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Speech by Master

Humility (excerpts)

Facilitators' Training Programme, 21 October 2013, Chennai

Dear brothers and sisters,

“I would first like to tell you what humility is not. Humility is not debasing yourself, fawning on somebody, falling at somebody's feet – that is not humility. That is what I call debasement – lowering yourself, both in your own eyes and in the eyes of the person before whom you fall, because you lose self-respect. And the person before whom you make this false sort of exhibition of humility, he has no respect at all for you because he knows it is false. So falsity has no place in spiritual life at all.

True humility I found in my Babuji Maharaj, in my Master. If you and I looked at his house, it was a very simple house. I mean there was nothing to show, nothing to flaunt: no important furniture, nothing on the floor by way of carpets, only one fan hanging. Yet, the way he behaved with you, the way he welcomed you,

the way he smiled, made your stay in that place seem as if you were an honoured guest of a great man. That was courtesy, humility, everything rolled into one, in one person which was Babuji Maharaj.

So we cannot deal with humility separately and civility separately and hospitality separately. In effect, and in a sense, though they may be different when we are beginning life, they have to grow together and ultimately fuse into one value, which we can only call "the perfect humanness".

A perfect human being is all of these things. He is humble without being servile. He doesn't fawn. When he says, "Aaiye [Please come]," he does it with dignity, both for you and for himself. When he says "Bait-hiye [Please sit]," he does it again with all the hospitality that is at his command, not to show off some piece of furniture or something that you have got. And



when he offers you food and he says, "Please have something to eat with me," it may be the simplest roti and daal, but in his presence it is like nectar.

So spiritual life makes us realise that we have to begin somewhere. So Babuji used to say: If you cannot be what you have to be, assume that you are already it and then you will find that you become what it has to be.

So we start with assumption in spirituality. In the same way, we assume that in our heart there is divine light. As Babuji said, "It's a mere supposition." Assume that there is divine light in your heart. You can't see it, you don't know it is there, but assume it is there and meditate on it and then you will find, as you continue to meditate and meditate, it is there.

So, by assuming with all your heart, with sincerity, with constant application of effort, you make real that which you only assumed when you started your spiritual life. Then when That grows, your assumed hospitality, your assumed civility, your assumed humility slowly become all natural to you. They must become natural, they cannot be artificial.

So, it is our business to become, every one of us, something like that progressively and culminate in what Babuji said, "I make masters, not disciples." So humility, charity, mercy, compassion, everything becomes rolled into one. In one person, everything. Whatever he does, he is also humble, he is also charitable, he is also merciful. He comes and stands by a sick per-

son and looks with compassion on him and the person becomes well. He doesn't think of himself. People say, "No, no, don't go there, it can be infectious." He doesn't bother, he doesn't think of himself any more.

So in humility, in chastity, in all these things you don't think of yourself any more; you always think of the other person. When we begin, we begin thinking only of myself, of ourselves: "my progress, my meditation, my sitting". Later on if you make the grade and you become prefects, you think of the abhyasi: "Why is he not here? It is five o'clock, he was supposed to come. Why is he not here?" You telephone, you make sure he comes, give him a sitting. Not a perfunctory sitting like ten minutes, but a full sitting, until you know that sitting is complete.

So, so many things go into these values of spirituality that it is difficult to subdivide them into different things and deal with them like a seminar on humility, a seminar on charity, a seminar on hospitality. It's not easy to divide them, though initially when we are new abhyasis, yes, I can give you a lecture on hospitality. "Don't refuse water to anybody who asks for it. If somebody comes home hungry, give them food." You must learn to look at the face and not ask, "Are you hungry?" and then give. You must look at the face and say, "Come, have a meal with me." But as you grow in spirituality, everything becomes bundled into one supreme value, as I said, of the perfect human being."

Master's Birthday, 23rd - 25th July 2014

88th Birthday Celebrations of our Beloved Master

Sahaj Sandesh No: 2014.25 • Monday, 2 June 2014

BMA Manapakkam, Sunday, 1 June 2014

Respected Elders, dear sisters and brothers,

Pranams. It gives me great joy to share with you that our beloved Master has graciously permitted all of us to celebrate his 88th Birthday as an international function on 23rd, 24th & 25th July 2014 at Diamond Jubilee Park, Tiruppur. It would be really fortunate for all of us to take part in this most auspicious occasion.

Most Affectionately, Kamlesh D. Patel





News from Manapakkam: May 2014

After Bhandara: Master mentioned sadly that as the bhandara was now over, abhyasis would start leaving the ashram and the place would become empty. This bhandara has been special in that Master conducted the morning satsangs on all three days of the celebration. His health has been quite good and he has been having sessions and discussions in the cottage whenever possible. On Saturday, 3 May, in the morning, Master met a lot of people after his breakfast and wanted to give a sitting. He was very specific about whom he would call and asked the rest to sit outside while he gave a long sitting. Afterwards, he spent the morning talking with a group of abhyasis in his office room.

New Golf Cart: A new golf cart with a detachable, electronically-operated chair has been brought for Master. The wheelchair now can be attached to the golf cart, which lifts the chair along with Master and moves him into position. Master went for a round in this golf cart and was very impressed with the mechanism. This has made it easy for him to get in and out of the golf cart and he was looking forward to going more regularly on rounds.

As his grandson Bhargav was in town, Master spent time with him and the family. He did not go to rest but was talking and at 5:30 p.m. he went for a round in his new golf cart with Bhargav driving him.

Master is back to his routine on some days, waking up at 5 a.m. for his meditation, having the news read to him, taking breakfast and checking emails. He has been keenly following the news on the ongoing election process in India. He is completely silent when he watches the news and is observant of everything that is happening. He was especially keen on watching the exit polls and the observations of the commentators.

Gurubhai's family visit: A family belonging to one of Babuji Maharaj's guru bhais, came to meet Master. Master was quite tired but still met them and then gave them all a sitting, even though it was time for his rest.

Master has been watching the TV serials of Mahadev, Mahabharat and Buddha. He has said more than once that he is learning a lot by watching these episodes. A

few of the abhyasis who watch with him do not understand Hindi, so Master translates and explains the dialogues for them as the episode continues.

On 19 May Master went out to a shopping mall at around 10:30 a.m. He was there for quite some time and reached the restaurant only by 2 p.m. He had lunch with around fifteen abhyasis. Even though Master ate very little, he made sure that everyone had ordered enough. He was the perfect host. Unfortunately, this trip made him very tired and he was having body pain. For the next two days he ran a fever and the doctors gave him some treatment. He started getting better within a few days.

Learning – a continuing process: On 23rd May, Master had called some Russian abhyasis for a sitting. After the sitting, Master said that he was very keen on learning Russian again. He asked brother Alexey to come and record lessons for him so that he could listen to it later. Master said, "I am going to create my own lessons, record them and play them back later and learn."

Saturday, 24 May 2014: About sixty abhyasis from Puduchery came for the weekend to Manapakkam. Master sat outside the cottage at around 6 p.m. and spent about 45 minutes with these abhyasis.

Sunday, 25 May was sister Priya and brother Krishna's wedding anniversary. As soon as Master woke up, he offered prasad and gave it to everyone. Master gave a sitting to everyone present at 7 a.m.

Monday, 26 May, Master went to MIOT Hospital for a check-up as there was some concern with his fluctuating health. The results turned out to be okay. Master watched Narendra Modi's swearing in ceremony as the Prime Minister of India.

Lalaji Memorial Omega International School: Results for both the 10th and 12th standard CBSE classes were announced and Omega school has got a hundred percent pass. In the 10th standard, 142 students appeared for the CBSE exam and all of them passed, with nine students getting a CGPA (Cumulative Grade Point Average) of 10. Master was very happy and has been telling everyone this news.

International Scholarship Award Workshop 2014

Report by Sis. Dolly Nicolai • Source: Sahaj Marg Spirituality Foundation Newsletter Volume IX n°2 April 2014



Russian, French, Spanish, Farsi, Vietnamese and Chinese.

The programme this year started in Manapakkam where Master made twenty-seven of the participants prefects for the world. He presided over the inaugural session and to the group's delight gave the first talk of the programme on 'Evolution', setting the tone and tread to follow for the whole programme. After a week, the group moved to CREST, Bangalore for a few days

The programme is organized every year during winter and lasts for four weeks. Participants from all over the world come to India to deepen their understanding and experience of the practice as well as some aspects of the philosophy of Sahaj Marg. This year, Master invited thirty-nine participants from twenty-three countries where Sahaj Marg is developing. Venezuela, Peru, Colombia, Brazil, Botswana, Zimbabwe, Madagascar, Morocco, South Africa, Ethiopia, Belgium, Vietnam, China, Russia, Belarus, Kazakhstan, Lithuania, Estonia, Turkey, Iran, Romania, Ukraine, and the Philippines were the countries represented.

The talks and activities of the programme were organized around themes such as 'The Practice', 'Ten Maxims' and 'The Work of the Prefects'. There were talks or discussions for topics such as 'Evolution', 'Love', 'The History of the Mission', 'Acceptance', 'Our Understanding of Freedom', 'Caring for New Abhyasis' and 'Joys and Difficulties of a Spiritual Path'. All the activities and talks were delivered in English and were translated simultaneously in

and then to Tiruppur to attend Revered Lalaji's birth anniversary celebrations. It was the first time that the ISAW group attended a bhandara and the experience for them was out of this world. At the end of the third week, the group gathered again in Manapakkam to finish the training, being in Master's presence.

The experience has been unforgettable for all the participants as well as the coordinators. It is a new learning each year, a deeper understanding, a discovery of the world inside and its wonders, and an opening to the world as one humanity; it starts in Master's hands and with a unique enthusiasm insufflated by Him, spreads through the scholars to the rest of the world.





Announcements

Dear brothers and sisters,

“Here are two important announcements to share with you.

1. I received an e-mail today from brother Kamlesh Patel confirming our beloved Master's approval of the seminar for abhyasis of Latin American and Iberia (Portugal and Spain) at Manapakkam from 9th to 14th February 2015. Please inform all of the abhyasis in your regions of our Revered Master's decision.

2. This week the dates for the Latin American functionaries' summit have been set with the help of sister Regine Köhler for 17th to 19th October 2014 at the conference center Pousada Maristela, located at Tremembé, near São José dos Campos, Brazil, 1.5 hours by road from the São Paulo International Airport (airport code GRU). This meeting will be held concurrently with the National Seminar of Brazil at the same location.

The idea of this gathering will be to bring together the regional coordinators, (Bani Surapu, Marie Brouard, and Luiz Degani) along with some of the strategic country in-charges (Caribbean, Brazil, Chile,

Colombia, Mexico, Venezuela, and others), and the global services and operations support team (Krishna Linga, Prasad Singamsetty, Santosh Khanjee, and Bill Waycott).

Some of the topics to be discussed during this meeting will be:

- a)** the current status of the Mission in Latin America including finances,
- b)** the five and ten year plans for the Latin American Mission going forward,
- c)** inter-country support within Latin America and the Caribbean,
- d)** the Latin American youth,
- e)** prefect and facilitator work in Latin America,
- f)** ashram acquisitions,
- g)** the Echoes quarterly newsletter,
- h)** translations of Mission literature,
- i)** others.

Please mark your calendar with these dates. Also, contact the Brazilian embassy in your country to determine if a visa is needed to enter Brazil. Please note: Citizens of USA are required to obtain a visa to enter Brazil.

With affectionate regards,”



My Experience in India

Mário Martins da Silva Jr. – Garopaba – SC – Brasil

Dear brothers and sisters,

“I arrived in Manapakkam on May 30, the day of my birthday. The week was great, and Master was doing well. He received the abhyasis twice, on Sunday, June 1st, and on Wednesday, June 4th. On June 7th, I left for the Pune Retreat Center, where I remained for nine days. In a Retreat Center of the Mission we have to look at ourselves,

unveil ourselves; and then I realized the need for change, without which there is no evolution.

Tomorrow, June 18th, I am going to Delhi, heading to Satkhol. From there, I will send more news regarding my experience.

I am getting stronger to work harder and better for the Mission. There is a lot of work to be done.”

My experience at the SPURS Retreat Center

Christopher Mills - USA



“A RETREAT was for always the few, who needed to retreat from everyday life, and retire in seclusion to introspect, meditate, brood over one's inner condition etc. The purpose was to re-enter normal everyday life refreshed spiritually to face life with a renewed sense of purpose, to restore balance to one's life. A retreat could never be for the many or for the multitude.”

“So here we look into ourselves, find ourselves as we are with the courage to look at what we see, and to accept what we see, and then comes the boldness and the determination to change what we see into what it should be. That is the culmination of yogic practice.”

P. Rajagopalachari

“This past January I had the opportunity to visit SPURS, one of two of the mission’s spiritual retreat centers outside of India. The retreat center is located just outside of Austin, Texas and is a ranch-style house located on 28 acres in the Texas hill country, which also serves as a state wildlife preserve. As I travelled there during the winter, the weather hovered between 30 and 40 degrees. And, being right after the holidays, I was the only “retreatant” to stay at the center during my six-day visit. I found being alone for a week without outside communication, media and my family to be challenging at first, as my mind did not quite know what to do with the empty space in the beginning. But, day by day, I began to let go and feel at one with the natural environment of the ranch and to connect deeply with the spiritually-charged atmosphere that Master has so lovingly created and preserved.

There is a deep, intense and subtle work that takes place while one stays at a retreat center. I believe the work begins perhaps before an abhyasi consciously make the decision to stay at the retreat center. And, for me, being at the ranch was a unique opportunity to be with Master for an extended stay, without physically being in His presence. During my stay, I felt as if Master was in the room next to me, as it was a feeling of closeness and intimacy without physicality.

An interesting occurrence happened on my 3rd day at the retreat center. It was the 1st day above 30 degrees and after two days of deep meditation inside the ranch house, I needed exercise and decided to take a long walk along the perimeter of the property. After walking about ten minutes, I reached the back fence of the property, and I saw a full-grown mule deer with his back left hoof caught in the top of the barbed-wire fence which divides our property with the neighbor’s property. The deer had tried to clear the fence but somehow caught his back leg between the top two wires. The more the deer had tried to free himself by shaking his back leg, the more he was entangled by the barbed-wire. He was anxious to be free, but was truly stuck. After quickly running back to the tool shed to look for something to cut the wire, I found two poles which



I used to lodge his back hoof free from the fence. The deer scurried off, perhaps with a very sore leg, but at least he was free. I interpreted this as a sign that the deer was showing me that I had been stuck in my own entanglements, but with the help of the Master, I was being freed. I was thankful to the deer and to Master for showing me this lesson in such a direct and meaningful way.

I have continued to ruminate on this event after my return from the retreat. For me, and perhaps for the deer who live around SPURS, this incident was a reflection of the artificial barriers that humans have created within our own hearts, which is reflected externally with our concept of barbed-wire fences and gated property. For the deer who typically hop these fences so gracefully, these man-made constructs must seem useless.

Since my stay at the SPURS retreat, I have found a deeper subtlety in my condition and even more of a sense of urgency to become what He wants us to become. I have also felt the urge to write more about my spiritual journey. My stay at SPURS was a blessing and it has created a deeper sense of wonder, humility, thankfulness and joy.”



Activities in the centers of Latin America

Brazil

Sahaj Marg National Seminar

Maristela, Tremembé – SP • 23 - 25 May, 2014



Approximately thirty abhyasis attended the Sahaj Marg National Seminar at the Maristela Inn, in Tremembé, SP, which took place from May 23 to May 25, 2014.

The program started on Friday the 23rd, at 6:00 p.m. with a satsang, followed by dinner, Universal Prayer and a DVD on Babuji Maharaj.

On Saturday the 24th, there were three satsang, at 7:00 a.m., at 11:00 a.m. and at 6:00 p.m. The group participated in a workshop about the Mission's Prayer and the 9:00 p.m. Universal Prayer.

That day, the program finished at 9:30 p.m., after the Universal Prayer.

On Sunday the 25th, there were two satsang, one at 7:30 a.m. and the other at 12:00 p.m. After breakfast, sister Gisele shared with us her health problems and how this experience helped her to reach the state of Constant Remembrance and Love. It was a very important testimonial and we are very grateful to her for having shared this subject with us.

The seminar ended right after lunch at 2:00 p.m.

Visit to the São Paulo Center

São Paulo Center Team

On April 6, 2014, we had the pleasure of receiving a visit from sister Purnima Ramakrishnan, who lives in Chennai, India. She was in Brazil on business, working for an organization dedicated to women's rights. Purnima spoke to us about this important subject, which has aroused a lot of interest.

Extended Sunday – Passarim Reserve

Cássia Rockenbach – Garopaba – SC

On Sunday, 4th of May, some abhyasis from Garopaba – SC scheduled an event at the Passarim Reserve, which is owned by a local abhyasi, and is surrounded by fabulous nature.

After satsang, the group shared breakfast and went for a walk, exploring the marvelous natural corners of the Reserve.



Activities in the centers of Latin America

Brazil

Meditating Together

Gisele Camargo Leal – Americana – São Paulo

“The Center in Americana is gradually forming itself. Currently there are 5 abhyasis, and the prefect is Gisele. The abhyasis themselves suggested to get together with the brothers and sisters from São Paulo, at least once a month, to join more hearts at the satsang. On Sunday, June 1st, this gathering took place and was very inspiring.

It is always wonderful to share moments with brothers and sisters, and to sit together in meditation, with our hearts surrendered to Master, strengthening the energy of love, emanating from this intense work during the satsang. May all, out of love for Master, get together for satsang with their heart full

of love and gratitude.

I feel that this Divine energy which comes from the Master's center to ours is so subtle and so all-embracing, that we can hardly imagine its extent. He keeps repeating that he can only help us if we allow it. And to be present at the satsang means to do our part and to say, between lines, that we are totally surrendered to be helped and loved and taken to that unchanging stage: To be one with Him.

May all the brothers and sisters be filled with this infinite love and share it in every look, every smile, every activity, every encounter of their daily routine.”

Rio de Janeiro celebrated the birth anniversary of Babuji Maharaj (1899 – 1983)



“Where religion ends spirituality begins. Where spirituality ends, reality begins, and the end of reality is bliss. When bliss is gone, we will have reached the destination.”

(Babuji)

Second Master of Sahaj Marg Lineage of Masters, Shri Ram Chandra of Shahjahanpur (Babuji), successor of Lalaji Maharaj, was born in the north of India, in the city of Shahjahanpur, in the state of Uttar Pradesh, on the 30th of April, 1899. This date is commemorated in all the Sahaj Marg centres around the world. In India, a great international event was organized, in the Diamond Jubilee Park, in Tiruppur, from April 29 to 1st of May, 2014, where thousands of people got together to commemorate this auspicious date.

Wednesday, 30/04/14, Rio de Janeiro

The Rio de Janeiro abhyasis commemorated the birth anniversary of Babuji fulfilling the following schedule:

- 6:00 a.m. – satsang – Regine & Gerald's home
- 7:00 a.m. – satsang – Léa's home
- 2:30 p.m. – showing of DVD, reading – Léa's home
- 5:00 p.m. – satsang – Léa's home
- 8:30 p.m. – celebration dinner – Léa's home



Activities in the centers of Latin America

Brazil

Rio de Janeiro Workshop Grounding in the Practice – keeping the diary



“The chief purpose of the diary is that an abhyasi may remain attentive to his condition because he has to write about it. When an abhyasi remains attentive to it, his experience develops because concentration is there. Concentration is the Divine instrument for revelation.”

Ram Chandra, Complete Works of Ram Chandra. Vol 3, p. 21

On Sunday, 6th April, 2014, the abhyasis from Rio de Janeiro participated in the workshop, How to Strengthen the Practice – Keeping a Diary. The program started at 10:00 a.m., after the 7:30 a.m. satsang and breakfast.

The schedule was as follows:

- Welcome and introduction to the program;
- Questionnaire;
- Work in small groups;
- Reading from Master’s talk: “The Naked Being”;
- Power Point Presentation about keeping a diary;

- Small group activities about diary as a tool for spiritual evolution;
- Audio of a message from the Whispers followed by a brief meditation;
- DVD “Be Truthful to Yourself”;
- Reflection and integration;
- Program closing and feedback.

At 2:00 p.m. the second satsang took place, followed by good-byes.

The Program was fulfilled in harmony, respecting the Guidelines for Communication.



Activities in the centers of Latin America

Chile

International Seminar in Picarquín - 4 to 6 april



Carmen Luz Aramburu:

Brothers and Sisters of the Heart:

“For me the meeting of this weekend was an experience of love, simplicity, affection, joy and companionship.

Love transmitted from heart to heart for our Master Chariji, simplicity in our relationship of brotherhood, simplicity in nature which sheltered us, love in all the looks and gestures, natural joy in laughter and companionship in our reflections, questions and reception.

My heart has been full of energy, until today Monday, my smiling face; I feel strength, confidence and conviction to make this journey with all of you.

Our Master is the source of inspiration, who guides us to our deepest longing.

Thanks for the love and companionship,
loves you very much.”



Alejandra González:

Dear Brothers

“I wanted to share this feeling which doesn't leave me, I am stunned and shaken by transmission effect ... in the seminar we were given to work, my condition was much of reflection and joy... but since last night I can't close my eyes... because I feel so much love for all I wanted to communicate what I felt, because the condition leaves us.... I'll try to prolong this state as much as possible in my life, taking it to wherever I go... With love your sister Alejandra.

Master bless you all”



Victoria Fernández Aramburu:

Dear Brothers and Sisters,

“From Sunday night I still feel the warmth soft in my heart, it was an intimate and intense meeting, and we weren't the numerous abhyasis from other years, but there was a powerful transmission, company and a great love. Every time I feel we are a big family, which grows with Master, who was present in every smile and glance between us, spreading light, security and trust, thank you all for being part of this wonderful experience and reality, continue been committed and growing in our hearts, souls and lives.

Lots of light and love for each of you.”



Activities in the centers of Latin America

Colombia

Babuji Maharaj's Birth Anniversary

Maryin Alape, Cali, Colombia (April 30th of 2014)



“The Sahaj Marg family celebrated the birthday of Babuji Maharaj the 30th of April at a prefect's house. We started at 7:00 p.m. with a satsang. At the end of this we remained in silence, maintaining the connection with our hearts and in consequence, with our inner master. After this we saw a video of Master Babuji called “Now I am Telling You”. We shared a cake and some snacks in his divine remembrance. Finally we took the next picture as a way to maintain in memory this special moment.

I want to share with you one phrase from my master Babuji from Reality at Dawn.

“Faith is the foundation of all the structure of spirituality. Faith in reality, faith in that correct path you have chosen to reach realization, faith in the capable Master to whom you have surrendered. This is the foundation that has to be constructed in the edification of spirituality”

Thank you Master for letting us be under your divine light.”



Activities in the centers of Latin America

Colombia

A New Awakening

Ligia Olaya de Diaz - Colombia

“Slowly and without pain my stay, in this beautiful region of the east of Antioquia, has been strengthening. A profound sensation of something charming and familiar started to wake up within me.

With my mind open, and getting ready to confront the challenges that life was putting me in the second spring of my life and without the hurries of a public work, I started to live with a greater inner strength. The daily activities revealed in a subtle way the teachings of my Master. Everything was evolving from an intellectual perspective to what means to experiment with the heart.

My discernment, addicted to contradiction, was happening from a sterile doubt to a doubt about my self in the path of authenticity.

I'm still having questions. Sometimes I don't have clear answers but I don't question my Master and the veracity of his teachings. When the answers resonate with strength in my mind, my heart an-

swers with gratitude leaving in me a conviction so big that impresses strength on me to confront a world of skeptic people and to knock down the apathy that overwhelms people towards meditation.

The solid conviction that meditation is the only possible way to the disarmament of violence and the engine in the construction of a new citizen unravels the impetus to continue in this stage of my life the task given to me by my Master, with the vision that spirituality is not a luxury, but something essential for survival.

The meetings in my rural residence passed from being exclusively familiar to doors open to all those ones who in one way or another coincide in my day-to-day. The dentist, the art professor, the bank employees, my neighbors, my assistant, we were sharing the Sahaj Marg path. Together with my sister, husband, aunts, nephews and sons, we started strengthening the awakening to the path in this beautiful region of Colombia.”



Activities in the centers of Latin America

Haiti

National Seminar - Montrouis, HAITI

By Stephen Ralph Henry • May 2014



“The seminars are great opportunities to strengthen our practice. On April 26th and 27th, 2014, as to tighten the bond between the bees in a hive, fourteen sisters and brothers gathered to celebrate our beloved Babuji’s birthday at sister Florence’s residence at Montrouis, a small city located by the ocean, north of the capital.

Centered around the theme of ‘Persistence’ in the practice, this moment was an opportunity to review or simply rediscover the different aspects of the abhyas from the texts of the Mission or the exchanges among us, whether you have been in the system for many years or have been newly introduced to the practice.

This was a good opportunity for each abhyasi to talk about his experience in Sahaj Marg, the commitment to himself, while enjoying the brotherly moment.

Few weeks after his introduction into the great family of Sahaj Marg, brother James estimated that he has crossed ‘the point of no return’. He claims to have acquired enough essential ‘foreground’ on

Sahaj Marg, to never to look back.

Many other brothers and sisters experience the same condition, especially our famous sister Carla who sees herself as a ‘newcomer’. For her the seminar represented a gathering of the bees in the hive, a time to ‘recharge’.

Perhaps only our Master Chariji can really explain us the abundance of grace and waves of blessings that pour upon the abhyasis who gather in His remembrance with the motivation to grow in their practice. Even if it was impossible for us to describe what we had received, each one of us felt full of energy.

The sittings and the two satsang we had between self-reflection and sharing sessions added life into our lives. Sister Yanick believes that this seminar had added ten years into her lifespan.

Sister Judith concluded that the seminars are moments that really help us open our hearts and clean them so that Master can reside in them permanently.

We all thank Master for all his blessings.”



Activities in the centers of Latin America

Martinique

Grounding in the Practice - Prayer

Philomène Batouche - Martinique , Sunday, April 6, 2014



“I have been in Sahaj Marg for more than two months and when I heard about the seminar on prayer, I was overwhelmed with curiosity, joy ... well, a mixture of feelings that I thought I would have mantras all the time. However I was very pleasantly surprised because I realized that prayer was not the begging or requesting something from the Divine. I was even more surprised and happy when I realised that the keyword here was devotion.

Today all that makes sense and when I say that I am

a devotee, I feel that spark of light shining within me. I feel that this Presence make me feel good, I feel so good. That day was filled with joy, warmth, peace, good communication and sharing including perfects among us within the group. There was a feeling of respect, joy, love and we were very well taken care of by our facilitators.

I discover a way to be available to others, to take care of others and to be in devotion.

Master, thank you for all these gifts.”



Calendar of events 2014

July			
5	Brazil - São Paulo	Open House	srcm@gmail.com
06	Guadeloupe	Extended Day 10 maxims	v.scala@wanadoo.fr
12 - 13	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
20	Haiti	Grounding in the Practice	judithrj@yahoo.com
24	Guadeloupe	Master's birthday celebration	v.scala@wanadoo.fr
24	Martinique	Master's birthday celebration	martine-calca@wanadoo.fr
24	Jamaica	Master's birthday celebration	unselfishlove2010@gmail.com
25	Jamaica	Friday social activity	unselfishlove2010@gmail.com
24 - 27	Brazil – Reserva Passarim - Garopaba SC	National Seminar - Master's birthday celebrations	srcm@gmail.com
27	Jamaica	National Gathering	unselfishlove2010@gmail.com

August			
03	Guadeloupe	Extended Day 10 maxims	v.scala@wanadoo.fr
03	Brazil – Rio Claro	Open House	srcm@gmail.com
10	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
10	Brazil – São Paulo	Extended Day	srcm@gmail.com
12	Jamaica	International Youth Day	unselfishlove2010@gmail.com
15 - 17	Brazil - Americana	Prefect meeting	srcm@gmail.com
30 - 31	Brazil - Americana	Grounding in the Practice - Extended Day	srcm@gmail.com
31	Brazil – Rio de Janeiro	Grounding in the Practice	srcm@gmail.com

September			
07	Guadeloupe	Extended Day 10 maxims	v.scala@wanadoo.fr
13	Martinique	Open House	Martine-calca@wanadoo.fr
14	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
14	Haiti	Grounding in the Practice	judithrj@yahoo.com
21	Martinique	United Nations Day	martine-calca@wanadoo.fr
21	Jamaica	World Peace Day	unselfishlove2010@gmail.com
26	Jamaica	Friday social activity	unselfishlove2010@gmail.com
27	Brazil – São Paulo	Grounding in the Practice	srcm@gmail.com
28	Guadeloupe	Grounding in the Practice	v.scala@wanadoo.fr
28	Brazil - Americana	Extended Day	srcm@gmail.com
	Panama	Open House	aamaris05@yahoo.com
	Nicaragua	Open House	lunajeannett@yahoo.com

October			
05	Chile	Family Meeting	Victoria.ferara@gmail.com
05	Guadeloupe	Extended Day 10 maxims	v.scala@wanadoo.fr
05	Brazil – São Paulo	Extended Day	srcm@gmail.com
11 - 12	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
17 - 19	Brazil – Tremembé SP	National Seminar	srcm@gmail.com
17 - 19	Los Teques-Venezuela	National Seminar	mlorenzo0503@gmail.com
25	Martinique	Evening Reflection	martine-calca@wanadoo.fr
26	Guadeloupe	Grounding in the Practice	v.scala@wanadoo.fr
26	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com



Calendar of events 2014

November			
07 - 09	Chile Pícarquín	International Seminar	Victoria.ferara@gmail.com
08	Brazil – São Paulo	Open House	srcm@gmail.com
09	Guadeloupe	Extended Day 10 maxims	v.scala@wanadoo.fr
09	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
09	Brazil – Rio de Janeiro	Grounding in the Practice	srcm@gmail.com
16	Martinique	World Tolerance Day	martine-calka@wanadoo.fr
18	Haiti	Grounding in the Practice	judithrj@yahoo.com
20	Martinique	International Children Day	martine-calka@wanadoo.fr
20	Jamaica	International children Day	unselfishlove2010@gmail.com
22	Jamaica	Mission's activity	unselfishlove2010@gmail.com
23	Brazil – Americana	Extended Day	srcm@gmail.com
29	Martinique	Evening reflection	martine-calka@wanadoo.fr

December			
05 - 07	Jamaica	Regional Gathering	unselfishlove2010@gmail.com
06	Brazil – São Paulo	Grounding in the Practice	srcm@gmail.com
07	Guadeloupe	Grounding in the Practice	v.scala@wanadoo.fr
10	Martinique	United Nations celebration Day	martine-calka@wanadoo.fr
14	Jamaica	Grounding in the Practice	unselfishlove2010@gmail.com
26	Jamaica	Friday social activity	unselfishlove2010@gmail.com
27	Martinique	Evening reflection	martine-calka@wanadoo.fr

We request all the abhyasis who have any article regarding their experience about spiritual journey through the Sahaj Marg to send them to us to the following e-mail: leatorres@casadalea.com.br. Frequently, our shared experience comes as an act of love and can be of help to other sisters and brothers.

We wish to clarify that our Latin America Echoes is a quarterly newsletter issued in the months of March, June, September and December, reaching abhyasis all over the world. It is published in four languages (English, French, Portuguese and Spanish), and distributed to all the abhyasis in Latin America. It can also be accessed in the four languages through the Mission's site: www.sahajmarg.org/abhyasi.

*Thank you, with love,
Latin America Echoes team*

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For feedback, suggestions and news articles please send e-mail to leatorres@casadalea.com.br