



## MASTER'S NEWS

### MAY 2013

Soon after the celebrations for Pujya Babuji Maharaj's birth anniversary, Master became completely exhausted. He would be tired and would rest for long periods. We could see how he had used his will-power to keep himself going till the celebrations were over and then had let go. He was affected by the treatment, medications, etc. and was looking very tired and sleepy. But, there were days when he felt fresh. It was very unpredictable as one day he would be fine and the next day, he would be totally tired. It is very sad to be silent spectators of Master's suffering but we can only pray for him.

By the end of the first week of May, Master's radiation treatment had come to an end. While the pain had reduced, he was still under medication and pain killers. Master was advised against walking and was moving around in his wheelchair. Doctors recommended that he use the walker to walk a few steps when necessary. This has slowed down Master's movement, but he has adapted to this new way and moves around in his wheelchair with a radiant

smile. On those rare days when he comes to the meditation hall for satsangh, one can see Master beaming and radiant in his wheelchair onstage. On Sunday May 12, 2013, Master came to the meditation hall and conducted satsangh which lasted more than an hour.

On many evenings Master would come out in front of the cottage and sit for about an hour. This way several abhyasis got to meet him even though it was not possible to talk to Master on a personal basis, it was an opportunity to sit in his presence in silence. Sometimes Master would speak but most of the time he would be silent. In front of the cottage are huge trees which host several birds who chirp in happiness when Master sits outside.

In the middle of May, Master continued with more of his medical treatment which included a check up and continued medication. Whenever Master takes any medication it affects him and he looks completely drained. Another thing to observe is that when he has







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work to do, no matter what pain he is going through, nothing is visible and he goes through with the work and finishes it. After the work is over the pain is visible again. This time when he went through this treatment, for the next ten days or so, he was quite tired. He would spend most part of the day resting. Towards the end of the month, Master still seemed to be having pain and so it was decided to take Master for an MRI. The results of the scan were good and Master as well as all the doctors were quite relieved.

Master has got a new electronic chair which can be raised and lowered with the help of a button and Master operates this with child-like amusement.

Towards the end of the month Master was doing better and as soon as his health improved, he started with his first and most important work: perfect sittings. On most days, he would give a perfect sitting early in the morning and another individual sitting to some abhyasi or to a group just after breakfast.



One evening, there was a bhajan session in the cottage courtyard by Br Gurpreet Singh. Master sat in his office while abhyasis were in the courtyard. Master got tired after a few songs and went in to lie down but requested Br Gurpreet to continue.

Tuesday May 28 was Br P.R. Krishna's 56<sup>th</sup> birthday. Master wished him, blessed him and then distributed prasad to everyone in the room. That evening, it rained and Chennai became much cooler, indicating that the hot summer days were coming to an end.

Another of Master's new routine has been to sit outside the cottage early in the morning. He wakes up by 5a.m., comes outside by 5:30a.m. then goes inside by 6:15 a.m. by which time, the perfect candidate would have also come and Master would then start the perfect sitting. This has been quite frequent, especially as the weather has begun to cool down. Overall, Master's health has been improving; he is becoming more mobile and slowly his usual daily routine is starting again.







## JUNE 2013

As Master's health improved he started giving all the perfect sittings by himself. On June 1<sup>st</sup>, Master received a gift from an abhyasi of a model of the very first train ever built in America. Master was impressed by its perfection and his happiness radiated to all those present with him. Master handled it very carefully and gave it a place in his showcase even though it was slightly large.

### **Seminars for LMOIS students**

Two back-to-back seminars were organised for batches of the Omega School Alumni, the first session in the first week of June and the second during the second week. The coordinators for these upcoming seminars came and met Master and had a short discussion to clarify many of their questions regarding the seminar.

In the evenings, Master used to go with the walker till the entrance of the cottage and sit in the wheelchair outside. This gave him the some exercise, fresh air and a chance to meet with abhyasis, which he looked forward to.

On Sunday June 2, Master conducted satsangh in the meditation hall which lasted for one hour. After satsangh he returned to the cottage. As he had met many abhyasis the previous evening as well as that morning there was not much of a crowd in the cottage. One could feel a sense of contentment in the hearts of abhyasis. It was as if Master had filled all the hearts with himself and everyone was contented and happy. Master said, "Happiness does not give contentment but contentment results in happiness." One could see Master very happy as it had been a few weeks since he had come out and conducted the satsangh.

Master had a very nice time in his office room with a small group of abhyasis which started in a jovial mood and then he transformed it into a discussion:

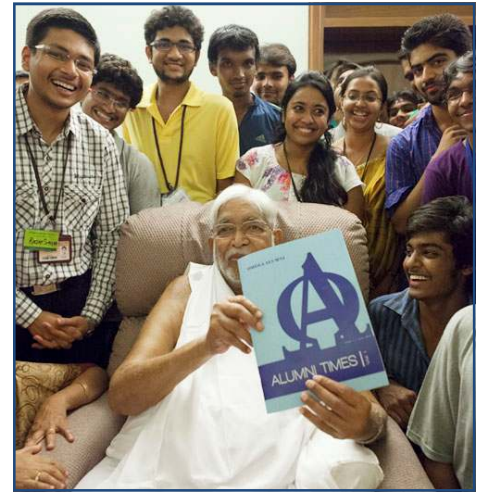
- Talking about corruption in the IT department: To-day's life only promotes greed and dishonesty.
- Fear draws to you what you are afraid of. It is your fear which is projected onto the other.
- Master's family is the only family where there are four generations of abhyasis.

Monday June 3, was the first day of the Omega Alumni Seminar - Session 1. Master came out at 9 a.m. and conducted satsangh. The satsangh lasted for an hour and then Master gave a talk. In his inspiring talk he mentioned about the various degrees of corruption in India and how it is upto the next generation to take up the responsibility to shape the future, not just of themselves but of the nation itself. Master said each one of these students should not change due to pressures of society but by being a catalyst which does not change they can bring about change in the society. Master said that this is what he is expecting from the Omega students, not just scoring high marks but they should come out as good and well-rounded human beings, who give importance to aspiration and not ambition. He again reiterated the fact that money cannot give happiness or contentment but contentment will give happiness. Master then asked a few other abhyasis to give talks. All the alumni members were asked to come to the cottage by 9 a.m. every day for satsangh.





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### Working Committee Meeting

Wednesday June 5 Master was ready to go for satsangh as there were about seven marriages to be performed. But on doctors' advice he rested in the cottage as he also had to attend the working committee meeting after satsangh. Br Kamlesh went instead to the meditation hall. The working committee members assembled in the cottage and Master attended the entire meeting, which is something that has not happened in the recent past. Master usually just joins the group towards the end of the meeting. In his general observations after going through the agenda, Master expressed his happiness that good things were happening in the Mission – meditation halls in Singapore and Qatar, recognition of LMOIS for award of International Baccalaureate and upgrading of training courses for abhyasis and prefects in the Mission.

**Master mentioned the proliferation of ashrams in India, but regretted the fact that at least two families dedicated to Sahaj Marg could not opt to stay there and look after each ashram. He said he had a list of retired abhyasis/prefects but they were not prepared to go and live where they were wanted.**

At the end of the meeting, he got up very slowly from his chair and inched his way back to his office supporting himself on his walker. He was overheard saying, "When He gives the pain, He also gives the energy." He was quite tired but before going to rest, Master met with all the couples who were married that day. He blessed them, spoke to them and took photographs with them.

### Dialogue with LMOIS students

Master spent a lot of time with the Omega Alumni members. Once, the entire seminar group of seventy odd children were inside Master's office room, completely surrounding him. Several questions were asked and Master answered them all with equal if not even more enthusiasm.

One sister asked it was difficult to get up early in the morning and do the meditation. Master answered, "You see, I hear the birds from my bedroom every night. I hear some single bird sometime by half past two in the morning, sleepily chirping. By around 3:30 a.m. about half a dozen birds start singing and by 5 a.m. they are all awake, singing, calling to each other. So, make it a habit and don't say, 'What will I do by getting up early.' You know, I don't go to sleep without finishing my day's work, whatever it is. I don't leave anything for tomorrow. Nothing! Whether it be mails, or letters or sittings. People will say, 'Oh you are tired, you must rest' and I say, 'No rest. I will rest only when the work is finished.' Rest is not in between you see. Rest only when work is finished. No, no, I am so tired... No, you are not so tired. It's just a bad habit. Indiscipline is a bad habit. Discipline is a good habit."

About marriage, Master said, "Don't let your eyes decide. Let your heart decide. And don't be compelled by your parents. Tell them that it is my life. You had your life. I didn't tell you who to marry and so, you don't tell me who to marry. I will marry who and when my heart says yes. No consideration of caste or money or anything and no Amitabh Bachchans, ok!!!"

One girl said she wanted to study politics. Master said, "Politics is a dirty subject. It is full of corruption and vice, etc. I don't like law, I don't like politics. You have to tell lies in both. *Satyam Vada* is not possible. *Dharmam Chara* is not possible. I had meetings with



you are going in a single road, you don't need to worry, but if there is a branch and there are three roads, then you need to wonder which one to take. So, there is a problem with choice. When you have choices, then you think that there are three roads or five roads or fifteen roads and you are anxious, you have blood pressure, because you don't know which one to take. You know in your heart, but there is always this problem of the heart pulling one side and the mind pulling one side. So, tell the mind to shut up and follow the heart. You will never be wrong."

lawyers you know, top lawyers, top judges and I said that you people lie and the lawyer said, we only follow the plaintiff. You see, lawyers are there to help the judge come to a correct judgment but lawyers help only the client to win the case." The girl insisted saying that she will be the first honest politician and Master said, "So if you are the first honest politician, you will soon find out that you cannot adjust. Today, the environment is such where one is not tolerant. You will be thrown out." And then he added, "Do something which will help you see. Help you, help the country you know. Don't go by fanciful things. I want to change politics. I once asked my Master Babuji Maharaj about corruption. He said only God can change it. It is too deep and too widespread for any individual to attempt it. So, we pray. You don't have to be in politics to change politics. So you see, until each individual is willing to be law abiding, as a matter of personal regard for yourself. When you tell the truth, nobody is going to applaud you. But, you have the satisfaction that you are truthful, you are honest. As my Master said, honesty is its own reward, because today people will ask you, 'What have you got by being honest?' I am not supposed to get anything by being honest. So, we do what we have to do, and that is its reward."

One boy said, "Master, I want to join my father's business". Master replied, "Yes, but remember, honest business always pays. You see, like, an honest investment gives you 8%, 9%, 10% but dishonest investment gives you 40%. But then there is a risk. Isn't it? You may lose your money, you may get a bad name, you might have to go to jail. So, honesty doesn't pay dividends like that. But, you lead a happy life if your investments are safe."

One boy said, Master I don't know what to do. Master responded, "Don't worry, the door will open. You see, if

By the middle of June, both the seminars were over and things were coming back to normal again at the cottage and in Master's routine as he begins to get healthier and is making his time more accessible to all abhyasis.



**Sahaj Sandesh No: 2013.26 Thursday, 6 June 2013**

#### **Rev. Master's health update**

Dear brothers and sisters,

It has been more than a month since last update about Master's health. Master is responding to treatment favorably and recovering on expected lines. His bones are stronger and mobility has increased. It might take a couple of months for complete recovery.

Dr. Natwar Sharma





## Omega Alumni Meet

About seventy-five students from the first and second batch of LMOIS attended the alumni meet held in the first week of June. The young abhyasis had been eagerly waiting to meet Master ever since they got approval for the seminar and finally when they met Him their hearts knew no bounds. Master gave them a sitting on the first day and then addressed them. He spoke of being contented and the need for being honest. He urged them to be the torch bearers and play their part efficiently in His vision of the India to come by being a catalyst, who initiates a change without changing itself.

The second day began with the 9:00 a.m. satsangh in Master's cottage, followed by a talk by Br. Kamlesh Patel in which he spoke of three things: choice, impressions and contentment.

The following three days saw intense sessions with facilitators and the group. They dealt with various kinds of issues like that of daily practice, attitude, adjustment problems and issues of day to day life. It was an open platform for all to discuss their difficulties, supporting one another with personal experiences and receiving tips from

the facilitators. On the fifth day, the attendees presented to the entire group what their take away from the seminar was. The alumni also made it a point to visit the school to meet their teachers and other staff and spent the day with them. Br P.R. Krishna and Br Punit Lalbhai interacted with them.

To mark the end of this seminar, the students had prepared a short cultural programme for Master. It consisted of a few songs and a dance (*Garbha*) performance. Br. Kamlesh formally closed the seminar with the question, "What is the product of Transmission?" the answer to which they will have to ponder upon and bring back next year.

After the cultural event they met Master and took a group photo with him. As they were clicking group photos with him, he said, "The alumni are the soul of Omega. In the photos that you print put the caption *The Soul of Omega*."

The students started leaving the next day with their shoulders up with responsibility and hearts filled with love, courage and longing, with an added assurance of coming back better prepared next year.

## The Omega Hope - A Facilitator's Perspective

Br Victor Kannan

In this age of ever-growing corruption of all sorts and numbness towards it, the Omega school and the Alumni give hope for the future. The Omegaites have now been released from the protected environment of school to face the challenges of the marketplace world through their new abodes of higher education. They face real challenges of an outside world that is not so caring or conducive to continue their spiritual pursuit and a balanced life. They also begin to get tempted by the new found freedom and new found opportunities of useless habits.

So, the effort by Revered Master to bring them to Manapakkam once a year for a get-together is a brilliant idea that needs to be looked into by all the stakeholders deliberately and methodically. It was an opportunity for the elders to listen to them and understand their plight. It was time for the elders to remind themselves of their youthful days of indulgence and confusion and share these thoughts with the alumni. This helped them open up, share, gain confidence and quickly feel relieved and normal. So, they are going back with more confidence and conviction. Sharing details of student activities at various

universities such as Science and Spirituality club, Global Youth Network via webinars and Uconnect initiative of conducting Self Development Programs was very helpful.

I believe this objective of strengthening them, giving them support and clarity was achieved. However there may be a temporary high and this needs to be harnessed by means of keeping them in touch with each other on a more continuous basis though virtually. This has to be done to include more than the friends they are with already and expanded as a larger community and integrate them in the mainstream of Sahaj Marg. However a platform to share the activities on an ongoing basis would help.

It struck me during the third day of the program that these are good children, genuine children and they care deeply about what Master stands for. So, I came away with the excitement that we do have hope after all thanks to these kids. If they are also inculcated with the sense of responsibility for themselves and the society at a young age, it would add to the urgency of building a new and stronger nation.

## Param Dham Ashram for Elderly Abhyasis

Master has blessed the Param Dham Ashram as a place for elderly abhyasis (aged above 60 years) to stay and further pursue their sadhana. Abhyasis interested in making use of this opportunity can apply for stay in the ashram for 2-6 months. They will be provided adequate accommodation, dining and other essential facilities. The schedule of the stay will be communicated to the abhyasi depending on the availability of accommodation. The following link provides information on Param Dham, its address, the facilities available and the Application Form for applying for stay at Param Dham. <http://www.sahajmarg.org/smww/param-dham>. The completed applications should be sent to [paramdham@srcm.org](mailto:paramdham@srcm.org).



## Abhyasis' participation in the Mission's history and creation of sources for the future

So far, our archives have concentrated on safe storage of documents, photos, audio-video and so on. Now we are trying to impart to them a historical bias so that we shall look at records and other media how they will serve the purpose of a historian who would research the history of the mission and its allied institutions – say, a hundred years later. Things that appear to us rather routine and insignificant today will speak volumes to a researcher decades later.

It becomes important, therefore, to collect old records and to preserve the current ones. We have invited abhyasis who have a history background, exposure to archiving or library science besides computer skills to volunteer their services in building up such an archive in Manapakkam. Full time employment is also offered to qualified and experienced abhyasis.

### *The Beginnings*

Hundreds of volunteers at centres, Zones / countries have come forward to collect primary source material for the History Archive. They have also started interviewing longstanding abhyasis and recording their reflections and reminiscences on the growth and evolution of the Mission since its inception and the roles played by the masters during this period. Zonal History Coordinators in India and Rest-of-the World coordinators have formed a lively team and hand holding of volunteers is done through regular issue of detailed guidelines and protocols in executing this work. This work, of course, will never end because of the continued growth of the Mission and updates to the archive files and contribution of records, photos and artefacts will continue on a regular basis.

Abhyasis who would like to take up research on 'Macro level' aspects of the Mission's history can contact the office. The future of this effort looks promising provided the interest of abhyasis in preserving the sources of future history in the present is sustained. When Master was briefed about the beginning of this campaign in the last meeting of the Working Committee on 5<sup>th</sup> June 2013, he observed, "We are building our history of the future in the present".

### *Follow the Leader*

This shows the keen personal interest he has taken in running this programme worldwide. After all, our Master has been the only one in this Mission to have recorded everything for posterity – be it his Master's life, teachings, travels or Master's own spiritual evolution and personal life. He has also preserved his correspondence and daily diary with a historian's eye on the sources of history. We can imagine what a wealth of information we shall have if every abhyasi were to record what he observes while participating in the history of the Mission as it unfolds in the present.

### **How Can YOU Help?**

1. If you would like to be a volunteer please contact your ZiC who will put you in touch with the History coordinator.
2. If you know of someone who can contribute material of historical importance please refer to the History coordinator of your zone.

Please contact [mission.history@srcm.org](mailto:mission.history@srcm.org) for more details.



## New Center in Galaha, Sri Lanka

Sis. Krishnarani and Br Sri Lal de Silva, prefects of Kandy Center had an open house at 34/3A, Kahadagoda pathana, Galaha which is an abhyasi's residence on Friday, 24 May 2013. There were twenty people present. Both Sis. Krishnarani and Br Sri Lal explained about Sahaj Marg system of meditation and cleaning in detail. Out of the twenty people eight joined in the system. Br Sri Lal gave introductory sittings.

This made an impression on those who live in the surrounding areas of that village. So, we had a second Open House at the same place on Wednesday 29 May 2013 when eighteen people turned up. Br Suntharamoorthy, country-in-charge gave a talk on 'What is Sahaj Marg'. Br Sri Lal also shared his experience in Sahaj Marg. As it was a Wednesday we conducted the satsangh at 5.30 p.m.

Over the next three days Br Suntharamoorthy gave introductory sittings for thirteen new abhyasis and introduced them into the system. On Sunday 2 June 2013 the first satsangh was conducted by Br Suntharamoorthy for the new abhyasis. Twenty abhyasis attended and they all were very happy. Br Sri Lal will be the Center-in-Charge and Br Prakash will be the co-coordinator for this new centre.

It is important to note that when the abhyasis had a discussion regarding how to put up a temporary meditation hall, Br Prakash proposed to put up a meditation hall on some vacant land belonging to him, adjoining his house.



## Home Gathering at Balagolla Center

We had a home gathering in Balagolla on Sunday 30 June 2013. Nine abhyasis gathered and after satsangh they had breakfast together. A DVD screening of 'Deepening Prefects Experience' programme held from June 11<sup>th</sup> to 15<sup>th</sup> 2013 at CREST, Bangalore was shown to the abhyasis. After the show all were enthusiastic about the CREST programme and the prefect who participated in that programme explained how it inspired and made her feel like a new born.

After that we had a discussion on 'how to encourage the abhyasis to do their sadhana as prescribed and to attend satsanghs and individual sittings regularly'. All the abhyasis introspected and came to the conclusion that we have to give priority to our sadhana and become perfect abhyasis to serve Master with love and faith.



## Deoria Ashram, Uttar Pradesh

## Centre of Light

Deoria is the district headquarters of the Deoria district and is tucked away in eastern Uttar Pradesh. It is nearly 50 kilometres from Gorakhpur. The term 'Deoria' generally means a place where there are temples. Deoria centre came into existence in the year 1994. Br Ramdas Singh, a prefect from Chapara (Bihar) was instrumental for the inception of Deoria centre. His frequent visits to the centre eventually led to the first prefect being made for the center - Br Ajai Tiwari. Br Tiwari worked hard and the strength of the centre increased many fold. Persons from all walks of the society joined the Mission. One such person was Br Rama Shankar Dikshit an old BHU mate of Master who is now a prefect. Master stopped over at Deoria on 15<sup>th</sup> October 1999 for a few hours. Although it was a short visit it was indeed one of the blessed moments for abhaysis of Deoria centre.

Regular Sunday satsangh was being conducted at Br Dikshit's house. Due to growth in the number of abhaysis in the centre, the need for having an ashram was felt very strongly by all. A dedicated team of abhaysis including Vaidya Parasnath Tiwari, Dr Murjani and Br I.D. Kedia with the support of the abhaysis, helped to purchase the ashram land on 21st June 2001.

The total area of the land is 1.5 acres and it is located at Sonughat, nearly four kms from Deoria city. The construction of the ashram began on 19th March, 2006. The dimension of the meditation hall along with a kitchen is 65x40 feet, which is sufficient for 100 abhaysis for meditation. Under Master's direction the inauguration of the ashram was done by Br U.S. Bajpai, Secretary of the Mission on 16<sup>th</sup> November, 2008. Master lovingly named it 'Shanti Ashram'.

The ashram is complete with facilities such as toilets, caretaker's room and a small garden to add to the serene beauty. It is equipped for overnight stay of abhaysis. Nearly eighty abhaysis regularly assemble for Sunday satsangh. They celebrate bhandaras in the ashram with abhaysis from nearby centres also participating. Apart from Sunday satsangh, important activities like abhyasi training programmes and essay writing events are organised by local abhaysis. Ashram management committee has future plans of constructing gates, solar lighting in the entire ashram premises, etc.

We are indeed blessed to have an ashram that our Revered Master has so lovingly bestowed for our spiritual growth.



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