



### Master's Talk

Excerpt from "Always Be Loving"  
Basant Panchami, 15 February 2013  
Manapakkam, Chennai

Worse than this physical, shall I say, intoxication with the pleasures of life is the ego, because the ego rules us. It is the ego which makes a man *assert* and be assertive. The western world teaches students how to be assertive, how to climb the ladder even at the cost of other human beings, so that they can reach the top and rule and, of course, make money. The whole modern education tends to focus on the ego – not on perfection, which is good, but on domination. "You are the dominant person in this class." And we are rewarded for our dominant qualities, which are so bad for others, which only puff up our ego more and more, until we become what we call in our mythological world language – *raakshasas*, *asuras* [demons] – men with enormous power of the ego but no wisdom, who eventually destroy themselves, but only after they have destroyed others.



*Never* speak an unkind word. *Never!* Always be loving. Because it is not you who love, it is His love which flows through your heart. And if you don't allow it to flow through your heart, you are condemning yourself to a loveless life, a life without love. It is like a river which has no water. What is the use? A dry riverbed is of no use. If you can see the riverbed, then where is the water?

Invitation	2
Announcements	3
Special Event, Human Rights Day	4
Bookstore Feature	5
New Year's Celebrations	10
Lalaji's Birth Anniversary	11
Workshops	14
New & Relocated Prefects	15
New Publications	15



So when there is the ego, there is no love, only so-called total concentration on yourself, self-seeking, self-dominant, powerful, hateful, never able to show your heart to others. Therefore, people say he is a heartless fellow, or she is a heartless person. And a heartless person never goes anywhere. A dry river doesn't go anywhere; it is the water in the river which goes somewhere to the ocean.

So if our heart is there and love does not flow through it from Divinity to everybody on earth, every form of life on earth, it is like a dry riverbed – not going anywhere. It's a riverbed not going anywhere. So beware of using your egos; beware of flaunting your education or your dominance; beware of being unkind to others, ungenerous to others. Give as much as you can, not merely of material things, but of your heart.



The heart only gives; it never takes. In the river, the water flows from up to down, never backwards. Similarly, love flows from Him through us, never from . . . He or she who expects love from others is like a river wanting the waters to flow backwards – which is not possible, which is against nature, and which is against Divinity. The law says: “Allow love from Him to flow through you to *all* human beings, animals, plants, trees, insects.” That is why when we think of the law which says, especially the Christian commandments, ‘thou shalt not kill’, it does not mean thou shalt not kill human beings; otherwise it should have said so. ‘Thou shalt not kill’ means what? Everything! Otherwise we are saying ‘thou shalt not kill’ means only human beings, because we are a protected race. Who protects us when we kill everything in nature? Killing doesn’t mean only with a sword or with a gun; killing means with a dominant ego killing the spirit of another human being. Destroying his peace of mind, making him less than human, treating him as less than human, you have killed that person.

<http://www.sahajmarg.org/literature/online/speeches/chennai-20130215>

## We are all Invited



Chennai, Monday, 18 February 2013  
10:32:34 AM

*Towards Infinity*

Dear brothers and sisters,  
I invite you to participate in my Beloved Master's Birth Anniversary Celebration, to receive His blessings on the auspicious occasion. The celebration will be held at Tiruppur and will commence on the 29th of April and end on the 1st of May.

With Love and Master's Blessings.  
P. Rajagopalachari

**Revered Babuji Maharaji**

**Wednesday, July 21, 2004 - 10:00 a.m.**

*"In our Mission, anniversaries serve to focus the thoughts of all onto their Master in a more intense way than usual, and to increase this energy of love, specific to its cosmic identity. May all our brothers be blessed and become increasingly vigilant to develop in themselves love, this ultimate vibration."*

Let us all get together in large numbers on this auspicious occasion with hearts full of love and gratitude to celebrate in great fervour and drown ourselves in the special atmosphere created in the Bhandara.

<http://www.sahajmarg.org/april-30-celebrations/2013>

**Announcements****North American Gathering, India  
August 11-17, 2013**

Invitation and details to follow soon

**Third Annual North American  
Teen & Youth Camp  
June 23-29, 2013****Molena Ashram**

Teens and youth ages 14-22 are invited to explore spirituality in an open, accepting environment full of great discussions and awesome activities. Look for registration information in a North American news bulletin in the coming months. Please contact Shelly for further information: [sgb9000@gmail.com](mailto:sgb9000@gmail.com)

**Northern Light: an Ashram in Canada***Kim Hansen, Toronto, ON*

We are happy to inform you that there will soon be an ashram in Canada. On December 28<sup>th</sup>, Master responded to our proposal for the acquisition of an ashram property in the city of Toronto and proposed inauguration on his birthday, 24 July 2013. He wrote, "I am happy that Canada has the possibility of acquiring its first ashram. I have gone through the project report and am pleased to approve of it. You may all go ahead with the Master's blessings."

Abhyasis in Toronto are heart-fully engaged in a search for the right place, and are digging deep to contribute financially, within our means, for this long-awaited and blessed development. Seemingly out of the blue, by Master's grace, we have received gifts from several abhyasis in Europe who have heard about the project. We invite one and all to join us in bringing this project to fruition. There is no time to waste.

If you would like to contribute to the growing fund, you are welcome to:

send a cheque, payable to Shri Ram Chandra Mission, to this address:  
6 Madeline Road, Toronto, ON M2N 2S6

or donate on-line at [www.sahajmarg.org/onlinebookstore/donation.do?action=reset](http://www.sahajmarg.org/onlinebookstore/donation.do?action=reset)

or by e-transfer, by sending an email to [nyland@ica.net](mailto:nyland@ica.net). Tax receipts will be issued for all donations.

We look forward, with love, to welcoming everyone to Toronto in the near future.



## Special Event



### U.N. International Human Rights Day

*Linda Rahal, Cleveland, OH, December 9 & 10, 2012*

Abhyasis in Cleveland, OH, invited the community to participate in observing International Human Rights Day with the theme, *How Hearts Move the World*. The invitation was to “join us for an inspirational look at how we change the world by our thoughts through prayer...”

With Master’s guidance, we established a venue in the heart of the city where there are strong associations with peace projects; we connected with able speakers from other centers, Bob Perry and Tracie Pape, finding our third speaker when we met with Reverend Doug Wadkins, who had been wondering how his meditation would connect with prayer. Master even connected us with musicians while waiting for a bus one cold fall evening!

The weekend felt like a grand meditation that culminated with events on Sunday afternoon and Monday evening. Music, both recorded and performed live, began the events and became an integral part of the programs, setting the tone for the talks that were to follow. The attendees, abhyasis and members of the community, all joined in what was to be a prayer for humanity, highlighted by talks and the 9 O’clock prayer.

The talks were inspiring and heartfelt, drawing on the expertise, passions and real life events of the speakers. Brother Bob Perry spoke passionately, saying, “Great advances on behalf of justice and freedom do not begin with a court ruling or legislative enactment. All great movements for social justice begin with the opening of hearts. These are ultimately victories of the human spirit, an aligning of the heart with tolerance, justice, peace, truth and – ultimately – with love.” Sister Tracie Pape moved the audience deeply when she shared a lovely story of her work with children in the Peace Corp. Reverend Wadkins told a story of Maha Ghosananda, a Buddhist monk who stood before 20,000 Cambodians in an internment camp to speak to people who had survived atrocities, suffering and a great deal of loss. The words he chose came from the heart of their spiritual tradition as Buddhists. First his voice alone, then a few voices and then thousands joined in speaking these ancient healing words.

*Hatred never ceased by hatred  
but by Love alone is healed.  
This is an ancient and eternal law.*

On Monday evening, as I sat and listened to one of the speakers, the words that came to me were, “[O] to be that spark, that ember, to be...to be that which lights the world.”





## Feature Bookstores



### Molena Bookstore: A Brief History

*Shyamala Muralidharan*

The Molena ashram bookstore was the first Mission bookstore in North America. It was originally a small room next to the meditation hall run by brother Rogerio and sister Kirsten Santos. In 1994 the bookstore moved to its current location. Until 1999, almost all of the Mission English language books were prepared by the North American Publishing Committee (NAPC), printed in the US for distribution around the world, and reprinted in India for Indian distribution. The Molena Ashram bookstore was the hub for the international distribution and for mail-order sales within North America. As the Mission grew, satellite bookstores were opened in Beavercreek, OH, Sunderland, MA, Austin, TX, San Jose, CA, Detroit, MI, and the latest at Monroe, NJ.

The bookstore has grown from using paper and pencil to keep track of sales, to the use of cash registers and credit card machines. These advances have increased sales and enabled the bookstore to take pre-orders for special publications. The bookstore has always had many willing and able volunteers, and it is currently in the very able hands of brother Madhu Sahaj, and sister Katherine Strozier.

### Shri Ram Chandra Mission Bookstore Molena Ashram

*Katherine Strozier, Atlanta, GA*

The bookstore is operated by volunteers. Brother Madhu Sahaj and sister Lavanya Madhu have taken on the duties of our Molena Ashram bookstore from sister Shyamala Muralidharan and brother Muralidharan who worked diligently to streamline bookstore functions and to set up a universal process for all bookstores in the US.

Sisters Amanda Faulkner and Katherine Strozier assist Madhu in fulfilling online orders, receiving shipments from India, and selling books during bhandaras held at the ashram. There is a synergy amongst the volunteers who are happy to provide assistance to all.



Online orders are prepared for shipping each weekend and are picked up by the post office each Monday. If an item is out of stock, we usually include a note in the package to the sister or brother and/or call him or her to offer other suggestions.

Our busiest time is when we receive shipments from India. All brothers and sisters from Molena participate in unpacking, sorting, counting and re-packing to send corpus books/DVDs/MP3s to other US SRCM bookstores. It is a nice feeling when Master's work is done with many hands joined together.



Sister Bani Surapu functions as volunteer treasurer for all US SRCM bookstore operations. All bookstores send monthly sales reports and semi-annual inventory reports to sisters Shyamala and Bani.

Sister Vera Lef maintains the US subscription database, doing an excellent job of assigning subscribers to the correct center, often creating new centers to accommodate new areas. She regularly updates the database, sending changes of address and new subscriber data to India. All bookstore volunteers use the updated database for corpus distribution.

### Sunderland Ashram Bookstore Activity



New items are introduced after satsangh on Sundays when we play a portion of a DVD or read from a book. The new items are entered online as well as displayed in all of the US bookstores. At the Molena Ashram, and at some of the other SRCM centers as well, we have started a reading club, not only for new arrivals but including old favorites as well.





## Canadian Bookstores

Tom Hansen, Toronto, ON

After the Canadian Mission was formally established as a non-profit charity organization in 1973, Mission publications were available from a central bookstore located in Vancouver, British Columbia. About 10 years ago distribution was de-centralized, although Toronto became the primary bookstore, with satellite bookstores operating on a consignment basis in Vancouver, Nelson and Montreal.

Up until about 6 years ago, most inventory came from the Molena bookstore. I remember many a good time just after a seminar, packing books for the long drive back to Toronto. Today, with streamlined distribution, we receive our inventory directly from India – some of it brought with returning abhyasis.

Each centre has one or two designated persons in charge of all sales and accounting. During larger gatherings, items from the bookstores are brought to the venue and displayed for sale. We often see great sales figures from these gatherings. It's not unusual for abhyasis from the US to eagerly take home items that they could not find in the US bookstores. Although we do not have a large inventory in general, we do have a large variety of items that are hard to find anywhere else. Often we get orders from the US, which we are allowed to fill since we are a non-profit organization.

We have 55 corpus literature subscribers, 12 A/V corpus members, 55 *Constant Remembrance* subscribers and 4 *Sahaj Shishu* (Hindi) subscribers. In addition to English language books, we have books in Russian, Hindi, Tamil, Farsi and French.



## What we're reading these days: short reviews by abhyasis

*Autobiography of Ram Chandra*, Volume II: "I came across it last fall. It contains the first intercommunication in Sahaj Marg between Lalaji and Babuji. It's a short passage, 40 to 50 pages. Very profound; very rich."

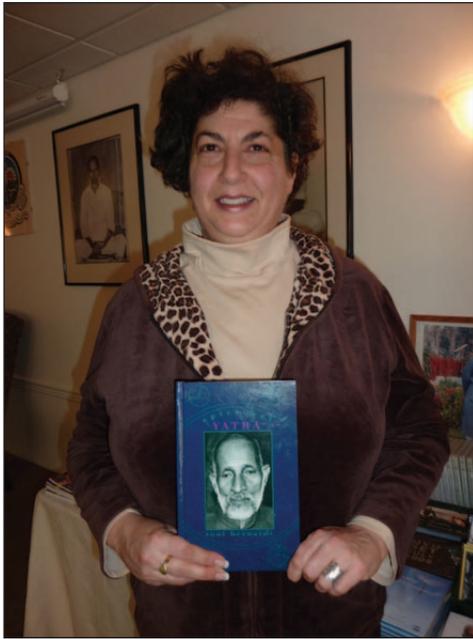
"I'm excited to see *Pursuit of the Inner Way* – a reissue of *The Principles of Sahaj Marg*, Volume 2. It's got all the basics: *Yoga through Love*; *Work and Play*; *Craving Reality*; and *Adoration*. The one I like is *The Friend Within*. The titles are relevant to life."

*Complete Works of Ram Chandra*, Volume II (Lalaji Maharaj): "By reading this book, I got to know Lalaji on a personal level; his love for his wife, in a very human and spiritual way, and his love for his children. He got angry! I saw who he was as a human being, not just as the Master."

*Whispers from the Brighter World* (over the Internet): "The most exciting thing I get lately is that transmission changes our vibration!"

*Realidad al Alba* (*Reality at Dawn*, in Spanish): "It reminds me that Sahaj Marg has spread worldwide; that people all over the world are reading this book in one language or another."





*Spiritual Yatra*, by Toni Bernardi: “It’s about her personal spiritual journey. It’s interesting to read her process. There are sketches that she drew; early photos of Babuji; and letters between her and Babuji from the 1970s. It’s different and easy to understand.”

“All the books keep repeating the same message – so if you don’t get the message from one source, you have the opportunity to not miss it. That’s why it’s important to read all the books, over and over.”



## Discovering a Treasure Trove

*Autobiography of Ram Chandra, Volumes I and II*  
*Jean-Pierre Le Grand*

A while ago, my curiosity was piqued by a comment that Babuji makes, in one of the *Whispers from the Brighter World*, where he refers to the third volume of his writings, that contains his autobiography (*Complete Works of Ram Chandra, Volume III*), as the medium’s favorite book. I was happy to find out that a sizeable portion of this book is actually Babuji’s diary, which I found to be an incredible source of inspiration, even though I must confess I understood only a fraction of it – clearly, something goes on here, beyond words and ideas.

Moving into volume II of *Autobiography of Ram Chandra*, I discovered the record of Babuji’s inter-communications with Lalaji – the very first *Whispers*, in fact – from 1944 to 1955. A number of illustrious souls, such as Swami Vivekananda, Mahatma Buddha and others, also speak. These pages are like nothing else I have ever read, inside or outside of the Mission’s literature. As they also contain a record of the early days of the Mission, and of how Babuji came to be its founder, I see these writings as a treasure trove of insights and revelations, and I believe it to be invaluable material for the seeker.





## Reading Babuji from the Heart

Joan Even, Boston, MA

“The most important factor in realization is self-confidence in our own capacity and power to achieve success.” (*Complete Works of Ram Chandra, Vol. 1*, 1989, p. 40.) These words of Babuji’s have been running through my head over the past few months. They’re usually joined by the following: “... if you take up the positive view and accept one thing only as real, sticking to it wholeheartedly, other things will naturally fall in the background...” (p. 100) In late November, I began rereading Babuji’s work, *Reality at Dawn*, selecting quotations that touched my heart, while preparing for a book group that I would facilitate at the Sunderland Ashram in early December. These are two of those quotes and they continue to help me handle challenging situations, empowered and in remembrance. And, each time that I put Babuji’s words to the test and watch what happens, my faith grows, and another thought resonates within me.

Another gift of Babuji’s from *Reality at Dawn*: “True faith is really an unspeakable virtue which is beyond

the scope of religion, it is the dauntless courage which leads us on to success, it is that ubiquitous force which makes our path smooth, it is in fact the only thing that solves our problem of life.” (p. 79) No wonder Master keeps encouraging us to read and reread Babuji’s works! *Efficacy of Raja Yoga in the Light of Sahaj Marg* is next.





## New Year's Celebrations

### Monroe Ashram

*Satyasree Buddharaju, New Jersey*

The New Year's gathering in our new ashram in New Jersey felt like a new beginning, a new chance to introspect on our spiritual practice. The organizers chose the theme, *What is My Goal in Sahaj Marg?*, which made all participants really focus on why we are here and what we are doing. Everybody had time to examine themselves and their practice in the wonderful atmosphere of Master's love. Guest speakers shared their thoughts, emphasizing aspiration and spending time with Master.

This first New Year's gathering also showcased the enthusiastic kids' talents. A play, *An Aspirant's Journey Towards Spirituality*, involved kids of different ages skillfully conveying the message about how an aspirant finally understood that in spirituality one must feel the divinity in his heart rather than looking for divinity outside. The children also visited the local senior center, a trip that opened the doors for them to experience the sharing and caring that they were learning about.



### Mind Wide Open

*Tina Mehta, Dallas, TX*

I would like to share something with you all. We are relatively new abhyasis, so when we were going to Detroit for our regional gathering over the New Year's eve, my daughter, who is eight, asked me who all was going to be there. When she found out that none of the kids that she knows were going to be there, she wasn't very happy. She complained that she would be so bored there and that she didn't want to go, to which I told her to keep an open mind and just be there. I further consoled her that many children will be there just like her, who won't know anybody, and that I can promise her that she will not be disappointed.

The gathering, needless to say, was awesome, and the kids seemed to be busy with activities at times, and just playing at other times. Eventually, we said our goodbyes and came back to Toronto feeling all charged up to face a new year. As we opened the front door of our home and started putting all the luggage inside, my daughter came up to me and said these very powerful words: "Thank you so much for taking me there, Mama. I had an awesome time in Detroit. You were so right about keeping an open mind. It was so amazing there."



The New Year's Midnight Ball at Sunderland Ashram





## Lalaji's Birthday Celebrations

*"The celebration of this birthday makes me happy. All my love for my Revered Great Master is carried by this commemoration, which should be maintained, so that the memory of his coming illuminates the hearts of his candidates."*

Babuji Maharaj, *Whispers from the Brighter World*,  
Saturday, February 2, 2002, 10:00 a.m.

### Austin, TX

*Sudha Jagannath, Dallas, TX*

About 150 abhyasis attended the joyous celebration of Lalaji's birthday in Austin. The first satsangh Friday evening was a mystical moment in which we all lost ourselves in the flow of divine energy. On February 2nd, the three satsanghs created an atmosphere of oneness promoting a deep sense of gratitude and brotherhood. Although the venue was at the university, the charged atmosphere permeated our environment, carrying through Sunday's program, to send us home filled with the experience of having been reunited with Him.

*Leslie Childs, Austin, TX*

While I always feel that our gatherings, sittings and satsanghs are indeed special gifts, I am especially grateful to all those who planned, prepared and presented our Lalaji's Birthday Celebration in Austin. The workshops on Interiorization, Maxim Six, Maxim Nine, on writings of Lalaji, and the questions and answers that followed, were all opportunities for growth, personally and globally – to open our hearts, work against prejudice and temper the ego.



### Beavercreek Ashram

*Bala Krishnan, Bloomington, IL*

About 200 abhyasis and children from several Midwestern centers gathered February 1<sup>st</sup>- 3<sup>rd</sup> to celebrate the birth anniversary of our Grand Master, Lalaji Maharaj's, participating in satsanghs, listening to Master's talks and talks from sisters and brothers. The children delighted us all when they sang and then enacted short plays depicting basic principles of etiquette.

Iowa City, IA and Bloomington, IL centers were granted an opportunity to choose the readings and videos that comprised the program. For me, this brought a new sense of responsibility and seriousness, which helped me prepare for the gathering. The Dayton Center had done a wonderful job of putting up a meditation tent with powerful heaters, bringing us a taste of Basant in Shajahanpur (from what our Master has described in his speeches). Thanks to all volunteers, as everything came together at the appropriate time during all the events. It was a blessing to be part of this gathering of our abhyasi brothers and sisters.





## Lalaji's Birth Anniversary, Vancouver, BC

*Marianne McLaughlin, Vancouver Centre, BC, Canada*

This year, Vancouver hosted Basant celebrations at Timberline Ranch, nestled in the foothills of Golden Ears Mountain. A long winding driveway hides the buildings, so it is a delight to come upon them, all clad in fanciful 'old west' facades. Seventy-two adults and six children attended from Alberta and Washington State, as well as Victoria, Nanaimo, Duncan, Qualicum, Gabriola Island, Powell River, Kamloops, Nelson and Kaslo, in British Columbia. We stayed in simple, cozy cabins bearing whimsical names like Coyote Crag, Bee Hive and Lion's Den.

Our weekend was steeped in remembrance and celebration of Revered Lalaji's birth. Interspersed through six satsanghs, abhyasis read messages from *Whispers from The Brighter World*. Many of these emphasize the importance of keeping the traditions of the Mission alive. This message was amply affirmed in our profound satsanghs. After each reading from *Whispers*, the text was displayed on a large screen, so in the stillness after satsangh we could read and absorb Babuji's messages more completely. Abhyasis read from Chapter One of *Truth Eternal*, wherein Babuji describes, with tender adoration, Lalaji's humble life. We also watched

several talks from *He, the Hookah and I*. In "Master and the Abhyasi", Master exhorts us to completely lose ourselves in devotion to our guru and to become "like a dead person in the hands of the dresser".

Saturday morning, abhyasis from each centre came forward to introduce themselves. Many spoke with deep appreciation of the profound changes that have occurred in their lives since starting Sahaj Marg, even those who have practiced only a short time.

Saturday afternoon the sun shone! This is an unusual occurrence in February on the rainy West Coast, so we went out to enjoy nature and visit the horses in their paddocks. Later, we sang a song accompanied by sign language, which the children and their parents taught us, a delightful start to our evening meal. After satsangh, we listened to Master's February 2nd talk, so that as our day ended we were enveloped in the deeply compassionate voice of our Master exhorting us to become love, like the sun that radiates indiscriminately on all.

Sunday, after our last two satsanghs and lunch, we exchanged addresses and hugs and reluctantly headed for our homes, carrying in our hearts the divine condition of our Master's love, a priceless gift that we can hopefully nurture while we return to our worldly duties.





## Molena Ashram

*Supraja Gaini, Atlanta, GA*

At the Molena Ashram, it was one of those mornings when the moon did not want to go back home and the sun rose as well, as if gently chiding the moon at its insistence to witness the celebration of Lalaji's birthday. The wintry chill and the bright dewy morning only added to the pure and rarefied atmosphere of the Molena ashram. It was Basant Panchami and the air was filled with anticipation, each heart feeling closer to beloved Master in the company of all the brothers and sisters attending this auspicious occasion from several different centers. The glowing faces of the abhyasis, as they entered the meditation tent for the early morning satsangh, said it all. Sahaj Marg is a love affair of the heart, and this was one more occasion to delve deeper into this boundless, wondrous mystery – the heart.

The theme of the gathering, *An Opportunity to Do One's Best*, with emphasis on effective use of time, supported the flawlessly organized event, as every attendee participated in some capacity. On Saturday, the IT group relayed the speech Master had delivered in Trichy, India, that morning, and we in the USA felt immensely blessed as we hung on to each word dear Master spoke. The sisters in the kitchen lovingly fed us, and the children ran around unrestrained, a rarity in this time-bound society. While the urgency of the messages being read after the satsanghs emphasized developing time-consciousness, time had stopped for most of us

in the ashram environs. The managerial types forgot to check their phone's email; the mothers forgot to check on family they had left behind at home. What do we have to worry about when the grand Masters are watching over us?

Children ages 5-13 met for a VBSE (Value Based Spiritual Education) class taught by abhyasi sisters, and at the end of the one hour, the teachers came away feeling unsure as to who had taught whom. The teachers listened open mouthed when one tiny tot about 6 years old responded with "brighter world" when asked to name a place that made him happy. As the youngsters spoke, we couldn't help but see Master's divine plan unfolding via these beautiful children, the future torchbearers of our Master's Mission.

We all sat in the Master's lounge that night, watching Lalaji's life story unfold on the TV screen; time slowed the pace of the movie, lulling us into a contemplative mood. I looked around and realized we were one family, nurtured by the Master, Mission and method. The bhandara came to a close and a harmony of spirit reigned. We cleaned the restrooms and the dishes in his thought, nothing seemed menial or mundane – everything an act of reverence, an expression of utmost gratitude.

As we left Molena behind, a lot of us felt with inexplicable certainty, that He was witness to the blossoming of each heart, and in our mind's eye we saw his beautiful face wreathed in smiles, as if proclaiming with fatherly pride, "These are my people!" And we are His people, in every way, and yes this love affair of the heart continues to evolve by his grace!





## Workshops

### Cleaning

*Sadhana Panupanti, Chicago, IL*

Warrenville Meditation Center hosted a Grounding in the Practice – Cleaning workshop on December 1, 2012. The 18 participants were profoundly affected, so much so that they report continuing to feel the effect of Revered Master’s work increasing after the event. No matter whether initially open hearted or skeptical as to what they might learn, they all were left with renewed understanding of this very vital aspect of the Sahaj Marg practice. Whether listening to his voice on the audio, watching him talk on the video, or reading and reflecting on the many quotes on the aspect of cleaning, the participants were transported to a space where the learning happened in the depths of the heart and being.

These workshops surely transform us, as they are much more than the material and the meeting at a physical level. All of us here now look forward to more rewarding experiences from future workshops and encourage more and more abhyasis to participate and benefit from them.



### Prayer Workshop

*Meera Raghavan, Tampa, FL, and Srinivas Yaarragunta, Jacksonville, FL*

A Prayer Workshop was held on Saturday, January 19th, in Tampa, and in Jacksonville on January 27th. The morning session began with satsangh, after



which there was time for preparatory inquiry and self-reflection. Master, in an audio from the 1985 Vorauf Seminar, clearly explained the meaning of the Mission prayer. During an exercise in pairs, several excerpts on the purpose and meaning of prayer supported the understanding of our attitude while praying. The morning session concluded with another time of self-reflection.

The afternoon session began with a slide presentation, leading us through Master’s teachings on prayer, including the 9 p.m. Universal Prayer. We then saw brother Kamlesh’s video on our attitude toward prayer. In small groups we had the opportunity to share interpretations and views after reading excerpts of the Masters’ teachings on prayer, from which we learned a great deal. This program gave us an opportunity to understand, correct and realign ourselves with the Mission prayer, as it is prescribed. It’s an eye-opener for us to know how the prayer helps us progress, as Master says that by uttering this prayer mentally just once, a connection with him is created; that is its only purpose. The flow of transmission commences thereafter.

The workshop concluded with self-reflection and another video, followed by satsangh. After the workshop, we had a better understanding of the meaning, importance and potential of prayer, as well as the attitude we should bring to praying’





## Diary Writing

*Joan Laurino, Chicago, IL*

On Saturday, January 19th, the Chicago Center hosted a Diary Writing Workshop led by brother Rob Klinger from Columbus, OH. About 50 abhyasis from surrounding centers, including Bloomington, IL, and Iowa, joined us.

The entire day was awe-inspiring. Rob was completely present with everyone as he spoke of the many benefits of diary writing, including tracking changes in our condition over time, learning to become observers of ourselves during our daily activities and communicating with Master on a deep, interior level. Rob also spoke of the numerous benefits of reading *Whispers* in conjunction with diary writing, and of the “love vibration” that each of us can offer to others as we go through our daily activities. Master’s presence permeated the workshop, filling us with love. We all are grateful for this wonderful experience.

## New and Relocated Prefects

Aflaia Romanovskaia

Montreal, QC

[aromanovskaia@gmail.com](mailto:aromanovskaia@gmail.com)

Jagadish Kantharaj

Plainsboro, NJ

[Jagadish.hk@gmail.com](mailto:Jagadish.hk@gmail.com)

Ragini Sridharan

Plainsboro, NJ

[Ragini.jagadish@gmail.com](mailto:Ragini.jagadish@gmail.com)

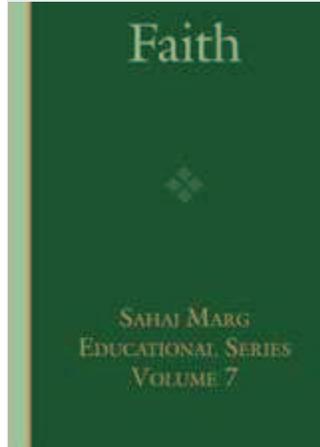
**New Region and Coordinator:** NY, NJ, DE, PA

Pankaj Patel

Staten Island

[Pankaj49@gmail.com](mailto:Pankaj49@gmail.com)

## New Publications



New Releases available  
at the Molena  
Bookstore

English Book-*Faith*

English Book- *Love and  
Death* (Reprint)

English Book- *Sahaj  
Marg Meanderings*



SRCM Molena  
Bookstore Link

[https://www.  
sahajmarg.us/  
onlinebookstore/catalog.  
do?bookstore=USMOL1](https://www.sahajmarg.us/onlinebookstore/catalog.do?bookstore=USMOL1)

