



Master's News

Report on Rev. Master's tour Delhi-Chandigarh-Ludhiana-Chandigarh-Delhi : 27 Feb – 05 Mar 2011– by brother Satosh Hegde:

27th February, Revered Master began his journey to Chandigarh from Delhi by road and he had a brief halt en-route in Karnal, adjacent to Karna Lake. A gathering of more than 100 abhyasis and their children were overjoyed to receive beloved Master on His arrival at Chandigarh where Master inaugurated the house of one abhyasi, and even though he had just arrived after a 6 hour drive, within a brief time he came out to sit with all the abhyasis and conducted satsangh.

1st March, Master came out in the morning and sat with all the abhyasis. The sun was out and at the same time there were a few drops of drizzling rain here and there, making a perfect atmosphere. In the afternoon, Beloved Master left for Ludhiana and soon after arrival conducted satsangh.

2nd March, Master conducted satsangh at the Ashram site in Ludhiana and laid the foundation stone after which He gave a talk to all the abhyasis expressing his fondness for the land of Punjab and spoke a few words in Punjabi too. He said that for those who do not come to the ashram the word he would use is "Tussi Bewkuf" (You are a Fool) and added "Naal aaja" (Come, Join me).

Master then proceeded back to Chandigarh reaching there by lunch time and the next day conducted satsangh at Tagore Theatre where abhyasis from all over the zone had gathered. A gathering of more than 600 abhyasis were overjoyed to be with their beloved Master and this was followed by a heart warming rendition of a few bhajans. Next day, to the joy of the waiting abhyasis Master sat out in the sun for almost an hour and answered many of their questions and then came out again in the evening and conducted satsangh. A large group of abhyasis had gathered to bid goodbye as Master after an early breakfast departed for Delhi. En route Master had a brief halt in Karnal adjacent to Karna Lake where he conducted satsangh before proceeding to Delhi.

Some of the pearls of wisdom that beloved Master shared during the tour are:

- Abhyasis should introspect as to why the Master visits again and again. What is the purpose?
- One path is to be given up before we walk on another

path. I cannot remain dry and also swim; I cannot stand on earth and also fly. One state of being has to be given up before you can come to another state of being.

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

Do not try to change the world, change yourself.

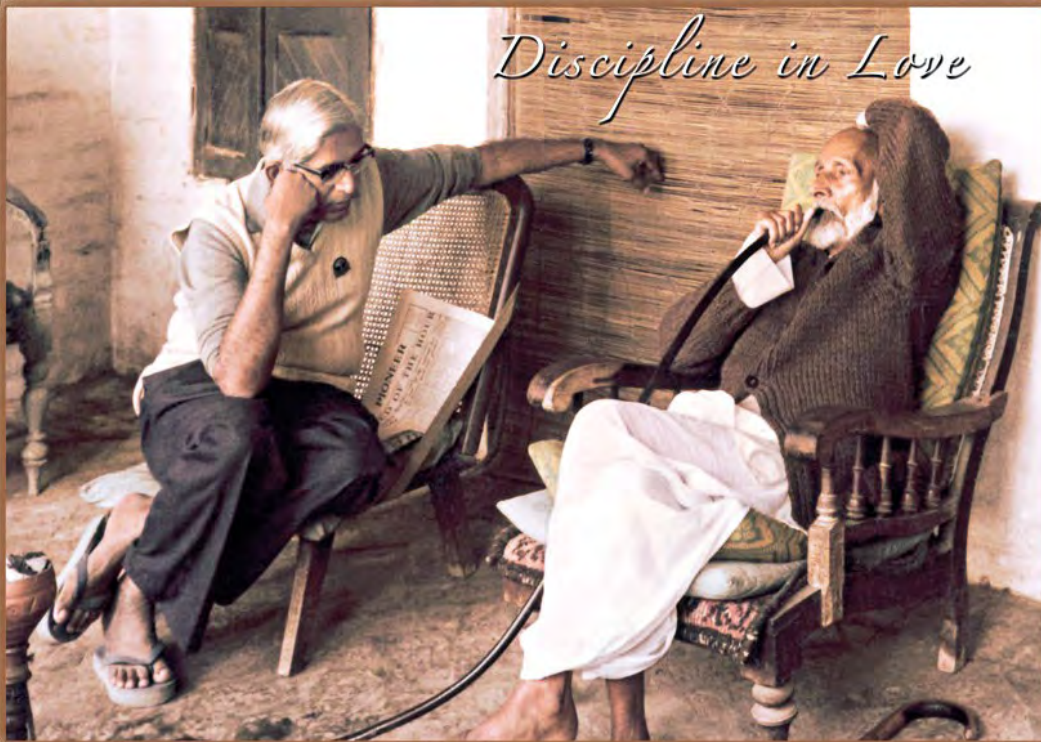
Photographs taken during the tour can be viewed at :

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





Revered Master's 85th Birthday Celebration



23rd - 25th July 2011, D.J. Park, Tiruppur, India.

SHRI RAM CHANDRA MISSION

85th Birthday Celebration of Revered Master at Tiruppur, Tamil Nadu

Circular 1 18th March 2011

Dear Brothers & Sisters,

Pranams.

It is with immense joy and gratitude we wish to share with you all, that Revered Master has permitted His 85th Birthday Celebration to be held at Tiruppur, India.

We invite abhyasis worldwide to participate in this joyous celebration wholeheartedly.

Invitation for this auspicious occasion is attached with this circular.

All necessary information for abhyasis for participation is also enclosed.

Affectionately,

Harshvardhan Gupta





Jodhpur: A visit to remember

Master's current spiritual odyssey included a short visit to Jodhpur after a gap of ten years. Three thousand abhyasis from Rajasthan who had gathered felt that the new meditation hall was his gift of a spiritual oasis for this desert region.

Master arrived by flight from Delhi on 15th February, bringing with him the much needed sunshine and respite from the rain of the previous two days. Despite the long travel from Rudrapur and Delhi, he appeared fresh.

Abhyasis were delighted when Master came out twice and interacted with them. The gates of the cottage remained open while Master sat on the lawns with abhyasis and talked for a long time. He told a sister who touched his feet that it is not permitted in our system and we should not do these things without thinking of the consequences of our actions. He also advised that we should pray for all who were against the system and who antagonised abhyasis.

After inaugurating the Jodhpur Ashram on 16 February at 9:15 a.m., Master conducted satsangh in the newly built meditation hall. After sis. Ranjana Mehta sang some bhajans, Master visited the office and sat for a while enjoying the sun while interacting with abhyasis. He came out in the evening to meet children who participated in the cultural programme.

On 17th February Master expressed his disappointment at the abhyasis who had not attended satsangh and were instead waiting for him at the cottage. Master gave a sitting to all volunteers at 11:30 a.m. During a discussion about visiting exotic locales, Master said that these activities were more of ego enhancers rather than any real value. Master left for Delhi later that afternoon.

Important Points re satsangh adapted from Salient Features of Sahaj Marg No.1 pp.78-79

Master says that those who are not present in the weekly Sunday satsangh, do not remain in His vision, hence, whoever wants to be under Master's vision needs to attend the weekly satsangh.

1. New entrants are allowed to sit in group sittings only after taking three initial sittings.
2. Satsangh is available for those seeking individual spiritual development and not for meeting their friends, clients etc.
3. Satsangh is not the place for noise, political discussion or any other gossip.
5. Abhyasis need to come to satsangh at least 10 minutes before the sitting begins. Sitting in a meditative mood, doing one's own cleaning is desirable as a way of preparing ourselves for receiving what Master gives.
6. After the satsangh is over, abhyasis need to keep silence for five minutes, contemplating their condition and what they have experienced during the meditation. It is good to note this down in one's diary immediately.
7. Reading of one of Master's talks or listening to a CD of His talk, after the group meditation is a part of satsangh. Abhyasis need to continue to sit quietly in the place of meditation and listen carefully to whatever is being read.
8. Abhyasis need to develop affection for other abhyasis and sweetness and elegance in day to day talk and behaviour.
9. Behaviour towards satsangh brothers and sisters should be pleasing and conducive to their progress. Direct opposition is bad.

In Sanskrit, Sat means the truth, and sangh means, to be together with so satsangh means to be associated with the truth, (He is the truth, God is the truth).

So whenever we meditate, even alone, it is satsangh and when five hundred people sit or ten thousand people sit, it also is satsangh.





Ashram Update

As mentioned in our last update we have now completed the Final site and Landscaping plans with the retreat dormitories removed, the whole development moved a further 5 meters back and the 2 meter high mound at the front boundary. We are now waiting for the amended 100 year flood report. Once received, we will submit with our statement of removal of our special events. We then hope to receive their favourable determination for us to proceed.

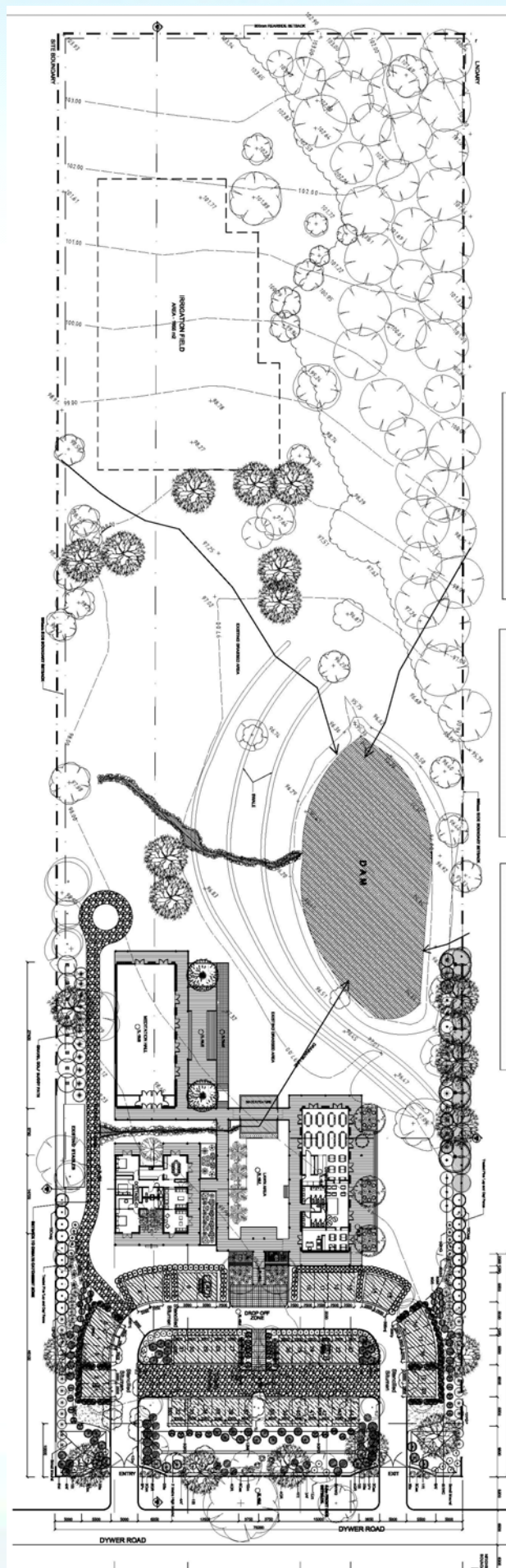
Once received, we can start work on the Building Construction. Our current challenge is to raise enough funds to complete the 1st stage of development ie. Meditation Hall, Multifunction Dining Hall and car park facilities. Br Stephen Waterer will be leading our Fund Raising efforts and we hope all abhyasis will be willing to participate with earnest at there own level so we can enjoy an early completion. Any ideas and suggestions for assisting in fund raising can be emailed to Br Steven.

stephenwaterer@hotmail.com

Other Happenings:

Oceania Ashram Maintenance Committee Meeting held On 13th February, 2011
Some Items discussed;

1. General Maintenance & cleaning issues with special focus on report of wasp, hornet and spider nests to be attended to
2. To arrange another tools and machinery training day
3. Encourage abhyasis to regularly stay at the Ashram to benefit
4. Announce regular maintenance working bees.





GOLDEN OPPORTUNITY

I am reminded of Master's speech which he gave on one of his visits to Sydney. Talking about Donations to the Ashram, he explained how if Babuji intended he could access all the wealth of the Universe. However it is HIS Generosity and Grace when he allows abhyasis an opportunity to contribute in the making of an Ashram.

I feel extremely indebted to MASTER, for offering an opportunity here, to build our Oceania Ashram. We have formed an Ashram Fund Raising group which is currently lead by Br Steve Waterer from the Sydney Centre. Below is a list of its members from different centres:-

Sydney: Sister Karishma; Brother Sathappan

Brisbane: Brother Suman

Perth: Sister Arlette

Melbourne: Brother Ram ; Brother Kumar

New Zealand: Member to be finalized.

Fiji: Member to be finalized.

Over the next few months you will see varied activities organized for fund raising, throughout all of our Oceania Centres.

On behalf of our committee, I invite all of you to participate in the forthcoming activities with all your love, support and enthusiasm.

Please feel free to contact any one of us with your feedback/suggestions.

I leave you all with a wonderful quote to ponder on:

"It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving."-Mother Theresa

Staying in our ashram

My first visit to the Sydney Ashram was in June last year, when I found myself there for an evening satsangh. Stepping out of the car onto the land was magical ... the sun was setting behind the four or five beautiful tall wispy trees silhouetted on the crest at the upper end of the site, as if sitting on the edge of the planet Earth! The energy there was familiar and a sense of exciting belonging pervaded!

With those memories in mind, it didn't take much encouragement to come back and spend a few days at the Ashram to rest, meditate and take in the atmosphere in the company of Sydney Brothers and Sisters.

Initially I had planned to go alone from Melbourne and delve into myself in solitude – but mentioning to Chrissy and Julien that I was going, I suddenly found myself enjoying the thought of going with them, spending time with them and getting to know them as well as creating the space there in order to delve into myself to get to know me better! And most of all, the feeling that I could be close to Master there.

Sydney abhyasis were so welcoming! They offered transport to the Ashram and on arrival I loved and relived the familiarity of what I had felt there last year – the trees and the feelings of the land and in the house were just as beautiful as I had remembered! I felt close to Master. We were taken shopping for the food and essentials that we needed for the three days and two nights we were to spend there.

So the days followed with walks, meditations, cleaning and sittings.

In one sitting I had, I wanted to sit cross legged on the floor of the meditation 'hall' on some cushions leaning against a pile of mattresses to support my back. The preceptor suggested that might not be supportive, and suggested one of the walls instead. In that sitting I had a major breakthrough ... which I felt happened because I was in that particular place and the opening in my heart that it afforded. When I stood up from the sitting, I noticed that I had been meditating under the pictures of our three Masters hanging on the wall above me!

The Sydney Ashram is beautiful and open to anyone that wants to be there ... I will definitely go again soon!

Ron Mendelsohn

Last week, a few of us from Sydney, three abhyasis from Melbourne and one from Canberra had an opportunity to stay at the Bringelly ashram for two days. As soon as we reached there the first thing I was able to sense was the 'silence', reflecting the language of God.

The first day we had satsangh and then each of us shared our experiences after which we had dinner. Sleep is not just sleep anymore and there was a lot of work happening while we were asleep. Again, in the morning we shared how each one of us felt during our sleep. As there was a preceptor available, after morning meditation, everyone grabbed the opportunity to take a sitting.

Being there, I realized why Ashrams are called 'Centres of Light'. They remove 'darkness' in us. They are like the river. The river has the capacity to keep itself clean and to clean everything that jumps into it. Therefore, we have to jump into the river and allow ourselves to get cleaned. Sadhana is like the daily bath where we have to turn around to get ourselves cleaned.

The stay reminded me of Babuji, during one of his trips to western nations, sitting on the corner of the bed to receive the Grace which was pouring 24 hrs a day. Babuji has always been insisting on benefitting from 'time'. We can see how our Beloved Master is making use of all available means to benefit us... ashrams, gatherings, speeches, Whispers, to name some that are visible to our human eyes. These realizations instilled in me a drop of divine love that helps me to make use of all the 'means' to reach 'Him'.

The source is Him, the means are His, and the destination is Him. It is really a wonder how just a small, an atom of 'I' is blocking the way. Let 'I' dissolve in Him.

Senthil Nathan





Refreshment at Bringelly

'Come!' said Ron. 'Julien's wanting to come, too.'
My mind started up. All the reasons why now was not good for me, not the best time etc., all the 'reasons' why going with them might be complicated. In parallel, a memory arrived - my first experience of Bringelly, a trip for the celebration of Babuji's Birthday two years ago. The warm hospitality on arrival, arriving at Bringelly ... and suddenly, experiencing for the first time, what I later came to understand as grace - it was just there coming down from the sky, hanging above the land, almost visible, certainly palpable - in the heart, on the skin... touching me in the deepest places inside, tears streaming down my face, heart bursting...almost like the stillness on the terrace at Satkhol, the feeling when looking out where the Source and the snow-covered mountain tops feel as one...

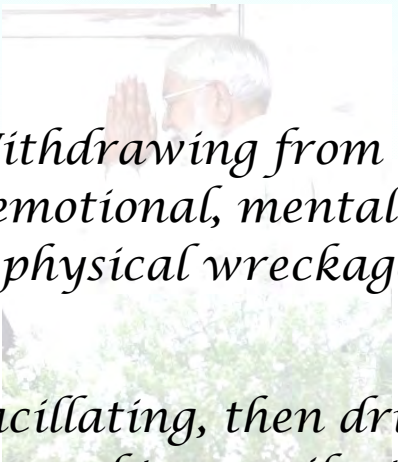
So of course I said 'yes' to going up to Bringelly, two nights, and a complete day, at the ashram. A satsangh together the first night, lots of space and time for our own practise, for reading from the library (re-reading the photographs book about Babuji allowed me to become aware of how much has changed inside since first reading it); I can't wait to return again - even a few days at Bringelly refreshes everything inside. Now I feel more able to come again, and to be more independently there, whether with other brother/sisters, or by myself. Sharing, both in words and silently, come easily and just grow naturally, in that atmosphere. Although these details are particular to my own experiences at these particular moments in time, I somehow feel that each person will receive whatever experiences, difficulties, and blessings are exactly needed for them at that particular time, when they come just to 'be' at Bringelly. There is something about the atmosphere there which nurtures and heals gently, in much the way Master-as-mother does.

I have returned refreshed in my personal daily practice, more aware of the absurd ways I can shut myself off from what my heart yearns for and thrives with, more open to taking advantage of opportunities rather than turning them down, more open to connections with brothers and sisters, more sense of having brothers and sisters (having grown up without any), more open to Master, to the master within others, and to the master within. And newly aware (thanks to one special sister) of my 'swimming samskara'.

Bringelly - an amazing place of Master's grace, now feels like a second home. How quickly all I received there, has so quietly and naturally worked inside me and come alive in my life with Master and my brothers and sisters back in Melbourne! I feel immensely grateful.

Christiane Lieberman

REJUVENATION



Withdrawing from this emotional, mental & physical wreckage.

Vacillating, then driven inward to my silent reprieve.

Gratifying to let go & drink from that divine source.

Spreading & feeling again the tender stillness that dwells there.

Shifting, softening & balancing all my faculties.

Existing wholly from that dormant force again activated in me.

Dixie Dunford





Perth hosts National Retreat

The National Retreat in Perth was held in the natural bush settings, nestled among hundreds of tall Gum trees in Jarrahdale, Western Australia from 3rd & 5th March 2011. About 10 interstate abhyasi brothers and sisters from Sydney, Brisbane and Melbourne participated in the seminar much to the joy of the local abhyasis. The atmosphere was light and loving throughout. There was a feeling of coming together of hearts in the real sense made possible only by love for Him. Satsanghs were deep and absorbing.

The theme for the seminar was 'Growing together towards Him'. Master's message for the retreat emphasised the two aspects of the theme – Growth and Being Together. Following is His message:

"The theme implies two things, togetherness as well as growth. I pray that this will be achieved by our abhyasis. Babuji Maharaj used to emphasize that whereas in friendship moral values go to the least common denominator, in a spiritual brotherhood they must rise to the maximum possible limit. Love to all."

**With Love and Master's Blessings
Affectionately,
Parthasarathi**

Activities included talks and group discussions on the theme which enabled a true understanding of what Growing together means in the light of Sahaj Marg. It covered such aspects as Prayer as a means of coming together, diary writing as a means of being true to oneself and to Master and other brothers and sisters, need for change, ways and means of being together etc. Quotes from Master on growing together and a workshop on communication also formed



part of the activities. New abhyasis participated in these activities with much enthusiasm and it was very inspiring.

A special mention to the youth and children of the centre who put on a great show through power point presentations, pictures and poetry showing what they understood of the theme. All present were impressed and motivated by the depth of their wisdom and insight in areas which would normally have been considered difficult to understand at their age.

The seminar was very special for brothers and sisters who know Brother Amiya Ghose as it was an opportunity to bid him farewell before his departure to India to live in the ashram in Manapakkam. *Sujatha Menon*

The theme Master offered for the weekend certainly caused His 'pot of potatoes' to dive deep within. Jarrahdale was a perfect choice for the venue and thankfully the weather had cooled down and the hideous heatwave many locals suffered the week before was absent. Our hosts served their 'interstate' brothers and sisters with such humility, it brought tears to my eyes and really cemented why I am an abhyasi. The program flowed and it would be no surprise to you that my vote goes to the children's program whose creative approach was thoroughly enjoyed. I love retreats, it is like a reviver, it is an opportunity for growth and it serves our practice well. So next time, think about it what gift you have been given from Him. *Arohamai, Waireti.*



Waireti presenting





Perth hosts National Retreat



Preceptors met



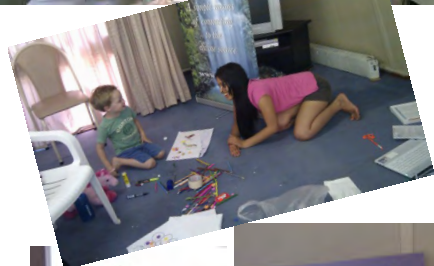
Amiya celebrated his 89th birthday and we wished him well in his new life at the ashram at Manapakkam



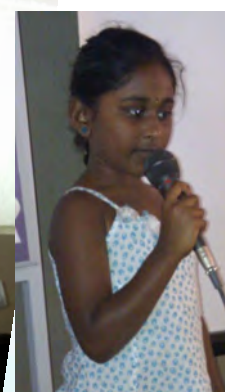
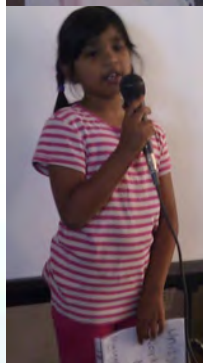
Master's Uncle Vasu came for the day



Our efficient quiet worker kept the readings happening!



Presenters came in all shapes and sizes and there was lots of fun!





Perth hosts National Retreat cont.

March 4-7 at Jarrahdale, just south of Perth, Western Australia was the location of the national retreat. It is a wonderful location full of peace and tranquillity and is a place where man meets nature.

The theme of the seminar 'Growing Together' focussed on one of the fundamentals of nature, that we need to work together to achieve growth.

Master in an email to us prior to the retreat emphasized that whereas in friendship moral values go to the least common denominator, in a spiritual brotherhood they must take us to the maximum possible limit.

During the retreat we saw a lot of kangaroos and one of the things that rattled the heart was seeing one of the kangaroos coming up and waiting for another kangaroo to join it demonstrating to me the way kangaroos also grow together, growing together is part of nature. Together we achieve more things.

As the theme says, together we can help raise all humankind. When one person in a meditation is more advanced, he can elevate others in the satsangh.

Below is a photo of the cottage where we were staying. It is located in middle of 42 acres of bushland in the Darling Range.

On the property some abhyasis found a labyrinth constructed by a group of monks many years ago. Some of the abhyasis went to check it out and here in the photo a senior abhyasi was walking together with younger one; as our theme says, we grow together in the maze of life with all its twists and turns. The labyrinth of life is made easier when we walk it together.

'Labyrinth' means 'complex branching with single non-branching path which leads to the centre of life.' We are in a complex labyrinth from our past samskaras.

There were many different presentations by various abhyasis on the theme.

Prasad Nooney



Meditation Hall /dining Room

The importance and significance of the theme 'Growing Together' quickly became apparent to me as I was warmly welcomed by the familiar faces of brother and sister abhyasis, many of whom I had last seen on my visit to Manapakkam in October 2010 for the Oceania seminar with Master. It felt just like coming home, and I immediately felt my spirits elevated to another level and that feeling of closeness continued to grow as we shared more and more of our experiences together.

I became very aware of the integral role of sharing inherent in the theme.

I learned that sharing develops tolerance which leads to more balance and harmony which then leads to the development of love. Love means others receive and receiving will lead to growth!

If we want to see a more peaceful and happy world we must be able to share with our brothers and sisters... And share we did. Many fantastic talks, ideas, songs and information sessions were presented by enthusiastic individuals.

Sharing the discovery of the magical labyrinth and open-air chapel which sister Umi & others had discovered during their previous evening's walk through the forest, was a lovely highlight for me.

I feel much learning and growth took place for me throughout. May we always continue to grow together towards a better world. *Audrey Cook*



Our dear Amiya



Master's uncle Vasu with abhyasis





Abhyasi Training Programme

The Abhyasi Training Programme was held at our Ashram in Bringelly, Sydney. The program consisted of various tips and guidance on the right way to perform all aspects of your Spiritual advancement including Morning Meditation, Afternoon Cleaning, Importance of Satsanghs, Individual Sitzings, Diary Writing and reading Ashram Literature. Simply put, it was for unravelling your physical self in preparation your spiritual self.

The Training Programme started on the Saturday Afternoon with a group Satsangh and continued with a presentation (conducted by Br. Dharmin Desai). This was a powerpoint, directly from master, on the various aspects of the Sahaj Marg practice with lots of room for group discussions. The discussions were performed with all that were present. The preceptors helped answer the questions that the Abhyasi's had and they also included some of their personal experiences to bridge the gaps. This was also especially useful in regards to how we feel about ourself before/after meditation and various other aspects of life and the practice.

A few refreshment snacks were also provided to keep our mind focused, thus, providing a great opportunity to realise the goal of Sahaj Marg and in fine-tuning the appropriate practices in our daily routines.

Typically, the main invitation goes out to new Abhyasi's (like me) but the older ones are also encouraged to attend.

All in all, it is a great day out at our Ashram while undertaking Abhyasi Training and any new (or older) Abhyasi should consider it for their own benefit. *Ajun Murthy*

I have been an abhyasi in Sahaj Marg for 14 years. I attended the SRMIT training. My feelings were that I had a good handle on Sahaj Marg, but I discovered there was much information I was not aware of as well as some I had forgotten. I found it to be very stimulating and it challenged me to go deeper into my practise. I highly recommend to all abhyasis who have been practising for a while to do this course. I am looking forward to doing it again as I have found it to be very helpful in keeping me on track. *Wendy Wilson.*

New Centre coordinator in Sydney

We have seen a couple of changes in Sydney of recent months with our past coordinator, Rajesh Kumar of many years stepping into the new position of ZIC for centres in eastern NSW and ACT. He has been replaced by Vipul Jajal who is now overseeing the coordinator role.



Value-based Spiritual Education in Australian Schools

This year, we have been lucky enough to be invited by a public school on the northern beaches of Sydney, to conduct values classes to children from Kindergarten to Year 4 at the same time as religious scripture classes are held. The classes are for half an hour every Wednesday, and we are six volunteers facilitating VBSE classes to children in three age groups - 24 children in Kindergarten, 22 children in Years 1 and 2, and 23 children in Years 3 and 4. Our lessons cover the core UNESCO values, starting in Term 1 with Environmental Morality. We are trialling lesson plans developed for the new international VBSE syllabus of the Lalaji Memorial Omega International School in Chennai, and are working very closely with the VBSE coordinators at the school.

It has so far been a very joyful and rewarding experience for all involved. We have had to look at ourselves and really live the underlying spiritual values, so that we can share them in a simple, practical way with children of all backgrounds. The team of volunteers has been working together in a very committed and creative way, and we are all growing week by week.

If anyone is interested in piloting similar classes in local schools, please contact sister Elizabeth Denley at edenley@internode.on.net for more information.



The first day... After preparations, the team sets out to teach Values





Auckland, NZ Centre Picnic



On Sunday 27 Feb abhyasis from Auckland centre in NZ went to Long Bay beach after morning satsangh for a whole day programme and invited friends along to join us.



Abhyasis in Auckland enjoy a picnic day together

Preceptor visit to New Caledonia

During my visit to Noumea centre from 12-17 March, I had the privilege of meeting the French speaking group of brothers and sisters and assisting them on their challenging path.

I gave as much time as possible to sittings and interacting with everyone. We spent the day together on Sunday 13th March at Sis Aude's place at 'Le Mont Dore', Noumea around the theme of "Friendship Versus Brotherhood" and Sis Danielle facilitated the day's programme with the aim of conveying Master's observations on friendship. It seemed relevant to start with this concept so dear to human beings and carrying so many expectations and misleading opinions. We then started a spontaneous exchange of ideas and discussion, followed by the yearly planning of activities focusing on learning from Master's teachings every month in study sessions. Our best wishes to those who are moving back to France and we welcome with shared enthusiasm those beginning and joining us on the Sahaj Marg adventure!

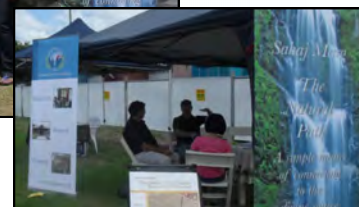


Abhyasis in New Caledonia

Brisbane centre had a Yogi Cafe Stall at the Lunar New Year and Lantern Festival on Saturday 12th February 1:00pm - 6:00pm at Macgregor State School, Brisbane. This event was a fundraiser for QLD flood recovery and cultural event organised by the Taiwan Friendship Association of QLD Inc. We offered refreshments and yummy snacks to those who came to talk with us in an informal way about meditation. A more relaxed approach to the public.



Yogi Cafe Stall, Brisbane



Central Coast Open House, NSW

A second Open House was held at Bamboo Buddha Cafe at Holgate. We had a first one November last year. The cafe had used their mailing list to alert any interested souls that the Open House was to be held and from that session which was attended by 5 interested people, two people were introduced. We ran the session both times as an informal round table discussion over a "cuppa" with an opportunity to ask questions of Preceptors and abhyasis. Three interested people attended this session from fliers displayed in the local area. The cafe email mass mail out for disseminating information which was so helpful last time, is currently out of operation, however the fliers were more successful this time. The session was facilitated by three preceptors, 2 travelling up from Sydney with an abhyasi and 2 local abhyasis one of whom started at the last Open House. All added support and information. Two people started immediately and one more has subsequently started from seeing the flier.

Moree NSW embracing Sahaj Marg

Br.Kumar Ghandu and family from Toowoomba, invited by Br.Sekar, went to Moree Friday 25th March to start a new centre there.

It was a very pleasant 4 hour journey from Toowoomba and on arrival we talked to friends of Br. Sekar about the practice with the result there are now 9 abhyasis in Moree. A number of others are interested to join so we will be returning at Easter to give satsangh and introduce those who are interested.



New abhyasis in Moree





Fiji

Suva Centre News In the first quarter Suva Centre saw visits by prefects at least twice a month. Suva Centre is 215 kilometres from Lautoka where 4 prefects are based. This quarter Suva abhyasis were able to get sittings every two weeks and satsanghs and study sessions were also conducted by visiting prefects. Sashi from Lautoka has been able to visit at least once a month and Sr Adi Vasu from Labasa visited Suva twice, Sr Rita has also been able to visit this Centre this quarter. This Centre has only 5 consistent practising abhyasis and it is hoped that with regular activity other abhyasis who have not been so regular will be able to pick up their practice. *Sashi Kieran*

Donnybrook & Busselton Centres south of Perth

Satsangh continues to be held weekly at Busselton centre on Mondays at 6pm where abhyasis take turns to pick a reading topic which we discuss after Satsangh. These weekly discussion sessions help to promote a deeper understanding of the Mission literature and also develop a sense of unity and brotherhood.

In March abhyasis from Busselton came to Donnybrook centre for the weekend to attend sittings and Sunday Satsangh, it was a lovely time for the two centres to come together and share insights into the practice. Also abhyasis from both centres attended and enjoyed the recent Jarahdale retreat. *Lorraine Dominic*

Basics of Sahaj Marg for New Abhyasis.

A programme has been started in Sydney called 'Basics of Sahaj Marg'. It is a session for new abhyasis of up to two years standing which seeks to provide information and support for their practice and general understanding of Sahaj Marg. It is there to also give newer abhyasis an opportunity to voice their thoughts and feelings about any aspect of their involvement with the Shri Ram Chandra Mission. The session is held on the 3rd Sunday of the month after satsangh from 9.00am to 9.30am. It is currently being conducted by Sis. Elizabeth Crichton and Br. David Todd. Please encourage newer abhyasis to attend.

David Todd

Lalaji's Birthday Celebrations

Brisbane

Lalaji's Birthday is always dear to my heart and the process of honouring the One that we Celebrate starts days before when I re-read his books, remember him, and feel His humble and grand presence through his words. This year, Br Kumar and Sis Helen presented on his life, character and teachings, and Sis Danielle on the chapter "My wife" from Complete Works of Ram Chandra (Lalaji), a source of inspiration, a model for women to emulate, whether they are wives, mothers, or simply women in a society.

There was so much devotion, wisdom and character in her that Lalaji himself praised her in a unique way, telling stories about her, leaving us in wonder about this person who was 'only' the shadow of the Great Personality, yet had so much presence and closeness with God. Sis Hiltrud shared 2 articles from "Sahaj Marg and Its Children" and this generated some discussions on children and their experiences. Sis Elizabeth, who always chooses the best readings after satsangh, selected another passage from Complete Works of Ram Chandra to conclude the day's activities in an inspiring way..*Danielle Smith*

Sydney

The day on Wednesday, 2nd February started with inexplicable freshness. There was an element of excitement in the atmosphere outside and within the hearts of the abhyasis. Even though it was a working day, a good number of abhyasis turned up for the morning meditation. The presence of Revered Lalaji Maharaj was felt during the Morning Satsangh, preparing us for the rest of the day. The scorching heat was the flavor of the day. Some abhyasis were complaining about the heat, while some submitted to this condition and tried to remain in remembrance while others left the venue for the comfort of the air conditioner in their house. My view was that when the gold is put through the tremendous high temperature then only it becomes pure, free from the impurities; it was Revered Lalaji's divine plan to make us go through the scorching heat throughout the day to remove imperfections so as to enable us to progress further on this spiritual journey.

It was surprising to know that the heat had very little effect on kids. They had a gala time with ice creams, icy pops, cold juices etc. Even the brothers and sisters were running for the icy pops in a vain effort to beat the heat. The session presenters put on indepth and informative sessions on Revered Lalaji Maharaj's life, family and spiritual teachings. The silence was worth noting during the video presentation of beloved Master's speech on "Lalaji Maharaj" volume-III from the collection of "He, Hookah and I".

On a personal note, It was very pleasant to receive greetings from brothers and sisters as it was our seventh wedding anniversary.

In the evening, a number of abhyasis joined us after their work day was over and after dinner there was a praiseworthy collective effort from abhyasis to clean up the halls. Many stayed behind to help clean up after the 9 o'clock prayer even though they had a long distance to travel to reach home and in the dark.

I was aware of surges of gratitude whilst driving home late that night and I slept like a baby sleeping in the loving lap of mother in the form of our beloved Master.

Vipul Jajal





Lalaji's Birthday Celebrations cont.

Melbourne

Basant celebrations were held on 2nd February with the first satsangh being conducted early morning at 6:30am. This was for the benefit of those abhyasis who had to attend work. The next satsangh was held at 9:30am. After satsangh and breakfast we had a discussion on the teachings of Lalaji Maharaj. This session was conducted by Sister Vinitha and it was very absorbing and a great experience for all present to participate in this discussion.

This was followed by lunch and then we played the DVD "Life of Lalaji". It was followed by a tea break and thereafter more talks given by Revered Master. The charge during the day was incredible and we were all absorbed in it as much as being profoundly moved by Master's talks. Evening satsangh was conducted at 6:30pm and followed by dinner, cleanup and 9pm prayer. The brotherhood between sisters and brothers is incredible. Everyone was so co-operative with one another, helping or willing to help all the time. Parents took turns to look after the tiny tots. Everyone felt they had been completely filled, much more than can be adequately put into words. Now, it is time to absorb what was given to every one and grow spiritually. *Vikas Sharma*

Fiji

The Centre marked Lalaji's Birth Anniversary with two satsanghs. Prior to the celebrations an extended session was also organised. *Sashi Kiran*

Calendar of Events

Date	Event	Venue	email
April			
9	Ashram cleanup	Bringelly, Sydney	davidknoxtodd@gmail.com
9	Open House	Wellington, NZ	ravi_ravendran@gmail.com
10	Fundraiser carwash	All centres	Centre local centre coordinator
12	Youth satsangh	Lilyfield, Sydney	stephenwaterer@hotmail.com
15	VBSE Programme- children	Perth	skmenon.au@gmail.com
16	W'shop S coast abhyasis	Bringelly, Sydney	edenley@internode.on.net
16	Open House	Belconnen, Canberra	rklal@optusnet.com.au
16	Youth get together	Perth	skmenon.au@gmail.com
17	Forum for new abhyasis	Sydney	davidknoxtodd@gmail.com
22	VP visit and centre picnic	Melbourne	vsharma4@gmail.com
23	Full day programme	Shepparton, Victoria	vsharma4@gmail.com
24	Full Sunday programme	Wellington, NZ	ravi_ravendran@gmail.com
24	Full day programme	Albury, Victoria	mohanaraga@gmail.com
25	Full day programme	Melbourne	vsharma4@gmail.com
25	Preceptor workshop	Bringelly ashram, Sydney	rklal@optusnet.com.au
30	Rev. Babuji's birthday	All major centres	Contact local centre coordinator





Calendar of Events

Date	Event	Venue	email
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May

1	Monthly gathering	Sydney	vipuljajal@gamil.com
7	Open House	Wellington, NZ	Ravi_ravendran@gmail.com
8	Q & A with prefects	Melbourne	vsharma4@gmail.com
10	Youth satsangh	Lilyfield, Sydney	stephenwaterer@hotmail.com
14	Ashram cleanup	Bringelly, Sydney	davidknoxtodd@gmail.com
14	UN Inter'al Families Day	Melbourne	vsharma4@gmail.com
15	Forum for new abhyasis	Sydney	davidknoxtodd@gmail.com
15	UN Inter'al Families Day	Sydney, Brisbane, Auckland, Dunedin, Perth	Centre coordinators
20-22	Retreat	Bringelly ashram	ecrichton@optusnet.com.au
22	UN Inter'al Families Day	Wellington, NZ	Ravi_ravendran@gmail.com
27	VBSE session-children	Perth	Skmenon.au@gmail.com

June

5	Monthly gathering	Brisbane, Sydney , Perth	Local coordinators
5	Abhyasi training	Melbourne	vsharma4@gmail.com
7	Youth satsangh	Lilyfield, Sydney	stephenwaterer@hotmail.com
11	Ashram cleanup	Bringelly Sydney	davidknoxtodd@gmail.com
11	Open House	Holgate NSW Wellington NZ	kerrieando@bigpond.com Ravi_ravendran@gmail.com
19	Forum for new abhyasis	Sydney	davidknoxtodd@gmail.com
24	VBSE session-children	Perth	Skmenon.au@gmail.com
26	Seminar	Wellington, NZ	Ravi_ravendran@gmail.com

