



Special Oceania Seminar Edition

Around 300 abhyasis streamed into Manapakkam Ashram without expectation, to be with our Master for our 6 day seminar. Abhyasis from Oceania, Latin American countries, Caribbean Islands, La

Reunion, Guadeloupe and Martinique.

To open the seminar, we were blessed with a most wonderful satsangh with Master followed by His talk welcoming us to our "Mother House" and expressing His joy at the larger and larger gatherings and now the move to National Seminars. Such gems as

- Only in the Brighter World does the heart shine
- The five senses are not there to guide us in the way of love, that is the sovereign domain of the heart
- When all the senses are closed, the real way of experiencing this world opens up to us
- Love from the heart has its own way of finding it's partner in life

Satsanghs at 6.30am, 9am (mainly with Master) and 5pm framed the daily proceedings. These intense connections with Him were followed on the first 3 days by talks by Beloved Master

<http://www.sahajmarg.org/audio/talks/oct-14-2010-chennai>,

On 15th after satsangh, Br Santosh Khanjee in his talk on "What keeps me on the train on the journey to my wonderful Master?" related his own journey experience and spoke of:

- The pitfalls of getting off the train
- service having its own trappings

He posed the question

"how do I manage myself so I stay on this train" and pointed out that much of it comes down to our attitude, the need to adjust my attitude.



He also posed the questions 'What do I need to achieve it?' and "What am I looking forward to?" In answering these questions he said that he had learned by being with Our Master. Master chose the topic of

"Unity in Diversity" for Br PR Krishna's talk given on 16th after satsangh, and some points he made were:

If we look for unity outside we won't find it the wonder of the diversity in nature

The kshob rather than the big bang was the beginning of creation. Just before creation there was nothing, afterwards, space was formed and then time followed,

until human beings occurred there were no samskaras Human beings because they have will power and ego create more diversity than there is already.

Money is one of the factors that creates diversity because it offers the opportunity to be different When we start a spiritual journey we start the journey back to unity and here he used the example of the colour spectrum moving from 7 colours back to only white, so from diversity to unity

If we stop anything dysfunctional (diversity) we stop creating samskaras

We need to ask in everything, would Master be doing this?

There is no point looking for solutions outside, the solution is inside. We need to work on our self to be a person of character.

Because there were basically 4 language groups, the talks needed to be translated each afternoon and even English speakers gained from re-hearing the talks at a slower pace.



For a question and answer session one afternoon, Master sent 3 of His 'children', including his granddaughter Madhuri to answer the many questions presented to the panel.

All were delighted when Master hosted us at dinner that same evening where a special western meal had been selected and prepared. Master's generosity with His time and attention was one of the highlights of the seminar. The gate often swung open for us with Br. Prasanna ushering us into the Cottage and very frequently into Master's presence.

The SMRTI abhyasi training was presented for trainer training and abhyasi training with translation, for a full day. Abhyasis reported gaining insight into the system and practice.



All were surprised and delighted to find Master present for the Oceania and New Zealand AGMs and

the meetings were preceded by an animated presentation showing the graphics of a very impressive Memorial to Babuji Maharaj to be erected on a site to be fixed.

There was entertainment from the different centres in the evenings. The Latin American and Caribbean groups sang local songs with guitar accompaniment, New Zealand also presented a song and a play by our resident playwright David Todd about the 5 senses and the Ego invited a lot of mirth as well as deeper thought. The final act by Ram Vashist from New Zealand mimicking preceptor and abhyasi behaviours during sittings and antics brought many laughs.



The final day concluded the seminar with a tour of the Lalaji Memorial School. A small group of abhyasis who were leaving that evening were blessed to spend time with Master outside His Cottage.

He shared the revelation He had experienced during the 9am satsangh that morning, and said that such sittings, where He is able to remove Himself completely, give the purest form of pranahuti, completely untouched as it comes from the source.

He said it is like a white light that does not get filtered. The physical, mental and even the ego thinking "I am giving the sitting", are not there. Such sittings take the life out of Him, like it did to Babuji in the latter part of His life when He could only manage one sitting a day, and would be exhausted after giving it. Master asked us to note this in our diaries.

Good byes were said and abhyasis glowing with joy, gradually moved off home to their various countries.





From New Zealand

13 abhyasis from Wellington centre attended the Oceania-Latin American seminar in Manapakkam.

Here are the excerpts from some of them when they were asked to send a few lines about their experience of the seminar for echoes. It is amazing to note the wide spectrum of views we all expressed as we all experience and take away what is needed at that time and also we reflect our condition when we attempt to put our experience in words. He creates the vacuum and we make a choice of putting in it what we want based on our desires and samskaras.

This recent trip to visit Rev. Master was very insightful for me and He gave a lot of personal attention towards all our hearts in making our spiritual journey fast and easy. On the last day when I visited Him in his office; He said "New Zealand is not yours but Mine..." and these words just re-confirm that, however far we are, He is always with us, loving and remembering us like a Mother. *Rohan Kulkarni*

No words will adequately describe the experience and joy felt during the Oceania seminar in Manapakkam. Rev Master called Manapakkam 'Mother House'. It certainly was and all present seem to be drowned in the joy of returning home. How can we even express our gratitude to Rev Master for what He has given? Even with His frail health, He conducted most of the morning satsanghs and gave each and every abhyasi the time and attention needed. It was an expression of pure love of a Mother that we felt. For me, the time had stopped during those wonderful days.

The humid and hot weather of Chennai did not have a major effect. Thoughts of home, work or daughter we left behind were so faint and distant. Even the urge to be with Him personally seemed to have vanished and my heart seemed to be satisfied just to be near Him. However, whenever the urge did arise in the heart, the door to His cottage magically opened and I had access to Him. Now having returned home, my heart still feels satisfied. A strange presence of my dear Master is still felt. I do hope that somehow, this little heart of mine has brought Him with us. Well, April 2011 is not so far away when we will be with our dear one once again, physically. *Ravi Ravendran*

NZ singing group



NZ cont.



We all reached Chennai at 11.30PM from New Zealand, as soon as we arrived at BMA volunteers were ready to take us to our respective allotted rooms and dorms and ask us to meet at the dining hall to have food. Just the same as when abhyasis visited Omega school, after the introduction and school premises visits, snacks were provided to all and a personal attention was given to each one of us, making all of us welcome. It was then I realised how important it is to make everybody feel welcome and make them feel that they are at their own home. This seminar taught me how to be a good Host. *Raj Joshi*

It was an amazing seminar with my Master. Master said that Manapakkam Ashram is the Mother home for all of us abhyasis. It really is. The speech given by Br Santosh and Br Krishna reiterated why we should not get off the train of Sahaj Marg till the end and how to create unity within ourselves. Now the onus is on us. We have to introspect over these again and again as to how we can bring about change in ourselves to become the way He wants us to be. I have no words to describe his love, compassion and humility. I can not even fathom what I have got. It is beyond description. I am thankful to my Master for giving me the opportunity to be with him and his blessings. Thank you Master. *Rama mani*

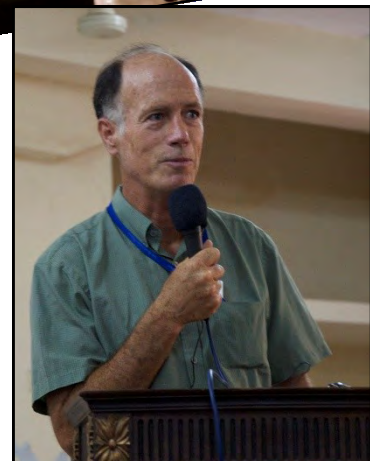
The intensity of emotions, relationships and engagement with life came to point zero when I was in the ashram during the crest seminar. The simplicity of a cold water bath, searching for clothes in the darkness with a torch, (lest we wake someone sleeping) and the droning sound of a fan were a delight to experience. The puff of mosquito smoke in the evening and the sweat of the day were the only annoyance that were soon forgotten when a brother or sister greeted you and talked to you as if they have known you for several lifetimes. What always managed to bring a smile to my face was- abhyasis talking of their success or failure in sighting or talking to Master during the course of the day. Voices were traced with jealousy if you saw the Master and they missed doing so. Or everyone was always alert and listening to see who has access to Masters cottage and how! Love for Master was evident everywhere! The gong of the delicious lunch times and the meditations with Master had a purity and a profound impact on many in many different ways; and it is this simplicity of living that will be etched in my being for a long time to come. *Vijaya Tatineni*

I had an opportunity to participate in the Character formation seminar along with the Oceania seminar. This is the longest length of time I have ever stayed in Manapakkam ashram. Rev. Master says we need to be open and be naked before our Master, divest our soul of any coverings when we present ourselves before Him This seminar gave me ample opportunity to expose my ignorance and uncover myself, my image of myself so that He may do whatever is necessary for my growth. I am grateful to Rev. Master for giving me the strength to obey Him and I do hope I tried my best to cooperate with him as I was constantly focussed on *being there* without any expectations and to just follow my heart.

Sunitha Joshi



Talks and meetings



From the time we arrived in Manapakkam late on the 13th night, I felt I was enveloped in His loving care. I was deeply touched when I found out that He had dinner prepared at His cottage, for those who were arriving late. It certainly felt like coming home to see my mother.

Seeing Him every day at satsangh was a great source of happiness for all of us. Those few days there, I felt as if I was floating on air. There was so much contentment and joy in my heart which I still feel to this day.

Radhini. Ravendran



New Zealand website

Our very own New Zealand Webpage is now updated with the following information:

1. 9th October - 12th October Seminar on Character Development for functionaries.
2. 14th October - 19th October Oceania and Latin American Seminar with Rev. Master (updated 28/10/10)
3. Calendar of Upcoming Events
4. Oceania Ashram photos

Visit http://www.sahajmarg.com/yoga/New_Zealand for Sahaj Marg New Zealand updates.

We have a new section on our webpage for Calendar of Upcoming Events. I would urge all Centre Co-ordinators to email me on rohakul@gmail.com about your Centre's upcoming events and happenings for this year to be updated on the webpage.

From Fiji



Motherhouse.....is how Rev. Master referred to Manapakkam, when we visited this October for the Oceania/ Latin America Seminar, and it certainly felt like a homecoming as I stepped into the Ashram for the first time ever. Perhaps this is what it was building up to since September last year, when I first became an abhyasi. The day finally arrived when I was in the presence of our Beloved Master! The moment came and passed by as if I had known Him all my life and then it struck me that I WAS actually in His divine presence. The awe and wonder of it will perhaps be with me always! As I very gratefully turned away to leave, after saying my PRANAMS and making my small offering to Him, I was in for a greater blessing of being invited to share a meal with Him and his dear ones. In those moments of sheer joy and humble gratitude, was the complete confusion of not knowing how to behave or what to say in His presence. The moments passed by in complete silence, leaving Master to do what ever it was that He was doing for each one of us spiritually.

Master's eleventh maxim 'Expect Not' works well, for it makes life much easier and less complicated.....but it did not work for me in the ashram, for inspite of my best efforts not to impose on Him in any way, I was always craving to be in His physical presence. Seeing Him on His way to and from the meditation hall or on His way to dinner was just not enough. I felt as if the whole atmosphere was charged with some sort of joy, a celebration of just breathing in the same air as our Master.

In spite of the cheerful presence of brother and sister abhyasis from other countries, I did get lonely when sister abhyasis from Fiji left. It made me realize that along with doing my Sadhana, I did want sister and brother abhyasis to share our mutual experiences with. A heart-felt THANKYOU to beloved Master for giving us permission to spend so much time with Him and to those who organized this schedule for us.

Parveen Pal

From Australia



Every time I come back from India I sense something. But this time after the Latin America Oceania Seminar I realised sitting in Singapore airport that there was nothing to have, it was like the last few days of being in India were surreal. I know something had happened because my senses told me so, but I realise this quest to figure out this something is of no value, it just is.

So true is the saying 'the lesson learned, is only after the lesson is done'. Today, since joining Sahaj Marg I feel I have learnt 'how to meditate' and this idea of Love Him and Love All Whom He Loves, is actually something that can be done. When the focus is on the 'Divine Love Energy' pouring into your heart and moving all through your body, disturbing thoughts are easy to 'treat as uninvited guests' because it is like they litter this beautiful space that you have just created. I was excited during meditation when I had this realisation, but then I knew I had to dampen this excitement because it too would become gross. Even as I readjusted my posture I realise I could not break this focus that I had to keep it going, because the ego when it sense's a gap, will jump in like a bull to a red rag and draw your attention away. The learning continued as this thought came to mind, 'how do I love someone or love all when they irritate the c.. out of me?' I don't have the capacity to Love All, but if I can bring myself back to this focus of the divine love energy being within, 'I' will be replaced with 'He', creating the capacity to love.

But one thing that did come to light during the seminar was that the difference between desire and using your heart is 'time'. Fulfilling a desire is what I call the 'microwave' solution, 2 minutes here is your answer – instant success, when in hindsight we are just fulfilling it with another desire. The latter, using your heart requires you to sit patiently and allowing the answer to transpire naturally, free of force and this is when faith in 'He' is created.

Waireti Amai

Oceania Seminar in Manapakkam was like a feeling that one gets after returning home, after a long tiresome journey. The feeling that one gets while resting in our loving mother's lap.

I am sure that every single abhyasi in the Seminar could

feel our Guru/Mothers love, care and attention. He made sure that he could meet everyone personally as much as possible.

Personally, I see an 83 year old man working day and night to fulfil HIS Masters dream.

I could see that with all his ailments/discomfort he still works the same or perhaps even more than before. The only time He rests is not when He wants to but when HE knows that he has to give his body a little rest before it takes up a new task. It's all about WORK for HIM.

I am still to meet anyone who can manage to be so cheerful and full of joy amidst so much work and so much physical pain and suffering. Certainly a lesson most of us could learn.

To me, meeting Him, is a time when I am reminded more strongly of the purpose of my existence. In my own small insignificant way I want to participate and hopefully contribute in HIS divine plan.

Following are a few informal talks with abhyasis:

Master has proposed to build a magnificent memorial for Babuji in Chennai or Hyderabad which is of course taking a lot of his focus and attention. He said one Architect offered to save him at least 200k in building this monument. Master said that he replied saying "Of course you can save that and more but you will construct a building but I am here to make a memorial for my Babuji so I do not want to compromise"

I can see nowadays people give so many training courses on how to be become better at something. I too am planning to release a training course on how to become a good learner. He then pointed out that he gets so many suggestions/comments/advises from people around him which has made him a really good learner, so he would like to share this knowledge with others.

Commenting on his own welcome speech he explained that "In worship there is no Love however if there is Love then worship is possible." He also explained the difference between "Sacred" and "Pure", and explained how Sacredness may not necessarily mean purity.

Someone asked if it's ok to be on the train. He pointed out that one could be on the train but miss to get off the destination if they fall asleep. So getting on the train and being alert too is the surest way Home. *Karishma Desai*



Dinner with Master



Loving hearts
gather to share a
meal with Him



I arrived on Monday the 11th October a few days before the seminar began. It was so lovely being in the special spiritual atmosphere and settling in. It was like Master said in his opening talk of the seminar, how the ashram is our home. That was exactly how it felt for me, that I was coming home. Half way through the seminar I felt so sad at the thought of having to leave. There was so much pain in my heart, similar to when I new I had to go back to boarding school as a teenager, after being at home for the holidays.

That is exactly how it felt for me, that I was coming home.

I find it an amazing process the work that goes on within, and even more interesting to observe the change that takes place. An example of this was at the beginning of my flight to India I was thinking this would be my last trip to India. It felt so selfish boarding the plane and leaving my family behind. Finances were extremely tight and there seemed to be one challenge after the other before boarding the plane. However the pull to be with Master was so strong and I sincerely felt in my heart that I was meant to be there. I knew He was behind it all. These feelings soon changed, being at the ashram and being with Master. I began to realize that not only do I need to come and visit him at least once a year, but I need to bring abhyasis from the Sunshine Coast centre with me on my next visit home. *Helen Wood,*

And then there was the play!

Our very talented resident playwright brother, David Todd wrote and produced yet another wonderful play, this time based on the need to trust the heart not the intellect or the 5 senses. The depth of meaning in the play was not lost even though presented in a very humorous way with the ego getting a lot of mileage.



**He so generously gave of
His time**

*A tour of
Lalaji Memorial Omega Inter-
national School*

*.. A splendid finale
to the seminar*



Principal



Principal



Main classroom block



On the bus



Value based education talk



Assembling to listen to the talks

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