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Always Be Loving

Excerpts from talk by Master on Basant Panchami, 15 February 2013, Manapakkam, Chennai

“Ego is the most troublesome and almost impossible barrier to overcome on our spiritual path.

So beware of using your egos; beware of flaunting your education or your dominance; beware of being unkind to others, ungenerous to others. Give as much as you can, not merely of material things, but of your heart.

Never speak an unkind word. Never! Always be loving. Because it is not you who love, it is His love which flows through your heart. And if you don't allow it to flow through your heart, you are condemning yourself to a loveless life, a life without love. It is like a river which has no water. What is the use? A dry riverbed is of no use. If you can see the riverbed, then where is the water?

So when there is the ego, there is no love, only so-called total concentration on yourself, self-seeking, self-dominant, powerful, hateful, never able to show your heart to others. Therefore, people say he is a heartless fellow, or she is a heartless person. And a heartless person never goes anywhere. A dry river doesn't go anywhere; it is the



water in the river which goes somewhere – to the ocean.

So I repeat again, beware! Beware of not loving. It does not mean you love only your wife or your children or your family; it means, without difference love all. Like the river flows – the water is available to the king, to the beggar.

I don't know how anybody can make love. God is love. He doesn't make love, He is. When we allow love to flow through us we also become love – no more identity, no more differentiation of form, of colour, of race. As we say in Sahaj Marg, there is no distinction of colour, race, caste, sex, anything. We start in the very beginning with this concept that we are all one, and by developing the ability to open our hearts until it becomes like a flood, we can progressively grow in some way to be like the Divinity from where everything flows.

The only law of life is: let love flow through you to everybody.

This is our journey – from a rock-like heart which you cannot even break open with dynamite, to a tender human heart which allows everything to flow through it.

So this is our destination and today, which seems to be specially blessed, I pray for you all to reach that destination.”

Master's news

Source: Echoes India – March 2013

During the month of January Master remained in Gayatri, following his regular routine.

From January 22nd to February 5th, Master visited Trichy, Thanjavur and Villupuram.

Master reached Trichy on the 22nd and conducted satsangh on the 23rd. He spoke on the work of the prefects and how to give sittings. On the 26th, after conducting satsangh, he gave a talk on brotherhood, living in harmony and the urgent need to spare time for meditation, which must be a priority. On the 30th of January, Master left for the Thanjavur ashram.

After conducting satsangh, which lasted about 50 minutes, he gave a talk in Tamil. He said that his illness gave us the blessings of receiving messages from Babuji Maharaj (Whispers from Brighter World) everyday, which had benefitted everybody

who reads them.

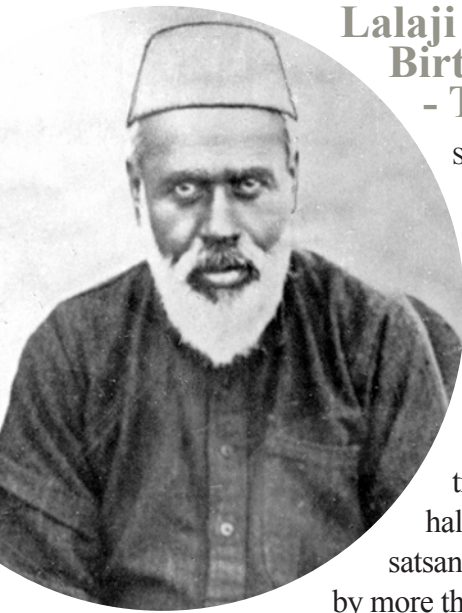
“God gives us a gift and some troubles together. It is our job to overcome these troubles by using our gifts.” “It is the characteristic of the advanced mind that it does not think in advance. It acts precisely at the present moment. It is only the educated intellectual mind which thinks in advance, plans, etc.” (Chariji).

Glimpses

Sahaj Sandesh No: 2013.15 Tuesday, 19 March 2013

The latest installment of ‘Glimpses’ covering various activities of the Master in the month of February can now be viewed on the Mission's web-site by clicking on the following link.

<http://www.sahajmarg.org/glimpses>



Lalaji Maharaj's Birth Anniversary - Trichy

Saturday February 2, 2013

On Lalaji Maharaj's birth anniversary Master came to the ashram to conduct satsangh. He greeted everyone along the way from the main entrance till the meditation hall and then conducted the satsangh which was attended by more than 1000 abhyasis.

Master conducted two marriages and then a new Whispers message was read out by Br. P.R.Krishna. Speaking about the language in which the message was received, Master said that the message can be received by anyone as long as one is tuned to that frequency and the message received will be in the language of the heart. The message emphasized the importance of these special occasions of the birth anniversaries of our Masters and the effect it has on abhyasis.

On Sunday February 3, Master conducted a short satsangh and as he was a little tired he said that he would not be able to give a talk.

Since his health suffered a setback, Master decided to return to Chennai a day earlier. Master left Trichy by road at 11 a.m., on Tuesday February 5 and stopped at Villupuram en route.

Basant Panchami

Babuji Memorial Ashram – Manapakkam - Chennai
Friday February 15, 2013

Master looked quite weak and tired in the morning but got ready ahead of time. He conducted the morning satsangh at ashram after which it started to rain heavily. Master gave a talk reminding everyone of the auspicious day and the purpose of Lalaji Maharaj's descent on Earth. He said that when the satsangh started, we did not know that it was going to rain but it did. The rain is welcomed because it is auspicious on such an occasion.



Whispers from the Brighter World – A Fifth Revelation

Sahaj Sandesh No: 2013.13 Thursday, 14 March 2013

“Dear Sisters and Brothers,


As you are aware, ‘Whispers from The Brighter World – A Fifth Revelation’ will be released on 30th April 2013 during revered Babuji Maharaj's birth anniversary celebrations at Tiruppur.

The pre-booking for this very special publication has already started and as there is very little time from now and the release date, it is requested that abhyasis pre-book their copies at the earliest to ensure that they receive them on time.”



Babuji Maharaj Birth Anniversary Celebration

Celebrations at Tiruppur – India on 29th April, 30th April and 1st May 2013



Chennai, Monday, 18 February 2013
10:32:34 AM

Towards Infinity

Dear brothers and sisters,
I invite you to participate in my Beloved Master's Birth Anniversary Celebration, to receive His blessings on the auspicious occasion. The celebration will be held at Tiruppur and will commence on the 29th of April and end on the 1st of May.

With Love and Master's Blessings.
P. Rajagopalachari

“Dear brothers and Sisters,

I invite you to participate in my Beloved Master's Birth Anniversary Celebration, to receive His blessings on the auspicious occasion. The celebration will be held at Tiruppur and will commence on the 29th of April and end on the 1st of May.”

With Love and Master's Blessings,
P. Rajagopalachari

Preparing for the Bhandara

Sahaj Sandesh No: 2013.12 Saturday, 9 March 2013

In Revered Master's own words “It (Bhandara) is like bathing in the most cool waters of a Sarovar (Lake), which makes possible a spiritual renewal of the abhyasi bathing in it, indeed drowning in it, if that can be made possible.”

Let us take the time to ready ourselves to offer our beloved Babuji Maharaj the most beautiful birthday gift: willing, open and loving heart that is eager to receive what He wants to give us in His immense love. The celebrations are a Divine opportunity for us to receive the manna (spiritual nourishment from above) and to immerse ourselves in this very special sarovar.

Preparing ourselves spiritually

To get the full spiritual benefit of the celebrations, we must prepare ourselves months in advance and increase the intensity of our sadhana to attend the bhandara with fervour.

- Let us do our individual practice in a disciplined manner.
- Let us be regular in taking individual sittings and attending sunday satsanghs.
- Let us reflect on the purpose of attending a bhandara, remembering that ashram is a place where our spiritual progress is supported by an environment that has been especially created to promote our spiritual growth, being a place for rejuvenation of the true Self.



Latin American Seminar

Babuji Memorial Ashram – Manapakkam – Chennai – India. 09/02 a 17/03/2013

‘Love and Surrender’



1 50 abhyasis from Latin America and 750 from Russia gathered in Babuji Memorial Ashram, Manapakkam – Chennai - India.

Despite participating in different activities all together, the refining work seemed to happen at the individual level independently. Master's love blanketed the whole ashram.

Abhyasis were asked to introspect on Master's vision and on how to lead one's life in tune with that vision.

Participants received a lot from interesting and inspiring talks by brothers Kamlesh Patel, A.P. Durai, C. Rajagopalan, P.R. Krishna, Bill Waycott, Samir Singh and N.S. Nagaraja. The talks were on various topics: Love and Surrender, Divine Principles, Service is Life, The Spirit of Sahaj Marg and Sahaj Marg in my Life.

Participants of the two different regions connected very quickly and it resulted in a few joint cultural projects. Youth of both continents recorded a song and presented it to Master.

On the 9th, the first day of the seminar, Master came to ashram and took the time to check the remodel-

ing of his cottage. Unfortunately, the dust affected his health. So, he invited the abhyasis to Dorm A and conducted a short satsangh; apologized and left immediately for Gayatri, his house in the centre of Chennai.

After Master left, brother Kamlesh Patel spoke to the group, emphasizing the benefits of introspection, he said “The inner teaches us how to act better. Take advantage of this privileged atmosphere created in the ashram during the seminar. Everything is better, more intense and profound during a seminar. Practice; make the most of the ashram’s atmosphere. Don’t lose the connection; stay permanently connected, even while just walking around the ashram. One way of keeping connected is to recall a moment when you felt deeply connected and try to hold on to this memory, this condition. This is an easy exercise during the seminar.

I hope Master allows us to gain this condition and take it back home with us. Please, try!”

On Sunday the 10th, the 9:00 a.m. satsangh was conducted by Br Kamlesh Patel. After the satsangh he performed several weddings, blessing the newlywed



couples. At 10:30 a.m., all participants were invited to proceed to Dorm A, where a talk was given by Br Kamlesh.

Every day, the group attended three satsanghs (6:30 a.m.; 9:00 a.m. and 5:00 p.m.). At 10:30 a.m., there was a talk, in English, at Dorm A, which lasted about an hour and half. For the Latin-American abhyasis who did not understand English, at 2 p.m. this talk was translated into three languages: French, Spanish and Portuguese.

The meals were served always at the same time: 7:30 a.m. breakfast; 12:30 p.m. lunch, and 7:30 p.m. dinner. The coffee shop remained open all day long, from 6:30 a.m. to 8:30 p.m.

At 9:00 p.m., the abhyasis did the Universal prayer individually. At 9:30 p.m. the bell rang, announcing that at 10:00 p.m. the ashram's lights would go off. The bell would ring again at 5:00 a.m., so that the abhyasis could do their morning meditation and get ready for the first satsangh at 6:30 a.m.

The ashram was open only for the seminar participants (Latin-Americans and Russians), as well as the participants of the Scholarship Training Program, about 1000 abhyasis all together. However, on Sundays and during Basant celebrations (15th and 16th February), the ashram doors were open for all the visiting abhyasis.

On the last day - February 17th, Master conducted satsangh and then invited all the participants for lunch. It was a very special gift from him. A short cultural program was presented to Master. It was a Russian folk dance and a mix of many language songs. Master shared his wisdom again by saying that the Universe is an endless beginning. He inspired everyone by quoting recent Whispers from The Brighter World which have stated that there are a few Sahaj Marg abhyasis who have already reached the Ultimate goal during this lifetime. It brought hope that each of us has a chance, an opportunity and a guide to reach the same while developing love and surrender as the main spiritual qualities.



Seminar with Master – February 8-14, 2013

Danielle Balin, Guadeloupe

“On February 2nd, I left Guadeloupe with a heart eager to meet again my Master, my brothers and be in the ashram atmosphere.

I arrived on February 5th without any other expectation than the one to live this moment fully, this spiritual opportunity with three meditations daily including speeches.

After returning from his trip, Master, on February 9th, visited us at the ashram and conducted the 9 a.m. satsangh. After satsangh, I was full of that presence without any emotion but the feeling as if I have seen our Master the day before.

We started the seminar with the facilitators training

taking us into deep moments of introspection, sharing and listening to others. Brothers Kamlesh, Durai, Krishna and Jacky's speeches enlightened us. The five following days of the seminar were, for me, a series of experimental moments, exploration and internalization.

I could experiment the condition of the ashram atmosphere based on Br Kamlesh recommendation. He recommended getting in touch with it, feeling it and keeping it inside during our stay and while meditating and exchanging sittings.

A thought merged after one of the satsanghs: “You are at the right place! Only practice and a sincere willingness will take you to the highest”.



Latin America Seminar

Louisianne Mafoula, Martinique

“My trip to India was a wonderful gift. Thanks to my prefect. The fact that I participated in the Latin American Seminar in Manapakkam filled me with joy. Here I am with my Master for the first time, with icing on the cake – on my birthday and my seven years in Sahaj Marg.

While we arrived at the ashram at 4:30 a.m. on February 5th, we had to wait before finding the dormitory. Sister Martine who was already there offered us a tea and that was well appreciated. I breathed the air of India. Strange, I felt like I was home, really home. This trip was full of discovery. First, the atmosphere of the ashram: subtle and pleasant, to the point that one did not want to leave it; then surprisingly even my meditation was better and pleasant. I went deep during each of them and I felt light the whole time. My mind was quiet and I liked it. I enjoyed the peace and serenity of the house of my Master. Really this place was loaded with energy that invades one totally.

Upon arrival we had three intense and interesting days of facilitator training. I came out of it enriched with tools that, not only I can use to raise the awareness of the Sahaj Marg system but also to use in my daily life. Right after that, the seminar started. The time flew by between the satsanghs, sittings, meetings with the Zonal in Charge, speeches, personal practice and meals. The days were packed with all kind of activities. We were involved in small chores such as sweeping the floor of the meditation hall, baking bread; and we did all these joyfully.

During our visit, Master's cottage was in construction and, unfortunately, he had to stay at Gayathri. Some of our brothers gave their helping hands to the construction work. His first visit filled me with joy and emotion. Despite his fatigue he was present. He conducted one satsangh. It was subtle. He gave us the gift of his presence the day before our departure. After satsangh we were allowed to offer him the presents we brought for him. I was able to get close to him. But I did not feel anything, just a total vacuum, no emotion, nothing. He was happy to know that Martinique was present; it was vis-



ible on his face and in his voice when he spoke to us. I got the impression that he not only occupied the space we were in but also beyond. It's like he was here and beyond our dimension at the same time. He beamed. It is a feeling that I still have in me, even today. That feeling struck me deeply. The peaceful strength and serenity emanating from Br Kamlesh also struck me.

We had the pleasure of hearing the speeches of our brothers Kamlesh, Krishna, Jacque Barrouch and others. We were enlightened by each one of them and all were filled with love and humor. I was amazed by the fact that they did not use any written material but yet they delivered them without hesitation despite the length of their speeches. Everything came out naturally and honestly. They spoke with simple words that went straight to our hearts as if they knew what we needed at that particular moment.

I cannot say, it was wonderful, even the difficult times experienced over there were wonderful. I also found many caring brothers and sisters there.

Unfortunately, it was time to go back home. I felt a mixture of joy to find my family and a regret of leaving such a place. The beauty, the atmosphere, I cannot stop repeating it; make it an exceptional place in the universe.

Since then a great joy dwells in my heart and I will do whatever it takes to keep it tight. I'm working on right now and it works. By his grace it will. Big thanks to all brothers and sisters who also made their way to participate in this trip that I will never forget. My gratitude to Master for the gift he left in the hollow of my heart.”



“Without humility, we can’t even breathe the air of spirituality.” – Kamlesh Patel

“Keep the Master in your heart, it is the safest place for Him.

Spend time with preceptors and abhyasis.” – Master

Sahaj Marg is the way of the heart. We can’t understand it with our intellect. It is about feeling and not thinking!

Ika Nakamura – 14/02/2013 – 2 p.m.

- **Why am I here in India?**
- **What am I looking for in Sahaj Marg?**
- **What is for me the goal of human life?**

“It is important to spend time thinking about these questions, introspecting and answering them with our heart. Master in his recent New Year’s speech said that the goal of human life is evolution. And our evolution depends on two things: our daily practice and on our work on ourselves, in our character. Master has promised that if we do our tiny part, spiritual progress is assured by Him. In moulding our character we try to develop the human and spiritual qualities the Masters have spoken about, which for me are all encompassed in our Ten Maxims.

Though mechanical practice is better than no practice at all, real practice requires the heart. Master says that we need to put our heart into everything that we do. If we see our morning meditation as our private meeting with our Beloved, then love will naturally be there. In the evening cleaning we clean our heart to be able to receive Him. And the prayer-meditation at bedtime, if done sincerely, in the attitude of surrender, acts as a switch connecting us with the Master, and the flow of transmission starts.

The prayer said once in the morning sets the tone for our meditation and reminds us of our goal. Babuji talks about the value of having our goal in view, as it gives direction and purpose to our meditation and makes it dynamic.

About our Journey in Sahaj Marg

Br. Kamlesh said that progress is turbulence.

When movement between points takes place in our spiritual journey or Yatra, we sometimes feel very uncomfortable. Brother Kamlesh compares this change in spiritual condition to moving to another city, where everything is unfamiliar and unknown. So it takes time for us to adapt to the new condition or place. When movement happens, we generally don’t feel like meditating and that is

when many abhyasis leave the Mission. For me it was liberating to know that when we are faced with this inner resistance, it actually means that we are progressing and this knowledge certainly encourages us to continue on.

Br. Kamlesh says that is valuable for abhyasis to spend time with each other. Support each other when noticing that someone is going through a difficult phase, spend time together along with the families, participate in seminars etc. He narrates his experience when living in the US, when abhyasis used to gather in someone’s house for the weekend along with their families, cook together, have sittings, satsanghs, watch Master’s videos and just have a nice time.

I discovered that the spiritual way is full of pain. Master mentions that pain and pleasure are two sides of the same coin. We can’t have one and not the other. In Sahaj Marg, if we are serious abhyasis, we are trying to reach the goal in this very life and that means finishing our store of samskaras from many previous lives in this one. Hence the need to accept pain, because everything we undergo now is the result of what we have ourselves created in the past, of our samskaras. Master says in the book *Revealing the Personality*: “So you see, we must embrace pain, give it a big kiss, crush it like that [hugging gesture with arms] and throw it away. So you see, pain is something to be quickly finished.”

We are indeed very lucky to have a Master like ours who makes it possible to achieve the goal in one life because He actually cleans most of our samskaras, leaving only a few necessary ones in terms of learning for us to undergo.

Ika also mentions other significant points given by Br. Kamlesh:

- Importance of fixing the time for meditation and also have a separate place for it (it can be only a corner in our room).
- At the end of our meditation/satsangh, observe our



condition, try to identify it and become one with it. Master gives us spiritual gifts during each meditation, and the only way to assimilate and preserve them is to brood over our condition, and then write in the diary. We then give a suggestion that this condition will remain with us and expand during the day. Remaining in touch with the condition is what Constant Remembrance is all about.

- Importance of working on our ego, eventually devel-

oping the state of insignificance. Master has said that without humility, there is no spirituality.

- Harmony above all. It is more important for a group of abhyasis to take the wrong decision and be harmonious than to take the right decision and have disharmony in the group.

We are all on the same path, on the same boat, and whatever I can do to assist any of you when you are in India, I am here for that.”

Meeting from the youth of the CIS countries and Latin America

By Juan Villacrés - Venezuela

“During the seminar in Manapakkam Ashram of the CIS countries and Latin-American, the youth from both regions gathered. This meeting was held on two days, for an hour each day and it was full of joy. The first day was a meeting to introduce the Global Youth Network and tell the young abhyasis about the webinars that happened in the past. After this we proceeded to introduce the youth from each country of both regions. One young abhyasi from Brazil, Chile and Venezuela spoke about the youth of Sahaj Marg in their countries. Then was the turn of the CIS countries and the young abhyasis from Ukraine shared their activities for young abhyasis in their country. The meeting ended the ringing of the bell. Time to eat!

The next meeting was held the next day and we continued with the other countries of the CIS region talking about the youth and their respective activities.

After this activity we gathered in groups of ten and one young abhyasi of Latin-American was in each group so we could have a feedback between regions. Many things were shared and many young abhyasis felt motivated in the end.

This also happened with the young abhyasis of Latin-American! And we are working now for a Latin-American Youth Seminar! We will be having meetings in the coming months to make this seminar happen. Another event that will happen is the next worldwide webinar (in English) for the youth on 30th of March with the CIS countries leading it! If you are not registered you



could register in the following link:

<https://docs.google.com/spreadsheets/viewform?formkey=dE8wRmdCR2txVkJlcXAiNmNCX2d3UHC6MA#gid=0>

In the final days of the seminar we made a video clip for Master as an extra activity for the youth and as an act of gratitude for all the love we received in this seminar. This united us very much and was a really nice experience because we had the help of many people like the media team and a brother from the CIS countries who recorded with his professional camera. There was a team of young abhyasis working on this video and it was very important the presence of the youth willing to sing and be present in the recording of the audio and the video.

As a personal experience I can say that it is incredible how you establish a real brotherhood with people that you never met. All I can say is that the reason might be the Love you breathe in this ashram's atmosphere.”



Scholarship Training Program

Master has been very busy making prefects. Along with this seminar, the scholarship training program was also taking place which resulted in about 36 prefects that Master had to make in less than two weeks. He has been giving three prefect sittings per day and it has been a big drain on his strength.

Facilitator Training Program

Brazil - São Paulo Center Team



A Facilitator Training Program took place at the Babuji Maharaj Ashram, in Manapakkam, Chennai, India, from 5th to 7th February. Abhyasis from different Latin American countries participated in this program.

The immediate objective of this program was to enable the participants to conduct events with Sahaj Marg content, with methodology proposed by Shri Ram Chandra Mission.

However, the main objective was to develop the language of love in the hearts of the participants; leading people in the direction of the Supreme.

Thus, from now on, the facilitators will be able to organize courses for abhyasis on such subjects as meditation, cleaning, praying and keeping the diary. Other subjects are being prepared by the Mission.

In addition, different events can take place, such as “open-doors” for non abhyasis interested to learn

about Sahaj Marg. In general, the idea of facilitation means that nobody owns the truth. It is in the heart of each and every person and thus, everyone should have the opportunity of expressing his/her views, with mutual respect, realizing when to speak and when to listen, without any judgment. The facilitator is just like any other participant of the group, and should encourage the work, in a loving way, so that everybody can grow and evolve.

During the activities, there were periods for reading, for introspection, works in small groups, listening to Master’s talks, getting centered whenever the participants shifted the focus, tea breaks and physical exercises.

During the program, each participant took on the role of facilitator as an exercise of practice.

Altogether it was a good example of how to apply the principle of balance of the two wings: spiritual content approached with high technology.



A work experience at Babuji Memorial Ashram

Mayu Soban Tanaka, São Paulo



“I had the great opportunity to participate in the recording of the audiobook *Reality at Dawn*, during our Latin American Seminar in Chennai.

In the beginning I felt a little bit sad for missing the talks and because I was not going to be focused only on the seminar. But over the course of the work I saw how rewarding it was. Beyond that, reading the text several times from the book written by our beloved Master Babuji Maharaj, which is the basis of all that we seek, I think if I missed some talks, I haven't lost the contents that were behind them.

The work team was small and we had a very good rapport, which helped us to overcome the lack of experience and the difficulties and persevere to achieve the best possible result. Silvia did the voiceover, Gerald took care of the technical part on computer and I checked the pronunciation and if the spoken text was right according to the book. We had the help from brother Mono, who works in the video department of the ashram, gave us all the support we needed. Martim, Silvia's son, stayed all

the time with us and also helped.

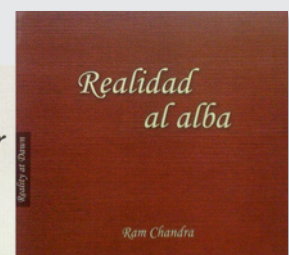
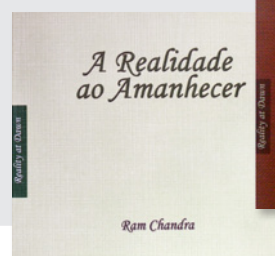
When I knew how much time we had I was worried that we would not be able to complete the job. We worked intensively for four days, including nights and early mornings. I was pretty tired and I did the easiest part, imagine how others were. After we finished the recording stage, we had help from Zé Luis, Jade and Isabel for review. So we could get some rest before leaving for Brazil.

I can say that I learned a lot from this experience. Somehow I gained more calm and security to enjoy in my own work, which also puts me in pressure situations with urgent deadlines. Usually I am quite anxious in these situations, being a bit impatient and moody with my colleagues. In recent days I experienced at work a situation like that and I was surprised at how I managed to stay calm and with a very good humor even working till late and with a tight deadline.

I feel very happy and fulfilled. As our dear Silvia said: “The work was done from heart to heart!”

Audiobook *Reality at Dawn*

We are happy to announce the release of the audiobook « *Reality at Dawn* », by Babuji Maharaj, in Spanish and Portuguese, during the Latin-American Seminar, at Babuji Memorial Ashram, in Manapakkam, Chennai – India.





Activities in the centers of Latin America

Brazil

Porto Alegre - RS and Rio de Janeiro - RJ

On February 24 and March 10, 2013, the Centers for Porto Alegre and Rio de Janeiro had activity after satsangh where abhyasis who attended the seminar in India shared their experiences.

Chile

Seminar for Cono Sur countries

12, 13, 14 April 2013

Seminario de Meditación

Tema "Volar con dos Alas"
 Así como un pájaro necesita dos alas para volar, los seres humanos necesitan dos alas de la existencia, la espiritual y la material, para llevar una vida natural y armoniosa

E-mail: srcmchile@gmail.com

Contacto: Carolina Celis García

Duración: Desde las 18:30 hrs del Viernes 12 hasta las 14:00 hrs del Domingo 14 de Abril 2013

PICARQUÍN - VI REGIÓN

CONFIRMAR ASISTENCIA

SHRI RAM CHANDRA MISSION CHILE



In this summer 2013 Latin-American seminar at Chennai, in which some of us had the privilege to be with Master, was decided that in April of this year we should have a seminar for Chile and the Cono Sur countries.

We will love to have a big number of abhyasis from neighbor and foreign places coming to this seminar. We will wait for you with our open hearts.

The seminar costs will be 40.000 Chilean pesos (80

usd aprox.) including lodging and meals during the seminar for two nights. You could pay on your arrival.

Please confirm your participation and let us know additional requirements. Please write to srcmchile@gmail.com, Victoria Fernandez is our secretary.

Affectionately
 Coordination Team



Activities in the centers of Latin America

French Guiana

Seminar in French Guiana – “Fly with two wings”

Martine Bayard, St Laurent du Maroni

“While the Latin-American seminar was taking place in India, a seminar with the theme “Fly with two wings”, organized by Saint Laurent du Maroni center from February 8th to 10th, was also held at “Angoulême” a place located in the middle of the rain forest in French Guiana. In this country so vast where it is not always easy to get together, this was a great opportunity for abhyasis to gather in one place.

The new abhyasis had the opportunity to experience a period of time dedicated to practice, reflection and the exchange around the theme. These rich and happy moments, both on a human and spiritual level, were very much appreciated by all.

Abhyasi: I'm really happy that we had this seminar.

Abhyasi: This meeting has strengthened me in my spiritual search and I feel stimulated for future projects with the living Lord.

We arrived at the venue place called “Angoulême” on Friday at 4:30 p.m. It was raining. We started to work on the theme of two wings, namely the material wing, since we had to make several trips back and forth on a sharp hill to bring our luggage to the hut on the shores of the Mana River. Discovery of the site, accommodation, individual cleaning and group meditation were the first actions of that evening. After dinner and universal prayer at 9:00 p.m., abhyasis agreed to go to bed early because they need to wake up at 4:30 a.m. as prescribed.

The second day after morning meditation, group meditation was conducted by the prefect before breakfast. Nathalie from Kourou arrived just before the projection of the DVD on the preparation of a seminar in India (Tiruppur) scheduled around 9:30 a.m. Great moments for those who have experienced these preparations; they were

filmed during the “celebration moments” at that time. A group discussion followed after reading some of the selected texts on the “two wings”.

Meals prepared and shared by the group put everyone in shape for a walk in the woods. This rainforest was so majestic and vivid from its most extreme larger (sometimes trees over 60 meters high) its most microscopic dimensions (including the agouti louses that bite us again this morning).

After returning from the walk; it was time to do the individual cleaning followed by the group meditation. While sharing feelings on the theme “Fly with two wings”, a sister abhyasi started preparing a pistou soup in the kitchen that would take an hour to cook. The feelings exchange was stopped to let everyone watch a slide show on the benefits of “the 9 p.m. prayer”. A good meal was then shared with enthusiasm and happiness followed by “the universal prayer of 9:00 p.m.” practiced with intensity.

The next morning schedule remained unchanged. This time the exchange was on five messages of “Brighter World” which was chosen for the theme “Constant Remembrance”. Constant remembrance is a great tool to keep the flight on a stable and balanced state. During the flight a bird must use a great amount of energy with its two wings, after reaching higher altitude it seeks balance by using the elements at its disposal namely wind. Similarly, an abhyasi will cross the difficulties of life, based on the stability of his flight, by practicing “Constant Remembrance” as a tool for his journey (Yatra).

We did see the need for progress in the knowledge of the path after reviewing the three days spent together in the game of the Mission called “Yatra” and all in an enjoyable communion.”



Activities in the centers of Latin America

Martinique

CR Regional Day Seminar – Change

Patricia Plus, Martinique



“The last extended day was held on December 2, 2012 on the theme of “Pray for Change, Be the Change.”

We were twelve abhyasis gathered this day in a very pleasant place at Sylviane place, located closed to Trinité. We started the day with a satsangh, followed by a DVD “Love, Compassion and Mercy” from the set “Character Education” and “Pray for change.”

We created small group discussions to facilitate the sharing. The following set of questions were proposed to allow everyone find the answers deep within:

- Reassess yourself?
- How to simplify your life?
- How to accept change and implement change and keep it?

The theme helped us understand that is not easy to change and even less with expectations and that took us to maxim 11.

Change can bring some imbalance that may seem difficult to live, however, it is permanent in our lives. With practice and acceptance, this can be done smoothly by His grace.

This event gave us the opportunity to open our hearts and let them express themselves freely. The path of Sahaj Marg is the path of change, we are expected to practice it as prescribed.

We could feel the two groups united in the joy and the love to go meet Master. This led us to speak about our trip in February 2013 and to be open to change.”



Calendar of events 2013

April			
7	Martinique	Grounding in the Practice (Cleaning)	martine-calka@wanadoo.fr
12 - 14	Chile - Pícarquin	International Seminar	srcmchile@gmail.com
26	Haiti	National Seminar	judithrj@yahoo.com>
27	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
28	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
29 - 30	Jamaica, French Guyana	Babuji birthday celebration	unselfishlove2010@gmail.com; m25.bayard@orange.fr
30	Brazil – all centres	Birthday celebration Babuji	srcm@gmail.com

May			
5	Martinique	Grounding in the Practice (Meditation)	martine-calka@wanadoo.fr
3 - 5	Brazil - Tremembé	National Seminar	srcm@gmail.com
10	Haiti	Grounding in the Practice	judithrj@yahoo.com
12	Haiti	Preceptors Meeting	judithrj@yahoo.com
15	Jamaica	International Family Day	unselfishlove2010@gmail.com
15	Jamaica	Open House	unselfishlove2010@gmail.com

June			
2	Martinique	Grounding in the Practice (Meditation)	martine-calka@wanadoo.fr
5	Jamaica	World environment Day	unselfishlove2010@gmail.com
8 - 10	Colombia	National Seminar	banisurapu@gmail.com
21	Jamaica	Open House	unselfishlove2010@gmail.com
21	Haiti	National Seminar	judithrj@yahoo.com
22 - 23	Brazil- S.José dos campos	Meeting of prefects	srcm@gmail.com

July			
5 - 7	Mexico	National Seminar	banisurapu@gmail.com
19 - 24	Brazil – Garopaba-SC	National Seminar	srcm@gmail.com
24	Martinique, Haiti, Jamaica	Master's birthday Celebrations	judithrj@yahoo.com; martine-calka@wanadoo.fr; unselfishlove2010@gmail.com

We request all the abhyasis who have any article regarding their experience about their spiritual journey through Sahaj Marg to send them to us to the following e-mail: leatorres@casadalea.com.br. Frequently, our shared experience comes as an act of love and can be of help to other sisters and brothers.

We wish to clarify that our Latin America Echoes is a quarterly newsletter issued in the months of March, June, September and December, reaching abhyasis all over the world. It is published in four languages (English, French, Portuguese and Spanish), and distributed to all the abhyasis in Latin America. It can also be accessed in the four languages through the Mission's site: www.sahajmarg.org.

*Thank you, with love,
Latin America Echoes team*

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For feedback, suggestions and news articles please send e-mail to leatorres@casadalea.com.br