



Echoes of Oceania

July 2009



Master in the North of India

Extracts from those travelling with Master

Our Master left Chennai on the 14th May. He visited different centres in the North of India. He made a speech on the 31st of May in New Delhi, announcing that the weekly satsangh at all centres worldwide (currently held on Sunday or Friday) will be held at 7:30 AM from today onwards, instead of at 9.00 AM. Master then went on to Rudrapur and then on the 6th of June to Satkhoh where He remained until the 11th. He then returned to Rudrapur, before visiting Shajahanpur, Fategarh, Kanpur, Lucknow and Calcutta returning to Chennai on the 24th of June.

You can access the speech by clicking on the link below
http://www.srcm.org/literature/cent.speeches/090531_NewDelhi.jsp



DEAR BROTHERS AND SISTERS,

Please read the important *Message sent by our Beloved Babuji Maharaj to our Beloved Master which was received in the year 2001. Rev. Master was 74 years old when this Message was received and now He is touching 82 years of age. This message becomes more and more important as we move ahead. We abhyasis should understand the Great spiritual responsibility that our Master carries on Him. We abhyasis should give full consideration to His health, valuable time and the spiritual work for which He is with us, and make every effort not to bother Him with our personal, day to day, mundane problems. I pray that we will all take this Message from Babuji Maharaj to heart, understanding the concern that Babuji has mentioned here.

Regards Ajay Bhatler

*Message received by Babuji Maharaj on Monday, March 26, 2001 at 8:00 AM published in the book *Whispers from the Brighter World*. Access this by clicking on the link <http://www.spiritualityfoundation.org/sm/viewWhisperArchive.do?method=list>

In Raipur and Amleshwar

Master arrived at Raipur, Chattisgarh state on 17th March and conducted satsangh at the venue where around 1200 abhyasis had gathered for the occasion. Master said, "One thing very important concerning world peace, concerning harmony, concerning peaceful existence, harmonious existence, happy existence—**Babuji Maharaj has emphasized that unless we do the 9 p.m. Universal Prayer, the hope of uniting all humanity will never happen**".

On 18th morning, he visited Amleshwar where the mission has 6.5 acres land. He conducted satsangh and laid the foundation for the meditation hall. Master spoke on this occasion and said, "... I have felt the presence of the entire hierarchy of Sahaj Marg Master coming here to see the foundation stone for yet another ashram of the Mission being in their presence, under their blessings with their love."



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United Nation's International Day of Families

Sis Danielle Smith

On 17 May 2009, Shri Ram Chandra Mission Australia (Sydney, Melbourne, Brisbane and Perth) and New Zealand (Wellington and Auckland) organized outreach programs in support of the institution of the family. The program stressed the Missions integral role in the promotion of harmonious resourceful communities, societies and nations and drew attention to one of the objectives of the United Nations, that is to “strengthen and support families in performing their societal and developmental functions and to build upon their strengths in particular at the national and local levels”. During the program, participants were invited to meditate upon a non-denominational prayer for human integration. Informal discussions followed as individuals casually discussed how bonds of love, trust, sacrifice and compassion within a single family can enlarge and embrace the entire family. The program also paid tribute to the unique nurturing role of the mother within a family. After the main presentation, youth filled us in with poems, songs and loving messages and young and not so young shared lunch and games during and after the programmes.

Mother, Symbol of Love

Arjun Murthy

Mother! She is beside from the beginning to end,
And aids you through every bend
That life has to offer.
The one person you call the most
Is always very close.
Yell! Scream! Bang! Throw!
When you always act like a crow
She is there. To make you into a sane Human.
The only person that can tame you,
Is right there without a curfew
To perform her tasks on you.
You are always her shine.
She always calls you mine.
The sheer terror of error that you sometimes make,
Brings tears so harsh that it can only be taken out
with a rake.
The Real shine in life
Is right with you from beginning to end,
And will always defend,
No matter what happens.
Enjoy the time with her, respect her, love her.

Family

Dharmesh

In a family there are Grandfathers, Grandmothers, Mothers, Fathers, Great grandmothers etc. We have lots of relations in a family. There are some people in the world who don't have a family. Most of the people in the world have a family but the people who don't have a family are very unlucky. Some people's family relatives live in different countries. Some people's family is big and some people's family small. One person's family can be rich and one person's family can be poor. If you had a family that lives with you in the same house you would be very happy. If you were with one of your relatives but you had to go you would be sad or if they have to go. Everybody loves to stay with their whole family. Going out or playing with your family is a lot of fun. Going out alone or playing alone is a bit boring.



Photos

Top Row L to R: Brisbane, Wellington 'Performing a Skit', Youngster in the children's corner, Wellington

Second Row L to R: Brisbane Centre and Sydney Centre

Third Row L to R: UN Family Fun Day Activity Sydney '3 Legged Races', Brisbane youth presentation

Bottom Row: Perth Centre





Training the trainers and teachers

“Value based education workshops in Lautoka, Fiji. Sister Seetha conducted a series of workshops at the University of South Pacific, Lautoka, Fiji from 30th March to 4th April 2009”

In April, Sister Seetha Kunchithapadam conducted value based education workshops in Lautoka, Fiji. She conducted the “training of trainers” and teachers workshop at the University of the South Pacific (USP) from 30th March to 4th April 2009. The training of trainers involved 25 participants and was organized jointly by USP Lautoka, Foundation for Rural Integrated Enterprises N Development (FRIEND) and Sahaj Marg Spirituality Foundation. While most of the participants were community-based trainers, some Abhyasis also took part. The workshop began with the realization that there is a need for values education. Sister Seetha facilitated discussion on values during the first day of the workshop and in the process nine values were identified to be developed to be used for training in the communities. These values were, attitude to work, cooperation, courage, friendship, listening, respect, responsibility, sharing and thankfulness. Participants were divided into nine groups to work on each of the values. Emphasis was also placed on the use of more

local stories, legends and songs as examples of values. Following the presentation by the nine groups, it was decided that groups further develop the values in the form of manuals to be used for training in the communities.

The value-based education workshop for teachers was also held for three days and was attended by 49 primary and secondary teachers. During the first day of the workshop, Sister Seetha introduced teachers to the importance of a teacher in spreading values. After exploring the values a teacher and a child should possess, teachers were guided to work in 18 groups. Each group of about 3 teachers worked on the training manual with the emphasis on the use of local stories, legends and songs. Following the presentation by the groups, a small group of teachers volunteered to assist with the collection of local songs, stories and legends.

Centre Photo , Sister Seetha other photos of delegates at training session

Celebrating Rev. Babuji's Birthday In Vadodora

by Sis Sashi, Fiji

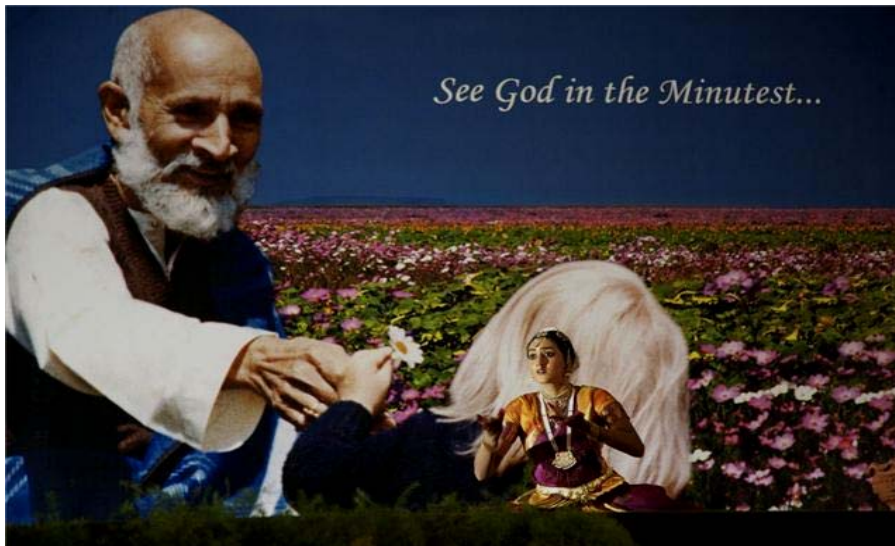
I had a deep longing to see Master even though I was fortunate enough to have seen Him in January and sought permission to attend Babuji's Birthday Celebration. Thankfully enough I received permission to attend as this celebration was for the State of Gujarat only. Feeling lucky I left for India in April, conducted some business and arrived in Ahmedabad on Saturday a week prior. I was pleasantly surprised to find that Master arrived the same day and I was blessed to have a

satsangh with Him on Sunday at Adalaj Ashram.

Expecting to be in His presence only at the celebration I had a bonus of an additional week while He was in Ahmedabad even after the celebration and I left the same day He did.

Despite scorching heat the Vadodora celebration was very calming and blissful. The amenities well organized and the hosts were extremely accommodating. The atmosphere seemed to be covered with a loving blanket. After the celebration Master conducted satsangh outside His cottage. He seemed in good spirits throughout the celebration.

It is hard to describe the whole atmosphere but I am still awestruck by the whole experience.



*Rev Babuji
Maharaj Birth
Anniversary
Celebrations
April 30th, 2009*

Sydney

Rev. Babuji Maharaj birth celebration were held at the ashram for 'Peace and Goodwill'. The program started with the morning satsangh at 6:30, a further two satsanghs were conducted at 10.00am and 6:30pm. The attendance for the day was 71 abhyasis and 10 children who took part in the children's corner. The theme was 'See God InThe Minutest'. In the afternoon there was a working bee in which all took part. The program closed with evening satsangh.

Brisbane

There were satsanghs at 6.30am, 10.00am and 6.30pm. We had a lovely day around the satsanghs with a power point presentation on Determination, Will and Interest. Readings about Chariji's encounter with Babuji, the things Babuji did for him and that impressed him created discussion on the theme. We also watched the video of 'He who loves All'.

Melbourne

Video sessions and talks by preceptors were given on the importance of preparing ourselves to receive HIS grace during celebrations. One of the questions which provoked some of us to think was "Why do abhyasis feel intense cleaning closer to an upcoming bhandara and

generally not otherwise?". The response was that unconsciously an abhyasi tends to open themselves up as the bhandara comes closer thus enabling Master to do **HIS** work without hindrance. Further on in the program a presentation on "Dedication and Commitment to our Spiritual Development" based on the theme 'See God in the minutest' was presented. Following this Master's talks were played and in the evening had a discussion on "Transformation through Sahaj Marg" promoted interesting thoughts. After the evening satsangh the children presented a power point presentation entitled "A World Without Hatred".

Suva

The program in Suva began with morning satsangh in Nadawa. Further satsangh were held at 6.30pm and 9.30pm. A DVD on the life of Rev. Babuji Maharaj was viewed

Lautoka

The day began with morning group satsangh and an evening program at 6.30pm. The attendance for the day was 12 abhyasis. There were group discussions on the basics of Sahaj Marg, Meditation, Cleaning and Transmission. To finish of the day a DVD of Rev. Babuji Maharaj was played followed by the evening satsangh.

The end of religion is the
beginning of spirituality.
The end of spirituality is
the beginning of Reality
and the end of Reality is
the real bliss. When that
too is gone, we have
reached the destination.

Shri Ram Chandraji Maharaj

Photo:
Great grandson of Rev Babuji
Maharaj "Bahrat Kumar"



Centre News

Sydney, NSW

April 5th, Monthly gathering David Todd presented a session on the 9 O'clock prayer.

Over the Easter weekend, the existing stable at the ashram was converted into a Children's centre which the children love

April 30th, Rev. Babuji's birthday

May 3, Monthly gathering Sis. Libby presented a session on the theme 'See God in the Minutest' by showing a video on the Mandelbrot Set.

June 7th, Monthly Gathering

Sis Kerrie presented a session on Maxim 3. The children enjoyed 'mural painting' where they were encouraged to express themselves with colours.

July

Melbourne Centre painted Master's bedroom in preparation for His visit.

Brisbane, South East QLD

April 5th: Monthly gathering at Booval. A powerpoint presentation on the 9pm prayer followed by discussions in small groups

April 16-19th, International Conference in Brisbane CBD organised by Montessori Association Australia on the theme 'Nurturing the Human Spirit'. Sunday 19th April, Br John presented a talk on the topic 'Meditation a Scientific Approach'.

April 30th Rev Babuji's Birthday

June 7th, Monthly gathering at the home of Br Santhosh Kumar, Booval. Satsangh started at 10am followed by reading and discussions on Master's talk in Tirrupur, 17 April 2009: "The First Exposure to the Guru".

Sunshine Coast After spreading the word through local shops, newsletters and notice boards, we are pleased to welcome 4 new abhyasis to Sahaj Marg. At the end of June the centre will be relocating to Maleny, a more central location in the Sunshine Coast Hinterland.

Gold Coast, May 16th Br John visited the Gold Coast and conducted a training session on the practice.

Toowoomba, May 23rd John Smith visited the home of Kumar and Uma Gandu in Toowoomba. We are pleased to welcome 2 new members and that Wednesdays satsangh has commenced. Br Kumar Gandu visited Master in July and has been permitted to work as a preceptor for the Mission.

Melbourne, VIC

April 17th Kids Camp with 6 children and 2 abhyasi sisters. The camp was a wonderful exercise and proved to be a hit with the children

April 30th Rev Babuji's Birth Anniversary

Celebrations were held. **Up and coming news:** Br John and Br Paul will be conducting training sessions for Preceptors on the 22nd and Abhyasis on the 23rd August. An open house will be held at Ballarat on the 23rd August.

Perth and Busselton, WA

April Abhyasis from Perth Centre visited India and spent time in Masters presence in Bangalore, Ahmedabad and Baroda, and some were fortunate to attend Rev Babuji Birthday celebrations in Baroda.

May 3rd, Br Ram conducted a study session based on "Sahaj Marg Philosophy" (Babuji's works)

April 30th Rev Babuji's Birth Anniversary Celebrations were held

May 29th to June 1st

Br John and Br Paul visited Western Australia centres over a period of 4 days. Abhyasis from the Perth centre joined Br Paul and Br John when they visited Busselton Centre. Presentation on the progress of the ashram development was delivered by Br Paul whilst Br John conducted on the following day an 'Open House'. On day 4, there was a preceptors workshop followed by a meeting.

Upcoming events:

At Donnybrook Centre Satsangh is held on Sundays at 7.30am and at the Busselton Centre Satsangh is held on Mondays at 6pm. All are welcome to come and join us for Satsangh.

Retreat is planned for September



Photos

Top: 'Busselton Centre'

Left: Budding artist hard at work, Sophie Anderson, Sydney, NSW

Suva, Lautoka, Fiji

30th March to 4th April

Sister Seetha conducted a series of workshops on value based education. Please see the report on previous pages.

Noumea, New Caledonia

Noumea Centre welcomed in April-May Hervé et Mireille SCALA from Montpellier centre in France. They have conducted satsanghs and sittings, bringing their spirit and experience to our young centre in New Caledonia. Abhyasis were very keen in hearing about Master's last visit in Montpellier.



Photo

New Caledonia

Visit to Australia



Bernard FADDA, a preceptor based in New Caledonia along with his wife Yvette, travelled in Australia during May and June of this year.

They met with brothers and sisters in Sydney, Melbourne and Hobart. These casual meetings were a highlight for Bernard and Yvette as it captured the true essence of the brotherhood of Sahaj Marg.

During their visit in Sydney they stayed overnight in the ashram where Sisters Libby and Margaret prepared a wonderful meal. Not only was it an opportunity to see the ashram for the first time, they also got a sneak preview of Master's renovations in preparation when He visits.



Top Sis Libby
Middle Br Bernard and Sis Yvette
Bottom Br Rajesh

Update of Oceania Ashram for 'Peace and Goodwill'

Dear Brothers & Sisters,

Since February our Architect Brother Steven Haggart has put in great efforts for the revision of the architectural drawings to be simplified and to enable them to be built as a pre-fabricated construction for reducing overall costs of the development. After completion of the drawings and having the consultants reports prepared for lodging with Liverpool Council, the COM agreed for Br. Steven to present the plans while visiting Manapakkam for a final approval. Br Steven presented the plans to Brothers Krishna & Santosh as well as Master for their approval. It was a fruitful meeting as we were given further suggestions on how to make use of the planned development. The most important change was to include a separate Masters cottage at the rear of the site which would look down over the rest of the Ashram Project. Br Steven has now revised the site plan to incorporate the cottage, and we are now awaiting the final updated reports from the consultants to incorporate the change. We anticipate these to be finalized by the end of July and to then lodge the Development Application with Liverpool Council. This is a really a special moment for the Mission and the prayers and good thoughts for its success are required from all. I recently had the opportunity to be with Master in Satkhoh, where He remarked to some other brothers and sisters on how a beautiful Ashram was being developed in Australia, this was a real delight to hear, and thanks to Br Steven for his creative input for the project.

Other Developments:

Renovations of the house continue, in early July a team of abhyasis from our Melbourne centre spent time at the Ashram painting Masters bathroom, bedroom and office areas. The Melbourne centre also kindly donated the money towards purchasing two specially tailor made chairs in Rattan style from Malaysia. These were Masters preferred style for His comfort. We would like to thank Sr. Suseela Nair from Malaysia and Br Ramesh from Sydney for assisting with the purchase and importation of the chairs.

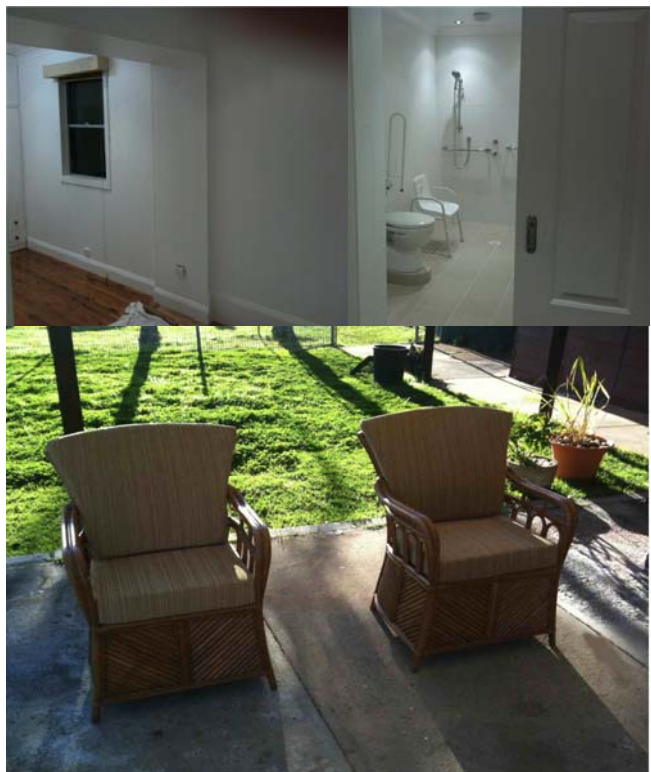
Satsangh's are held every Tuesday at 7.30pm and every Sunday at 7.30am. It has been heartening to hear many wonderful remarks from brothers and sisters who visit

the Ashram, commenting on the spiritual value that it offers. We invite all brothers and sisters to come and make use of their Ashram, for reservation to stay please contact Br Venkata Murthy on 0410 302 841.

We would also like to announce that our Regional In Charge Brother Kamlesh Patel will be coming to visit and join us for our Regional Gathering later in the year. Proposed dates are November 21st to 24th. As this is our major event to be held in Australia we ask all to make an effort in attending and in supporting the Mission.

Affectionately

John Smith
Vice President Australia



Visiting the Ashram

Reservations to stay at the ashram please contact
Br Venkat Murthy (M) 0410 302 841



The photo of the ashram above was taken the eve of Rev. Babuji Maharaj birth anniversary celebrations. It is such an elegant shot. The glowing lights give you a sense of the love that is buzzing in the ashram and the softness of the sky is just magical. On the left are Sis Linda and Pat and was taken behind the ashram in the court area. The tree line at the far back of the picture shows you how far back the property goes to. This photo and the photo below were taken on the day of Rev. Babuji Maharaj birth anniversary.

Below is the ashram garden, Raghu s a very keen gardener. He along with Mika have played an integral part in maintaining the garden, they can also skilfully name all the plants in the garden!
Taken by Br Clayton Hairs (Sydney Centre)



A visit to Satkhol

Br John Smith Brisbane



Danielle and I were blessed to receive Masters permission to join Him in Satkhol this June.

We were kindly invited to stay at Himadri home of Br Kamlesh and Sr Pratima Patel and it was a real joy to meet other brothers and sisters from around the globe whom we have come to know over the years and also meet some new brothers and sisters. On the first evening when we sat for the 9.00pm prayer we were absorbed into the magical atmosphere of Satkhol, the prayer was more like a deep sitting with His love washing over us and taking us into a refined state of inner balance.

On the 6th morning my meditation was again quite remarkable, the thought that Master was doing my meditation for me came to mind and went into a deep absorption. In the cool mornings we walked from Himadri through the tree lined footpaths to the Ashram, the panoramic views to the hills and village life below was spectacular, and we were so happy to be in this wonderful environment both physically and spiritually. Master arrived Midday on the 6th and shortly after He came out onto the porch and entertained us with feeding some bread to the dogs Jack & Jill. Master was in a really

enjoyable mood and this brought a lot of joy to all who were watching. Master gave most of the early morning sittings and it was a blessing to have Satsangh with Him in such a small group of only 60 abhyasis. He spent time outside His cottage daily and sat with us, each moment being priceless. On the 8th we were invited to attend the preceptors training day, and though it was mainly in Hindi and

Master did not stay the work was intense for the whole session, where we remained absorbed in His remembrance and loving attention for the length of the program.

On the day of Master inaugurating the Babuji Nilyam, I recall one brother asking Him how we should pray for His good health. Masters first reply was "You should pray for yourself". The brother again requested how should do it. Master then replied asking a question to us sitting around Him, "Well do you not think I am well for my age?" In which we answered that He was doing well for His age. Master then said "You should pray taking my age into consideration, you can't expect me to be like a young man at my age". Another sister then asked if He would come to visit them at some Ashram. Master replied that "I have so many ashrams that I need to visit". He then made the comment that we have a beautiful Ashram in Australia coming up and that He would also like to visit it. I then asked Master when would He like to come? He said "You need to invite me", I then with great eagerness invited Him to come and visit the Ashram. Before He could answer another abhyasi was making another request upon Him, and several more then followed after that, until He said that He required some rest for the afternoon.

On one another occasion we were lucky to be able to be in Masters room in the cottage with a small group of brothers and sisters. Master was in one of His really playful and joking moods cutting a few jokes and really having a good laugh with everyone, we were all in tears with laughter until He became short of breath and was then required to take some rest. It brought to our attention that we have to be aware not to give Him any undue stress while being with Him.



Master decide to leave 2 days earlier to return to Rudrapur, and then to go onto Shajahanpur and Fategarh. Upon hearing this I asked His permission to join Him, which He kindly approved. There was such a pull in my heart to wish to follow Him on this journey and to visit the birthplace of Sahaj Marg, and the places where Babuji & Lalaji had lived.



Marriages and Anniversaries



Photos Left Master solemnizing wedding of Sis Rita and Br Vishan
Top Br Rajesh, Sis Shalini, Br Sri and Sis Sri Devi Wedding Anniversary

Harmony – the Effect on us and Master

Brother R S Mani, New Zealand

I regularly attend celebrations and I have attended mammoth celebrations, like Tirruppur (July 2007) and Lucknow (July 2008), and I feel great during the period of the celebrations. However till January 09 my feelings of harmony, brotherhood and feeling of Master's presence amongst abhyasis was theoretical and I never once experienced what all this means in one go. It all started with an announcement that Master will be in Ahmedabad from 23rd Jan 09 to 26th Jan 09. We reached Ahmedabad ashram on 22nd Jan at 2.30pm. The ashram in charge asked all the persons who had arrived at that time to have lunch even though lunch service closes at 1pm. **The volunteers in the kitchen received us warmly and served lunch with great affection. We were touched by their hospitality.**

On 23rd Jan we all were at our respective work duties and that afternoon we heard Master has arrived at Ahmedabad and would be staying at Bro Kamlesh Patel's place. On 24th morning Master arrived and conducted

morning satsangh. At the request of Master, Sister Ranjana Mehta sang four bhajans. **This brought tears to almost every abhyasi who was present.** Master came back to the ashram in the evening and conducted the evening satsangh as He did on 25th morning and evening and the morning of 26th. In all Master gave five back to back sittings. We were told that was a record in itself. On Jan 25th, we were spectators to an informal conversation with Master. We were some 15 feet away from Master and could hear most of the conversation. The excerpts are well paraphrased in Sahaj Sandesh No: 2009.4 – Friday, 30 January 2009

When we caught the train on the 27th early morning, We noticed the inner harmony of each abhyasi was reflected. **We were greatly impressed by the love and devotion of abhyasis who were working silently effacing themselves totally from the scene.**

Both my sons **who recently started the practice** said that the stay at the Ahmedabad ashram was the best part of their holiday in India.

It was one of the finest experiences that both my wife and I have ever felt. We are Grateful to Master for giving us the opportunity to feel harmony, brotherhood and HIS presence.

Please send your contributions to Sister Libby Crichton (see details below).

Coordination and contact: Waireti Amai and Libby Crichton

Please email all articles to ecrichton@optus.com.au

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