



Master at eighty four

These are some subjective impressions-as one cannot be very definitive about what Master is! At 84, Master's health is not what it used to be. He carefully conserves his energy, allowing time for rest in between tasks and allocates his time and energy according to priority without seeming to be under pressure. At the end of the day, there are no arrears of work and we marvel at the way he replies to our emails the same day whether it is administrative work or a distress call from an abhyasi.

Master cheerfully undergoes a variety of treatments and medications-sometimes, it seems, more to please those who treat him. He wears dark glasses against daylight as he cannot tolerate the glare. Br.Satbir or Bhargav, Master's grandson, assist him in attending to emails and replying to them. Though his eyesight is affected, his inner senses seem to be at their peak as before. He senses the presence of individuals more than seeing them.

Master's diet is sparse as many things are forbidden to him. But he sits for his meals like an emperor, always with a few abhyasis at his table. He eats in silence (may be working on those present) and sometimes there is a lively conversation, witticisms with a meaning and repartees if there is someone who can provoke him.

Master's walks are occasional, but he exercises in his room with a walker. Whenever he is low in physical energy, Dr. Mohanaselvan is invited to perk it up with his wonder machine. Master also spends time with the dentist in Sahaj Medical centre now and then. But he never makes much of his health problems and is at his wittiest best when he is fighting his ailments.

Having presided over the exponential growth of the Mission, Master's work and responsibility have increased

many fold. He goes round in his golf cart and manages to meet, greet and interact with those craving to meet him. Abhyasis from different centres in India have been encouraged to come and spend a few days in Manapakam, Tirappur or Kolkata when he is camping there. He is happy to be with large groups of abhyasis in our ashrams and likes to conduct satsanghs frequently.

Master's creations like Omega school, Satkhol ashram, the CRESTs and Retreat centres demand his attention as much as important ashrams and centres all over India. He manages to find time to visit them although at considerable physical inconvenience. However, he has stopped visiting overseas countries as he cannot sit through long journeys by air. In India, he prefers to travel by road as much as possible.

Master gives particular attention to children whether they are students of Omega school or those who accompany their abhyasi parents. He stops to talk to them names little babies, jokes with the older ones, touching them on their heads with the tip of his walking stick. Already a new generation seems to be marching into view thanks to over two thousand Sahaj Marg weddings Master has conducted in the last twenty five years.

Master is lively, humorous and young in spirit and his memory is phenomenal as usual. He has grown a beard, but it is shorter than Babuji's. In the beginning, some of us were put off by it, but now we find he looks as charming as before. Long back, Master told me that, when he was young, an aunt of his used to tell him, "you will have some aspects (*amshas*) of Lord Krishna. Even if you become ninety years old, you will still be charming." Indeed, one is tempted to say, borrowing Shakespeare's expression, "Age cannot wither, nor custom stale, Thy infinite variety".

By A.P.Durai



Rev. Master's 84th Birthday Celebrations Lucknow 20-26th July 2010.



Preparations are in full swing!

All abhyasis who will be attending the celebrations at Lucknow are requested to register. Information about the celebrations and registration procedures are available on our Mission's website at:

<http://www.sahajmarg.org/july-24-celebrations/2010>

Pre-Booking of Framed Portraits of Masters for Lucknow Celebration

SHPT (spiritual hierarchy publication trust) has launched a new service to allow pre-booking of limited edition photos of our Masters with or without frames. These photos have been unpublished so far and will be released during Lucknow Function in limited quantities on a first come first serve basis. Please refer to www.shpt.in for more details.

Unique and lively portrait of Rev. Master, old colour pictures of Master and Babuji in Denmark have been printed on high quality paper in different sizes. You can opt for the framed version with a museum quality black frame.

The photos will be delivered only if you have pre-booked your copy and will regrettably not be available on sale at the stand. Photos will be available at Lucknow celebration publication stand for all bookings done before the 10th of July 2010. For abhyasis from **US coming for North American Seminar**, they will be able to collect their copies during the seminar or in Manapakkam Ashram, Chennai in August by booking their copies now.

Payments are authorized in US dollars (online payment) as well as Indian Rupees (check to be mailed or given at the counter).





VBSE Worldwide

Seetha Kunchithapadam

Our beloved Master gave the name "Value Based Spiritual Education" (VBSE) to the efforts started by our Mumbai (India) abhyasis way back in 1992 and taken up in a full-fledged way by Chennai group. It is gaining momentum now in the Sahaj Marg Circle and many abhyasis have started introducing VBSE in their countries, working towards this in a serious manner.

It was proposed that a column entitled "VBSE Worldwide" be started in our Worldwide Echoes Newsletter so that abhyasis will get to know the happenings around the world and would get motivated to do something in their own country.

As a beginning, we'd like to give here a brief account of :

- the VBSE European seminar held in Paris during the first week of April 2010 and
- the efforts being made in the World Headquarters, Chennai in bringing about the New syllabus for school children.

Though some of the European countries were already into VBSE for some time, they made concerted efforts to introduce VBSE for adults after the meeting held in Tiruppur, India in July 2009. They held their first seminar last October and this one is their second seminar in which 33 coordinators from 8 countries participated. The starter theme was "Values – What Master says about them." It is interesting to note that they are focusing on the Maxims and how each maxim should be practiced. There were some activities followed by a Question & Answer session, a talk on "Attitude and Atmosphere", a session on "Inner Introspection Travel" and one on "Happiness."

All participants were involved in the seminar and felt closer to each other and to Master. They are confident that in the months to come, there will be more participation and VBSE will flourish in Europe.

In Chennai, the thrust is on the completion of the new syllabus for VBSE being jointly prepared by LMOIS and SMRTI, based on the UNESCO core values of "Learning to Be." Workshops are being planned for volunteers from all centres of SRCM. We are happy to inform our brothers and sisters that already several schools have shown interest to introduce this syllabus in their curriculum. The

modules on values will be assessed back to students, giving them a more practical approach in the child support



different have As-sheets for and Feed-for par-the syll-practical moulding dren. With and en-

couragement from our beloved Master, we are forging ahead in this endeavour.

[All countries / Centres may send us their reports on the VBSE activities. We'll include the main ones in the "VBSE Worldwide" column, the rest of the reports will find a place in their Echoes Newsletter.] VBSE has been one of Rev. Master's dreams. He wants values to spread and hopes that abhyasis all over the globe will practice such values as would help them improve their external behavior.

VBSE is picking up in some parts of the world, especially in Europe.

Europe

In Europe the work of VBSE was again reinforced in the half-yearly seminar for the coordinators of all countries and their teams. Most countries were represented in Paris the first week-end of May along with Dominique Descartes, Tilde a Troedni and Elizabeth Denley from Australia. It was a week-end full of inspiring presentations, sharing and lots of promise for future work, and also for introspection and a continuously deeper understanding of VBSE.

During the birthday celebrations of Babuji Maharaj in Vrad Sande, Denmark, there was a practical presentation, on the 9th Maxim along with a short presentation of VBSE. Around 85 adults participated.

UN Day of Families, the 15th May, was held in many centers and ashrams throughout Europe with VBSE activities.

The week-end 21 -23 May is the national seminar in Italy with both a presentation on the VBSE activities supported by daily activities for 3 age groups of children.



In Germany, a program on "Animals are our friends" was conducted.

In Denmark, a program on "What is silence?" was conducted. Both children and adults participated.

UN's Day of Families: the 15th of May, was held in many centers and ashrams

throughout Europe with VBSE activities.

"VALUES, ATTITUDE AND THE 10 MAXIMS" have been conducted in Belgium, Denmark, Switzerland, UK, and Italy.

UN International Day of Families held 16 or 23rd May

Shri Ram Chandra Mission organized a series of outreach programs in support of the institution of the family, on the theme Love Unites, and related it to the UN chosen theme, *The Impact of Migration on Families Around the World*.

Events were held in Sydney, Melbourne, Brisbane, Perth as well as Wellington and Auckland in NZ. In all, 190 participated, both members of SRCM and the general public .

It was acknowledged that due to the growing impact of migration on families worldwide, the stability and needs fulfillment of their members is more difficult to achieve and maintain. Today's families are in need of solutions to improve the quality of their existence, live in harmony, and create a better future for humanity. Speakers presented thoughts on how to create love and harmony and how prayer, inner reflection and contemplation can assist in becoming more open to people, more responsive to situations and to the needs of others. During the program, participants were invited to meditate on a non-denominational prayer for human integration.



Brisbane



National
families week
15-21 MAY 2010



CERTIFICATE OF APPRECIATION

This certificate is awarded to:

Shri Ram Chandra Mission

for helping to celebrate

NATIONAL FAMILIES WEEK 2010

The best start: supporting happy, healthy childhoods

www.familiesaustralia.org.au

Youth presented poems, T-shirt painting, drawings of portraits, their own power point presentations, stories evoking love, sacrifice, sense of belonging, strength, humoristic views about their families and in others. Some adults talked of their difficulties with migration and how they grew stronger and responsible with the help of dedicated family members and the inner growth support of their spiritual path.



New Zealand

Perth



Sydney





Dear Brothers & Sisters,

Shri Babuji Maharaj remarked in one of his messages to his scribe in the Whispers collection that spiritual evolution comes slowly, and we find this also with our Ashram Application. After the expiry of the second advertising period 6th April, Council advised us of several concerns for the development, which came from the local community, their internal departments and the NSW department of water. The objections were over issues of traffic, noise, sewerage, storm water, and character and streetscape. 28th April we received a letter from council requesting additional information in the form of amended reports from specialist consultants who we engaged for the application process. We have been busy working on having the reports and landscape plans to meet the requests and we should be finalizing and submitting these within the next few weeks. During the process we had noted in the local newspapers that many residents in the area have been angry with Council for a flood of Applications in the area one of them being ours. A public information meeting was held by Council on the developments 6th May. Attendance was about 150 people and during the meeting residents raised their many issues and concerns. A report was given by Br Sophy Hok & Br Venkat Murthy who attended the meeting. We thank Br Ashwin for carrying out a traffic survey as requested by Council at our current location in Epping, also Br Steven Haggart and Br David Todd for their creativity in amending our plans to meet Council's request. The next stage after

supplying our amended reports, will be to attend the Independent Hearing with the local residents and this will offer an opportunity to show that the development will not have any significant impact on them or the rural environment.

Other Developments:

Working B's and some retreat programs continue to take place at the ashram, and we are encouraging as many abhyasis as possible to spend time there. Also, volunteers are required for the continual maintenance of the Ashram. All requests for staying at the Ashram must be sent to Br Venkat svmurthy123@hotmail.com

John Smith
Vice President

Visit from our Regional In Charge

Br. Prasanna Krishna from Bangalore India will be making a visit in September to Oceania. Please see below Br. Prasanna's itinerary:

September

- 9th** Arrive Sydney late evening
- 10th** Program Sydney Centre
- 11th** Depart Sydney 7.00am, arrive Melbourne 8.35am
- 11th -12th** Youth Seminar Melbourne
- 13th** Depart 9.05am Arr Brisbane 11.10am
- 13th** Program Brisbane
- 14th** Depart Brisbane 11.30am for Fiji
- 17th** Arrive Auckland 2.25pm
- 18th & 19th** Auckland Programme
- 19th** Travel Wellington 7.30pm
- 21st** Return Sydney for private visit

Anyone wishing to travel along with Br Prasanna in Australia may contact John Smith at au.vp@srcm.org and Sridhar Krishnamoorthy in NZ srcmnz@gmail.com

Personal Articles

Travel to India Sashi Kiran

So very blessed to find myself at Chennai Ashram on 30th March and thankfully met with Kamlesh Bhai our Regional in Charge at the Time. He provided opportunity to meet with Master. I was thrilled when Master stopped by me and spoke with me. The moments with Him had enveloped me in a warm loving blanket.

In the weekend abhyasis from Karnataka arrived in thousands. Master gave sittings twice a day on Friday and Saturday and morning Satsangh on Sunday. Every Satsangh and every moment spent with Him during this time gave much fulfillment as I was craving for His physical presence for months on end.

Children from Karnataka displayed their Values experiments which helped me as we prepare the Value based syllabus in Fiji. Meeting with Sis Seetha and Value Based team in Chennai gave much needed moral support and inspiration for Value based work in Fiji.

I had to leave after nine days at the ashram... and already looking forward to the next opportunity to be in His physical presence.

Character Formation seminars in Kharagpur

The following seminars scheduled for the period of Dec/ January for which abhyasis may apply online:

Dec. 1st to 5th, 2010 – Basics of Character Formation – Seminar for Abhyasis

Jan. 9th to 15th, 2011 – Basics of Character Formation – Seminar for Abhyasis

Jan. 26th to 30th, 2011 - Basics of Character Formation – Seminar for Abhyasis

More information and Application Form is available on our Mission's website at <http://www.sahajmarg.org/smww/crest-kharagpur-programs>

Please note that children will not be permitted for these seminars. Please also be advised that CREST is not a Retreat Centre, but a facility where seminars are held on Character Formation.

Silent retreat Waikawa Janine Joyce 30th June

Our centre in Dunedin recently held it's third Silent Retreat at coastal Waikawa, several hours travel south of Dunedin.

A retreat into silence seems to me to be a profound invitation to immerse oneself in the inner world of remembrance. It appears transformational as a whole spectrum of insights rise to the surface- painful and intense leading onwards through remorse, towards tears of gratitude and bliss. So perhaps it is understandable that I felt a mixture of anticipation, gratitude and trepidation as we set out on our journey.

We left Dunedin after work on Wednesday evening, and we were still travelling as we neared satsangh time so we parked and held our evening Satsangh in the car in the small town of Owaka! From then on we remained in silence until Saturday morning, following Masters guidelines for a retreat. Each of us had an aspect of sadhana that we were focused upon.

I found this to be a wonderful experience as we learnt practically how to live alongside each other in complete silent connection whilst concentrating on Master. The every day activities of eating and household chores occurring seamlessly without interrupting the inner work.

On our return to our household lives it seemed that the work begun on retreat continued and we thank Master for this.

Centre News

Noumea

Saturday 12 June, after group meditation, a SMRTI abhyasi training programme was conducted by Sis Danielle Smith at the Noumea centre. It was an occasion for abhyasis to see the special videos of Master with French subtitles on the various aspects of the practice of Sahaj Marg and on the organisational side of the Mission.



New Zealand

Annual Regional Seminar – Otaki, New Zealand 5th - 6th June 2010
Rohan



"Celebrations and Seminars are associated with a divine atmosphere - not just happiness, not just joy, not just sweets, but Divinity pervading all the activities that go on. We sit down and have divine meditation; and all activities are in the state of Constant Remembrance".

It was Friday evening June 4th when 42 Abhyasis from various New Zealand centres gathered at Riverslea Retreat Centre in Otaki. The seminar started with morning meditation Saturday followed by a reading and guided meditation, subsequent to which abhyasis were divided into 5 groups for a rapid Brainstorming Session.

The brainstorming session consisted of questions like; What is Sahaj Marg? How does Sahaj Marg touch your life? In what ways does Sahaj Marg makes your life better? How has it changed your life? How do you feel at gatherings, satsangh with Master and with other abhyasis and at the ashram? What does Meditation bring to your world? What is the essence or feeling of Sahaj Marg to you? and What would your life be without Sahaj Marg, which were thrown for quick responses. Interesting thoughts such as: feeling of our Family, Sahaj Marg is a way of simple life, Natural Path, anger and stress management, courage to deal with life, right direction, Love, Compassion, can tune into the wireless soul charging and balanced life. Without Sahaj Marg, life would be empty, incomplete, nothing to look forward to directionless, chaotic

and dreary came to light. The beauty of this segment was that abhyasis were given very minimal time to think over a questions and rapid quick heart to heart answers were received.

Post Lunch, all groups were asked to visualize and present an activity based on the morning's brain storming session.

Most of the groups surprisingly worked on similar theme of Before Sahaj Marg life and After Sahaj Marg life and presented their short skits.

The skits were interactive, humorous and provided spiritual messages in a light yet witty manner, thus bringing forward some hidden talents of abhyasis. Everyone was touched by skits and kept introspecting all day.

The seminar concluded after Sunday Satsangh and Master's video. All readings, guided meditations and brain storming, projected **"Sahaj Marg, a way of life"** as the theme.

Master's presence was felt at all times. The feeling of brotherhood and love prowled among all, which reflected Master's message of **"Mean what you say and Say what you Mean"**, in all interactive sessions.

It was poignant to part from our Sahaj Marg family, but for every beginning there is an end and every ending has a new beginning of spiritual life.

"Sahaj Marg is a great tradition offered by a great line of Gurus - offered to us to become what we should become; not what we want to become."

O Master,
is it proper
for a monk
to use email?

Sure...
as long as
there are no
attachments!



Exercise at Otaki Seminar



Fiji

Lautoka



March 28 after Sunday Satsangh we watched a video - "Love for the Master" and then a group discussion was held on the "Principles of Conversation" as laid down by Lalaji Maharaj. How relevant it is for everyone to follow came across very strongly during the discussion.

"A balanced mind in a broad sense reflects a persons character".

Babuji's Birthday: An event that is much looked forward to, Revered Babuji's Birthday was celebrated by 10 abhyasis including Sis Peni Moore from Suva for morning satsangh at 6.30am. Readings from "Whispers from the Brighter World" followed and also, on the topic of Love from "My Master, Essence of Pure Love". After this abhyasis left for their daily duties. Twelve abhyasis gathered in the evening and after an absorbing satsangh silently watched a DVD "Journey in Time" - Babuji from 1971 to 1981". Mid-way through the session we stopped for a quick dinner break and eagerly resumed the DVD session. After the movie many abhyasis shared their feelings expressing how they could relate to their reading of 'My Master' and other books. We sat together for 9pm prayer before departing the venue.

Suva

Nadawa Babuji's Birthday was celebrated by Sis Saleshni Singh & her mother Prem Wati. They sat together in morning satsangh at 6.45am. In the evening they were joined by Sis Mosmi Bhim for evening satsangh. Following this they watched a Mission DVD and the evening came to an end after dinner.

Travels of Prefects Sis Sashi Kiran travelled to Suva twice in the month of May to introduce two new abhyasis in Suva and give sittings to the other abhyasis. She was able to conduct satsanghs as well. Sis Rita Vithal also visited Suva from 9th May- 12th May. She conducted Sunday satsangh in Nadawa on the 9th morning followed by an extended session. This was attended by 10 abhyasis. On 10th May she conducted Individual Sittings. On 12th May, Wednesday, she conducted a mid week satsangh again at Nadawa following this, a viewing of a Mis-

sion DVD. 8 abhyasis attended this satsangh.

New Members In the month March to May, 2 new abhyasis joined the Sahaj Marg family in Suva.

Regional In Charge Oceania..Our heartfelt acknowledgement and gratitude to Br. Kamlesh Patel, our former RIC, Oceania for his guidance, support, and contribution.....we also take this opportunity to welcome Br. Prasanna Krishna as our new RIC

Suva Centre Visit 9th May - 12th May Rita Vithal

Early morning Sunday 9th May at 3.45am my husband Vishan & I travelled from Lautoka to Suva in a shared taxi. We arrived in Suva at 7am, and reached Sis Saleshni's residence in Nadawa to conduct Sunday satsangh followed by a page from Whispers from the Brighter World. A 10 minute DVD from "He the Hookah & I" series was viewed. It was joyful to note 10 abhyasis present for satsangh, 2 of us from Lautoka, 1 abhyasi from Vuda and rest from Suva including 2 new abhyasis who had taken introductory sittings a week ago. After a quick round of self introductions, we got into two groups with the aim to learn about the major components of Sahaj Marg: meditation/cleaning/prayers, as outlined in the introductory book "Welcome to Sahaj Marg". We endeavor to compare and align our personal practise accordingly. This followed a short question and answer session. We shared a light breakfast and the program ended at 10am. Abhyasis who are new in the system and others who did not already have one, were given a "Welcome to SM" introductory book. Individual Sittings were conducted 12th, and Wednesday satsangh of 8 abhyasis followed by Mission DVD viewing.



Fiji abhyasis

Australia

Brisbane

April

4th monthly gathering Sis Vani's home.

30th Babuji's Birthday Celebrations 2 satsanghs . Preceptors Helen Wood and Kumar Gandu each gave a presentation prior to satsangh. Children focussed on a talk given by Master to the students of the Omega School, attempting to make them think about the ideal to be attained during their years at school or college. After satsangh, Master's audio talk given for the day was played and we shared dinner and sat for the 9pm prayer before taking leave. We had satsangh the following morning with the 2 abhyasis from the Sunshine Coast who had stayed overnight and had a beautiful evening together.

June

20th all centres "Towards a Perfect world - Work for its Construction" . In Brisbane there were meetings related to running of the centre and programmes.

Sunshine Coast

There was a positive start to the month with 6 abhyasis attending the SMRTI training day given by sister Danielle Smith. Satsangh in the morning, a shared lunch and training in the afternoon were all enjoyed.

30th Two abhyasis from the Sunshine Coast attended Babuji's birthday celebrations at the Brisbane centre. Brochures were given out to people who were interested to know more about Sahaj Marg meditation and plans are being made to hold an open house next month.

27th May an open house was held at the Gympie Community Centre. Four people attended, with two interested to start the practice in the near future.

Gold Coast

April

15th visit by John for individual sittings



Future Brisbane abhyasis resting!

Melbourne

April

We resolved that the first Sunday of each month we would have a program by our kids. This time we participated in various games / activities in the park behind the meditation hall and abhyasis and kids alike really enjoyed themselves. Our youth gave a wonderful presentation on "Universal Brotherhood".

With the oncoming birthday celebrations of Babuji Maharaj we had a presentation titled "Ideal Preparation for a bhandara". The prefects were actively involved during this presentation and gave clarifications and encouragement to abhyasis on the best way to prepare for bhandaras. Babuji's birthday celebrations were enthusiastically attended by abhyasis. During the day we saw lots of videos of Master's talks, listened to Babuji's talks and had discussions on the practice.

May

The first half of May we focused simply on absorbing the condition given to each of us during Babuji's birthday celebrations. On 16th May, we celebrated "International Day of Families". The presentation was given by Brother Abhijit and thereafter few of our youth shared their experiences about their family support and how they had been encouraged by their families in their spiritual yatra. It was wonderful to listen to their experiences. The last Sunday of May, a few abhyasis and prefects went to Ballarat on the weekend to introduce new abhyasis as well as conduct Sunday satsangh.



Melbourne satsangh

June

On the first Sunday of June we celebrated "World Environment Day". Our children and abhyasis formed different teams to make sculptures of recycled materials. The creativity of our children and abhyasis was a joy to watch. On 20th June we celebrated "Towards a Perfect World.... Work towards its Construction". This theme was conveyed from Revered Master to all centres around the world and it began with a message from Babuji Maharaj which was read out before satsangh commenced. Following satsangh 5 messages from Whispers were read out and meditated upon by all abhyasis. The atmosphere was electric and quite indescribable. Master's presence was strongly felt by one and all.

Perth

April

Study session presented by Br Athman -topic "Reality at Dawn".

We launched the Intensive Focus Session for the first time, the objective being to select core topics and conduct interactive sessions. In order to ensure participation and attention, two groups were created. Participation was good in the two sessions and new insight into the practice was gained.

30th Babuji's birthday celebrations. After satsangh the day was filled with video shows, discussions and presentations by Uncle Amiya and Brother Atman. Following evening satsangh, VBSE students staged a play focusing on the simplicity of Babuji's life and his concern and love for others.

May

Intensive Focus Sessions continued

Donnybrook & Busseton Centres

April

17th All abhyasis were involved in a working bee at the Busseton venue to do gardening and maintenance work for the owner, as he lets us use the clinic at reduced rate.

30th Babuji's birthday— full day program at the Donnybrook centre - A wonderful day with such a strong presence of Master felt.

May

30th An open day was held at Donnybrook centre

Perth Children's Corner

Children's activities in Perth centre began to gain momentum in the last 18 months or so. We now have a very active children's group, who benefit a lot from the value based sessions held regularly at the centre.



What started as an initial effort by the parents to bring the children on a fortnightly basis to these classes was soon well rewarded when the children started to show enthusiasm to attend, to participate and enjoy the value-based study sessions.



There are about 12 children who attend regularly, and they are divided into two groups based on their age. The first group has children from 6 - 13 years and the second group from 14yrs and over.

Activities:

We follow the VBSE curriculum prescribed by the Mission. In addition, the children are encouraged to present their own thoughts and ideas on the topics to make it interactive and interesting for them. They do it in their own style and in the format most comfortable for them, be it painting or drawing, a story, or as a group by play acting. They have presented a couple of plays now much to the enjoyment of everybody who watched them perform. Both plays gave them an opportunity to learn about the noble lives of great personalities. One of the plays was on the life of Babuji Maharaj, presented April 30th and this served as an introduction for them to some aspects of Sahaj Marg. Interestingly, what makes our children's corner unique is the participation of about 4-5 children whose parents are yet to become abhyasis. These children say the prayer and have participated in very specific Sahaj Marg themes like the play about Babuji. Hopefully they will act as the torch bearers to bring their families onto the spiritual path. We would like to introduce three of our young participants from the 14yrs and above age group. In the future issues of Echoes we will endeavour to make it a regular feature so all of them get to be introduced to the SM Oceania community.



The Three Musketeers -

From left: Ajit, Shri Ram and Prahlad

Stop Press: New centre in Adelaide coming on line!



Sydney

April

4th (monthly gathering) Br. Paul talked of the importance of attending utsav (celebrations).

30th Rev. Babuji's birthday was celebrated at North Epping Scout Hall. Highlights are:

- a whole day programme.
- Theme 'Babuji The Wonder'
- Total attendance at 7:30 AM satsangh 45. Total attendance for the day was 71. In addition 4-10 kids were present during the day. Abhyasis from Newcastle, Wollongong, and Blue Mountains were gathered.

May

2nd session on Maxim 7.

7th-8th a session was organised on Character Development at Bringelly ashram.

16th United Nations International Day of Families was observed at North Epping Scout Hall from 9:30 – 12:00 pm.

Saturday 22nd - SMRTI abhyasi training session was held at Bringelly ashram by Br. Dharmin from 3:00 – 7:00 PM. 10 abhyasis were present Hall at North Epping to the adjoining Guide Hall a much warmer and more pleasant venue.

June

Monthly gathering and presentation Maxim 8. From 30th satsangh has shifted from the Scout Hall to the adjoining Guide Hall.

11th- 12th youth weekend at the Ashram in Bringelly for 11 abhyasis and 2 children from Melbourne was organized and Sis. Elizabeth Denley conducted sessions relating to 'Character Formation'.



Melbourne Youth weekend at Ashram

11th- 12th youth weekend at the Ashram in Bringelly for 11 abhyasis and 2 children from Melbourne was organized and Sis. Elizabeth Denley conducted sessions relating to 'Character Formation'.

Retreat weekend

25-28th June 5 abhyasis spent a weekend in retreat at the ashram. This was not a silent retreat as had been a number of the previous ones, and it had a charm of its own. Two satsanghs, sittings for all and gardening and reading were the main features of the weekend with a focus on the inner throughout the time. All came home refreshed, joyful and with a renewed zeal for our spiritual journey.



Satsangh in Sydney

***Oceania and Latin America Crest
seminar with Master***
15th Oct. to 21st Oct. 2010

It is imperative that we now avail ourselves and start preparing spiritually for this wonderful opportunity that Master has offered us. Kindly note that this event incorporates our Regional Gathering and Annual General Meeting for 2010.

Calendar of Events

Date	Event	Venue	Contact email
July			
4	Monthly gathering Extended programme Short session after satsangh Kids program Open house, and prec.mtg Maxim discussion after satsangh Maxims 5-10	Sydney Lautoka Perth Melbourne Springfield Lake, Qld Wellington, NZ Auckland, NZ	m_churton@yahoo.com.au ritavithal@hotmail.com krishnan13@hotmail.com ajantha_rajapakse@hotmail.com danasm@primusonline.com.au ravi_ravendaran@moh.gov.nz srcmakl@gmail.com
9	VBSE activities	Perth	krishnan13@hotmail.com
10,11	VBSE Train the Trainer	Bringelly Community Centre	edenley@internode.on.net
11	Intensive study session	Perth	krishnan13@hotmail.com
18	Abhyasi Training session Right attitude towards the practice Study gp Programme and lunch	Sydney Melbourne Toowoomba, Qld Gympie	dktodd@netspace.net.au vsharma4@gmail.com danasm@primusonline.com.au danasm@primusonline.com.au
23	VBSE activities	Perth	krishnan13@hotmail.com
24,25	Master's Birthday Celebrations	Oceania wide	Centre co-ordinators
25	Gurupurnima		
August			
1	Monthly gathering Extended programme Kids Programme Maxim discussion after satsangh	Sydney Camira, Qld Lautoka Melbourne Wellington, NZ	m_churton@yahoo.com.au danasm@primusonline.com.au ritavithal@hotmail.com ajantha_rajapakse@hotmail.com ravi_ravendaran@moh.gov.nz
5	Diary writing	Auckland, NZ	srcmakl@gmail.com
6	VBSE activities	Perth	krishnan13@hotmail.com
8	Master's talk Intensive study session	Melbourne Perth	vsharma4@gmail.com krishnan13@hotmail.com
14	Ashram Cleanup Master's talk	Bringelly Melbourne	svmurthy123@hotmail.com vsharma4@gmail.com
15	Abhyasi Training session Full Sunday...UN Youth Day Un Youth Day	Sydney Wellington, NZ Auckland, NZ Brisbane	dktodd@netspace.net.au ravi_ravendaran@moh.gov.nz srcmakl@gmail.com danasm@primusonline.com.au
20	VBSE activities	Perth	krishnan13@hotmail.com
22	Abhyasi Training session Open Day Study gp Programme and lunch	Melbourne Perth Toowoomba Gympie	vsharma4@gmail.com krishnan13@hotmail.com danasm@primusonline.com.au danasm@primusonline.com.au

Date	Event	Venue	Contact email
28	Open house	Wollongong & Kiama	edenley@internode.on.net
29	VBSE w'shop re Maxim 5 Interiorizing Master in our heart	South Coast Melbourne	edenley@internode.on.net vsharma4@gmail.com
Sept			
4	Preceptor Training	Bringelly	ecrichton@optusnet.com.au
5	Monthly gathering Open Hse, SMRTI tg Extended programme Kids Program Maxim Discussion Importance of Cleaning	Sydney Toowoomba Lautoka Melbourne Wellington,NZ Auckland,NZ	m_churton@yahoo.com.au danasm@primusonline.com.au ritavithal@hotmail.com ajatha_rajapakse@hotmail.com ravi_ravendran@moh.gov.nz srcmakl@gmail.com
9	<i>Prasanna Krishna programme</i>	Sydney	rklal@optusnet.com.au
11	Ashram Cleanup	Bringelly	svmurthy123@hotmail.com
12	Master's talk	Melbourne	vsharma4@gmail.com
11,12	<i>Youth Seminar</i>	Melbourne	vsharma4@gmail.com
13	<i>Prasanna Krishna programme</i>	Brisbane	danasm@primusonline.com.au
17,18,19	Retreat	Bringelly	ecrichton@optusnet.com.au
19	Abhyasi Training Programme Full Sunday programme	Sydney Melbourne Wellington	dktodd@netspace.net.au vsharma4@gmail.com ravi_ravendran@moh.gov.nz
26	Master's talk	Melbourne	vsharma4@gmail.com
26	UN International Day of Peace	Brisbane Wellington,NZ Auckland,NZ	danasm@primusonline.com.au ravi_ravendran@moh.gov.nz srcmakl@gmail.com



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