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Master’s News – June, July, August

From *Echoes of India*, September 2013

<https://www.sahajmarg.org/newsletter/india>

June, 2013

Master gave brother Kamlesh some books that Babuji had written as well as his own original personal diary collection. Brother Kamlesh said that Master’s diaries are a treasure that will be of great use to everyone in the future. Master replied, “I never thought that it would be of use to anyone. I just wrote for my own reasons to keep track.” These diaries were handwritten between 1964 and 1994, and have been typed into the computer since 1995.

Master told about one morning around 5 a.m. when he was sitting just outside Babuji’s bedroom at Gayathri, writing in his diary. Suddenly Babuji came out and asked to see it. Master showed his diary to him and Babuji said, “You are writing about everything that I have said. How do you remember all these things which I myself don’t remember?” Master said, “I just put myself into that date and everything shows up in front of me.” Babuji was very happy upon hearing this and said, “This is called research.”

Master then mentioned that Babuji had asked him how he could fall asleep instantly. Master told him, “I just imagine that sleep is descending from the front of my forehead down into my eyes and I fall asleep.” Babuji replied, “You see, research does not mean writing volumes of paper and theory. This is original research.”



Master's News, *continued*

Master then said, “Most of the work I learnt when I was on tour with Babuji. He would ask me to do the work and then he would observe. Many times he would ask me to sit next to him and work along with him, transmitting. I wish I had had ten more years with him. Babuji told me that he would be around and with me till 2006 or 2007, but he left several years earlier.”

July, 2013

A few months ago, Master was on his computer- looking at a regression session by Brian Weiss, the author of *Many Lives, Many Masters*. Brian Weiss has written a new book titled, *Miracles Happen*, and Master has started reading this book, which is about people going into their past lives through regression treatment. *Miracles Happen* conveys that we are all one, giving many examples of how our meetings and associations in this life are not a coincidence, but that such associations are a continuation from various past lives.

August, 2013**North American Prefect Seminar, August 8 – 10**

On the morning of August 8th Master was not well, and even though the prefects had assembled outside the cottage, they returned to the auditorium for satsangh since Master was not in a position to address them.

However, that evening Master surprised everyone by coming to sit outside the cottage where the North American prefects were able to spend time with him, and he could address them all.

Friday, August 9, 2013

On Eid, the last day of Ramazan, it has been customary for one Muslim family living near the ashram to come and seek Master's blessings. Master invited them, met all the children, gave them sweets, offered prasad and distributed it to all those who were present. Then he conducted a sitting.

**Ashram News****Molena Ashram: Teen and Youth Camp****The Teenage Stage**

Jonathan Aird, Atlanta, GA

It was day one of teen camp and I was met with an uncomfortable feeling that was rather familiar, the feeling of being out of place. However, on the third day something interesting happened. The group was sitting in a circle in the meditation room and sharing our thoughts and experiences. Unbidden and without warning, I felt my heart rise up and



Ashram News, *continued*

sing, loud and clear, despite my lack of enthusiasm. I experienced that loving, beautiful connection with the inner Self that we strive for in meditation and that so easily eludes us.

What I felt within me on the day was simply an inner manifestation of what was happening around me, namely that kids from around the country were coming together at the same frequency, creating a temporary refuge of acceptance, human-heartedness and play, far afield from the culture in which they spend most of their time. It was a uniting of souls pointed in the same direction so that each might gain strength from the interaction.

After this experience, my role at teen camp became ever clearer. For any play to be successful, there are basic roles that need to be filled. One needs a director, a stage crew, actors, and an audience. We had a director in the form of the Master and the camp counselors. We had a stage crew in the form of the Ashram Committee and countless other volunteers that keep the mission and ashram running. The teens themselves were the stars of the show. Who but I and the stoic spirit of Buzzard Mountain were there to witness it all unfold? I think the camp's true purpose was to join youthful hearts under the supervision of the more experienced, and to provide a space for play; and play they did.

A Veteran's Report

Rathna K. Muralidharan, Washington, D.C.

I've had the great fortune of attending all three camps we have held so far, as well as being on the planning committees for two of our camps.

<http://www.sahajmarg.org>



Each camp has its own unique feel that grabs you in and never truly leaves you. But this year's camp holds an even more special place in my heart, and is definitely my favorite camp so far.

There's something in the atmosphere during teen and youth camp that doesn't exist during any other gathering. It's impossible to define exactly what it is, but that whole week, you know that you are a part of something incredibly special. It's as though the rest of the world has just stopped existing – all the problems and worries and concerns that have been bombarding your head get stopped at the gate, and all that matters for that one week is camp.

We all never know what to expect when it comes to teen and youth camp. We spend months fretting over every detail, working nonstop to plan every moment in order to ensure that everyone has a good time. But eventually, we reach a point where we have to recognize that it is out of our hands and have faith that it will all go well. In the end, it turns out better than we could have possibly imagined or hoped.



Ashram News, *continued*

The friendships made here are unlike any others. There's a bond created between all of us after having spent the whole week together. You learn not only about the Mission and about each other, but also about yourself. Time seems to be at a standstill, and yet slipping away quickly all at the same time. What I've gained at teen and youth camp is not only the knowledge from our conversations, but also a sense of community. No matter how you came to the Mission, regardless of whether you are, or are planning to become an abhyasi or not, teen camp makes it clear that there is and forever will be a group of peers who care about you, respect you and love you unconditionally.

I am so thankful to have been a part of this teen and youth camp. It was one of the most amazing weeks of my life and I will treasure the memories and friendships I have made forever.

Beavercreek Ashram

Expansion Moving Forward

Uma Mullapudi, Beavercreek, OH

Plans for expanding the Beavercreek Ashram are well underway. Construction of a new meditation hall will begin in January, 2014, if sufficient funds are raised and the city approves the building plans.

When the property was first acquired and the existing house converted into the current meditation hall, expansion was anticipated at some future point based on utilization. Over the years, regional gatherings at the ashram have increasingly exceeded the building's capacity, requiring use

of tents and the barn, as well as portable toilets. The Midwest's weather makes these accommodations difficult in the winter or during storms. Due to these considerations, and with an eye to the future, Master gave permission for an expansion in April.

In June, brothers Santosh Khanjee, Bill Waycott, John Barlow, Naren Kini and others visited the ashram to assess the best expansion options, based on local needs, financial considerations and site suitability. After a possible plan was developed and discussions were held with local architects and builders, we selected a builder who put together a draft design.

In September, brother Santosh and the national team, which considers all North American ashram projects, reviewed the builder's draft design and added some changes and refinements. After their input was incorporated, the design includes:

- A meditation hall of approximately 2,600 square feet accommodating up to 300 people, situated near the front of the existing hall
- Additional toilets for men and women
- Kitchen area for food prep and serving
- Space for children
- Space for books and literature

The builder will now determine the final project cost, based on the final design. If the builder's cost and plan are approved, the builder will be contracted and the plans submitted to the City of Beavercreek for approval. In July, the estimated project cost was determined to be \$500,000,



Ashram News, *continued*

based on the initial planning. So far, donations totaling \$176,092 have been received and an additional \$124,800 have been pledged, for a total of \$300,892.

For construction to start, the additional cost of the final design, approximately \$200,000, must be secured. Your support for this greatly needed expansion project is appreciated.

For more information please contact Janmarie Connor at janmariec@comcast.net or Uma Mullapudi at rmullapudi@aol.com.

Fremont Ashram

National Bookstore Update

With immediate effect, the Fremont Ashram Bookstore will become the National Bookstore Hub for the Mission, fulfilling all online orders from all parts of the US, as well as US abhyasis' subscriptions to Constant Remembrance.

For any questions regarding subscriptions for Book Corpus, Audio Visual Corpus or Constant Remembrance, please send an email to the SRCM Fremont Bookstore Operations: srcm_fremont_bookstore_ops@googlegroups.com.

Sunderland Ashram

Master's Birthday

Jeffrey Jackson, Vermont

In the 1970's, Babuji Maharaj was asked during an interview with Danish Radio, "What are you?" In typical Babuji fashion, he answered, "I am what I ought to be." For much of my time in Sahaj Marg,

I had been trying hard to approach being what I ought to be. However, I would quickly find that Babuji's statement was not meant to preoccupy the mind. But rather, it is a truth meant to be experienced from the heart.

For me, there is no greater time to feel that which I ought to be than during the birth celebrations of our beloved gurus. Most recently, I was fortunate enough to share in the festivities for Master Chariji Maharaj's 87th birthday with many of my sisters and brothers in Sunderland, Massachusetts.

Perhaps one of my favorite aspects of gatherings is the encouragement I feel brought about through change. Normally, I recognize these changes during the time between gatherings. However, this gathering felt unique – I could almost physically see us all changing before my eyes. Every Whisper, every video, every conversation, every breath, felt rich with opportunity. It was clear that Master's grace was flowing around and through us all as he elegantly taught us all the importance, not only to think, but to feel.

Monroe Ashram

Absorb-a-Whisper

Ravi Ivaturi, Monroe Center

Our Beloved Master, in his numerous conversations, has emphasized the importance of *Whispers* and the role they play in an abhyasi's sadhana.

Abhyasis at Monroe Ashram have implemented a regular Sunday program, *Absorb-a-Whisper*, held after satsangh to help a participant go deep into the meaning of a Whisper and make a note of



Ashram News, *continued*

their observations in their diary. The facilitators choose specific Whispers that address themes like “Bhandaras”, “The Method” or “Daily Life”.

The one-hour program starts with a Whisper about how to read a Whisper, to help in preparation. This creates a condition of receptivity for the participants. Abhyasis are encouraged to read the Whisper and meditate on it for about 15 minutes.

After the preparation, slides of one or two selected Whispers are sequentially displayed. Feedback from participating abhyasis has broadened the selection of themes and also helped to increase the numbers of participants.

If you are interested in joining in this effort, please reach out to the Monroe AMC team at: monroe.meditation@gmail.com.

Children’s Center at Monroe Ashram

Sandya Shinde, Monroe, NJ

For our regional gathering in June, the volunteer team at the children’s center selected the theme *We are One*. Thirty children and many parents participated in the day’s activities, which included: kid’s yoga, painting a wall mural, puppet theatre and story characters.

At the end of the gathering the children came up with a poem expressive of the theme:



*We are all different
But we all have the same singing heart
We are all different
But we all smile the same
We are all different
Our feelings are the same*

*We are all different
We work together to make things happen
We are all different
We live on one beautiful Earth
We are all different
But we all can be ONE when we care and share.*

The children also worked on a 7’ x 5’ wall mural, *One Ocean*, using different fishes to form one family. They painted the ocean, and to represent themselves, all children 2 to 12 years of age, painted fish of their choice, cut them out and pasted them on the ocean.



Regional Events and Gatherings

Orlando Dharma and Yoga Fest

Monika Sharma, Orlando, FL



As you might know, this year happens to be the 150th birth anniversary of Swami Vivekananda. The Orlando Center received an invitation to give a talk and host a booth at the Dharma and Yoga Fest, September 7th, to spread the message of dharma and yoga for the betterment of all humanity. The festival's program included the 4-yogas: karma, bhakti, gnana, raja.

Before the event started, all volunteers from Orlando and far and near centers met for morning satsangh followed by a quiet reading time.

One team of volunteers took charge of the booth. A Power Point presentation looped continuously on a monitor near where interested persons could sign our welcome book and enjoy some candy too. Vertical and horizontal banners, books and flyers attracted people to our tables, which were decorated with festive natural flowers and plants. We all wore our badges and ID cards, blending in subtly and yet representing Sahaj Marg.

There was a 30-minute time slot for raja yoga during which brother James Joseph introduced Sahaj

Marg to the audience. During his talk we could feel the subtle change as the environment became charged. We remained flexible with our format for the time allocated to us based on intuition. We were there to share our experience in a prayerful attitude. The radiant faces of participants – filled with enthusiasm and love – reflected the learning experience of one and all.

Sahaj Marg Presented at Night of Asia Festival

Indrani Sindhuvalli, Jacksonville, FL

Night of Asia, an annual event held in Jacksonville, FL, is devoted to showcasing the cultural traditions of all Asian countries. The theme of this year's event was Health and Wellness.



Brother Anish Mehra gave a presentation on Sahaj Marg and the benefits of following a heart centered contemplative path. He highlighted the need for inner balance and the holistic benefits that can be derived by the regular practice of meditation.



Regional Events and Gatherings, *cont'd*

The talk was well attended, and the presentation was followed by an interactive question and answer session. A few people showed interest in learning more about Sahaj Marg.

Vancouver Centre Celebrations

Marianne McLauchlin, Vancouver Centre

This year Master's birthday celebration became the gathering I was meant to have, not the gathering I expected. The key to the venue's kitchen had hung on a hook in my hall for several weeks, but was missing as I rushed out the door to set up for our gathering. My frenzied search was to no avail. One of our abhyasi children saved the day by wiggling through the edge of a shutter and opening the kitchen door from the inside. We all cheered and hastily deposited our potluck contributions in the fridge, so we could begin the first of our three satsanghs, followed by readings from *Whispers* and watching a talk by Chariji.

Vancouver Centre is culturally diverse. Our potlucks are usually abundant and deliciously international, so we were surprised and dismayed when we ran out of food, leaving several late-arriving abhyasis empty plated. One of our Iranian abhyasis saved the day when she procured exotic delicacies from a nearby Persian bakery. Observing her selfless act, we were touched by her loving generosity and were reminded of our Master's all-encompassing love.

Although many at the gathering experienced joy and absorption, losing that key stirred implicit



feelings within me, which set a dissonant tone to the gathering; but in retrospect I feel deep gratitude for the gift of it.

Iowa Gathering in Cedar Rapids, June 7-9

Prashant Topiwala, Winnipeg, ON

Our 12 hour journey to Iowa from Winnipeg, to attend the Cedar Rapids gathering began with a hiccup when our car broke down only two kilometers from home. As a result, our journey started with a real practical experience of the theme of gathering, The Role of an Abhyasi, because a local brother and his family, who could not join us, immediately loaned us their car.

Forty-six abhyasis from all over North Central North America received a very warm welcome from the sisters and brothers in Iowa, including our hosts sister Satya and brother Sundar, who had just moved into their new home only 10 days before this gathering.



Regional Events and Gatherings, *cont'd*



There was a very special environment during the celebration. In keeping with the theme, one sister had prepared pearls from SRCM literature to encourage us to open our hearts for discussion and sharing. During the discussions, two brothers shared some insights from their experience at the youth seminar in Cleveland the previous weekend. On Saturday afternoon, a brother shared his reflections on the encouraging atmosphere that he had found during his extended retreat at Spurs Retreat Ranch in Austin, TX.

While returning home, our hearts were full of joy. The feeling of being together on such an occasion is difficult to express in words. Master has gifted a wonderful team of youth to Iowa. We pray that he bless all sisters and brother with love and divine energy necessary to fulfill His divine purpose through all.



Training

Workshop on the Fervent Heart

Julie Gallagher, Dayton, OH

On September 15, a one-day workshop was held at the Beaver Creek ashram on *The Fervent Heart: Fanning the Flames of the Innermost Call*. References to 'the fervent heart' in *Whispers* have greatly increased of late, which influenced our wish to explore its meaning more deeply. Two sisters facilitated, providing an optimal context for each abhyasi to consider the meaning and value of a fervent heart.



The 24 participants spent several hours in the morning and afternoon listening to carefully selected readings, reflecting and then sharing their reflections. The readings started with definitions of 'fervent' and 'zeal' to set the stage, and then moved from spiritual preparation to thirst for divine inspiration, concluding with prayer and love that is 'the shoreless sea'. The group found special meaning in the teaching that the flame is already inside us and we fan it with our practice, not by



doing more or better practice, but by opening the door and letting Master take over.

For the final reflection, everyone drew a Whisper from a container that was passed around. Each Whisper was different and said something about a fervent heart, which shows how many address this topic. For some participants, the individual Whisper they received related directly to a current concern. We took with us from the workshop a deeper appreciation for how Master meets us in our hearts when we open up space for His grace to enter. What a wonder it was to feel the heart open more and more and to observe the determination inherent in the heart to fulfill its purpose of fusion with the Ultimate.



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An Invitation from The Spiritual Hierarchy Publication Trust

The publication team invites abhyasis and their children to contribute creative content towards publications. Submissions may be in one or more of the following categories:

- *Art, collage, painting, or any other form of artwork that is your own creation*
- *Photographs taken personally by you*
- *A design composition developed using Adobe Photoshop, or similar software – with clear references to the source of images / artwork used in such composition*

Such design contributions received will be reviewed by the publication team and may be selected for use as part of the cover design for books or audio-video publications of the Mission. By sending in your content for consideration, please note that you are granting full publishing rights to Spiritual Hierarchy Publication Trust.

These contributions may be shared in the following manner:

- *Electronically, by sending a low-resolution digital copy (< 1 MB) through email to design@shpt.in. We will request a high resolution file in case the work is selected*
- *By postal mail to the following address:*

*Design Team
Spiritual Hierarchy Publication Trust
Admin Building, Babuji Memorial Ashram
Manapakkam, Chennai- 600025*

Please provide your name, age (in case of children), Abhyasi ID (of parents, in case submission is by a child), center name, contact address, phone number and email address when you submit your design. If your design is selected for publication, the design team will get in touch with you.

