



SHRI RAM CHANDRA MISSION

ECHOES

NORTH AMERICA

## Contents

<b>Kamlesh bhai's Birth Celebrations</b>	Page 2
<b>Lake Lopez Camping Weekend</b>	Page 4
<b>Spokane Washington Gathering</b>	Page 5
<b>Teen Day at Sunderland</b>	Page 6
<b>UN Day at Sunderland</b>	Page 6
<b>SPURS with Our Master</b>	Page 7
<b>Workshops</b>	Page 8
<b>New and Relocated Prefects</b>	Page 9
<b>New Releases</b>	Page 11

## Master's News

Truly, Master's news is all about the development of the Heartfulness movement. As we are seeing, since its introduction in France in May of this year, this movement is taking hold in communities large and small around the globe. In North America there are inspiring reports of sisters and brothers plunging in to explore the unlimited possibilities of introducing motivated seekers to the limitless potential of the heart. So many reports have come in to the Echoes team that we have chosen to assemble them all in an Echoes Heartfulness Supplement. Please take time to become familiar with the reports, and then enjoy developing approaches that can work in your community.





## Kamlesh bhai's Birth Celebrations

A bhandara creates the environment for feelings of gratitude, love and wonder and also the urgent impulse to evolve. It is a rejuvenating jolt to boost our growth. The first ever birthday celebration of our beloved Kamlesh bhai accentuated all of these very significantly. Abhyasis from every part of the continent gathered in large and small groups to celebrate. Some highlights of the gatherings are recorded below.

In **Birch Bay, Washington**, as well as in centers across the country, we all got a glimpse of how Heartfulness workshops are shaping up in various centers as coordinators from Seattle, Vancouver and neighboring centers shared their experiences in reaching out to their local communities and corporations. We also had the wonderful opportunity to experience first-hand a heartfulness guided relaxation meditation session, where we meditated with and without transmission, as a new seeker would do. I was amazed at the stark difference between each of the meditations, convincing me beyond a doubt that experience can achieve more than words when approaching new seekers.



Older children attended a Heartfulness session of their own, where they practiced the relaxation technique, and

then were encouraged to share this process with their parents. After the session the general feedback from the children was that they felt 'de-stressed' and more energetic.

The **Orlando Center** hosted a full day program of Heartfulness sessions and meditation for forty-three participants on September 27th and 28th. We were delighted to welcome all Heartfulness aspirants as well as long time abhyasis along with newly formed Heartfulness abhyasi groups of Orlando, Oxford and University of Central Florida. Groups that had never before met instantly connected with each other in a very natural way.



A brother from the Oxford Center gave an excellent talk about his personal growth in this practice. He encouraged all participants to list the main factors that motivate us towards regular meditation as well as those obstacles that discourage us from doing our practice. For each negative trait brought up by participants, we watched an appropriate Heartfulness video addressing the issue. For example, common problems like time management, difficulty in perceiving light in the heart, or thoughts during meditation were all addressed beautifully via the videos.

It was very inspiring to hear new Heartfulness aspirants voluntarily share their personal experiences about how they found renewed energy and enthusiasm within, after starting the practice of Heartfulness meditation, and how they were inspired by other experienced





Heartfulness meditators in the group.

Technology today has made the world a smaller place and we were all happy to be able to connect electronically to see and hear Master on his birthday.

At the **Molena Ashram** on Sunday there was also a short workshop on the topic of 'Égrégore' that began with reading *Whispers* messages related to this topic, followed by an exploration of their essence through introspection and group discussions. Also, careful study of 'Ways and Means' and 'Realization', chapters from *Reality at Dawn*, as preparation for participation in the gathering, inspired conversations during meals and at other informal moments. Additionally, a wonderful article from



Kamlesh bhai, 'The Yielding Heart', covered valuable lessons about not holding on to hurt in our hearts, and the importance of opening our hearts to what we receive. It struck a chord deep within, and it seemed like our collective hearts resonated with its meaning.

At the **Sunderland Ashram** the audio of two chapters from *Reality at Dawn*, 'Ways and Means' and 'Realization' was played while the words were simultaneously presented on the screen for fifteen minutes before each satsangh. By the end of the gathering, we had seen

and heard both chapters in their entirety. The abhyasis shared an enriching experience of seeing words on screen as the text was being read. All seemed to integrate it more during the following satsangh.

One highlight of the program was a panel discussion in which four abhyasis shared stories of their initial contact with Kamlesh bhai and gave us all a rare glimpse of him, which motivated us to move towards our goal with renewed determination.

It was suggested by a brother, that a team be formed to organize and conduct Heartfulness programs in New England. Brothers and sisters were asked to sign up if they were interested in becoming team members and many did so. If you wish to register and have not done so, please email [Groton.CT@heartfulness.org](mailto:Groton.CT@heartfulness.org).

From **Winchester, VA**, a small center far from others, three abhyasis express their gratitude:

"Due to a three or four hour drive back and forth from Winchester to our D.C. Center, our local Center celebrated together within our Master's heart and yet separated via distance."

"Every week, I sit with sister Petra and the abhyasis of our Winchester Center. Since moving to Leesburg, about an hour away, I've had to miss some individual sittings, group sittings, and events like the birthday of Kamlesh bhai this past Monday. Thanks to long distance sittings, I've been able to connect spiritually and feel the divine light in the heart, both from our Winchester Center and my home."

"I was very fortunate to be able to celebrate Master's birthday at my center in Winchester. We met for satsangh at 6:15 a.m. before work and again at 6:30 in the evening, concluding each satsangh with a reading from *Whispers*. We also had a lovely meal after our evening satsangh. It was a very special day."



## Regional Events

### Lake Lopez Camping Weekend

*Padmaja Krishnaswami, Fremont, CA*

Excitement and enthusiasm led us to the annual camping gathering at Lake Lopez. Blue jays, California quails, woodpeckers and deer families gave us a warm welcome for the 6 a.m. meditation! We had a program on Heartfulness and were all encouraged to share our experiences and suggestions for contributing to this program.

Meal preparations were an excellent team effort that gave us an opportunity to cook, serve and eat with love.

One evening, we were walked through the cleaning process, and were thrilled to have the experience that 'every cell of the body is a temple of God'.

It was wonderful to gather around campfires with masala corn and marshmallows while contemplating, gazing at the fire and listening to devotional songs.

The youth wholeheartedly embraced activities especially designed and facilitated for them. These included an 'Awareness Through Movement' exercise and a thought-provoking session on 'Balance'.

After several satsanghs and excerpts from Kamlesh bhai's talks, everyone felt that this bhandara was taking us to new levels. We especially took one suggestion to heart:

"When we practice, and hold on to that loving state inside, and work with that, when we touch something, when we look at someone, when we hear something, we must be transmitting the same love-filled condition. Try it consciously. When talking, try to transmit your love consciously."

A mother bear and her cub visited us during our concluding satsangh, as if to bid good-bye!







## Spokane Washington 4th Annual Camp Adam Gathering

Over the last weekend in August, abhyasis from the Northwest Region gathered at the beautiful campgrounds of brother Adam and sister Kathee Scoggin in Spokane, Washington.

Several aspects of the Heartfulness movement were introduced during the gathering. The first satsangh began with a guided relaxation, which everyone appreciated as it gradually eased abhyasis into meditation. Morning rain then graced the gathering. Abhyasis had been encouraged to read the chapters 'Realization' and 'Ways and Means' from *Reality at Dawn* as a preparation for a discussion after the morning meditation.

After the noon meditation and a delicious lunch prepared by the Seattle abhyasis, regional coordinator brother Aravind, who had recently been to India, shared photos and anecdotes of his July travel with Kamlesh bhai. He also introduced Heartfulness and the associated resources. After this, abhyasis who had conducted Heartfulness gatherings at their centers and work places shared their stories. Everyone was encouraged to be part of this Sahaj Marg movement.

That evening the full super moon was in its brightest glory much like our hearts brought together by this beautiful system. The evening satsangh ended a heart-full day. We hope to meet again next year in this beautiful place to celebrate the fifth anniversary of this gathering.







## Teen Day at Sunderland Ashram

*Janani Sharma and Nina Prakash, Boston, MA*

A number of years ago, the idea of Teen Camp came into play, and this is where we got the inspiration for Teen Day – a day when the ashram would feel like our own, when we could strategize a schedule of what we felt like doing while at the same time learn new things and grow closer as a youth community! So on August 8th, the youth in the New England community, whether practicing in Sahaj Marg or not, met at the Sunderland Ashram for Teen Day. This was a daylong gathering with discussions and activities that brought us all together to enjoy each other's company.

What makes these gatherings special is that all the teens help out with the planning and implementation because the initiative and motivation comes from inside of us. We want to see our friends again and grow with them in our own spiritual journey. This day we have the opportunity to think and talk about things we might not in our daily lives; and all of us enjoy and look forward to every second of it!

The theme for the day was 'Balance between Spirituality and Materialism'. The schedule consisted of icebreakers, discussions, audio and video, arts & crafts, satsangh, and a closing ceremony where we talked and planned for our next Teen Day.

We've all grown a lot since we first starting having Teen Days. Also the size of our group has grown and we always invite new faces to join us. As teens we are allowed to have discussions that can require a certain amount of maturity to dive into, and the outcome is always very beautiful.

## UN Day of Yoga/Heartfulness at Sunderland Ashram

*Mary Brennan, Greenfield, MA*

Forty people gathered at the Natural Path Meditation Center in Sunderland on June 21st to celebrate the United Nations International Day of Yoga and to participate in a program on Raja Yoga – Heartfulness Meditation. Brother Bob Perry gave a brief introduction explaining that the United Nations had established the Day of Yoga in an effort to yoke (the word yoga is derived from a Sanskrit word meaning 'yoke') people together, and to disseminate peace around the world. At one point Bob quoted Dag Hammarskjold, the second Secretary General of the UN, as follows: "Unless there is a spiritual renaissance, the world will know no peace." He included the examples of Eckhart Tolle, Buddha and other beings of enlightenment to enhance the Natural Path message. Babuji, the founder of Natural Path Meditation has told us, "To dissipate the idea of individual self and to work harmoniously for the common good is the demand of the time". Following the talk, as an introduction to Heartfulness meditation, there was a short relaxation exercise and then an opportunity for all to experience meditation.

Some abhyasis present said that they felt Kamlesh bhai's presence in the meditation hall. After the meditation, many guests stayed for a long time enjoying the refreshments and asking many questions about the meditation practice. Some seeds were planted in our community and more Heartfulness events will be planned. Our local group all agreed that it was a good start in our effort to interface with the community around Heartfulness meditation.



## SPURS with Our Master— Being A Little Kid Again

*Rob Klinger, Columbus, OH*

Over the past 21 years I have been with my Master many times. Each and every time his transmission of the love vibration permeated the atmosphere. Stilling my mind and allowing my soul to breath was an invigorating result. You may have experienced the same feeling.

My goal while attending SPURS, if I had one, was to experience SPURS from my heart. I wanted to learn to love from my heart and not just say I love you over and over again to Master, which became somewhat of a mantra. When I emailed Master about SPURS I asked him to teach me how to love, and he wrote back one line, “Love from the heart.” Many abhyasis, including my wife Jamie, emit a “love vibration from the heart” that attracts people to enjoy the honest and sincere caring love that permeates the air around them.

All people just want to be loved, me included. From the very beginning at SPURS I could feel the “love vibration transmission” that Babuji talks about in *Whispers*.

My self-imposed vow of silence began. The ‘little kid soul’ immediately loved the opportunity to focus on the heart and not the intellect or head. Master’s transmission was everywhere allowing the kid to play. I found the Sanctuary is a really cool place to meditate, reflect, contemplate and is where this synopsis in my diary began and ended.

By staying silent I was allowed to not be thinking what to say next and my ego vanished totally over a six day period. The little kid was able to rest right in the moment, in the now, and be the observer *and* the observed. Living from the heart became possible by being totally in tune with nature.

My mind naturally slowed down and allowed me to

1. Introspect and contemplate;
2. Be honest with Self and Master;
3. Refresh and recharge the soul;
4. Reinforce the goal to become one with God;
5. Practice exactly as prescribed without absolutely any interference.

As my soul became charged I became very clear and determined to reach the goal in this lifetime with devotion, discipline and dedication.

Thank you Master for allowing me to be a little kid again. Silently watching the beautiful world we live in – in the world but not of the world. It’s great to know I do not have to figure this all out. Everything is fine, no worries.

We are One.

For you, the retreatant, every last detail regarding your stay is meticulously attended to by Master and his SPURS team. I cannot stress enough the importance of the detail. *All your needs are met:* There’s a wonderful rustic fully furnished ranch, simple food, a loving staff, and acres of well maintained grounds, a meditation hall and the Sanctuary. I recommend each of you make the commitment for your spiritual evolution by attending SPURS. When the commitment is made, your trip begins.





## Workshops

### Whispers Course, Columbus Center

*Pat Valente, Columbus, OH*

The Columbus Center was blessed with hosting a *Whispers* workshop on September 20, 2015. Brother Rob Klinger, assisted by brother Puneet Kumar and his family, guided the twenty participants through the program.

All participants were asked, in advance, first, to read 'An Invitation' written by Master Chariji; second, to write a paragraph about how they felt after reading it; and of course, to bring the paragraph to share at the workshop.

The 'Invitation' reading was very powerful and addressed different forms of communication at various levels which included the messages from *Whispers*. We all came away with a different view of communication.

It is also important to note that the goals of the *Whispers* class were to read, listen, meditate, contemplate and digest from your heart; then write in your diary what your

heart said to you; and then follow the inspiration from your heart.

When the various *Whispers* readings were shared, it became obvious that when we followed the process outlined above, magic was occurring inside of us.

Finally, at the end of the *Whispers* Course, all present were asked to share what they were grateful for and what they received from the class.

Some comments from the class participants follow:

"After the workshop, the *Whispers* readings became much more relevant to my life"

"I am now more motivated to read *Whispers* after my morning meditation"

"The *Whispers* Course was the most powerful Sahaj Marg course I have ever participated in and the feeling of connection continued for days afterward."

### Richmond Ashram Diary Writing

The Richmond Center held two very beneficial one-day interactive workshops on diary writing presented by brother Rob Klinger, on August 22nd and 23rd. The workshops were attended by a total of forty-five abhyasis who learned the importance of diary writing, especially what and how to record in their diaries. Diary writing, as part of a spiritual practice is invaluable for developing sensitivity. The diary record should be read once a year to assess one's growth.

Brother Rob shared his personal experience of the strategic and methodical way he tracks his diary and all aspects of his meditation practice. If all aspects of his practice are done as prescribed, including the prescribed length

of time, then that day gets a circle; if only part of the practice is done then that information, too, gets marked on the date. At the end of the month he assesses his practice and usually finds his effort to be between 87 to 94 % of the ideal.

In this workshop, service and surrender were highlighted. All abhyasis were inspired with this workshop and reported they felt an immediate positive impact on their diary writing habit. This fun, interactive and inspirational workshop is recommended for all abhyasis.



*Richmond Ashram Diary Writing with Rob Klinger, Facilitator*

## New and Relocated Prefects

### New Prefects

Samuel De La Chevrotière, Montréal, Québec  
 Viswanathan Sreenivasan, North York, ON  
 Prakash BalaKrishnan, Milpitas, CA  
 Sandhya BalaKrishnan, Milpitas, CA  
 Sujatha Challa, Los Altos, CA  
 Kay O'Dea Cohen, Arlington, TX  
 Nadine Feighan, Lakewood, OH  
 Mamata Venkat, Beavercreek, OH  
 Nadine Feighan, Lakewood, OH  
 Radhika Guduguntla, Bloomfield Hills, MI  
 Emma Hawley, Santa Clara, CA

Ravi Ivaturi, Plainsboro, NJ  
 Kamini Khanjee, Dallas, TX  
 Matthew Benjamin Koger, El Paso, TX  
 Sujatha Raj Krishnan, Cupertino, CA  
 Bijju Krishnamurthy, Union City, CA  
 Arati Madhineni, Gilbert, AZ  
 Dr. Rohit Malik, Yardley, PA  
 William E. Monroe, Asheville, NC  
 Rufus Moses, Fort Worth, TX  
 Ragini Miryala, Seabrook, TX  
 Roopa Naidu, Pearland, TX



## New and Relocated Prefects, *continued*

Vijay Raghavan, Chatham, NJ  
Dr. C. Narayan Reddy, Dayton, OH  
Jyoti Sadhwani, Aurora, IL  
Gagan Kumar Saxena, Edison, NJ  
Bhairvi Shah, Plano, TX  
Ashima Sharma, Atlanta, GA  
Arely Sulvaran-Achenbach, Austin, TX  
Kannan Srinivasan, Dublin, OH  
Milind Suvarnkar, Clifton, NJ  
Baskara Reddy Tenali, Fords, NJ  
Kusuma Kumari Tenali, Fords, NJ  
Varun Thaker, Valdosta, GA  
Ashutosh Tripathi, Boise, ID  
Madhavi Isanaka, Greenwood, IN  
Chirag Kulkarni, Boston, MA  
Maria Cruz-Saco, Waterford, CT  
Angelique Dodaro, Eugene, OR  
Pratik Shirish Patel, Cary, NC  
Satyajeet Ashok Shinde, Jersey City, NJ  
Anagha Kshamasheel Matapurkar, Westbury, NY  
Jim Otis, Fremont, CA  
Ramchandra Sugasi, Herndon, VA

## Relocated Prefects

---

Balaji Narayanan Iyer, Novi, MI  
Ranjani Balaji Iyer, Novi, MI





## New Releases

