



SHRI RAM CHANDRA MISSION®



Master's News



North American Tour

Respected Kamlesh bhai arrived at JFK International Airport in New York from Denmark on the afternoon of the 26th of May. His tour of North America which lasted more than a month took Sahaj Marg to a new level in this region. He visited the ashrams and centres in Monroe (New Jersey), Toronto (Canada), Detroit (Michigan), Beavercreek (Dayton), Fremont (California), Austin (Texas), Spurs Retreat, Molena (Georgia), Richmond (Virginia) and Staten Island (New York).

Throughout the trip Kamlesh bhai was busy meeting with abhyasis, conducting satsanghs and Heartfulness sessions and also clearing abhyasis' doubts on the new method of Heartfulness and other spirituality-related topics. He spent time with the young and old, children and youth alike, explaining the relaxation technique and how to

make Sahaj Marg available to the world. He shared some serious thoughts on spirituality and the importance of sadhana. Abhyasis in this region felt that every moment spent with him was memorable.

A few points from the talks and informal sessions during this journey are given below. The complete version of the tour report is available for abhyasis on the Mission website.

- Sensitivity is fundamental to progress. He said that without sensitivity one cannot make it to the Goal.
- It is wise to trust people. There will be instances where one is taken advantage of, but in the long run one who trusts people will benefit.
- When an abhyasi asked where the Brighter World is, Kamlesh bhai pointed to his heart and





said, “It is right here, in our hearts.” It is here and now. If we are not in the Brighter World now, we are not going to reach the Brighter World later when we leave the physical body.

- Explaining Heartfulness he said that it is nothing new. “Perhaps it is the ultimate heartfulness of God that created this universe.” Heartfulness and Sahaj Marg are synonymous and are all about simplicity and purity.
- Kamlesh bhai emphasised that we need to practise Heartfulness in our lives with respect towards others. We are unforgiving of others while always ignoring our own mistakes. He urged everyone to listen to the heart, have absolute clarity within, and muster the courage to follow the heart even in the face of adversities.
- There is a beauty in the trinity of love, lover and the Beloved. Until I dissolve *in toto* into my Beloved, where there is nothing left of me, no spirituality is possible. Merger is not the end, it is just the beginning of the pure spiritual existence.

India Tour

Bangalore

After noon on Sunday the 26th of July, Kamlesh bhai started for Bangalore from Chennai. He reached Hosur by around 6.30 p.m. and conducted satsangh in the meditation hall. By late evening, he reached Bangalore.

On the 27th and 28th, Kamlesh bhai was busy giving



sittings, meeting elderly abhyasis and children and preparing preceptors. There were many informal discussions about Heartfulness. On the 29th, Kamlesh bhai was up and ready early and met groups of abhyasis. During breakfast he mentioned that Sahaj Marg has to become a spiritual movement where all are involved actively with a sense of unity and loyalty towards each other. Around 7.30 a.m., he left for the zonal ashram.

Thousands of abhyasis had gathered at the zonal ashram and were waiting silently for his arrival. At 9 a.m. he conducted satsangh and gave a short talk in which he mentioned on how to make use of the condition gifted by the Masters: “... Even when looking at people, serving people, listening to people, let it touch their hearts and ooze out. Let it touch others; let it touch their hearts. Thus, whatever has been instilled in us, that condition is magnified through such dynamic action.” At 5.00 p.m. Kamlesh bhai conducted another satsangh and gave a talk inviting all to participate in the great spiritual movement.

Andhra Pradesh Tour

Kamlesh bhai started his tour of Andhra Pradesh on July 30th. He left Bangalore around 7.30 a.m. for Anantpur. Referring to the name ‘Anantpur’ he said, “The journey towards Infinity has started – *Anant ki yatra*.” In his talks, he underlined the importance of Guru Purnima as a time to consume oneself in the remembrance of the guru. He said Heartfulness is an approach to Sahaj Marg and Sahaj Marg is the path we follow, and referred to Shri Ram Chandra Mission as an institute.





He emphasised the importance of loving and helping elderly people and he suggested that youth should spend a good amount of time with elders and learn from their experience. He wished that Sahaj Marg would be known for *seva*, calling it *anant seva*.

Friday, July 31st was the Guru Purnima day. After satsangh, he gave a talk on the spiritual journey and emphasised the need to 'travel light'. To facilitate mergence, he suggested we meditate more. On the way to Nandyal, Kamlesh bhai visited the ashram at **Tadipatri** and conducted satsangh after a Heartfulness session in the local language. Master reached **Nandyal** at 2 p.m. Even though it was past lunch time, Master requested everyone to sit for satsangh if they were not too tired or hungry. He jokingly assured, "It will be a short satsangh." While having lunch, an abhyasi requested Kamlesh bhai to do something to bring rain. He replied, "I have offered prayer to our Masters for the same." To the amazement of local abhyasis there was heavy rain in the evening.

His next stop was at the **Nandikotkur** Ashram.



He conducted satsangh at noon and left for Kurnool. While in the car, he shared an observation that every time there is satsangh around noon, it is very intense and deep. At **Kurnool**, Master talked about the Sahaj Marg movement and *anant seva* for the elders. He suggested that Kurnool centre could see if it made sense to decentralise satsanghs and have many more places for meditation preferably within walking distance of abhyasis' homes so that more and more people could participate.

On Sunday, August 2nd, after satsangh, Kamlesh bhai gave a talk urging us to care about others and help people whenever we are given a chance. When we witness someone's miseries, we should at least pray. Under all circumstances, we should develop humility, simplicity and a loving heart. Only that will take us forward together.

Master left for Yemmiganur at around 10 a.m. At **Yemmiganur**, after satsangh at 6 p.m., he said we should meditate to receive guidance from above. Somebody asked him why we do not provide service activities in the community like other organisations do. He said, "I agree. Please go ahead and do it, if you have the money and time."

Master said that people have this wrong assumption about Sahaj Marg that we are against religion. In fact, Sahaj Marg takes the essence of religion. He posed the question, "What is the essence of religion? First, God is everywhere, and second, love is fundamental. That is what we do." He gave an example by citing chapter 12 of the Bhagavad Gita, in which Lord Krishna describes how to do all our work in Divine Consciousness. That is constant remembrance in Sahaj Marg. Rather than memorising the *slokas*, we aim to apply that essence in our lives.



On August 2nd, after conducting the satsangh at **Kurnool** Ashram, Master said that the July bhandara held at Tiruvallur was a real blessing but unfortunately the weather did not cooperate. Nevertheless our true character shows up on such occasions when circumstances aren't too favourable. Master gave an example of an old man giving his dry patch in the tent to a mother and child to sleep at night and he suggested that service is to think of others before you can think of yourself.

On August 3rd, Kamlesh bhai went to **Adoni**, a small centre about 30 kms from Yemmiganur. He conducted satsangh at 6.30 a.m. but felt none of the abhyasis was internally prepared for this visit; their condition was reflected in their inability to receive what he was wanting to give. After breakfast Master returned to Yemmiganur and around 4 p.m. started on the next segment of his trip to North Karnataka.

North Karnataka

On reaching **Raichur** Kamlesh bhai gave a short sitting. He said we need to be outspoken about what we do here in Sahaj Marg. We should not shy

away from talking, especially with students and the young generation, who are in so much need of various methods to channel their energies. He said, "There are no short cuts to the practice. There is no hierarchical way of progress as some abhyasis think progress is to become preceptors and then in-charges, etc. To be very honest some abhyasis are higher than many preceptors in our system. Babuji was never a preceptor but he achieved the highest possible state of spirituality.

"I would like all abhyasis to work for the good of all. Give relaxation technique to all that pass by you. Further if you need to start them into Sahaj Marg, just connect with your local preceptor and ensure newcomers take the necessary individual or group sittings from preceptors. Babuji Maharaj keeps sending messages that time is too short. To me it only means time is too short to propagate the system before the wave dies down. No ZIC or preceptor can do anything without abhyasis propagating this system. Our *guru dakshina* should be to propagate Sahaj Marg to the masses and do our Master's work." Before dinner Master reviewed a few new videos on Heartfulness.





On August 4th, Kamlesh bhai left **Raichur** at 8.15 a.m. for Gulbarga. On the way he stopped at **Shorapur** and conducted satsangh. At **Gulbarga**, he was happy to see the little ones and meet all the old and new abhyasis. After satsangh he gave a short talk highlighting the need to reflect upon our approach to Sahaj Marg. We have to be regular in practice so that our sensitivity increases. We have to evolve to a state where meditation and cleaning are not required. He stated that Master says, "I come to you in the subtle form every day." But we are not sensitive to this.

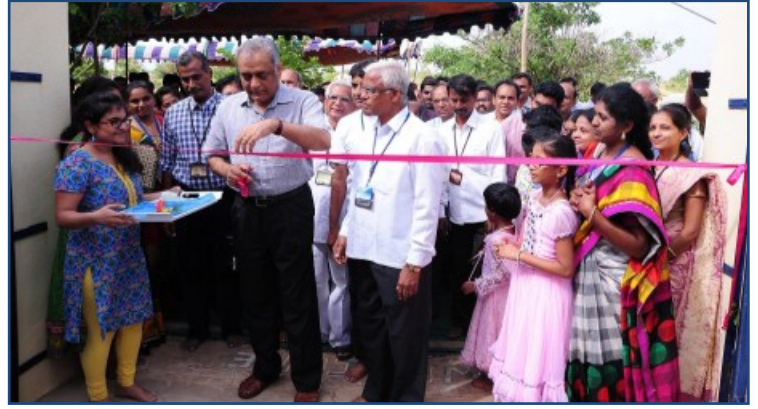
On August 5th, Kamlesh bhai left for **Sedam**. He inaugurated the meditation hall after a 15 minute relaxation presented in Kannada by the ZIC. Then he conducted satsangh at 9.00 a.m., reviewed some drawings, suggested improvements and left for **Hyderabad** by road.

Hyderabad

He reached **Kanha Ashram** by noon. Rain has been welcoming Kamlesh bhai wherever he went and sure enough it poured in Kanha ashram too in the afternoon after his arrival. After satsangh he inspected the ashram site.

On 6th August, Master left for **Thumakunta Ashram** in Hyderabad at 6 a.m. He presided over a prefect training programme. On 7th, he visited **Bhongir**, a small centre of light with 200 abhyasis. He conducted satsangh and when he was asked to speak, he pointed to one sister who wanted to speak. After her, many more abhyasis got up to express their heartfelt gratitude to him. Each and every abhyasi was overwhelmed with joy.

In the end when Kamlesh bhai was repeatedly asked to speak, he said that he is happy to learn that the centre has grown without a single preceptor. He said that as



an experiment he would like not to have any preceptors in this centre and have a system wherein abhyasis can introduce anyone. All they have to do is sit side by side and say 'please start' and after 30 or 40 minutes say 'that's all'. Just inform him beforehand. Surprisingly Kamlesh bhai gave his mobile number to everyone and asked them to call or SMS him and let him know if it is one or even 200 abhyasis that would like to get initiated, then he would give remote sittings. He set a benchmark as well and said he would expect a minimum of 15 messages per day. He clarified that this is only for Bhongir centre in Telangana.

Master came back to Thumakunta Ashram by noon. He addressed the preceptors attending the seminar. He said a spiritual movement cannot come about if we lack dedication to the Master's work. He said it is important to invoke Master's presence all the time because without the connection nothing really works the way the Masters want it.

On 8th August, Kamlesh bhai gave a short talk emphasising the need for preceptors to be conduits and not have any resistance towards Master's work. He remarked that preceptors should be working all the time and not just while giving the sittings. He suggested that in the evenings abhyasis





should spend time with family members, interact with elders in the neighbourhood and learn from them. After dinner, Kamlesh bhai came out at 9.30 p.m. for a long walk with a few children. After the walk he taught the children some very simple concepts to solve complex number problems using Vedic math techniques.

On Sunday, 9th August, after satsangh Master talked about the condition of *abudhiath* – a state of insignificance. He left Thumakunta Ashram and reached Kanha Ashram at 11 a.m. He sat at the Babuji Memorial edifice and gave a sitting from 12 noon to 12.45 p.m. He said sitting around noon accelerates the pace and makes it easier to receive what the giver gives. He said even programmes like Heartfulness will be received well when done at this hour. He urged to teach children the relaxation technique and have them teach it to others like friends, relatives and parents.

On 12th August, he left Hyderabad at 4.00 a.m. for the next leg of his tours.

Preceptors' Seminar, Hyderabad

A seminar was organised from 4th to 8th August at Thumukunta Ashram, for around 350 prefects from Maharashtra, Kerala, Tamilnadu and Hyderabad and also for trainers from other parts of India and overseas. There were also 102 preceptors in the making. The day-long sessions would start at 9 a.m. and go on till 5.30 p.m. Sister Elizabeth Denley along with her team conducted the seminar on the Heartfulness initiatives. It started with a DVD of a talk by Pujya Chariji emphasising the importance of humility in the new Heartfulness approach. There were practical sessions of guided

relaxation, group individual sittings, guided cleaning process and a mock Heartfulness workshop.

Kamlesh bhai reached Thumukunta on the morning of 6th August. He conducted satsangh in the morning and evening for the preceptors and addressed them. He also conducted satsanghs on the 7th which were followed by a short talk and a Q&A session.

Some points from his talks to the preceptors:

- We as spiritual aspirants should not mock people following religious practices as those who have crossed the state of reality and bliss and beyond do not mock us.
- Spirituality is actually the essence of religion.
- A guilt-ridden heart does not attract grace. As preceptors, we must first put this in practice ourselves so we can help abhyasis to get out of it.
- Grace that comes from the Source does not go back, it waits until you are ready to receive it.
- While cleaning when we say all impressions are going out and sacredness is coming in then we must feel the sacredness in our heart.
- Cleaning is like resetting, it helps you become like your source; prayer is fine tuning.

On 8th August at 6.30 a.m., Master gave the final preparatory sitting to 102 new preceptors in the cottage and they were all handed their certificates. He spoke to them for a short while and asked them to work with courage and unfailing confidence. At 9 a.m. he conducted another satsangh in the main meditation hall and the seminar was concluded.



Heartfulness Sessions

Rajasthan

On Sunday, 12th July, a meditation workshop was arranged at Railway Officers Club in **Ajmer**. Around 250 officers and employees of North Western Railways participated. The session conducted at **Alwar** centre on 21st June saw 18 aspirants joining the Mission.

Haryana

On the occasion of UN International Day of Yoga (21st June), a 'Learn to Meditate' programme was conducted at Maharaja Agrasen Medical College, Agroha (Hisar). The gathering of around 140 members included the college management, senior faculty, doctors, staff nurses and students. Introductory sitting for students and 25 faculty including the Dean were initiated the same day.

Gulbarga, Karnataka

Guided relaxation and meditation sessions for 157 trainees were conducted at the Police Training College, Gulbarga, on 13th and 14th July. Local preceptors then conducted sessions for the next eight days. On 13th afternoon, a programme for 150 degree students was arranged in Gurukul College. On 14th afternoon another session for the staff of PDA Engineering College was also arranged.

Madhya Pradesh

The Heartfulness sessions conducted on 11th and 12th July, at Shoupur, Rannod and Shivpuri benefitted 190 spiritual aspirants in this region.

Dindigul, Tamil Nadu

On 26th June, a programme was held at the Government Arts College for Women in Nilakkottai near Dindigul. The 1,500 students present on that day were divided into three groups and were introduced into meditation through this programme. The Principal expressed his

willingness to provide space and time for regular satsangh in the college.

Central Maharashtra

On the occasion of International Day of Yoga, sessions were conducted at several places in Central Maharashtra. In **Aurangabad** a session was held at the Govt. Engineering College for 100 participants consisting of staff, faculty members and their spouses. At **Buldhana** the programme was organised in Pankaj Lahhad Engineering College for 70 participants. In **Chikhali**, 22 visitors turned up for a function arranged at the ashram. At **Paithan** it was conducted at Pratisthan College for 100 aspirants which included professors, lecturers and support staff. **Nasik** centre started lot of activities at different venues like schools, colleges, Bar Councils of the Court, Hospitals, Railway Traction workshop and Goti police station. They got amazing responses from these groups and were able to involve more than 1,100 aspirants.

Mumbai

A series of sessions were organised across Mumbai to mark the occasion of International Day of Yoga on June 20th and 21st. Five sessions were organised which benefitted more than 1,450 individuals. General groups were catered through focused programmes in Panvel Ashram, CIDCO Exhibition hall in Vashi and Pioneer High School, Kandivili, the teaching fraternity in Karmveer Bhaurao Patil College, Vashi and at Reliance Group's corporate office in Navi Mumbai.

Uttar Pradesh

The youth of **Ghaziabad** have formed a dedicated team of volunteers who have organised 7 sessions attended by more than 120 participants during the months of July and August. On International Yoga Day, a session was conducted for around 150



residents of Pritam Nagar in **Allahabad**. As part of Village Connect (V-Connect) a session was organised at village **Dhata** and **Udhin Bujurg** of Kaushambi district, UP, on 15th August. The children studying in a local school who were participating in an Independence Day function were also present. About 20 villagers attended the session. A programme at an abhyasi's residence at Surya Nagar, **Agra** held on 31st July, saw 47 people participating including abhyasis and seekers.

Telangana

A programme was conducted on 1st & 2nd August at various colleges in and around Kothagudem Centre. Around 440 participants expressed their willingness to continue meditation, out of which 269 have taken introductory sittings. In a programme conducted at Sathupalli centre, 60 heads of educational institutions attended. Seventy CISF personnel working in the Heavy Water Plant in Manuguru, attended the programme at the ashram in Aswapuram.

Punjab

A session was conducted for 50 staff members of at FCI Patiala on 7th July. A brief introduction



about meditation was given followed by satsangh. Aspirants showed keen interest in learning more about meditation.

Bangalore

More than 23 open houses have been conducted since July and have benefitted over 150 participants. Sessions were conducted in several educational institutions and five corporate offices including DRDO, HMT, Samsung, etc. A session was conducted for 350 army personnel of the Parachute Regiment Training Centre and all of them expressed their interest to learn meditation. On 15th August, sessions were organised at many sub-centres. Almost 100 aspirants were introduced to meditation on this day.

“An abhyasi who introduced 36 new seekers into the system and started a new centre in a college. We all can do it”

During the recent visit to Bangalore, Kamlesh bhai gave a talk at the zonal ashram, in which he encouraged each and every abhyasi to participate in the Sahaj Marg movement and take the message of our Masters to the public in general through the Heartfulness approach. Taking inspiration, an abhyasi brother, a young veterinary doctor who is an Essay Event volunteer, approached a degree college on the outskirts of Bangalore. While he was trying to enroll that college to participate in the Essay Event, he spoke to a few students about the relaxation technique. Around 20 students were interested and this brother confidently did it right then and the students were amazed by its results. He then asked them if they would like to deepen this experience through meditation and most agreed instantly. He then called his preceptor to give a remote sitting and sat along with the students. The next day he went to the college and facilitated the second sitting which was remotely given by the preceptor. For the third sitting the preceptor went to the college and met the students. To his surprise, 11 teachers including the principal, were also interested in starting.

Because of this one abhyasi, we now have a new centre in the college with 36 abhyasis meditating every Saturday between 1 - 2 p.m. The abhyasi is so happy that he could participate in a small way and be part of the Sahaj Marg movement.



Pujya Chariji Maharaj's 88th Birth Anniversary Celebration

Our beloved Chariji Maharaj's 88th birth anniversary was celebrated as a three-day bhandara at Tiruvallur, Tamil Nadu. Abhyasis who were unable to attend the bhandara celebrated the day at their respective centres. A photo tour of celebrations at a few centres in India is given below.



New Appointments

Ashram Manager, Allahabad centre
Col. S.K. Sharma

Centre-in-charge, Allahabad centre
Pratima Srivastava

Centre-in-charge, Lucknow centre
P.K. Mishra

Centre-in-charge, Nalgonda centre
T. Biksham

New Abhyasi Training Programme, Udaipur

A one-day training programme was organised for 25 new abhyasis on 5th July at Udaipur centre. The abhyasis were divided into small groups to discuss topics like prayer, meditation, cleaning and Master and Mission. This was followed by a Q&A session which helped in clearing their doubts on the sadhana.

The abhyasis were also informed about Mission activities like Heartfulness programmes as well as options to subscribe for the various magazines and e-literature. The response of attendees was very positive and encouraging. The programme ended with the evening meditation.



Bishnupur, West Bengal

Bishnupur centre is around 70 km from the Kharagpur Retreat Centre. When this centre was started 2 ½ years ago there were about 30 abhyasis. With the increase in numbers, a place for meditation was much needed. A hall measuring about 800 sq. ft. with adequate facilities was taken on rent.

About 75 abhyasis including 35 abhyasis from Kolkata, participated in the inauguration satsangh conducted by brother Ajay Bhattar (ZIC) on Sunday, 12th July. Five new aspirants were also introduced. The abhyasis were filled with love and gratitude towards Master. Kamlesh bhai's talk was played followed by talks by brother Banshi Badan Bera from Kharagpur and brother Ajay Bhattar. They stressed upon the importance of utilising this opportunity of a new centre wisely for spiritual evolution.

Jodhpur, Rajasthan

An exhibition of various items made by children and abhyasi sisters was conducted on 9th August. The items included rakhis, handmade envelopes, dry fruit wooden boxes, wooden keychain holders and some quilled jewellery. The children's centre



saw an overwhelming response from the abhyasis. They are looking forward to having this type of event in the future also.

Zonal Meeting, Haryana

A zonal level meeting of all preceptors, coordinators, facilitators, volunteers and CICs from all the centres of Haryana, was held at Sonepet Ashram on 12th July. The meeting covered recent initiatives of the Mission including Heartfulness, there was a centre-wise briefing by all CICs on the progress made and the need and requirements for Heartfulness programmes.

Nomination of co-ordinators (zone level & centre level) for new programmes, need for remote sittings and issues related to centres were also discussed. Brother Satya Mandal, ZIC, gave a presentation on centre-wise implementation of the Heartfulness initiatives.

Beawer, Rajasthan

On June 1st, brother Madhukar, ZIC of Zone 7B, along with two brothers conducted a heart-touching session on self-improvement for volunteers and abhyasis. Various topics including meditation, The Ten Maxims, Values Education, U-Connect, Heartfulness initiatives and the role of character formation were discussed in this session.





U-Connect Programmes

Sivakasi, Tamil Nadu

A Self Development Programme (SDP) under the U-Connect initiative was inaugurated at Mepco Schlenk Engineering College on 1st July. Around 250 graduate students will benefit from this programme. The session was inaugurated by preceptor Dr T. Chenthil who gave an orientation lecture. Total of 12 classes will be conducted over a period of three months. Topics such as 'Understanding Values, Behaviour and Attitudes', 'Application of Values and Universal Values', 'God, Self and Ultimate goal of Yoga', 'Introduction to various types of Yoga and Integration of values in Yoga' have been covered so far. All the sessions were interactive and concluded with meditation. The students were encouraged to clear their doubts by asking questions.

Volunteer Workshop, Kerala

A three-day workshop was conducted for volunteers at Tirur Ashram, from 19th to 21st June. About 75 abhyasis from all the centres of Zone 3B attended this workshop.

The sessions included introduction to U-Connect and Kamlesh bhai's vision of the project, the content, approach and implementation process of

U-Connect and also the curriculum and its various modules. The functionaries of U-Connect and their respective roles were also explained. The facilitators shared information about the various other initiatives such as C-Connect, Heartfulness programme, Concious Living, Meditation and Personal Growth. After the group discussions, a decision to form a set of volunteers at each centre, in order to approach institutes, was planned.

A one-day awareness session was conducted on 5th July at Palakkad centre as a follow-up of the programme conducted at Tirur. Around 75 abhyasis attended. This programme helped to create a volunteer team consisting of 16 members. The session concluded with a satsangh at 3.30 p.m.

Jabalpur Youth Seminar, Madhya Pradesh

A two day youth seminar on the theme 'The role of youth in the growing Mission' was organized in Jabalpur Zonal Ashram on 4th & 5th July. The session aimed at creating an awareness among the youth about the new developments in the Mission. Around 44 abhyasis attended the interactive sessions which also included Master's talks on discipline, obedience, meditation and time management.

Sessions on Heartfulness, U-Connect, OSS, Whispers, self-development with regard to values, followed by a Q&A session on practice. The programme ended with a Heartfulness workshop. After each session time was given to reflect and put down the thoughts about it in the diary. The youth actively volunteered in the ashram and were motivated by this programme.





Yogashram, Palakkad, Kerala



Centre of Light



In November 1989, an open house was conducted at Palakkad town hall which helped in creating an awareness about the Mission, and a few people joined the system. By December 1989, regular Sunday satsanghs were conducted in preceptor brother Ravindranathan's house. Gradually Wednesday satsanghs were conducted in other abhyasis' houses. On an average about twenty abhyasis used to attend satsanghs at that time.

As years went by the urge to have an ashram also developed. A piece of land at Yakkara, about 4 kms from Palakkad town, towards Nemmara, was identified for the ashram. The land was registered under the Mission's name in 1993. The ashram land has a total area of 73.7 cents and houses a meditation hall (2250 sqft), a kitchen and dining hall and a toilet block. The foundation stone for the ashram was laid by Chariji Maharaj on 10th September 1995. A hall of around 700 sq.ft was initially constructed. Sunday satsanghs were conducted in this hall until 2005. Construction work for the main meditation hall began in 2002 and was completed by 2005. The new meditation hall was inaugurated by Chariji Maharaj on 9th March 2005. The old meditation hall is currently used as the kitchen and dining hall.

Around the ashram there are beautiful lawns and a small lotus pond in the front. There are mango and coconut trees on the southern side. Water is drawn from an open well in the compound. As the ashram is located on the banks of the river Yakkara, the atmosphere is always cool and breezy. Occasionally

peacocks visit the ashram.

At present, Palakkad centre has more than 150 abhyasis with an average attendance of 70 on Sunday mornings. Satsangh is also conducted everyday in the evening. The sub-centres at Pathiripala, Cherpulassery, Nemmara, Kongad and Kallepully have been growing well.

Full-day programmes are conducted every month on the first Sunday. Mission videos are played along with group discussion on different topics related to Sahaj Marg. Abhyasi training programmes are conducted here often for the benefit of abhyasis. Home gatherings and open houses are held at abhyasis' houses in different parts of the area. The certificate distribution ceremony for Essay Writing Event for Kerala Zone 3B is conducted here annually. The centre is gearing up with activities and is getting ready to spread the vision of our Masters to the hearts of more and more people.



To download or subscribe to this newsletter, please visit <http://www.sahajmarg.org/newsletter/india> For feedback, suggestions and news articles please send email to in.newsletter@srcm.org

© 2015 Shri Ram Chandra Mission ("SRCM"). All rights reserved. "Shri Ram Chandra Mission", "Sahaj Marg", "SRCM", "Constant Remembrance" and the Mission's Emblem are registered Trademarks of Shri Ram Chandra Mission. This Newsletter is intended exclusively for the members of SRCM. The views expressed in the various articles are provided by various volunteers and are not necessarily those of SRCM.