

Echoes of Latin America



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“Babuji Maharaj said, speaking of ashrams, he wants every house of an abhyasi to be an ashram. An ashram is not a different place, separate place. If you meditate at home, systematically, regularly, in the way it is specified, with devotion, with dedication – your house is an ashram. It is meditation that creates an ashram, not an ashram which creates an abhyasi. Remember this. A kitchen is where you cook food. If I cook food here, this becomes my kitchen. So we should not mistake the place for the activity. The activity is what governs the place. If I don't meditate in an ashram, it is another building constructed by engineers, with money. Another building, nothing more than a building. Whereas if you do what you have to do, meditate day after day after day, the whole structure, everything surrounding, it begins to not vibrate, but to release a sort of a vibration which slowly permeates the atmosphere around. And then the village becomes divinised, the town becomes divinised, the country becomes divinised, the world becomes divinised. That is how this spreads.”

Extracts from “This Is What Sahaj Marg Is” • Ashram Inauguration, 11 February 2011, Haldwani, India





Master's Words

Extracts from: Scatter the Seeds of Spirituality • 9 March 2011, Ashram Inauguration, Raipur, India

“Sahaj Marg I believe to be the first endeavour ever to combine both, to bring spirituality into each house. We don't need rishis and munis, we need prefects – honest, hard-working prefects who will carry this torch fearlessly into the future without thought of success or failure and say, “This is Sahaj Marg; this is what we have to offer. Don't expect material welfare, don't expect comforts, don't expect riches, don't expect glory, position, nothing. But here [heart], you will get that which even emperors and great conquerors never had: peace, satisfaction, and happiness.” So, you see the task of what should have been the task of our ancient rishis is today humanity's task – every one of us must share in it. And we must not count; we want quality, not numbers. But we want increasing quality in increasing numbers. Like when the tide comes in, more and more of the sea comes in; the water is the same. There is no creation of water. Similarly, this tide must go now into the future, carry this flame, illuminate the world, make the world in ten years, fifty years, twenty years, hundred years, something that will resemble what it was in

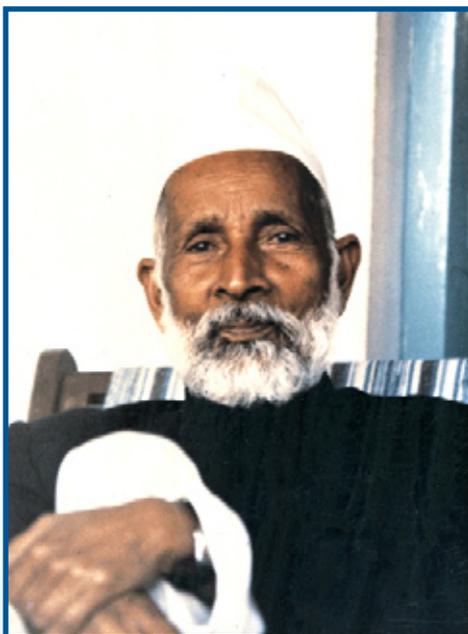
Treta Yuga and Dwapara Yuga.

So, I repeat, your job as abhyasis is first to dedicate yourself to your own spiritual evolution so that you may become fit to help others by offering them this spiritual evolution.”

“This is Sahaj Marg; this is what we have to offer. Don't expect material welfare, don't expect comforts, don't expect riches, don't expect glory, position, nothing. But here [heart], you will get that which even emperors and great conquerors never had: peace, satisfaction, and happiness.”

Babuji Maharaj's Birthday - April 30th 2011

Source: Sahaj Sandesh No: 2011.13 • Saturday, 07 May 2011



Babuji Maharaj's birthday was celebrated as a three-day event in Chennai from April 29 through May 1, 2011. It was announced that the satsanghs for all three days would be at 7:30 a.m. and 5:00 p.m.

It had been clearly announced in all centres that the celebration in Chennai would be strictly limited to the abhyasis of Chennai Centre, abhyasis from all other places being requested to participate in their local centres.

About 4,000 abhyasis participated in the celebration and Master conducted the morning 7:30 a.m. satsangh on all three days of the celebration. Each lasted for about one hour and fifteen minutes, and the final satsangh on May 1st morning lasted for about one hour and twenty-five minutes.

The three-day event came to an end on the evening of May 1st, but the spiritual work done by Revered Master is sure to stay and grow in all our hearts.

Photographs taken during the celebration are available at:

<http://www.sahajmarg.org/media-gallery/photos/rev.babuji-maharaj-s-birth-anniversary-celebrations>





News about Master



Master watched almost every minute of the proceedings of the work and intervened whenever he sensed the possibility of even the slightest departure from His Master's teachings. An organisation framework was created that can carry Sahaj Marg into the Future, and a Global Service Team that will assist Master in fulfilling His Mission was selected.

The following individuals have been appointed to the Global Service Team by Rev. Master:

NAME	FUNCTION
P. R. Krishna	Spiritual Program Development
Sanjay Bhatia	President, Lalaji Memorial Educational Society
Santosh Sreenivasan	Spiritual Training Delivery
Rishabh Kothari	Member Services
Chak Sriprasad	Continuous Improvement
Rajendrasinh Rathod	Global Spiritual Support - Indus
Poul M. Juul	Global Spiritual Support - West
Nitin Govila	Global Spiritual Support - East
William Waycott	Global Spiritual Support - Americas
N.S. Nagaraja	Spiritual Service, CIS
Sharat Hegde	Community Building
Sudhir Marwaha	Global Fixed Asset Support
Santosh Khanjee	Global Operations Support
Kamlesh Patel	Ombudsman

This team will be responsible for conducting the operations of the Mission and its sister organizations worldwide, under the direct guidance and instructions of Rev. Master. Subsequent changes to the organisation will be announced on Master's 85th Birthday, on July 24th, 2011 and the Covenant of Sahaj Marg Service will also be shared then.





Beloved Master's 85th Birthday Celebrations

In India, Master's 85th birthday celebrations will be held in Tiruppur, Tamil Nadu from July 23rd to 25th, 2011. Abhyasis from all over the world will be present to joyfully wish our Chariji a long and healthy life.



Whispers from a Brighter World The Third Revelation

Source: Sahaj Sandesh No: 2011.10 • Sunday, March 27, 2011



On March 28th, 2011, the subscribers of "A Whisper a Day" began to receive messages from the series Whispers from a Brighter World – The Third Revelation – the latest publication of this series.

If you still have not subscribed to receive these wonderful messages from Babuji Maharaj, you can do it by accessing the link:

<http://www.sahajmarg.org/literature/newsletters>





Rev. Master's tour Delhi-Chandigarh-Ludhiana-Chandigarh-Delhi From February 27th to March 5th, 2011

Photographs taken during the tour can be viewed at :

<http://eternal-moments.sahajmarg.org/v/sahajsandeshtour/2011/JanFeb2011/punjab0311/>

During his trip, Master fez inaugurações, conduziu satsanghs, respondeu a perguntas e conversou com os abhyasis sentados ao seu redor, ofertando pérolas de sabedoria, como as abaixo:

- Abhyasis should introspect as to why the Master visits again and again. What is the purpose?
- One path is to be given up before we walk on another path. I cannot remain dry and also swim; I cannot stand on earth and also fly. One state of being has to be given up before you can come to another state of being.
- Praying for others can be accepted but praying for self is begging.
- Anger arises from unfulfilled desires; this clouds the mind and stops its thinking leading to self destruction.
- Happiness is the state of mind in which you are independent of the external world.
- Belief opens the mind and prejudice closes it.
- We are always in danger because will power has no direction. When an abhyasi stated that Master gives the direction, He replied; No, Cleaning is what gives the direction.
- You have to choose the right direction and refine yourself in that direction.
- In accepting a gift there is a fear that I have to return it. This too is ego. Love cannot be returned. You can only love. Love is that which the more you give the more you receive and discipline is to give it to all at all times. Love is a one-way street going out from the heart to infinity.
- Real marriage is culmination of process of finding its soul mate after several lives.
- Anything done with love will solve all problems.
- On being asked as to - How to apply will- subtle or powerful; Master replied that you would know the difference only when you start applying. If will is not strong enough, desire starts overpowering it.
- Discipline is the one, which balances desire & will.
- Will is from heart and not from mind.
- Parents are only for worldly lineage, Guru for spiritual.
- Where there is love there is no grief.
- To show ourselves as to what we are not is hypocrisy.
- Parents should not impose their ambitions on their children, let them decide.
- Do not try to change the world, change yourself.



LMOIS Students trip to Satkhol with Rev.

The much awaited journey of the Omega School students along with their Beloved Master began on May 27th, when Rev Master arrived in Delhi early evening and students from various parts of country assembled at the R K Puram Ashram. There were about 25 girls and 35 boys, who passed their Class XII board examinations (1st batch to pass out from Omega School), to be blessed with Rev Master on this trip to Satkhol.

Source: Sahaj Sandesh No: 2011.17 Saturday, June 2011

New LMOIS Website

“One of the expressions of Rev. Master's care for children and education was to envision and open the Lalaji Memorial Omega International School (LMOIS) in Chennai. The school started with 150 students in 2005 and is crossing 3000 in the academic year 2011-2012. To represent duly the efforts and enthusiasm of the highly dedicated team of teachers and staff, the Omega school's website has been totally redesigned and offers insights about the life at Omega and the constant guidance and love of our Master. You are invited to visit: www.omegaschools.org

Master's Speeches

You can listen to/read these talks at the following URL: <http://www.sahajmarg.org/literature/online/speeches>

Source: Sahaj Sandesh No: 2011.14 • tuesday, may 10 2011





Activities in the Latin America Centers

HAITI

Sahaj Marg in Haiti – A Love Story

Judith Joseph

Everything comes from love. A special love between Master and those who live on this stretch of land of the Caribbean crisscrossed by religions and filled with the desire to meet the creative source ... A love that took shape when, on the invaluable support of Sister Michele Issa, abhyasi of Haitian descent, residing in Florida, a team of three Prefects arrived in Haiti on May 23, 1997 to introduce the system of Sahaj Marg for the first time in Haiti. The three Prefects were: William Waycott from California, Yolaine Rameau and Marie Brouard from Miami, Florida.

On May 23rd, 1997, the era of Sahaj Marg in Haiti was born when Sister Marie Brouard broadcasted the introduction of the system on the air through a local radio station called SIGNAL FM during their 1 p.m. local news. This interview would be replayed repeatedly throughout the day which had the effect of attracting a large number of people to attend an open house that was scheduled for the next day at the Hotel Djoumballa in Port au Prince, the capital of Haiti.

About fifty people from the four corners of Port-au-Prince and its surroundings attended the open house. The first person to arrive at the venue came from Archahaie, a little town located 40 km north of Port-au-Prince. His name was Marc Lazare, who later became one of the first preceptors in Haiti.

During this open house, 27 abhyasis received their first introductory sittings. These new abhyasis came from all walks of life in Haiti: Delmas, Cite Soleil, Carrefour, Cabaret, Petion-Ville, and Montagne Noire.

Two months later, the same Prefects return for a second visit from July 3rd to July 8th, 1997 and held another open house that counted approximately 60 people. During this visit, an additional 23 new abhyasis joined the system. The newly created center in Port au Prince began to grow rapidly. An uncommon thirst and eagerness for spirituality was so apparent with these new abhyasis that one could feel the overwhelming love emanating from their open hearts. They spoke freely about the system of Sahaj Marg to their friends and family who, in turn, joined the system at each succeeding visit.

Due to the rapid growth of the center, an organizational need became imminent.

Volunteers were needed for a variety of tasks such as coordination, donation of a place for meditation, etc. A

brother named Henri-Roland Theodore volunteered to serve as a coordinator because he was the only one who had a computer and access to the internet. He basically served as a contact point to facilitate communication between Haiti center and Sister Marie Brouard in the U.S. Nevertheless the only means of mass communication to reach all abhyasis in Haiti was by regular mail. A task that Sister Marie Brouard lovingly assumed in order to disseminate Mission news with all Haitian abhyasis.

Subsequently, a number of Prefects visited Haiti between 1997 and 1999 to include: William Waycott, Yolaine Rameau, Marie Brouard, Christopher Jackson, Padmini Rangaswami and Prasad Singamsetti.

In 1998, by Master's grace, 2 abhyasis of Haiti with their hearts full of love for Master, Sister Evelyne Bredy-Emmanuel and Brother Marc Lazare, visited Master during one of His trips to the Molena ashram, USA. During that visit, they were both made first Prefects for Haiti by Master. It was such a blessing to have 2 Prefects in Haiti who could continue the work of our Beloved Master among their brothers and sisters.

Due to the social and political upheavals, insecurity, incertitude and fear prevailing in Haiti at the time, abhyasis had great difficulty in performing their practice correctly at the end of 1998. This would be the beginning of the decadence of the Sahaj Marg system in Haiti. Because of the very difficult situation in Haiti, it was as if a very dark cloud descended upon the hearts of the abhyasis that plunged the Sahaj Marg in Haiti in a period of near inactivity.

The situation worsen in 1999 with the assassination of sister Evelyne Bredy Emmanuel's husband in Port au Prince. Evelyne was then forced to leave Haiti following this abominable situation. On the other hand, all contact was lost with the other Prefect, Marc Lazare. It became impossible for USA Prefects to visit Haiti and Master asked them to stop traveling in Haiti until further notice. Thus, the endeavors of Sahaj Marg were plunged into a silence from 1999 to 2002.

This was not the end of Sahaj Marg in Haiti. Throughout this dark period, Master continued His work in silence by pouring His light and love in the hearts of Haitian people. Indeed, the love story would continue in the land of Haiti. In August 2002, the paths of Michele Issa and Judith Jo-





seph of Haiti crossed during a stay in Florida. Sister Michele Issa did not hesitate to speak of the Sahaj Marg system to Sister Judith Joseph. The enthusiasm expressed by Judith prompted Sister Michele Issa to contact Sister Marie Brouard from whom she received her first introductory sittings.

Back in Haiti, Judith came in contact with Sister Isabelle Klein, Prefect from France, on a temporary work assignment in Les Cayes, a city located in southern Haiti. Judith organized individual sittings and satsanghs at the Hotel Montana during Isabelle's numerous visits to Port-au-Prince. Later on, two abhyasis who were already introduced to the system joined the group. Among them was sister Jocelyn Moises, who was introduced in 1997, offered a place at her work place called "Bien Etre" for sittings and Satsangs. After Sister Isabelle's return to France, the three abhyasis continued to meet regularly for Satsangs at Jocelyn place.

In March 2005, an open house was organized by Sister Judith Joseph at her Training Center with the logistic assistance of Sister Marie Brouard. Nineteen new abhyasis were introduced to the system. Sister Judith then offered a room at her Training Center for weekly Satsangs. It was the beginning of a new momentum for the Sahaj Marg system in Haiti. In June 2005 a second open house was again organized by Sister Judith assisted by Sister Marie Brouard and Brother Maurice Herdsman, Prefect in Jamaica. During that session, 9 other persons joined the system. Haitian people hearts were wide open again to receive Master's love and light.

With the assistance of Sister Marie Brouard and Brother Bill Waycott, Sister Judith had the good fortune to travel to Europe in order to meet Master at Vrads Sand, Denmark in 2005. During this memorable visit with Master Sister Judith was made Prefect for Haiti, thus the creation of a new center in the area of Bourdon, Port au Prince, Haiti.

In February 2007, during the celebration of Lalaji's birthday, Haiti center was able to hold the Caribbean Regional gathering at Laboule, a small town located south west of Port-au-Prince. The theme of the gathering was "Constant Remembrance". All abhyasis in attendance from the U.S., Martinique, Jamaica, Dominican Republic and Haiti



elevated their hearts in a climatic union with Master. Several local workshops and seminars were held thereafter.

Master continued incessantly to pour His love in Haiti. In December 2007, Brother Wilson Senexant had the privilege to spent time at Master's feet when he was granted a scholarship to participate in the abhyasis training held in India. At the end of the training

program, Master made Wilson a Prefect for Haiti. What a joy for Haitian abhyasis to have another brother made Prefect. A few months later, the center of Carrefour was created to serve the residents of that area.

In 2011 Sister Yrvy Frenel was fortunate to participate in the abhyasis training program in India. At the end of the training program, she also was made Prefect for Haiti by Master. In January 2011, it was the turn of Yrvy Frenel to contribute to the advancement of Sahaj Marg by becoming a Prefect by the grace of the Master.

Haiti has experienced numerous political crises and natural disasters. The deadliest one being a massive earthquake that strike the city of Port au Prince killing thousands of people in January 2010. During this devastating event, Master's presence was strongly felt. His protection was evidenced by the lost of only one sister abhyasi during the disaster. This proved to be a great opportunity for Haitian abhyasis to be closer to Master and persevere in their practice. Few months later, a new center was born, created by Brother Wilson to cover the area of Carrefour.

A strong bound has been forged between Haiti and other Caribbean islands to reinforce the Sahaj Marg system in the region and facilitate Master's work. As a result, a number of Prefects as well as abhyasis from Martinique visited Haiti in 2011. Among them where Sisters Agnes Nicolas, Jacqueline Barington, Patricia Plus, Catherine Pessemesse and Brother Fabrice Montlouis- Félicité. Their support was strongly appreciated by Haitian abhyasis who felt the presence of Master through these brother and sisters and named 2011 the year of blessings.

Currently Haiti has 3 Prefects firmly engaged to serve their Masters. There are 2 centers in Port au Prince with 40 abhyasis. This is only the beginning of a love story... moving toward the Ultimate.

May His love fill the hearts of humanity.





Trip to the heart of Haiti

Jacqueline Barington & Patricia Plus

It was with great excitement that the 4 of us embarked on a four day trip to Haiti to meet our Haitian brothers and sisters. Only 2 of these days were actually spent there. Master's presence was strongly felt during the entire trip.

We were met at the airport by Sister Judith Joseph, Brothers Hilaire, Luckner and others. It was impossible to be unnoticed due to the large amount of bags (200kgs) we brought in that included books of the Mission, medicine and clothing that one of our sisters in Martinique donated to a small clinic in Thomassin, Haiti.

On the first day, we went to Bourdon center where we had satsangh with 20 anxiously waiting abhyasis followed by a Ques-

tions and Answers session. They were very enthusiastic and asked many questions regarding the system. Most of them were men of about 23 years of age which is so unusual elsewhere.

The next day was filled with sittings and satsanghs. We then watched a DVD of Master and shared our experiences of the System.

This was a successful trip which helped tie the bound of unity between Haiti and Martinique. We left Haiti with love in our hearts and hoping to be back again.

We give thanks to all and to Sister Judith for opening her heart and home to us.

Babuji's birthday celebration in Haiti April 30th, 2011

Fabrice Montlouis-Félicité

By Master's grace I arrived in Port au Prince, capital of Haiti, on Thursday April 28, 2011 around 6 p.m., and it was rainy. I waited approximately 15 minutes for brothers Wilson and Fred to pick me up. We took Delmas road in order to meet with Yrvy who was coming from Petionville. Unfortunately we got stuck in traffic for 2 hours. The car started to over heat then shut down. Yrvy picked us, then we dropped off Wilson at his place before continuing to Thomassin where Yrvy lives.

We went to bed around midnight after eating a delicious pizza. Yrvy put up in her bedroom and took good care of me with love and attention and made sure that I had all that I needed. We woke up the next day to a wonderful sunny sky that enabled us to discover and fully appreciate the beauty of Yrvy's place. May Master bless her heart!

After a nice breakfast that included Kassav, we exchanged sittings and I also gave a sitting to Brother Luckner. We talked about the Mission in Haiti and had an interesting discussion on how to read conditions. The climate was cool, as usual, due to the elevated altitude where Yrvy lives on top of the mountain.

Friday afternoon we went to Port au Prince to the American School, the venue where Babuji's birthday celebration was to be held. While there, I gave a sitting to a brother who came to join us. Then we went to Brother Wilson place where Brother Michelson (Treasurer) was waiting for us to have a sitting, I also gave a sitting to Wilson. Then, we all participated in the 9 p.m. Universal Prayer. We went back to Yrvy's place late that night.

On Saturday April 30th, 2011 we had satsangh at 10 a.m. where 12 abhyasis were in attendance. The transmission illuminated all hearts and fill entire country as well. I discovered a striking similarity between my Haitian brothers and sisters and those in India; and that

is their simplicity. Their hearts are loaded with the two instruments for spiritual growth: Love and Devotion.

After a simple but delicious breakfast, we proceeded with a Questions and Answers session. The Theme of the gathering was "CLEANING". Some individual sittings were given just before 4 p.m. satsangh. It was a memorable and blessed day with Master's love pouring in all hearts. We went home that night with hearts full of His love and blessings. A framed picture of the 3 Masters was offered the center of Haiti that day. The gift was sent to them by one of our sister in Martinique.

Sunday was a beautiful day after having rained all night as if nature was pouring more blessings on this illuminated land. Sister Yrvy conducted satsangh. The whole atmosphere was charged. Not only Haiti was bathed in His light but the entire Hispaniola Island, with the feeling of unity in the future. I strongly felt this feeling of peace and elevation. 15 to 16 people attended satsangh including Sister Judith who came back in town the day before.

After satsangh we watched two DVDs of Masters and read a lecture from Whispers of the Brighter World. Haiti center was then the recipient of 40 Sahaj Marg books donated by the Mission. We then had an emotional gifts exchange moment followed by the Prefects' meeting where we focused on strengthening a harmonious relationship between the 2 centers in Haiti. It was clear to us that whether there 2, 3 or 20 centers in Haiti, all are part of the Sahaj Marg System in Haiti and all belong only to Master and to everyone in it. In spite of our egos, the centers do not belong to any Prefect.

In the afternoon we visited Fort St Jacques, a fortress built in 1805 on top of a mountain with beautiful scenery.

With our hearts full of love, we give thanks to our Beloved Master for all the blessings He poured upon us during this celebration.





ARGENTINA

"...And they wanted to stay"

Américo Galván



During his speech, when our brother Bill Waycott summarized the experience of the Open House organized in Buenos Aires, he said:

"Now we can be happy, we have achieved our wish of a strong Sahaj Marg Center in Buenos Aires, capital city of Argentina. I remember years ago while crossing the Pampa from Mendoza to San Luis, admiring the landscape, thinking that in these latitudes the light of the Shri Ram Chandra Mission should be lit to cover all South America..."

(...and he remained thoughtful, as if in prayer, turning his eyes towards his heart in gratitude).

That occurred at the conclusion of the seminar during the evening of June 5th, in the simple hall at Torre Hotel, during our last satsangh, conducted by Bill Waycott.

On Friday the 3rd, the following abhyasis gathered at the seminar: Sonia Starkloff, Ariel Galván, Hernán Moral, Alejandra Galván, Carmelo Pasquarelli, Américo Galván and Gladys Peñaloza.

We departed feeling stronger "in our trust and faith of our Beloved Master, in his wisdom and his work to elevate humanity from this world to the next".

On Saturday the 4th, we all were enlightened and bathed in a unique joy, seeing the splendor of our Spiritual Guide.

Sonia and Ariel presented the Open House and showed their expertise with the public. We also enjoyed the information presented by Liza Grass, as well as the Prefects Carmelo, Hernán, Alejandra and Américo.

In the afternoon, all the Prefects gave sittings to the new abhyasis as well as to those already practicing in the center.

In that moment, if anyone for an instant had risen over that harmonic void, he would have seen an intense light pulsating around another light that slowly had introduced us to a world of colors and forms: the world of true peace.

The Saturday activities were concluded with a satsangh given by Hernán Moral.

On Sunday the 5th, the day was intense as it was beneficial. We were all deeply moved by the profound peace, already known to us.

At dusk, our hearts felt more illuminated and tender.





BRAZIL

Prefect's Training Program (PTP)

In Rio de Janeiro - RJ and Porto Alegre- RS

Prefects in Brazil gathered from March 25th to 27th in Rio de Janeiro for the latest Prefect's training program. According to Master's instructions, all Prefects, with no exception, should be introduced to this updated content. On June 18th and 19th this program was also presented to the Prefects in Porto Alegre – RS.



Master is also a gardener

Léa Torres – Rio de Janeiro – RJ - Brazil



The other day we were at a Sahaj Marg meeting when an abhyasi raised the following question: if prana is all there, available by God to all Its creation, why do we need to receive it through Master?

There were several attempts at explaining the question; at the same time, it seemed to me that everyone took the opportunity to reflect on this point:

Why do we need the prana coming from Master, if this Divine Grace is everywhere, offered by God?

I also reflected on this issue, and came to my synthesis. I am aware that this synthesis is not true, for Master teaches us that no matter how sure we may be of something, this certainty is temporary, for everything is temporary, until we have attained the final objective and the true vision - therefore, we should be humble and be willing to always amplify our perception field and, especially, we must respect other people's opinions whether we agree or not with them.

Well, my conclusion was: indeed, prana is all around us, permeating all Creation. What happens is that it is extremely subtle and our dense condition prevents us from absorbing it sufficiently for it to become an effective evolutionary tool. I think we can only absorb the necessary to maintain

ourselves in this plane of existence, and nothing else.

So, Master, who finds himself in a very subtle level of existence, can absorb the prana completely and, working as a "transformer", he modifies the prana into a level of density such that it can be absorbed by all those who are in tune with him. In other words, the abhyasis receive through Master the divine food prepared and adapted, so that it can become a tool of effective help in our spiritual journey.

Master is like a gardener who prepares a greenhouse with the perfect weather conditions for his seed to germinate. He takes care of the seeds inside the greenhouse, where the sun, the wind, and humidity are perfectly adapted to the needs of his seeds, allowing most of them to germinate. When they sprout, they still need to stay in the greenhouse to become stronger; this way, they continue to receive divine grace adapted to their stage of evolution. When the gardener can see that the little plant is able to go afield, he lovingly takes it out of the greenhouse, and puts it directly in touch with the sun, the rain, the wind, assured that it is now sufficiently strong and prepared to receive the Grace directly from the source. And this is the sacred moment of the little plant's initiation.





Global Service Team - Creation

Marta Toledo – São Paulo - Brazil

It was very comforting to read in Sahaj Sandesh the piece of news talking about the creation, by our Master, of a group of such nature and magnitude like the Global Service Team. It is unnecessary to point out how fundamental it is, at this moment in the world, not only concerning the abhyasis in our Centers and in the Mission in general, but how much this fact, the creation by Master of a group prepared to “serve the world” is relevant to humanity as a whole. Not to mention the rigor and the efficiency pursued by the Mission MSRC all over the world, this event is a comfort that ought to be celebrated inwardly by those like us, who one day decided to open our hearts, learn to serve, willing to live a life beyond our own selves and our dear ones.

Everything is becoming more and more difficult in this world, more so for those with focus on the spiritual, which highlights the urgent and pressing issues. Within this con-

text, there are some news and information which cannot go unnoticed, not only because they mobilize and strengthen us, but because they remind us that we are part of an ever-pulsating living organism, bringing new possibilities and a vision larger than our own, wider, focused on humanity and not merely around our own selves.

We should have His vision, our Master’s, and not ours, regarding how to act in the world. This is what I wish to share with our brothers and sisters, suggesting that we try to follow up on our correspondence, our Master’s deeds, since those who do not read the Mission’s news do not know what they are missing. We should be grateful, trying to understand how each one of us can be available to help in the day-by-day, asking ourselves what our part is, whether we can give more than we are giving and then be aware of the answers that will come during the practice.

Seminar to celebrate Babuji Maharaj’s 112 Birthday



In Brazil, the Sahaj Marg family celebrated our Beloved Babuji Maharaj’s 112th birthday anniversary with a seminar held at the Farm Hotel Maristela, in Tremembe – SP, from April 29th to May 1st. The 50 participants, including abhyasis’ children, celebrated together, besides taking the opportunity to do their practice, reflect and grow spiritually, under the light and protection of our Masters.





CHILE

First Sahaj Marg Seminar in Chile, in 2011



Everything was ready for me to take part in this seminar with our brothers and sisters from Chile. My holidays had ended just before the seminar, but I managed to delay my return to work so that I could cross the Andes and set myself off for action and meditation with my Chilean brothers and sisters.

Trusting that I was being guided by the energy of Universal Love, I traveled in peace, confident that whatever “was meant to happen” would happen, and in the first hours of Saturday the 9th, I arrived at Carola’s house, who received me joyfully, and soon afterwards we set out together to Pícarquín, around 70 km away from Santiago.

Meeting with the group was as natural as when two boys get together to play soccer together. It is very nice to be able to see that when we have the intention to nurture ourselves spiritually, others are not “strangers”, even if we are seeing them for the first time.

Well, I believe that strange is everything that does not belong to “Being”, everything that I should not notice, compare or judge in people. So why worry?

With the firm conviction that I should fully enjoy the seminar, I tried to be aware of my own behaviour towards myself. It is beautiful to see people committed to

The Gift

Alejandra González

An ancient memory returns like a gift,
a fresh breeze of thousands dawns...
This gentle breeze illuminating my being,
a gift from nature, a promise of subtle mastery...

A breeze that surrounds me and
cleans my being, like a dynamic peace
inhabiting my heart.

I come to thy, naked of every desire.
You have given me a mantle of stars,
a cosmic path...

Thou art the gentle breeze, wise and
motionless, that nourishes my heart...

Thou art my greatest gift...

Thou art my Master.

the teachings of Sahaj Marg; some very young, others married, which is an extra blessing, as well as sharing some experiences with children (Carola and Felipe’s children).

We worked on the 6th Maxim, “Know all people as thy brethren and treat them as such”, seeking within our selves the necessary aspects to be changed in us to live according to this teaching.

We closed the seminar with a performance without words, through mimic, that could reflect our brotherhood and sisterhood. The gathering was characterized by good humor, responsibility, punctuality, camaraderie, and the love that could be felt in the air.





JAMAICA

Gratitude to our benevolent Master

Contributor: Jamaica Centre • May 30, 2011

The Jamaica Centre is testimony to what it means to have a Master who is mother. As a growing group, we have been faced with bouts of teething pains but thanks to our Master who unceasingly nurtures us during the trying, turbulent and challenging times. He has demonstrated, undauntedly, to us the virtues of Mother; patience, care, tenderness, compassion and ultimately, love.

We, as a Centre, are recognizing that we must become what we have to become, individually and collectively. However, during this on-going process one thing remains constant, that is the Master's unconditional love for His children.

On the weekend of Friday, May 27 to Sunday, May 29, Master again, gently reminded us of who He really is; Essence of Pure Love. He revealed to us the effect of when hearts speak. He sent one of His sons, brother, Tanuj Harshe, of the New Jersey Centre, to be with us on the occasion of our first National gathering. It was, indeed, a time of Brotherhood. Words are not adequate to ex-

press how marvellous the Master is and how forcefully He works in and upon us. From our brother who was collected at the airport to the time of His departure Master's divine energy could be felt. There were four satsanghs, coupled with the Abyhasi Training Programme, an Open House, which included dinner with members of the public who attended the presentation and entertainment by a child of one of the abyhasis. All activities were done in just the way He wanted it. With all our planning, He was the ultimate planner. The way the events of the weekend unfolded it was all miraculous and divine.

What this first National gathering has taught us or reminded us of is when two or three are gathered in His name; Heart Speaks. We got a sense of what it is to hide ourselves and expose Him.

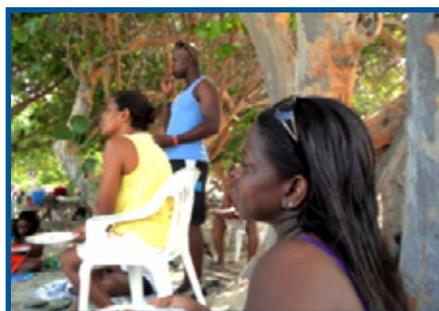
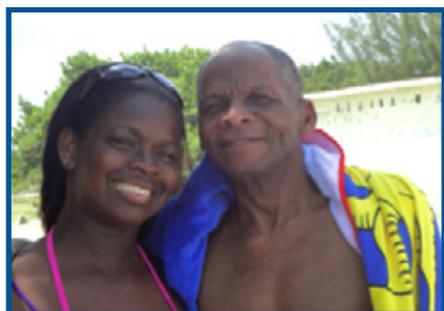
May it be that all brothers and sisters are being filled with love and devotion and that real faith continues to grow stronger and stronger in us.

Long live our Master.

Abhyasis, their friends and families from the Center of Jamaica

International Family Day

Catherine Johnson - Center of Jamaica • May 16th, 2011



The morning of May 15, immediately after satsangh, abhyasis, their families and friends lovingly set off to one of our beautiful beaches, Fort Clarence, which is approximately thirty minutes ride from the city. The occasion was the United Nations commemoration of International Day of the Family.

It was a refreshing break from the city. Twenty-six of us inclusive of eight abhyasis and three children had a time of brotherhood. Despite the camaraderie, Master's presence was pervasive.

We seized the opportunity, during lunch, to enlighten our

guests about Sahaj Marg and meditation, the Mission's association with the United Nations, hence the recognition of International Day of the Family. We also used the forum to extend an invitation to the upcoming Open House on the 28 May and issued to each a brochure on meditation. They were receptive and delighted with the proceedings of the day. While basking in the radiant sunlight, some had already started to rummage the pages of the pamphlets.

By His grace, we hope that hearts will be nudged and brothers and sisters will begin their yatra in finding the Original home.





Dear Brothers and Sisters,

Tanuj Harshe –New Jersey Centre



By my Master's grace we had a wonderful National Seminar in Jamaica. The atmosphere was full of love and Master's grace was pouring down on us throughout the three days. The togetherness and brotherhood was exceptional in Jamaica. I thank one and all of you for pouring your love and devotion and making the first Jamaican National seminar a memorable one.

We gathered together Friday afternoon and started with individual sittings and had satsangh Friday evening at Sister Katherine's home. We were all together at the venue Saturday morning continuing the individual sittings throughout the day. We had morning satsangh at 8:30 a.m., there were brief talks by Brother Morice, Sister Kathrine and myself. The Abhyasi Training program with an emphasis on the practice was a great success with participation from all brothers and sisters present. We had 12-14 participants in the seminar, but the numbers do not tell the story of this powerful gathering.

We had the evening satsangh at 3:30 p.m. followed by the open house (8-10 future abhyasis attended along with all of the present abhyasis. The open house was conducted in such a natural and family like manner that it felt as if we were inviting the new aspirants to our home and our family as honored guests. The love and concern for everyone present was palpable and everyone present was moved by the atmosphere. They gained an experience of the essence of Sahaj Marg in this brief period that we were together. In-fact no one wanted to leave the venue, and

sister Cathrine had to actually nudge them out after an hour and a half because we had to clear the hall.

We had a wonderful dinner along with some of the participants of the open house and we retired early as we had morning Sunday satsangh at 7:30 a.m. The Sunday satsangh was a special sitting, we were given a taste of something of the brighter world by our Master. Tears of gratitude were flowing after the sitting and abhyasis shared that this was one of the best meditation they have ever experienced. We parted with tears and hugs after a family breakfast which included traditional Jamaican dishes and warmth.

Some of the suggestions from the gathering that I hope we will all remember are..

- 1.** The most important time to be alert is when the initial excitement of starting the practice fades away and we are not yet established in the practice.
- 2.** It is easy to overlook the efficacy and importance of Sahaj Marg because it is so simple and it is easy to get bogged down by the routine.
- 3.** We should keep in constant contact, a call once a month on Wednesday at 8:15 p.m. EST is recommended
- 4.** Regular practice and constant remembrance are essential to keep the fire burning long after it is rekindled during these gatherings

Thank You again for your hospitality and love...I look forward to seeing you all again.





MEXICO

National Seminar Mexico

Vincent Willaerts - Mexico



With the objective of receiving training on the Raja Yoga method, according to Sahaj Marg, the National Seminar of Mexico was held from May 27 to 29, at the Rancho San Gabriel Teocolo, in Veracruz.

In this place, surrounded by nature and overlooking the Vera Cruz mountains, 20 abhyasis from the cities of Mexico and Xalapa, participated in this seminar to learn more about the Master and the Sahaj Marg method.

Prefects from Mexico, Vicent Willaerts, Matilde Va-

lecillos and Ramón Guzman, and the guest Prefects Dunja Maglica, from Los Angeles and Jose Poy from Nova York shared their experience with the abhyasis.

José Poy led the seminar, supported by the other Prefects, with the objective of clarifying on the method and the practice.

During the seminar, several abhyasis met each other and had the opportunity to share thoughts and experiences; together they discovered the importance of practicing the method properly and the responsibility that comes with it



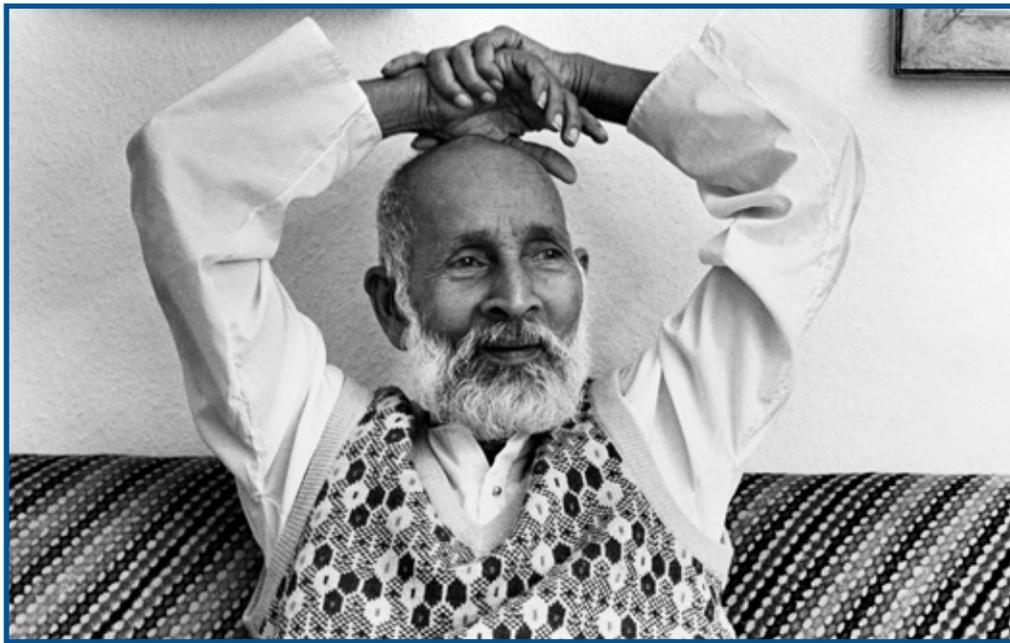


NICARAGUA

Celebration of Beloved Babuji Maharaj's Birthday

(April 30th, 2011)

Jeanett Luna - Nicaragua



Two satsanghs were given, one in the morning and another one in the evening, following Master's instructions.

We gathered in the city of Diriamba, Nicaragua, and so we started the celebrations in the memory of our Beloved Babuji's birthday anniversary, starting with a satsangh at 7:30 a.m. followed by readings, testimonies, a DVD, and an hour of silence.

At noon, we shared a delicious lunch.

After lunch, we shared some readings and speeches by Master, and in the evening we had satsangh.

After that, we broke a "pan filled with sweets", with the participation of our kids and then continued the celebration enjoying our cake.

Our brothers and sisters said that this seminar was extremely positive and brought them spiritual benefits; they all returned home very content.

One of our brothers, Raymundo Villanueva, emphasized the need to do the sadhana regularly, bear the objective always in mind, and keep the condition granted to us by Master during the Bhandaras by behaving properly and in the right direction.

I also believe that meditation and the practice of Sahaj

Marg have a transforming effect, for in the first place I do not have anxieties anymore, but especially when I watch a video of Master (before doing that, I believed I understood what was being said); but I discovered that around a year ago, when I began to feel an intense energy in my heart, which filled me with joy and has a strong effect of communication – this is the magic of Sahaj Marg.

Brother David Barahona gave us his testimony:

"I have a lot to thank Sahaj Marg, for it is a simple and natural method that allows for the development and evolution of the human being, whatever condition he is in. In my own case, it has brought me a true light that has helped me see myself reflected in my fellow beings, and love them as they are, without judging their outside appearances or their actual conditions. For me the key lies in Constant Remembrance in Master.

Our sister Jeanett Luna reminded us of Master's new year message and asked us to feel in our hearts the urge to reach the objective. She suggested that the real Master is within us and that the external Master helps us to establish contact with the Master within.

We reached the purpose of developing and expanding ourselves in the practice of Sahaj Marg, which is to build and strengthen the connection with our own hearts.





Calendar of Events Latin America

July 2011

03	Martinique - Saint Pierre	Regional Gathering	martine-calka@wanadoo.fr
21 - 24	Brazil - Garopaba	Chariji's Birthday Celebrations	deganitop@gmail.com
23 - 24	Venezuela - Tachira	ATP Course	mlorenzo@bucros.com
24	Haiti - Bourdon Center	Local Seminar	dativy@hotmail.com
24	Jamaica - Kingston	National seminar	catsjoh@yahoo.com
24	Venezuela	Chariji's Birthday Celebrations	mlorenzo@bucros.com
24	Mexico	Chariji's Birthday Celebrations	matildevalcillos@gmail.com
24	Nicaragua	Chariji's Birthday Celebrations	lunajeannett@yahoo.com
24	Martinique - Saint Esprit	Chariji's Birthday Celebrations	martine-calka@wanadoo.fr
29	Haiti - Carrefour Center	Abhyasis training	dativy@hotmail.com
29	Jamaica - Kingston	ATP Social	catsjoh@yahoo.com

August 2011

	Nicaragua - Diriamba	Regional Gathering	lunajeannett@yahoo.com
07	Guadeloupe - Pointe a Pitre	Abhyasis Training	v.scala@wanadoo.fr
12	Jamaica - Kingston	Youth Worskshop	catsjoh@yahoo.com
13 - 15	Colombia - Santandercito	National Seminar	barrerocarolina@gmail.com
14	Jamaica	National Seminar	catsjoh@yahoo.com
20 - 21	Trinidad and Tobago	National Seminar	kiranchandolu@gmail.com
21	Guadeloupe - Pointe a Pitre	Abhyasis Training	v.scala@wanadoo.fr
21	Guadeloupe - Pointe a Pitre	Extended Day	v.scala@wanadoo.fr
26	Haiti - Bourdon Center	Abhyasis training	dativy@hotmail.com
26	Jamaica - Kingson	ATP Social	catsjoh@yahoo.com
26 - 28	Venezuela - Los Teques	National Seminar	mlorenzo@bucros.com
28	Haiti - Carrefour Center	Abhyasis training	dativy@hotmail.com
30	Venezuela - Maracaibo	Open House	mlorenzo@bucros.com
30 - 02	Mexico	Abhyasis Training	matildevalcillos@gmail.com

September 2011

	Nicaragua - Leon and Matagalpa	Open house	lunajeannett@yahoo.com
30 - 02	Mexico	Abhyasis Training	matildevalcillos@gmail.com
02 - 04	Mexico - Tuxpan	Open House - New Center	matildevalcillos@gmail.com
03 - 04	Venezuela - Valera	ATP course	mlorenzo@bucros.com
04	Guadeloupe - Pointe a Pitre	Abhyasis Training	v.scala@wanadoo.fr
04	Martinique - Saint Esprit	Regional Gathering	martine-calka@wanadoo.fr
11	Jamaica	National Seminar	catsjoh@yahoo.com
18	Guadeloupe - Pointe a Pitre	Abhyasis Training	v.scala@wanadoo.fr
24 - 25	Guadeloupe	National Seminar	v.scala@wanadoo.fr
24	Martinique - Saint Esprit	Open house	martine-calka@wanadoo.fr
25	Haiti - Carrefour Center	Abhyasis training	dativy@hotmail.com
25	Venezuela - Valencia	Regional Gathering	mlorenzo@bucros.com
30	Haiti - Bourdon Center	Abhyasis Training	dativy@hotmail.com
30	Jamaica - Kingston	ATP Social	catsjoh@yahoo.com





October 2011

	Nicaragua	Open house – New Center	lunajeannett@yahoo.com
	Brasil - Penedo	Regional Gathering	sahajmarg@globo.com
02	Guadeloupe	Abhyasis Training	v.scala@wanadoo.fr
03	Martinique - Saint Esprit	Regional Gathering	martine-calka@wanadoo.fr
09	Venezuela - Caracas	Regional Gathering	mlorenzo@bucros.com
09	Jamaica - Kingston	National Seminar	catsjoh@yahoo.com
15 - 16	Martinique - Gros Morne	Caribbean Seminar	martine-calka@wanadoo.fr
15 - 16	Trinidad and Tobago	National Seminar	kiranchandolu@gmail.com
16	Guadeloupe - Pointe a Pitre	Abhyasis Training	v.scala@wanadoo.fr
16	Guadeloupe	Full Day	v.scala@wanadoo.fr
22 - 23	Venezuela - Valencia	ATP course	mlorenzo@bucros.com
28	Haiti - Bourdon Center	Abhyasis training	dativy@hotmail.com
30	Guadeloupe - Pointe a Pitre	Abhyasis Training	v.scala@wanadoo.fr
30	Haiti - Carrefour	Abhyasis training	dativy@hotmail.com

November 2011

	Belize	Visit's Prefects from Nicaragua	lunajeannett@yahoo.com
06	Guadeloupe - Pointe a Pitre	Full Day	v.scala@wanadoo.fr
06	Martinique - Saint Esprit	Regional Gathering	martine-calka@wanadoo.fr
11 -13	Guadeloupe - Pointe a Pitre	Regional Gathering	v.scala@wanadoo.fr
11	Guadeloupe - Pointe a Pitre	Open House	v.scala@wanadoo.fr
13	Jamaica - Kingston	National Seminar	catsjoh@yahoo.com
18	Haiti - Bourdon Center	National Seminar	dativy@hotmail.com
20	Jamaica - Kingston	Universal Children Day	catsjoh@yahoo.com
25	Haiti - Bourdon Center	Abhyasis training	dativy@hotmail.com
25	Jamaica - Kingston	ATP Social	catsjoh@yahoo.com
25	Venezuela - Valencia	Open House	mlorenzo@bucros.com
26 -27	Trinidad and Tobago	National Seminar	kiranchandolu@gmail.com
27	Guadeloupe - Pointe a Pitre	Abhyasis Training	v.scala@wanadoo.fr
27	Haiti - Carrefour Center	Abhyasis Training	dativy@hotmail.com
27	Trinidad and Tobago	Open house	kiranchandolu@gmail.com

December 2011

02 - 04	Jamaica	Regional Gathering	catsjoh@yahoo.com
03 - 04	Guadeloupe - Basse Terre	National Seminar	v.scala@wanadoo.fr
04	Martinique - Saint Esprit	Regional Gathering	martine-calka@wanadoo.fr
09 - 11	Mexico	National Seminar / Prefect's Training	matildevalecillos@gmail.com
11	Guadeloupe - Pointe a Pitre	Abhyasis Training	v.scala@wanadoo.fr
18	Guadeloupe - Pointe a Pitre	Full Day	v.scala@wanadoo.fr
18	Haiti - Carrefour Center	Abhyasis training	dativy@hotmail.com
23	Haiti - Bourdon Center	Abhyasis training	dativy@hotmail.com

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