



SHRI RAM CHANDRA MISSION



## Master's News



### Editor's Note

As we come to terms with the passing of our beloved Master Chariji, we are also in the process of getting to know His successor respected Kamleshji. He has not wasted any time in setting the pace for his work, in bringing about changes in the way abhyasis are to approach him and work for the Mission while maintaining their focus on their own sadhana. His updates to us via Sahaj Sandesh are comforting and give us a glimpse into his vision for the Mission. The visit to France and the gatherings in New Jersey have already brought about many changes in the functioning of the Mission. In this issue of the newsletter we bring you highlights of this tour and his talks given in New Jersey.

### Montpellier, France – 7 January 2015

The quite unexpected news, received on January 1<sup>st</sup>, had local abhyasis mobilise as many brothers and sisters as they could to welcome him. Twenty-four hours later, a venue had been found for the 800 abhyasis who came with their families from all parts of France and also neighbouring countries.

At 7.30 a.m. Kamleshji conducted the first of three satsangs, in a very prayerful atmosphere. Then he traced the road for us when he said:

"...So please, don't restrain your feeling. If you feel happy at one moment thinking of Master, feel happy, if you feel sad about his absence, it is okay to shed two tears. With desolate heart, with thankful heart, with smiling heart, we can always remember Him. Now he is more accessible and he is dissolved in us. Now our exercise is how to dissolve ourselves in Him. It's up to all of us, and I pray that we achieve that state of dissolution the sooner the better. That's what Babuji Maharaj wants, that's what Master wants, that's what the Hierarchy wants - that total absorption in His Universal Presence, and this is what we call this absolute merger in the Ultimate. With prayers, thank you all."

He also said how deeply moved he was that so many abhyasis had managed to come at such a short notice. Not only did we all leave with full of joy and gratitude for the fantastic day he offered us, but he also thanked us for having come in large numbers to share the day!







### Prayerful Suggestions for Deepening One's Involvement

- \* *9pm Universal Prayer - All sisters and brothers throughout the world are being filled with love and devotion, and real faith is growing stronger in their hearts.*
- \* *All sisters and brothers are developing correct thinking, right understanding and an honest approach to life.*
- \* *Everything around us is deeply absorbed in Godly remembrance.*
- \* *All sisters and brothers who are really craving for the Ultimate are being attracted towards our great beloved Master. They are all being pulled towards him. We submit our prayer to our Master that, "May they all benefit with your Grace."*

*Excerpt from Master's talk given on January 30 & 31, at Monroe Ashram. The complete talk is available at <http://www.sahajmarg.org/literature/online/speeches/newjersey-20150130>*



On Friday evening, the gathering opened with a 5 p.m. satsang, followed by a heartfelt talk by Kamleshji on the call by his Master, Chariji, for the urgency of sincere practice. He mentioned that Chariji was very candid in his diaries and exhorted abhyasis to be absolutely honest, especially with themselves. At the close of the talk he invited all abhyasis to reassemble in the hall for the Friday night sitting at 9 p.m.

On Saturday morning, on the occasion of Basant Panchami, Kamleshji inaugurated the Toronto Ashram at 7.15a.m. via Skype, addressing a gathering in Toronto of two hundred abhyasis from across Canada and the US, followed by a wonderful sitting.

After the 9 a.m. satsang and another short talk, Kamleshji sat at the registration desk for several hours taking pre-registration orders for a new book to be released later this year on Lalaji's life, and interacting with abhyasis with touching warmth, directness and humour. He later met with around 150 prefects from North America, where he mentioned some of the new changes the Hierarchy of Masters have permitted in the Mission, as have also been indicated in recent messages from the Brighter World.

### Bhandara in the US

The abhyasis of North America were overjoyed to spend the 23<sup>rd</sup> to 25<sup>th</sup> of January with Kamleshji in his new role as spiritual Master and president of Shri Ram Chandra Mission. The impromptu bhandara, on the occasion of Basant Panchami, in New Jersey, turned into a North American gathering attended by over 1100 abhyasis from across the continent. A core group of fifty volunteers worked together on the arrangements.

The gathering took place in a hotel, which became an ashram for three days. Its large ballroom became a spacious and very aesthetic meditation hall. Almost all outstation abhyasis stayed there, as did Kamleshji.





He also mentioned that in keeping with the changing times there is a need to reach out to seekers in simple ways, and encourage them to meditate and experience the changes for themselves. He gave a sitting to all the prefects present. This was followed by his meeting with new abhyasis at 8 p.m. The day ended with satsang at 9 p.m.

Kamleshji held a Q&A session after the morning satsang on Sunday. One could feel the heart-to-heart bonding between the new Master and his abhyasis. There was love, humour, patience, joy, as well as commitment to a deeper practice and interiorisation, and to a constant connection with the Master through thought. As the session progressed, many abhyasis saw in Kamleshji a true reflection of Chariji, and they were so touched and moved that they were in tears as the session ended. As one abhyasi said, "I feel it in my heart. They are truly one."

After leaving the venue, Kamleshji visited the nearby Monroe Ashram with the local volunteers. He gave them a sitting there and had lunch with them before leaving for his home.



## Extract from Sahaj Sandesh

12 February 2015

We all had a wonderful time during the two seminars in New Jersey, USA – one from the 23<sup>rd</sup> to the 25<sup>th</sup> of January and the second one from the 1<sup>st</sup> to the 3<sup>rd</sup> of February. Both occasions were very special. My return was fixed for the 27<sup>th</sup> of January but I could not leave because of some work. Then I planned the departure for the 4<sup>th</sup> of February, and that too did not materialise due to 'flu.

Fortunately, I was able to leave with considerable improvement in my health on the 9<sup>th</sup> of February, and reached Manapakkam on the night of the 10<sup>th</sup> of February.

During both seminars in New Jersey, we were able to discuss many aspects of our sadhana, which are now made available via Sahaj Sandesh. Implementations of the recommended prayerful suggestions will deepen our involvement, and I am sure that all those embracing these prayerful suggestions will witness definite positive changes.

Currently at Babuji Memorial Ashram, we have twenty-five ISAW candidates who are undergoing training to work as prefects in their respective regions. This programme should conclude on 15<sup>th</sup> February. Moreover, we have more than 100 participants from South America, and the special programme for them will go on until the 14<sup>th</sup> of February.

With prayers to beloved Master for love and blessings.

Kamlesh D. Patel

"...So at the end of this what little thing I had to share with you sums down to only one thing. Have one channel, one connection with Master that's all. Rest of the things are to support and to strengthen this channel. Anything else is going to dilute my efforts or dilute or weaken my connection with my Master, I should stop it, that is wisdom and to recognize this I must be able to discriminate things properly."

— Kamleshji

2nd February 2015, Monroe Ashram





## Pujya Lalaji Maharaj's 142<sup>nd</sup> Birth Anniversary Celebrations

Pujya Lalaji Maharaj's 142<sup>nd</sup> Birth Anniversary was celebrated as a three-day decentralised bhandara in all the ashrams across India. In spite of the chill winter morning, abhyasis from adjoining centres gathered in large numbers at their nearest ashram to celebrate this auspicious occasion. The ashrams were bustling with activities of different kinds during these days. There were talks on Lalaji Maharaj's life and teachings, Principles of Conversation, Character Formation, Search Within, etc. to name a few topics. The children and youth also actively participated in the function by performing skits on Lalaji's life, dances and songs making the event a colourful and memorable one. The bhandara was an opportunity for everyone to bask in the divine grace of the Masters. The Echoes team received several reports on the celebrations held at various centres. Photographs from some of these centres are shown below.



Allahabad



Bubaneswar



Jodhpur



Erode



Ghaziabad



Kolkata



Jaipur



Sonepat



Payyanur



Kharagpur



Hubli



Vadodara



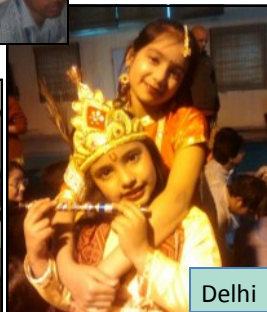
Meerut



Lucknow



Madurai



Delhi



Tiruppur





## U-Connect Activities

Self-Development Programmes, under the U-Connect initiative of the Mission, have been spreading throughout India and the rest of the world since the initiative was introduced in April 2013. With the recent introduction of new suggestions and techniques, the scope of involvement and participation in Master's work has expanded.

In the light of expanded possibilities, several changes will be coming into effect. We request U-Connect coordinators, facilitators and volunteers to keep themselves updated.

The U-Connect organisation has been divided into 15 regions with regional coordinators working with the ZICs and CICs concerned. We have also set up a U-Connect support team in Manapakkam for training and continuous improvement. We are currently translating the material into Hindi.

To participate in this work please subscribe to <http://www.sahajmarg.org/resources/programs/uconnect>

Several programmes were conducted in the past few months, highlights of which are given below.

In **Surat, Gujarat**, it has been more than two years now since we started the first U-Connect programme in the Maliba Campus of Uka Tarsadia University. The first Self Development Programme (SDP) was conducted for 250 faculty members of the University. To date more than 100 faculties have been introduced to the systematic practice of meditation. About 30-40 faculties attend the group meditations on Saturday afternoons. Over a period of two years the SDP has been conducted in eight



Siliguri

colleges. About 350 students have been introduced to Sahaj Marg. Satsangs are conducted for the students in small batches during the weekdays. One of the promises made by the University was to have a meditation venue as required by the U-Connect initiative. As a result a Meditation Centre was formally inaugurated on 17<sup>th</sup> January 2015. Abhyasis are also building up a library in it. SHPT recently donated books to this library.

In **Pune, Maharashtra**, on 1<sup>st</sup> January, a special one-day workshop was conducted for Indian Railway Officers at the Indian Railway Institute of Civil Engineering (IRICEN), Pune. The workshop, conducted by brother Harshal Jawale, focused on values and ethics.

In **Vidisha, Madhya Pradesh**, the U-Connect team started a SDP at Government Girls college on 18<sup>th</sup> January which was attended by 100 students and 10 faculty members.

There are several programmes that are ongoing in Chandigarh, Haryana, Tamil Nadu, Indore, Rajasthan and Sikkim. Several regions are also having U-Connect faculty training programmes.



Maliba



Vidisha





## All India Essay Writing Event 2014

This year's event marked the tenth year of partnership between SRCM and the United Nations Information Centre (UNIC) India and Bhutan to commemorate International Youth Day through the organisation of the All India Essay Writing Event. The topic for Category 1 (students of Classes 9 to 12) was a quote from Shakespeare: "This above all: to thine own self be true." For Category 2 (students of Undergraduate and Postgraduate courses) the topic was on a similar theme: "To be truthful is to be human". The participants of both categories are free to research and discuss their topics, but are expected to submit original pieces in their own handwriting. Though SRCM invites participation from willing institutions and their students and the focus is never on statistics, participation in both the categories has been steadily rising over the years. This year 164,475 students from 9,841 schools participated in Category 1 and 21,276 college students from 2,016 institutions of higher studies participated in Category 2 taking the total to 185,751 participants from 11,857 institutions.

The top awards in both categories were, for the first time, won by essays in the same language - Telugu. S. Diya Nissi, a student of Class X from Good Shepherd English Medium School, Nandyal and Tadi Sujoy Kiran studying final year MBBS in Rajiv Gandhi Institute of Medical Sciences, Srikakulam, were awarded the winners' trophy in Category 1 and Category 2 respectively.

The essays of the two top winners have been posted on the SRCM website: [www.sahajmarg.org/essay-event](http://www.sahajmarg.org/essay-event) along with excerpts from essays of other winners. As in past years, the prize distribution ceremonies were held at various centres of SRCM and witnessed attendance of many parents and teachers, as well as the award winners, giving them an opportunity to know about the Mission



Jodhpur



Tiruppur



Pali



Lucknow



Kolkata



Patna



Thiruchirapalli



Mysore





## All India Essay Writing Event Prize Distribution Ceremony



Allahabad



Bikaner



Bijnor



Sri Ganganagar



Ujjain



Aurangabad



Paithan



Kovilpatti



Basavakalyan



Valliyur



Hubli



Aluva



Gulbarga



Lalpania



Madurai



North Paravur



Sitapur



Palakkad



Mumbai



Siliguri



Thiruchendur



Ranchi





## Youth Programmes

### Visakhapatnam, Andhra Pradesh

On 17<sup>th</sup> January, Visakhapatnam centre hosted a Zonal Youth Seminar for 50 youth on 'Growing Together'. Brother Adinarayana (ZIC AP1B), advised the youth to be absolutely free from their ego and stressed the importance of service, which develops love, and encouraged them to be regular in their sadhana.

The participants listened to talks, presentations and selected Whispers messages relevant to youth. In an interesting team-building activity, they spread into groups and did the assigned task as a team. The post-lunch session coincided with the Worldwide Webinar which lasted up to 3.30 p.m. This programme evoked much interest in knowing how abhyasis around the globe were developing the qualities which are essential for evolution. The programme ended with evening satsang and brother Saptamukulu invited them for the next youth seminar to be conducted in six months time.

### Haldwani Ashram, Uttarakhand

A seminar on 'Purity Weaves Destiny' was conducted at Haldwani Ashram from 24<sup>th</sup> to 26<sup>th</sup> January for 82 youth from this region. The seminar started in a festive mood, with the ashram gaily decorated and a bonfire on 24<sup>th</sup> evening. On 25<sup>th</sup> morning, brother B.S. Chuphal (ZIC), addressed the group. A hobby workshop by renowned Nature Photographer cum mountaineer Mr. Anup Shah was conducted during the post lunch session, through which commitment, love and seriousness of purpose for any given task, was emphasised. The theme also stressed the need for commitment to daily sadhana and character development, and understanding the changes which occur in different personality traits as one

progresses. There was a cultural event, including a video on the making of this ashram, followed by a play enacted on the life of Kabir. An interactive session followed. On 26<sup>th</sup> January, there was the flag hoisting, a valedictory address and sharing of views and suggestions for further such programmes in the future.

### Visit to Kolar Ashram, Karnataka

Twenty-one youth from Banashankari Ashram travelled to Kolar Ashram on 8<sup>th</sup> February. Apart from the group from Bangalore, another ten representing Kolar Ashram as well as a group from Kuppam centre also joined in the activities.

After an ice-breaker game the participants were split into teams to solve a crossword puzzle comprising of questions pertaining to the Mission. An introspective session on the goal and a discussion about the necessity for youth to realign their approach to their goals, followed. They were also given a brief understanding of how to practise the list of four suggestions proposed recently by respected Kamleshji. A treasure hunt followed which required one to know some basic rudimentary information about the Mission to succeed. The group left for Bangalore after lunch happy to have spent time in this ashram in the loving care of the local abhyasis.







### Winter Camp, Ahmedabad, Gujarat

The camp for children was arranged in Ahmedabad Adalaj Yogasharam for three days from 24<sup>th</sup> to 26<sup>th</sup> January. On the 24<sup>th</sup>, the camp began with the welcome address where children introduced themselves through a game 'khushi' which conveyed the message, 'Give happiness to others, you will get your happiness'. Later children were taught how to sow onion bulbs. A quiz session and a soft-skill learning programme followed. A special programme was arranged for self-defence, healthy diet and stay fit tips. After dinner kids enjoyed singing and dancing around a bonfire. The next day the kids were taken to Vikram Sarabhai Community Centre. In the evening, after returning to the ashram, the children presented some cultural programmes and games. On 26<sup>th</sup> January, Republic Day was celebrated with great fervour. Flag hosting, singing the national anthem and patriotic songs and sports and games culminated with a prize distribution session. After lunch, the camp came to an end. The children had made friends, learnt new skills, displayed talents and had had fun.

### Annual Day Celebration, Kolkata

Kolkata's Babuji Memorial Ashram was inaugurated by Chariji Maharaj on 24<sup>th</sup> December 2003. The centre has for many years celebrated the anniversary of this cherished day as an Annual Day by organising a sports and fun-filled day for the centre, especially for the children. This was celebrated on 18<sup>th</sup> January this year.

The volunteers of the Children & Youth Centre (CYC) anchored the planning and conducted as

many as 32 events, across age categories and formats. While young and old enjoyed various races, the older abhyasis also enjoyed games where they did not have to run. Most of the events were designed thoughtfully around aspects of values and desirable qualities, and the abhyasis had the opportunity to play games regarding aspects of sadhana. The day gave an opportunity for all to be in the ashram, in its divine atmosphere and enjoy in a brotherly and affectionate way, each one encouraging the other, while also trying his/her level best.

### Zonal Meeting, Haryana

A zonal meeting was convened by Dr Satya N Mandal (ZIC Zone-21) on 8<sup>th</sup> February at Sonapat Ashram. It was attended by 37 prefects, coordinators, facilitators, volunteers and CICs from centres of Haryana. The ZIC and also coordinators and prefects for specific areas presented status reports highlighting activities of the zone/centres and progress made in their respective areas, including the constraints faced during the year 2014. All the abhyasi sisters and brothers present were overwhelmed to know that Master had given approval for construction of ashram facilities at Panipat and Rohtak, where the construction activities are to begin shortly. The constraints experienced in each area were discussed and arrangements made to overcome these problems. All 37 attendees of the meet provided their feedback on the activities held last year. Subsequently there was a brief presentation on the U-Connect activities in the zone.





## SHRI RAM CHANDRA MISSION



## ECHOES OF INDIA NEWSLETTER

## News Snippets

**Jaipur, Telangana**

Thirty-five abhyasis participated in a two-day introspection programme organised at Jaipur Ashram on 10<sup>th</sup> and 11<sup>th</sup> January. The topics 'Sharing His Vision' and 'Fulfilling His Vision' were covered in this programme. Important points from the recent talks of Master were presented. The facilitators also shared their experience and important takeaways from the All India Youth Seminar held at Manapakkam in November.

**Chikmagaluru, Karnataka**

On Sunday, January 11<sup>th</sup>, an Abhyasi Family Meet was organised at Chikmagaluru centre. All abhyasis along with their family members participated and all participated with great enthusiasm in the games that had been organised. The winners were rewarded with prizes.

**Gulbarga, N. Karnataka**

National Youth Day was celebrated at Appa Public School on 13<sup>th</sup> January, to create an awareness regarding the present condition of youth of our society and the role they can play to improve their condition. Dr Gajendra Singh (ZIC, Zone 4A) and brother Srikant Joshi were invited as guests. Dr Gajendra Singh asked the youth to refer to their hearts in all situations of their life as the heart is the source of love and inspiration. More than 200 students along with teachers and staff attended this event.

**Tiruppur, Tamil Nadu**

A one-day programme on the Ten Maxims was conducted in Hindi at Chettipalayam Ashram on 25<sup>th</sup> January. It was attended by 47 abhyasis. The same programme was conducted in English on 26<sup>th</sup> & 27<sup>th</sup> and was attended by 57 abhyasis from Tiruppur, Sholavandan and Bangalore. Each Maxim was covered in detail. Every evening a Q&A and experience-sharing session was conducted. Many doubts on the Ten Maxims in day-to-day life were clarified during these sessions.



## Open House Sessions

**Sirsi, N. Karnataka:** The session conducted at Forest College on 24<sup>th</sup> January was attended by fifty aspirants including the students and staff of the college. Twenty-one of these aspirants took their introductory sittings. In the session held at College of Horticulture, on 26<sup>th</sup> January, 16 aspirants expressed their willingness to start the practice.

**Kharagpur, West Bengal:**

Out of the 60 aspirants who attended the session conducted on 25<sup>th</sup> January, around 30 expressed their interest in starting the practice by the end of the event.





## Values Education Programme

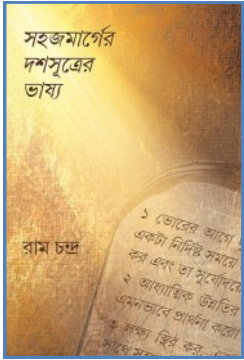
A revamped Values Education programme was launched by SHPT for the academic year 2014–2015, in about 15 schools in 8 centres. The experience has been quite inspiring with more centres and schools preparing to start this programme for the upcoming year. The curriculum will be improved based on feedback received and all the participating centres will receive adequate training. To volunteer and participate in Values Education in your area please visit <http://www.sahajmarg.org/resources/programs/values-education>.

### Trichy Centre, Tamil Nadu.

The programme was conducted in Sri Sivananda Balalaya School for higher secondary students during the academic year 2014-15. It commenced on 3<sup>rd</sup> June 2014 with an introductory session. Students attended the classes with enthusiasm, since it was mainly based on activities, stories and with video clips. Introspection sessions helped both the children and the facilitators understand life skills in a better way. Facilitators had a great experience with the children in character formation. The programme concluded on 7<sup>th</sup> February 2015. Students and teachers are immensely happy after these sessions and felt a positive change and are ready to take up this subject for the next academic year too.



## New Publication Releases



**Commentary on Ten Maxims**  
Bengali

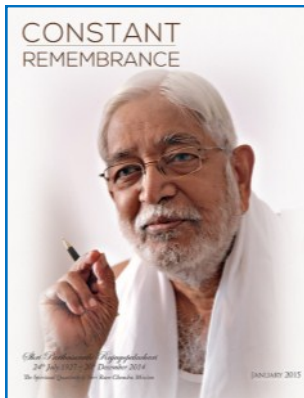


**Commentary on Ten Maxims & Efficacy of Raja Yoga**  
Russian - Audiobook



**Whispers from the Brighter World**  
Spanish - Audiobook

**Whispers from the Brighter World - A Fifth Revelation**  
French



### Constant Remembrance - English

This January issue is a special issue commemorating the life and work of our Master, Chariji Maharaj. All subscribers will get this copy, in addition this volume will be available for sale at the bookstall and the corpus section.

### Announcement

Birthday celebration of Pujya Babuji Maharaj will be held at Lucknow, UP, India from 29 April to 1st May 2015.

Birthday celebration of our beloved Chariji Maharaj will be held at Thiruvallur, Tamil Nadu, India from 23rd July to 25th July 2015.



## SHRI RAM CHANDRA MISSION



## ECHOES OF INDIA NEWSLETTER

## Laya Yoga Ashram, Varanasi, Uttar Pradesh

## Centre of Light



Sunday satsang started in Varanasi in the year 1989. From 1989 to 2001 satsang venues kept changing until a temporary meditation hall was set up on the ashram land.

### Emergence of the Ashram

In 2001, during his visit to Delhi, Master mentioned to Dr Prasanna Kumar (CIC) to look for a separate land for the ashram at Sarnath. On 5<sup>th</sup> July 2001, a piece of land measuring over 5,438 sq feet was registered by the then CIC Dr Prasanna Kumar in the name of Shri Ram Chandra Mission. Master visited Varanasi centre on 16<sup>th</sup> December 2001 and laid the foundation of the ashram and inaugurated a temporary meditation hall. In the year 2005, Master approved the proposal for the construction of a new meditation hall and on 16<sup>th</sup> February 2006, he laid the foundation stone.

It took four more years to get approval for the layout of the ashram and raise funds. The construction of the new meditation hall started in the presence of brother U.S. Bajpai on 2<sup>nd</sup> November 2009. The octagonal-shaped meditation hall with a lotus on the top was ready in May 2011. On 4<sup>th</sup> December 2011 Master inaugurated and

*"Sahaj Marg is the path of love. We should use this place for our spiritual development. There is no place for hatred in Sahaj Marg."*

—Parthasarathi Rajagopalachari  
4 December 2011, Chennai

dedicated the meditation hall through a video link from Chennai. Around 1000 abhyasis were present on this auspicious occasion.

### Activities

Zonal level youth workshops, VBSE workshops, GITP sessions, etc. have been organised in this ashram. The essay event has been organised in the centre for the last ten years.

Currently the centre has a strength of 1,352 abhyasis and around 325 abhyasis come for regular Sunday satsangs.

The other facilities available in the ashram include the dining hall, Master's Office/Guest suite, library, IT Room, Accounts Office, GITP Training Hall, Ashram Office, Dormitory, a garden, Children's Centre and a caretaker's room.



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