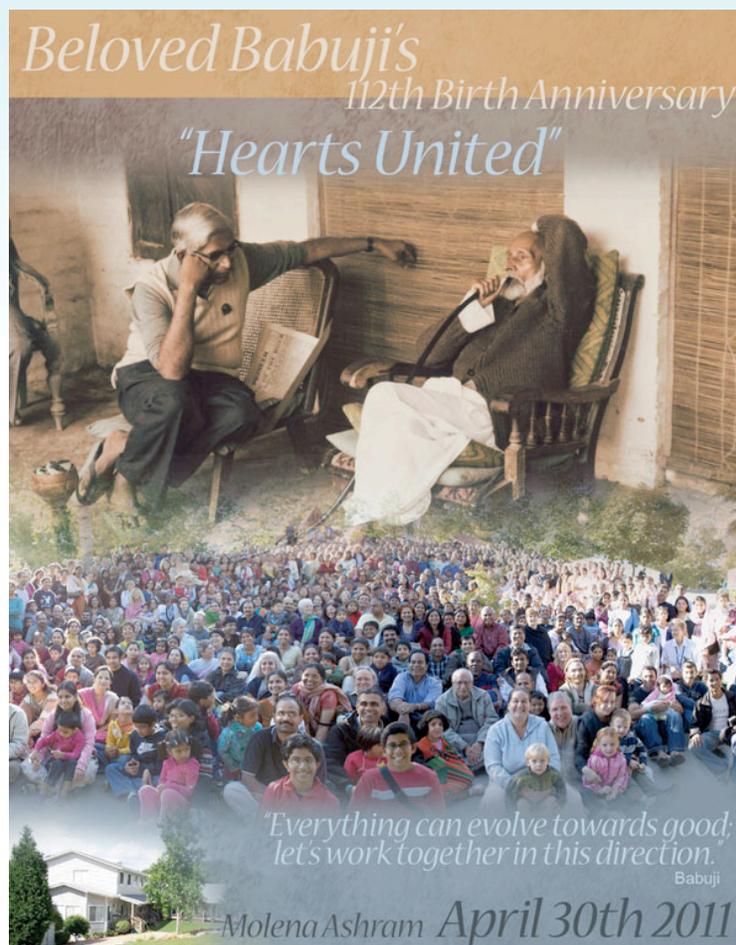
Molena, GA \* April 29, 30 & May 1, 2011

... this is a brotherhood, and a brotherhood means, irrespective of any external manifestation or beliefs, we are always one because we share the same heart, the same family — of humanity. I don't even like the word abhyasis. Brother and sister! To me all are brothers and sisters... this is not a meditation facility for... Dubai; it is a meditation facility! It is like one of those old caravanserais, where any traveller could come and tie up his camel, fill his water pot, eat something and go on. This is the place where you will find rest, where you will find peace, where you can retreat into yourself, and renew yourself and walk out fresh.

*Excerpt from Master's talk in Dubai for the inauguration of the Dubai Meditation Center*

Dear Brothers and Sisters,

All are invited to attend the North American Celebration of Beloved Babuji's 112th Birth Anniversary Celebration from the 29th of April to the 1st of May 2011 at the Molena Ashram situated in the picturesque hills of South Georgia. Master has provided us the theme, *Hearts United*, which is ripe with potential and heralds a period of soulful reflection and heart-felt communion. The celebration provides us with the golden opportunity to be immersed in the tranquil environment of the ashram, free ourselves from the usual activity of daily life, and "find peace, where you can retreat into yourself, and renew yourself and walk out fresh."



The following link provides information on registration, directions, nearby hotels, and the tentative program schedule [www.sahajmarg.org/registration/selectSeminarHandler.jsp?seminar=110006](http://www.sahajmarg.org/registration/selectSeminarHandler.jsp?seminar=110006) For any additional information, please email: [naseminar@srcm.org](mailto:naseminar@srcm.org). Abhyasis are requested to register by March 31, 2011.

## Announcements

### Congratulations

Congratulations to **Carolyn Grace Romano**, 18, of Floyd County, VA, who is the 2010 winner of the Overseas Essay Contest with her essay, "Character is not a Wall but a Staircase". With adept expression she has shared an inspiring perspective on human potential.



grew up in the Mission. There will also be VBSE activities and plenty of opportunities to have fun and just hang out. Stay tuned for more details!

### Sahaj Marg Teen Camp to Debut This Summer!

Soon your teen can explore spirituality with other Sahaj Marg youth, ages 13-19, in a summer camp-like environment at the Molena ashram. Activities will promote personal spiritual exploration and team building. In addition to discussions of Mission literature, audio and video, teens will participate in team-building activities, adventure outings, art, games and community service. To receive details as they become available, you can email Shelly at [iluvsascha@gmail.com](mailto:iluvsascha@gmail.com).

### Teen Programs for the National Gathering

Be sure to invite your teens to the National Gathering, where they can bond with other Sahaj Marg teens through discussions and activities led by college-age abhyasis who





## Administrative Ashram report – 2011 First Quarter, Bill Waycott

**Molena:** the North American gathering is set for the last weekend in April to celebrate our Beloved Babuji's birthday. In anticipation of the event, several work projects have been undertaken including painting of the buildings and decks. Registration is now open and all abhyasis are requested to register early so that program planners may work effectively.



### At the Ashrams:

**Dayton:** Forty-five prefects attended a December training seminar.

**Sunderland:** Forty prefects attended a PTP, 149 abhyasis and children attended the New Year's Gathering, and 15 attended an ATP.

**Cranbury:** Due to extreme cold weather, construction has been delayed until March.

**Fremont:** The city's approval of the building renovation plans is anticipated at the end of February. The project construction phase is expected to take three to four months.

### New Prefects

Tim Andenmatten, Champaign, IL, [tandenmatten@hotmail.com](mailto:tandenmatten@hotmail.com)

Trevor Weltman, Detroit, MI, [TreWeltm@gmail.com](mailto:TreWeltm@gmail.com)

Rohit J. Parmar, Dallas, TX, [rjpparmar@yahoo.com](mailto:rjpparmar@yahoo.com)

Jim Cowen, North Stonington, CT, [jrcowen@comcast.net](mailto:jrcowen@comcast.net)

### Apply for an ID card

ID cards are being used worldwide for registration at seminars and gatherings, and are essential for entry into the ashrams. With the upcoming National Gathering, this is a great opportunity to apply for the ID and collect it at the venue. Please send your request by using the link below as soon as possible. <http://www.sahajmarg.org/resources/forms/identity-card-abhyasis-outside-india>

### UN Observance Days March-June

(See Outreach for further information)

UN Day for the elimination of racial discrimination - March 21

UN Day of Families - May 15

### Abhyasi Training Program Level 2

Level 2 programs will be offered beginning this spring. Level 1 is prerequisite to Level 2. Contact Kim Hansen for times and locations. [srcm@ica.net](mailto:srcm@ica.net)

## Ashram Updates

### This Month at Cranbury

AMC Team, Cranbury Ashram

Amidst this winter's extreme weather in the Northeast, progress has been steady at the ashram. A new AMC team also has been constituted to coordinate the ashram work. The ashram project is now in the final phase. Contractor bids are in and soon one will be chosen to build an extension of the sewer and water lines, parking lots and additional restrooms.



Work weekends are continuing regularly. Increased family participation is helping to bring children into the ashram environment. Because of the inclement weather conditions, most of the work has been inside burnishing steel fixtures, renovating rest rooms and regular cleaning.



We look forward to your participation in the efforts. Please feel free to reach out to us for planning your center's work weekend.

### SPURS Retreat Center, Austin, TX

Tom Stoner



Coming to appreciate more deeply the importance of our abhyas, to be inspired to be regular in practice, to allow it to become an experience filled with joy— these are some of the benefits that brothers and sisters have found while in retreat. We tell abhyasis who come to the retreat center that unlike a gathering, there is no planned program. The program here at SPURS is one's practice and what a unique opportunity it is that our Master has provided to practice and *become*.





## Outreach and UN Days

### Outreach Update: Meet Up for Meditation

Chris Mills

An outreach tool that several centers are using is meetup.com, a website that connects people with common interests and encourages local meetings or 'meetups'. When you create a local meetup page, the website will send out one announcement to potentially several hundred people in your city that have a common interest, such as meditation or spirituality.

A good example of a well-functioning meetup site is the Cleveland, OH meetup page – <http://www.meetup.com/Cleveland-Natural-Path-Meditation-Center/>. The site is well organized and has done a good job of attracting local aspirants. The site won't allow you to resend the initial announcement, so it is important to have the proper setup before launching the site, including the right meta tags and a location where you can immediately start holding your meetups. For more details on planning a meetup in your community, contact either Chris Mills at [millsctm@gmail.com](mailto:millsctm@gmail.com) or Brian Jones at [brianjonesart@yahoo.com](mailto:brianjonesart@yahoo.com).

### UN Day Observances

SRCM was formally associated as a Non-Governmental Organization (NGO) with the United Nations Department of Public Information in 2005. SRCM contributed the Universal Prayer to the UN charter to complement efforts made by numerous other organizations to serve humanity in their own unique way. The idea behind observing UN days is that at these events, abhyasis, their friends, families, neighbors and associates can come together in a silent, non-denominational prayer-meditation for the integration of humanity and the well-being of the people of the world.



Past UN events at various centers

We are doing this because the Universal Prayer can bring about peace and the well-being of all. We organize the event each time with hope for widespread participation, since the cumulative effect far exceeds the sum of the individual effects. <http://www.sahajmarg.org/resources/un-dpi/newsletters-and-resources>

## Programs

### Abhyasi Training Program

Christine Jones

As we continue to offer the Abhyasi Training Program (ATP) throughout North America we have found the reports submitted from the program presenters quite useful. One question has been asked in nearly every session: what is the difference between trying and attempting?

The question arises following the presentation of Babuji's assertion: "There are three obstacles in the path to realization:

- 1) We try but there is no attempt
- 2) We try too many things at the same time
- 3) We do not have the confidence in ourselves."

The *Oxford English Dictionary* makes a clear distinction between the two words. To try indicates our willingness to do or experience something new. The *OED* uses it in a simple sentence, "I started to try and untangle the mystery". It is from Old French *trier* which is to 'sift.' To attempt is an effort to do something to complete and achieve an action or a difficult task. An example sentence is, "She attempted a comeback". It is from Old French *attempter*, from Latin *attemptare*, from *ad-* 'to' + *temptare* 'to tempt'.

This repeated question has prompted us to ponder the application of Babuji's observation. We begin to try the practice—Maxims 1 & 2. These two maxims tempt us into integrating Maxim 3, which clearly implies that there is something to attempt: "Fix up your goal, which should be 'complete oneness' with God. Rest not until the ideal is achieved." Babuji has always told us that only willingness is required on the path. Now from this very act of trying something new, willingly, by integrating the practice of meditation into our daily lives, we must take the leap to attempt to complete the task. This is and must be the natural evolution of our path. Otherwise we try but there is no attempt.

From the ATP reports we have seen the need for the program and its effectiveness: It provides clarity for how we approach our daily practice. Our hope is that each abhyasi in North America will attend the Level 1 program at least once. Level 1 is prerequisite for Level 2 coming this spring. [Chrisj40@aol.com](mailto:Chrisj40@aol.com)



ATP Level 1 Hawaii Gathering, Dec 2010





### Value Based Spiritual Education

Ranjani Balaji, Austin, TX

Values Based Spiritual Education is not an academic subject but rather fosters the absorption of the values of good character through the behavioral example of parents, teachers and others. Phase One of the VBSE curriculum for North America, based on the VBSE curriculum for the Lalaji Omega School, has been completed. In January, after a successful Bay Area pilot program, 'Environmental Morality' was begun simultaneously in six centers: Molena, Sunderland,



Austin



College Station



Houston



New Jersey

Chicago, New Jersey, Houston and Austin. Phase Two will focus on 'Love and Compassion'.

The editors have chosen to highlight some of the reports from the pilot programs. The VBSE Phase One sessions focused on the 'Wonder of Water' as a way to create awareness about conserving natural resources, awareness of how our attitudes and thoughts affect water, and therefore would affect us since our body contains mostly water. In one session, *The Message from Water* (children's version), by Dr. Emoto, was read to the children who were amazed to learn that music, words and the surrounding environment have an observable influence on water crystals. These children had fun learning about the power of positive thinking and how our thoughts affect nature.



Molena



Sunderland



Nashua

putting garbage in the trash bin', 'I will tell my mommy to use only non-toxic cleaners as the other one is bad for the earth'.

The program has been received well by both adults and children. College Station, TX, and Evanston, IL, are also conducting short VBSE sessions, and Dallas is starting a VBSE program in March. To join a group or to learn more about VBSE and how to start a program at your center, contact Ranjani Balaji at [home.ranjani@yahoo.com](mailto:home.ranjani@yahoo.com).

### Prefect Training Programs

From East to West and North to South, Prefect Training Programs were held in all six regions at selected centers from December 2010 through February 2011. Most prefects (in groups of 25-40) were able to attend the workshops, which



Dayton, December 2010



San Jose

were presented in a similar format to that of the Abhyasi Training Program. Reports from attendees can be summed up in the following comment from Chris Mills: "While the training material covered was not new to the prefects, the seminar created a deeper faith in the master and a deeper understanding of the work. We could feel his love and devotion pour into our hearts throughout the weekend, and we left the seminar nourished and ready to give back."





## Visit to Panama

### First Visit to Panama, January 2011

Bill Waycott

In September 2010 Brother Raj Kumar and his wife, Usha, moved from Lagos, Nigeria, to Panama City where Raj will work at the Indian Embassy for the next 3 years. Before leaving Nigeria, Raj contacted me asking how to connect with abhyasis in Panama. I let him know there were none at that time, but we would work with him to establish a center there and chose the weekend of January 28-30, 2011 for a meditation workshop.

In anticipation, sister Sandra Ferrera, brother José Poy and I began planning. In Panama, Raj arranged a hotel conference center and began contacting media outlets in the area. With Raj arranging details, Sandra and José participated in a few radiotelephone interviews about the workshop during the days leading up to their travel, and on Friday appeared at SER-TV, a local television station.



Two workshops were held, attracting 80 participants each, of which 20 from each group began the practice. Attending prefects were busy answering questions, explaining the practice, and giving introductory sittings, and a satsangh was held for the new abhyasis on Sunday afternoon.

The visit to Panama proved to be quite successful. The interest in spirituality among attendees was high and their enthusiasm to start the practice was impressive. Panama is a small, rapidly emerging country. The people are educated, comfortable materially and open to different cultures and traditions. Panama is a fertile place for spiritual growth.

By way of the Master's work and vision, Panama is now the eighteenth country/territory to join the SRCM family in Latin America, and the third country in Central America. We wish to heartily thank Raj and Usha for supporting this effort in Panama and making it possible to offer the people of that country such an opportunity.

## Gatherings

### Lalaji's Birth Anniversary Celebrations



*Dallas, USA*

In the Dallas-Fort Worth area 100 abhyasis and children gathered over January 29-30 from around Texas to celebrate Lalaji's birth anniversary with the theme, 'Love'. An all ages skit, an introspection exercise based on passages from the masters' literature, and an exploration of the many ways serving the Mission offers us opportunities to develop and deepen Love were the basis of the time to introspect and share in the growth of brotherhood.



*Toronto, Canada*

Farther north, on a snowy February 2nd in Toronto, 29 abhyasis gathered to celebrate Lalaji's birthday by learning more about the grand master while sharing a DVD, listening to a presentation on his teachings and participating enthusiastically in an unusual quiz program.

Because several other celebrations were cancelled due to snow or ice some abhyasis celebrated in the quiet of the heart.





## Calendar

### Calendar of Events: March - June 2011

DATE	WHERE	EVENT	CONTACT
Mar 5-6	Detroit, MI	Regional Gathering - HTC Building	James Joseph <a href="mailto:James.Joseph@HTCinc.com">James.Joseph@HTCinc.com</a>
Mar 11-13	Bruceville, TX	Texas Regional Camping	Gautham Ganthasala <a href="mailto:gghantasala@gmail.com">gghantasala@gmail.com</a>
Mar 19-20	Clearwater, FL	Regional Gathering	Ranjana Sharma <a href="mailto:vranjana@yahoo.com">vranjana@yahoo.com</a>
Apr 2-3	Sunderland, MA	Regional Gathering	Colleen Sackheim <a href="mailto:colleensackheim@yahoo.com">colleensackheim@yahoo.com</a>
Apr 29 - May 1	Molena, GA	North American Celebrations of Beloved Babuji's 112th Birth Anniversary	Kasinathan Muralidharan <a href="mailto:Kasinathan.X.Muralidharan@questdiagnostics.com">Kasinathan.X.Muralidharan@questdiagnostics.com</a>
May 15	Detroit, MI	UN International Day of families	Yugander Boyapalli <a href="mailto:yugandhar.boyapally@gmail.com">yugandhar.boyapally@gmail.com</a>
May 21-22	Quebec, Canada	Regional gathering	Jean-Pierre LeGrand <a href="mailto:jplegrand9@gmail.com">jplegrand9@gmail.com</a>
June 4-5	West Palm Beach, FL	Regional Gathering	Claudia Russell <a href="mailto:claudjah@juno.com">claudjah@juno.com</a>
Jun 11-12	Sunderland, MA	Regional Gathering	Colleen Sackheim <a href="mailto:colleensackheim@yahoo.com">colleensackheim@yahoo.com</a>
Jun 15-22	Maui, HI	Regional Gathering	Betsy Cammack <a href="mailto:betsycammack@yahoo.com">betsycammack@yahoo.com</a>
Jun 18	Detroit, MI	Abhyasi Training Program	Satyendra Savanur <a href="mailto:Smart2m9@gmail.com">Smart2m9@gmail.com</a>
Jun 24-26	Columbus, OH	Hocking Hills Gathering	Pat Valente <a href="mailto:valentepatrick@yahoo.com">valentepatrick@yahoo.com</a>

Please contact your regional coordinator for upcoming events.

Please visit the link below to register for the above events <https://www.srcm.org/registration/index.jsp>

## Book Review and Publications

### Book Review: *Letters of the Master III*

A collection of letters between Babuji and Chariji written between 1966 and 1972, *Letters of the Master III* illuminates Partharsarathi Rajagopalachari's unfolding sense of wonder and devotion, swift spiritual development, and ever-increasing love for his Master. This collection also presents the blossoming of the Mission, including specific guidelines for preceptors and abhyasis, during the time when Chari became General Secretary; these letters describe the people, events and directives that were the foundation of Shri Ram Chandra Mission.

Reading this book, you will feel as if you are in Babuji's presence, hearing him speak, awaiting his disciple's ardent reply. With wit and insight Babuji gives wonderful hints on practicing Sahaj Marg, and shares his unparalleled knowledge of human nature and the universe.

*Letters of the Master III* documents why Babuji chose Chariji, whose intellect and great heart, expanding before us in these compelling pages, inspire us to read and practice with even more purpose and determination.

### Publications Now Available at the Molena Bookstore

Book*	ENGLISH	MESSAGES UNIVERSAL – Volume 2 (SOFT BOUND)
DVD*	ENGLISH	DVD Set-Pray For Change(Set of 5 DVDs)-(included for corpus members)
Book	ENGLISH	CALL OF SPIRITUALITY VOL I & II
Book	ENGLISH	WONDERFUL TEN
Book	ENGLISH	PRECEPTOR'S JOURNAL
Book	ENGLISH	TALES OF WONDER
DVD	ENGLISH	PREFECTS DVD SET (set of 5)
DVD	ENGLISH	GIVE FULL ATTENTION TO CHARACTER FORMATION
DVD	ENGLISH	ENGLISH-ABHYASI TRAINING PROGRAM
MP3CD	ENGLISH	TUNES FOR NEW LIFE
Book	ENGLISH	YOUTH - DIARY
DVD	ENGLISH	Living in the Present-DVD Set(Set of 5)
DVD	ENGLISH	Awaken our Consciousness
DVD	ENGLISH	Awaken to Truth
DVD	ENGLISH	A celebration of Heart's expression of it's Gratitude

\*This is a new release

