



ECHOES OF THE EAST



Editorial Note

We are grateful to our Master for giving us this opportunity to launch the inaugural issue "Echoes of the East". This is a humble attempt to network abhyasi brothers and sisters in the region, through sharing of our stories and experiences as we aspire to grow spiritually with the love, guidance and blessings of our Beloved Master Chariji.

"Echoes of the East" will focus mainly on Master's spiritual teachings for our reflection and change and to work to contribute to HIS vision to uplift mankind. It is hoped that the newsletter will help develop a bond amongst all brothers and sisters in the Sahaj Marg family. There will be ongoing information and updates on all spiritual events, seminars and retreats.

We look forward to contributions from your country to facilitate the regular production of this quarterly. Children are encouraged to contribute through art, poems or short stories to generate an interest in the regional newsletter, "Echoes of the East".

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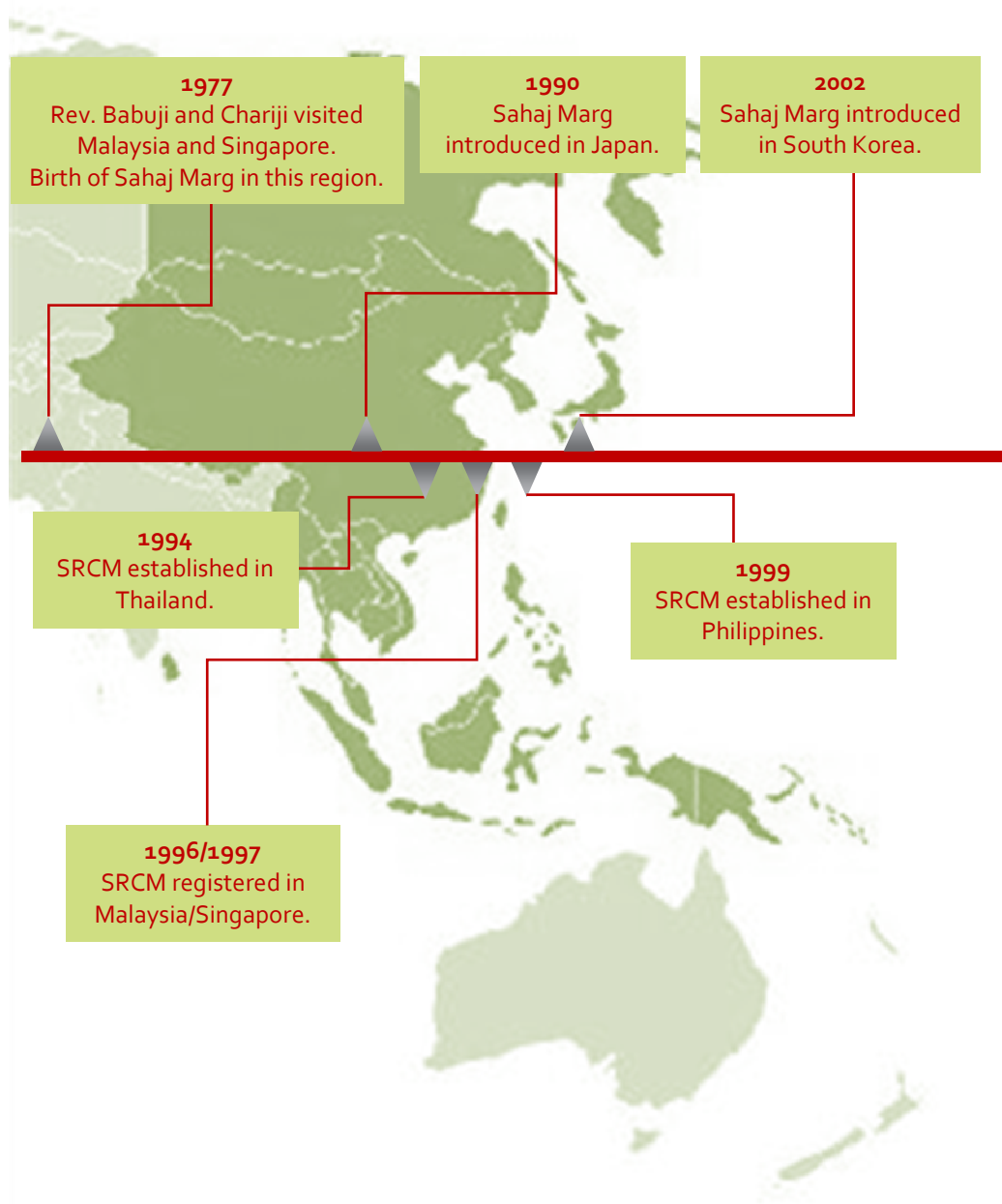
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Sahaj Marg in the East

'Sahaj Marg Patrika', a bi-monthly bulletin in its editorial issue in the May 1977 issue made the following comment on the eve of Rev. Babuji's visit to Malaysia and Singapore: "Sahaj Marg has truly now penetrated into the east and will definitely take a strong hold on the region and will very soon extend its penetration into the Far East also."

Mission activities commenced when Rev. Babuji Maharaj visited Malaysia and Singapore in 1977. Today, we have SRCM centres in Malaysia, Singapore, South Korea, Thailand, Japan, Philippines, Indonesia, China, Hong Kong, Taiwan, Sri Lanka, Macau and Cambodia.





Centre Updates

Malaysia

Mission activities are conducted throughout the year with seminars, national retreats and preceptors workshops held in the various centres. SRCM flyers are distributed on a regular basis as are introductory sessions held to introduce the practice. The Malaysian newsletter 'Sandhya' was first produced in the 1980's then revived in 2000. There is now a quarterly issue of 'Sandhya' on a regular basis. To date there are five centers in the Klang Valley and six centers in the different states. There are 210 abhyasis and 27 preceptors in the various centres.

Philippines

In February 2009, the Philippine centre will mark its 10th Anniversary. To commemorate this day, a seminar has been planned with abhyasis outside the city. Year 2008 had been good for the Center as the number of abhyasis doubled. The centre intends to grow further in year 2009 by continuing with monthly open house sessions.

Thailand

In Thailand centre, Satsanghs are conducted regularly in Bangkok. The centre also celebrates Masters' Birthdays. Once a month, Sunday satsanghs are held in Phuket. Preceptors from the Bangkok centre travel to Phuket as there are no prefects in the region. In the past one year, four open houses were conducted. Currently there are 27 active abhyasis and 4 preceptors.

South Korea

In Seoul centre, Satsanghs are conducted on regular basis. The centre also celebrates Masters' Birthdays. In February, plans are underway to celebrate Rev. Lalaji's birthday. To introduce Sahaj Marg at Mizy, a three-day workshop will be conducted on the 6th, 7th and 8th of Feb, 2009. All abhyasis are sincerely praying for our Beloved Master's visit to Korea in 2009.

Singapore

Singapore centre organizes seminars once a year apart from celebrating Masters' birthdays and preceptors meetings. The Youth Wing distributes SRCM flyers at various locations that include hotels, restaurants, food courts, clinics and shopping complexes among others to make Singaporeans aware of Shri Ram Chandra Mission and the practice of Sahaj Marg. Value Based Education Programmes are facilitated for children on the 1st Sunday of each month. Currently there are 200 active abhyasis and 15 preceptors. Besides, the centre publishes a quarterly newsletter "SRCM Singapore Voice".

Japan

Tokyo: In the year 2000, Satsanghs began at the Indian Embassy premises, then at homes of Preceptors and now the abhyasis meet at a Community Centre. Although the centre started out with young Indian IT professionals and their families, in recent months, the centre has seen more native Japanese abhyasis.

Nagoya: At present, Satsanghs are held both in Nagoya and Gifu. Individual or small groups of abhyasis are located in other cities like Osaka/Kyoto/Kobe, Matsuyama in the southern Island of Shikoku and Hamamatsu in central Japan. Interactions between these various pockets of abhyasis have been made possible by a series of Retreats that began in 2004 and the seventh such retreat is slated for the 20th of March, 2009.

Currently there are 50 active abhyasis and 6 preceptors.

[.... to be continued]

Together in Sahaj Marg



Malaysia centre



Philippines centre



Singapore centre



Japan centre



South Korea centre



Events

Singapore - UN Events, 10th December, 2008

On 10th December 2008, the Singapore Centre, in collaboration with the United Nations Department of Public Information (DPI), marked the 60th Anniversary of Universal Declaration of Human Rights. The Mission celebrated this momentous event by conducting workshops, themed "Meditation for Human Integration" in abhyasis' offices and at satsangh venues. Abhyasis shared with participants about Shri Ram Chandra Mission's work in support of the public good, distributed Mission flyers and how it works to fulfil the principles outlined in the United Nations Charter' as a commitment to universal dignity and justice. Abhyasis joined in Babuji's Universal Prayer, which He suggested in His letter to the United Nations on 8th July 1957, *"Let all brothers and sisters sit daily at a fixed hour individually at our respective places and meditate for about an hour thinking that all people of the World are growing peace – loving and pious"*. For more information please visit <http://www.srcm.org/un/index.jsp>



Singapore - Workshop

Value Based Spiritual Education (VBSE) is conducted in Singapore for three different age groups: 4-7 years, 8-12 years and 13 years and above. It is held on the first Sunday of every month from 9-10 am. We have a dedicated group of facilitators who follow the Mission's teacher's guide for VBSE.

Extended Sessions are conducted on any of the Sundays of every month. It serves as a platform to discuss and clarify different concepts of Sahaj Marg. On 11th January, the Singapore Centre conducted a two-hour workshop on Sahaj Marg Meditation that covered the basics of the practice and the FAQ's using practical examples and exercises.



Chinese New Year 2009 (Gong Xi Fa Cai) - Bro. Wey Tan, Singapore

年

Chinese New Year is the most important festival for 1.4 billion Chinese living in and outside of China. 'Gong Xi Fa Cai' is a traditional Chinese New Year's greeting which means 'Congratulations and be prosperous'. It has been 'localised' in many ways, but a non-Chinese can easily relate to the same with the following analogies.

Cleaning - The highlight of CNY starts with a thorough cleaning of one's house. The belief is one must get rid of the old, in order to receive the new.

Satsangh - Next comes the reunion dinner. Family members, irrespective of distances, return home to celebrate dinner together with family and friends on the eve of the New Year.

The above symbol is pronounced as Nui which means 'year' in Mandarin. 2009 is the year of the Ox. The Ox is a sign of prosperity through fortitude and hard work. This powerful sign signifies a born leader, possessing an innate ability to achieve great things. People born in the year of the Ox are dependable, calm, modest and are capable of enduring any amount of hardship without complaint.

Here's wishing all abhyasis spiritual growth with the spirit of the Ox in the coming year.

Applications to visit Satkhol Ashram and Retreat Centres

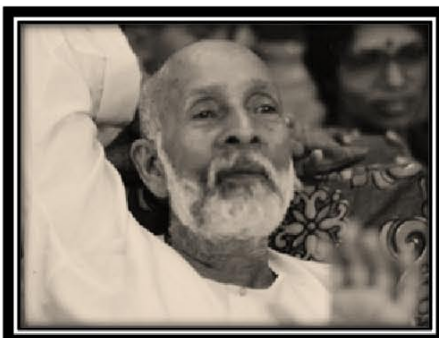
Satkhol Applications for the winter Batches for the year 2009 (Batch 254 to 271) are now available online at: http://www.srcm.info/satkhol/satkhol_home.htm. Applications will be processed on a first come first served basis. Please go through the Guidelines carefully BEFORE filling out the application form. Those who have no internet access may contact their Preceptors, CIC or ZIC for assistance.

Abhyasis who wish to enroll for retreat programs may now apply online at the following URL:
<http://www.sahajmarg.org/sm/IndiaRetreatCentersApplication.do>



ECHOES OF THE EAST

Journeys to the East (1977 - 2008)



Singapore, 1977



Singapore, 1977



Singapore, 1977



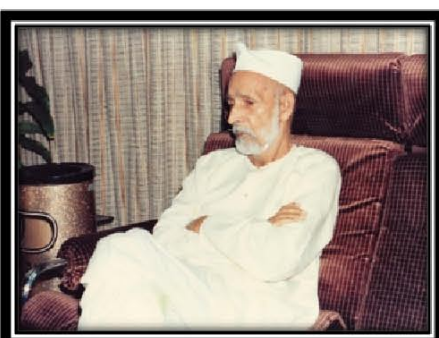
Malaysia, 1981



Malaysia, 1981



Malaysia, 1981



Malaysia, 1981



Malaysia, 1990



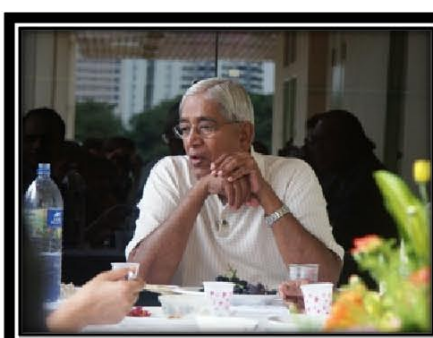
Malaysia, 1998



Singapore, 1998



Malaysia, 2000



Singapore, 2004



Singapore, 2006



Malaysia, 2006



Singapore, 2008



Words of Wisdom

► Each of our ashrams is an oasis of peace.

► It is the greed for money that has robbed us of the happiness, contentment, good health that we once enjoyed.

► Be simple and in tune with nature. You can be rich, and yet lead a simple life.

► ...in our cleaning process, it is equally important to suggest that the vacuum being created by the removal of grossness is being filled up with the Divine essence.

► ...Obedience is the first law in spirituality. From obedience comes sadhana. The guru says meditate and you meditate, he says clean and you clean, he says stay quiet and you stay quiet. But you see, people complicate matters.

► That is the real happiness, when you are happy without reason.



► Blessings don't get you remembrance, by practising remembrance you get blessings.

► Laziness is the biggest problem.

► Mukti is not available in temples and scriptures but rests in the hands of a capable spiritual guide.

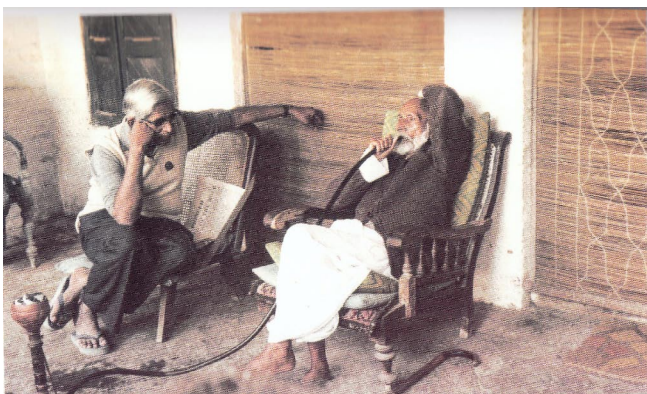
► Spirituality is the one thing that integrates all of life by clarifying and purifying our conscience.

► So we should look upon people not with mercy or compassion - let us leave that to religions – but with Love.

► Religion has a foundational role to play but like all good foundations, it should not be seen and should be submerged. Religion has no business to be visible in our lives!"

(Extracted from Sahaj Sandesh, 1 Jan, 2009)

Quotable Quotes



The will must be made to work even when we are sleeping. It is a pity that no one tries and sees for himself. After all, the Master gives the power necessary for the work. It is for us to use it. It is so simple, I wonder at its simplicity. It is all my Master's Grace!

(Extracted from Yatra, Vol II, Rev. Babuji in Malaysia, dated 16th April, 1977, pg:46)

Sahaj Marg says change is the only permanent thing in life, in the universe. It is the only thing you can expect. You cannot expect better, you cannot expect worse, but surely you can expect change. What that change will bring, we don't know.

(Extracted from 'Live in the Present', Rev. Chariji in Singapore, dated 17th Jan, 2006)

So people who have a youthful heart are never worried about themselves. Selflessness is the first sign of an innocent heart. It does not need sleep, it does not need rest; it only gives rest and repose to others. It helps others; it gives to others. It never takes, it offers; it never asks for.

(Extracted from 'Retaining the Spirit of Youth', Rev. Chariji in Malaysia, dated 22th Jan, 2006)

That is the crux of life—balance: balance between having and enjoying, knowing and feeling, being and becoming, life and death, and eventually—as my Master put it—to live without desire either for life or for death. Desire for life is as wrong as desire for death.

(Extracted from 'Balance—the Crux of Life', Rev. Chariji in Malaysia, dated 20th Jan, 2006)



Abhyasis' Insights

Realising the 'S'elf - Bro. Deepak Dovedy, Singapore

During the last week of December 2008, Rev. Master provided me an opportunity to accompany Him to Kolkata and Kharagpur .

For the duration of the trip and thereafter, I was able to realise and appreciate the magnitude of transformation He had brought about in me:

- The constant desire to remain in His physical proximity, which He patiently entertained, is no longer there. It is replaced with an intense craving to feel His presence within me and in everyone.
- Master enabled me to realise, He is at the base of everything and it was Me (my identity, beliefs, prejudices etc.) who was coming in the way.
- Unlike before, when the time came to take leave of His physical presence, there wasn't any feeling of sadness. I did feel guilty, but He silenced the noise in my head and instead let me feel His eternal presence.

I feel through His New Year's message (31-Dec-08) He has gifted us a "blueprint" (plan) for our existence. I pray all of us cooperate with Him and conform to His plans.



Evolution - The Divine Plan- Sis. Naina P. Chandnani, Philippines

The Divine Plan applies to all creation whether human, insect or bird. Abhyasis and non-abhyasis move towards the ultimate goal – oneness or complete layavastha, according to their samskaras and the will to reach the goal.

As our Rev. Master has described, the goal in Sahaj Marg is infinite. Our Divine Master who is present in the heart of all creation, guides us. It is through Him we recognise and realise this truth, and irrespective of the paths or the gurus we choose, the goal is the same.

We have started on this journey knowingly or unknowingly. The Divine Plan is felt when we are in a total state of surrender to His Will. But surrender, as we all are aware, does not come easily because of our egos. It comes when we wait patiently.

I have learnt from the Sahaj Marg way of meditation, everything is within us – the will power, faith, patience, surrender, and love. For Master to work upon us, we need to adhere to the practice.

My gratitude goes to all who are a part of my life, helping me to reach the goal. My humble pranams to my Pujya and beloved Gurudev, who is working to make me a more worthy instrument for the service of our Great Master.



Coordination and Contact: Arpan Das and MV Rajesh at echoesofeast@gmail.com

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