



NEWS FROM MANAPAKKAM

June 2013

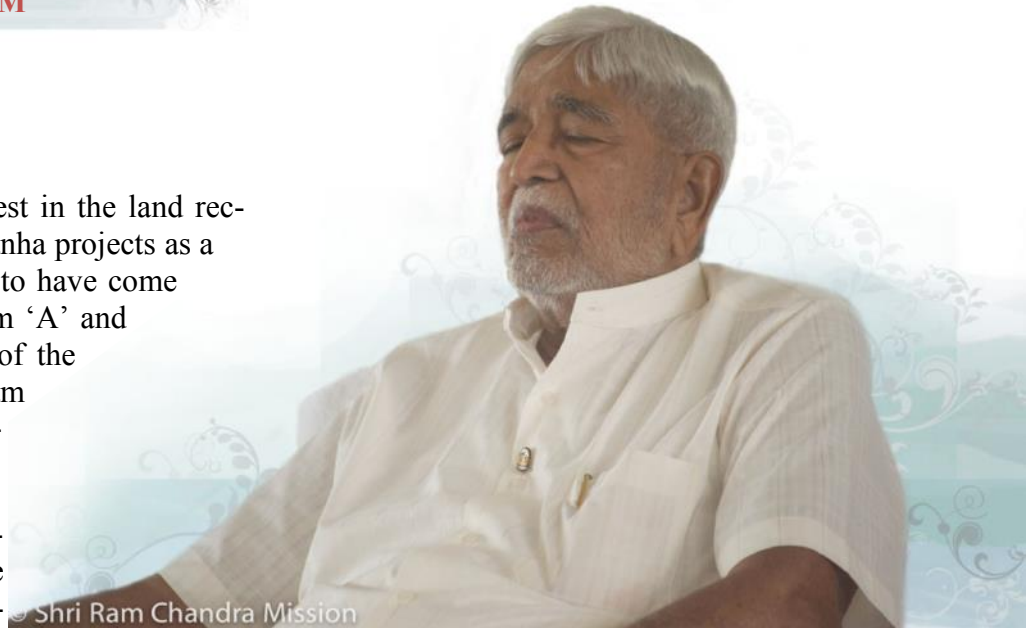
Master has been taking a keen interest in the land records relating to the Brahmand and Kanha projects as a result of which a new energy seems to have come into this effort. Master came to Dorm 'A' and gave a talk saying, "I am also one of the land owners like you all and I also am very keen in wanting to see this getting resolved for all our benefit."

Master gave some books to Br Kamlesh which were Babuji's works. He has also given his original diary collection to Br Kamlesh who said that it is such a treasure and is going to be of so much use to everyone in the future. Master said, "I never thought that it would be of use to anyone. I just wrote for my own reasons to keep track." Master has hand written his diaries from 1964 – 1994 and then from 1995 onwards he has been typing it directly on the computer.

Master talked about an incident when one morning around 5 a.m. Master was sitting just outside Babuji's bedroom at 'Gayatri' and writing his diary. Suddenly Babuji came out and asked to see it. Master showed his diary to him and Babuji said, "Arre, you are writing about everything that I have said. How do you remember all these things which I myself don't remember?" Master said, "I just put myself into that date and everything shows up in front of me." Babuji was very happy on hearing this and said, "This is called research."

Master then mentioned how Babuji had asked him how he slept instantly, as soon as he lay down. Master said, "I just imagine that sleep is descending from the front of my forehead down into my eyes and I sleep off." Babuji replied, "You see, research does not mean writing volumes of paper and theory. This is original research."

Master then said, "Most of the work I learnt when I was on tour with Babuji. He would ask me to do the work and he would observe. Many times he would ask me to sit next



to him and work along with him, transmitting. I wish I had ten more years with him. Babuji told me that he would be around and with me till 2006 or 2007, but he left several years earlier."

July 2013

A few months ago, Master was looking at a regression session on the Internet by Brian Weiss, the author of *Many Lives, Many Masters*. Brian Weiss has written a new book titled *Miracles Happen* and Master has started reading this book. The reading was about people going into their past lives through regression treatment. The point being conveyed was that we are all one and many examples were shown how our meetings and associations in this life are not a coincidence but that such associations are a continuation from various past lives.

Master has about 2 - 3 books going at one time and he picks one of these books for every book reading session. A couple of Omega school students come on weekends to read the books out loud for him. When he is listening to the reader, his eyes are closed and he is concentrating on what is being read. He also helps the reader to correct himself or herself along the way.



Inauguration of the Singapore Meditation Centre

Wednesday July 3, 2013: Master said, “We have been waiting for this meditation center in Singapore for a very long time.” He got ready very early and was all set to join the Singapore abhyasis via a video link. The Singapore abhyasis had been advised earlier to sit for meditation and after that Master would join in. As the satsangh at the Singapore meditation center finished Master eagerly came walking to his office room. He greeted all the abhyasis in Singapore and then gave a beautiful talk, where he referred to the nursery rhyme, ‘Twinkle Twinkle Little Star’, and said, “You know the diamond does not reflect light from outside, it has what is called ‘total internal reflection’. The light inside the diamond is totally reflected without escaping. That is how it becomes so brilliant and so lovely and wonderful. ...The light in our heart on which we are supposed to meditate must be allowed to grow and to go on inside you know reflecting, so that one day we become like a star.” Master then called out to the children to come forward and told them how everything natural grows from inside and thus, spiritual life as well should grow from inside.

One day, Master was awake early and decided to come out and sit. Master sat in silence for a while and then asked for the newspaper to be read to him. However, after a while, as Br Satbir came, Master’s mind had gone to checking his emails. One could see his restlessness and he proceeded to check his emails. Work always comes first for him.

Wednesday July 10, 2013

Master conducted the 9 a.m. satsangh which lasted for about forty minutes and then performed four marriages and one engagement. He looked quite tired after this and went to rest. The same evening, Master conducted satsangh from the porch as it was drizzling outside. After



the satsangh was over, it rained quite heavily for about thirty minutes.

Arrangements were being made to accommodate about 10,000 abhyasis for the upcoming birthday celebrations in Chennai and Master asked for a budget to be prepared and submitted to him.

The monsoon has started in Chennai and one night Master came out in his wheelchair and enjoyed watching the heavy rain. He said, “It should rain like this for a good two hours to solve our water problems.”

Master has become regular in giving a perfect sitting almost every day. This is the first thing that he likes to do in the day and is so focused on this work that he cannot be distracted by any other information until it is done.

Saturday July 13, 2013

Master had several sittings lined up for the day. By 7:15 a.m., he finished his sittings and then the eye treatment started. Master had his haircut while listening to L. Subramanian’s music. Just then, he received the news that one of his close associates, an abhyasi, had passed away. Master’s mood changed and he was in a different world altogether. He said, “One second here, another second gone. Where, nobody knows”. After this, he was

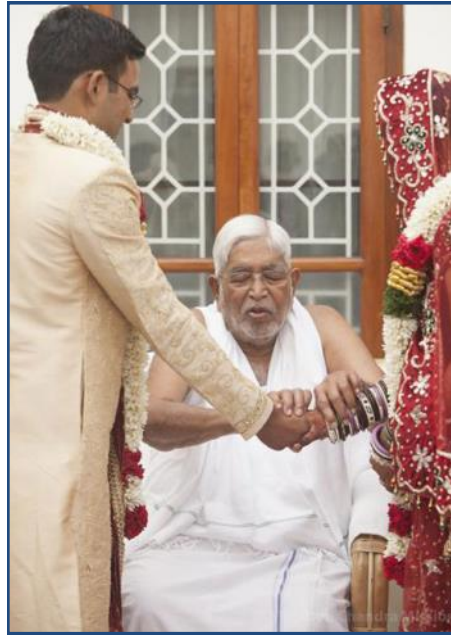
completely silent for the next hour, just sitting with his eyes closed or staring into space.

Sunday July 14, 2013

Master planned to go to the meditation hall but his doctors advised him to be in the cottage as he had been a little unstable in the morning. The central hall in the cottage has become the venue for Master to conduct marriages. He conducted satsangh and solemnized five weddings.

Master sat in the hall for the Gita lecture by Br Sanskrit Kannan which went on for an hour. Till now, he has completed the first six chapters of the Gita. At the end of each session, Master usually makes some closing remarks.

On July 20th, Bhargav returned from the USA. Master was very happy and said, "Welcome grandson, I have been waiting for you." He spent some time with the family and then gave a sitting to those present. After the sitting, Master discussed with Br. Wullemier and Br Alber to about various training programs. He asked them, "How to grow without the ego accompanying that growth - that is the secret of the matter. Take children for example. As they become three years, they become egoistic. Daddy says, 'Do this'. 'I know'. It seems to be necessary in some way at the beginning of growth, to give self-confidence, you know to face the world, to socialize. But, it is like the milk teeth that we have, the first set of teeth. They have to go, you know. So similarly, this ego has to mature or shall we say, flower into humility."



Monday July 22, 2013 Guru Purnima

A very important day in the life of an abhyasi when he is in the presence of his Guru. The ashram was full of abhyasis. Master was ready very early and met with quite a few abhyasis in the morning. A large scale model of Kanha Shanti Vanam was brought by the Hyderabad team and Master looked at it in great detail. He was impressed with the model and proudly called many abhyasis to see it and explained the various features to them.

Master conducted the morning satsangh in the meditation hall and then gave a talk. In the talk he said that Sahaj Marg has *infinite* blessings to give us, but how much are we able to take with us? He said, "Don't exempt yourself from the need to examine yourself sincerely, and to evaluate yourself, and at least now to start throwing off all those dirty things that you *know* you have."

Master's 87th Birthday Celebrations

Master was ready quite early in the morning. He blessed the prasad which the kitchen team had brought and also cut a cake at their request. Br Krishna and family and Br Kamlesh and family met Master. Even before the sun was up, there was a large group of abhyasis waiting at the cottage gate. Master was sitting in his bedroom and abhyasis were facilitated by the cottage volunteers to meet and greet Master. About 250 abhyasis would have met Master before he came out to conduct the morning satsangh. Master came to the meditation hall in his wheelchair. This year as there was no bhandara and abhyasis had been asked to celebrate at their local centres, a video link was setup to





relay live the proceedings at Chennai. The satsangh, the book releases, Master's talk, then the announcement that he was leaving but Master immediately saying that he wanted to talk again thus giving two talks, the bhajans; all were heavenly and a great feeling for all present at Manapakkam and elsewhere.

In his first talk, he reminded us that our spiritual evolution is not only for ourselves. Our children must evolve with us and our social circle must also evolve with us. He also said, "The freedom of choice is the most dangerous thing for us, because unless you have the wisdom to choose, it helps you to condemn yourself to all the bad things. ... Sahaj Marg is simple but it requires courage to be simple. It requires courage to be able to say what you have in your heart."



In his second talk Master said, "Without you all, I feel lonely. Even before the Utsav starts, I am thinking that they are all coming only for a few days and then they will all leave me and I feel very lonely, I feel very sad. So, to dis-

pel my loneliness, I need companions in my spiritual way, whose presence I can feel always, whether they are here or not."

After the morning session, Master continued to meet abhyasis at the cottage. Around noon, a group of around fifty Russian abhyasis filled Master's bedroom and the atmosphere changed, a lightness entered, and Master suddenly decided to give a sitting! He later expressed a keen interest to go to Russia and the Russian team is planning the event for next summer. Master's health cannot be an issue when such a spontaneous and joyous event happens. His keen interest to travel in spite of his fragile health brought tears of joy to many.

In the evening flutist Br Shashank played a fusion style concert at the meditation hall. Master watched part of the program through the live relay. The day ended in the usual way with Master watching a movie and going to rest by around 10 p.m.

Thursday July 25, 2013

Master was in his office, working on his emails and waiting for the satsangh to end. He then listened to Br



Kamlesh's talk very intently. After this, there was a short video on the Moldova meditation center. Master was very happy to see this video. The design of the meditation center was superb. The kitchen and dining facilities were of high quality, the accommodation looked like posh hotel rooms, and Master said that the meditation hall looked like a space ship taking off! Master and Br Kamlesh were very happy and thrilled to see such efforts from a small center with a small number of abhyasis. After the video, Master gave a sitting to the group and after that he asked everyone in the room to tell their experience of the sitting. Each one explained what they felt and after hearing from everyone Master said, "This sitting was special because the work I did uses a special technique."

Master was talking about success and failure and said, "Failure is individually attributable. Success is not. In my sales talk I used to say about cooperation, when the car is working perfectly fine, can you say why it is working. You cannot. But if it fails, you can surely say what is the reason for its failure."

August 2013

Friday, August 2 was Master's birthday as per the Lunar calendar and all the brothers in the cottage were wearing dhoti and blue shirt. Master offered prasad in the morning and he had planned lunch for about fifty people. He came to the courtyard and had lunch with everyone.

North American Prefect Seminar - August 8th to 10th

On 8th morning, Master was not well and even though the prefects had assembled outside the cottage it was changed and they went back to the auditorium as Master was not in a position to address them.

However, in the evening, Master surprised everyone and came and sat outside the cottage. The North American prefects were able to spend time with Master and he addressed them all.

'Deepening Prefects Experience' was conducted for about 140 prefects by Br Santosh Srinivasan and a team of fourteen facilitators. Br Kamlesh also gave talks to the prefects on all the three days. The seminar concluded with a Q&A session on Sunday.

Friday August 9, 2013

On Eid, the last day of Ramzan it has been customary for one Muslim family who live near the ashram to come and seek Master's blessings. Master invited them, met all the children, gave them sweets, offered prasad and distributed the same to all those who were present and then conducted a sitting as well.

North American Seminar - August 11th to 17th



Brothers and sisters from North America and Canada gathered together to grow spiritually by engaging with the theme that Master had given: "Prejudice is the greatest obstacle to Spiritual Growth." In particular, Master appointed brothers P.R. Krishna, Kamlesh, Rob Klinger, Kannan, Vinod and Sis. Elizabeth as speakers.

Br Kamlesh emphasized the importance of reading the Mission literature, and therefore proposed to spend the afternoons in reading the works of our Masters. He ex-





◀ Br Kamlesh hoisting the Indian flag on the occasion of the Indian Independence day on August 15.



plained the importance of having a background on the writing of our great Masters.

The gathering offered a training for teenagers interested in discussing Sahaj Marg, the role of spirituality, how it related to them as youth and what role the Master plays in their lives.

Br Victor Kannan introduced the program of U-Connect (University connect) to teachers and students and Br Krishna Linga invited abhyasis in higher education to become active so that Sahaj Marg can be reached by future generations.

Chennai saw continuous rains during this seminar which lightened up by the 16th. After each evening sitting, Master's gate opened for all abhyasis. On 16th evening a bold eight year old asked Master. "Master, why does God hide himself in You, why can't he show Himself?" Master said, "If God is hiding, then there must be a reason behind it. If the reason is revealed, then what would be the purpose of Him hiding?" Only Master could have such a beautiful reply.



On 17th evening he was smiling and shaking hands with a huge group of children, who seemed very happy to be around Master. Slowly, there were a lot of grown ups who took courage and came forward to greet Master, some with sweets and gifts. Master obliged each one of them with immense patience and calmness. A brother asked Master, in reference to the theme of the seminar, "Master, is love the opposite of prejudice?" Master replied instantly, "Love does not have an opposite." He said that just like how God does not have an opposite, love also does not have an opposite.

When asked how he was doing, he answered, "Not so well but no complaints." Seeing him was so touching, filled with moments of silence.

During this whole seminar Master's health was not alright. So, almost all his planned visits, meetings, and satsanghs had been cancelled, but the spontaneity of Master was in full swing. He made himself available whenever his health permitted, came out, met abhyasis, watched talks given by others, etc. He mentioned, "My availability to abhyasis is more and more being governed from up there (pointing upwards to Babuji Maharaj) and it is getting more and more restricted. Anything available in excess is not valued much. So, I recommend everyone to utilize the opportunity to the fullest extent."



Master's 87th Birthday Celebrations in Sri Lanka

Kandy



Eighteen abhyasis celebrated Master's birthday by getting together for satsangh at 7:30 a.m. Sister Krishnarani, prefect-in-charge for Kandy centre, gave the sitting and afterwards spoke on Master's life, giving details of how Master first met Babuji and then explaining his relationship with his beloved Master. Subsequently Br Krishnanalan read a message from the *Whispers from The Brighter World*. All abhyasis then had breakfast together in a joyful atmosphere. The evening satsangh was conducted by Sis. Krishnarani at 5:30 p.m. with sixteen abhyasis present. After the meditation a cake was cut to celebrate Master's birthday.

Colombo

The celebrations started with the morning satsangh at 7:30 a.m. at the Theosophical Society Hall, 48 Ferdrica Road, Colombo. The atmosphere was charged and peaceful and abhyasis felt the presence of divinity. Babuji Maharaj's birthday message was read followed by the reading of Master's life history by a brother. A DVD containing Master's discourse was played and abhyasis enjoyed fully. The morning events ended with serving of prasad. Twenty-five brothers and sisters participated in the morning.

Twenty-five abhyasis attended the evening celebration which started with satsangh at 6:30 p.m. at No. 14 4/1 Daya Road, Colombo. After reading a message from the *Whispers*, prasad was served.

"He calls the spiritual life an adventure. It *is* an adventure. In an adventure you have fun, you have pleasure, you have danger. Here the danger of life is not from tigers and snakes and lions. The danger is from your own evil in your own heart which does not permit you to look at the good in others."

— P. Rajagopalachari, 24th July 2013, Manapakkam, Chennai

Galaha

Chariji's birthday was celebrated at Br Pragash's residence on a grand scale. There were twenty abhyasis and Br Sri Lal de Silva conducted the satsangh at 4:30 p.m. Abhyasis were very happy with Master's grace and the wonderful atmosphere. Abhyasis donated exercise books and stationary items to the children of abhyasis who came for the celebration. The day's event concluded on a memorable and joyous note followed by cutting a cake to celebrate Master's birthday.

Karaveddy

The birthday celebrations started with 7:30 a.m. satsangh and ended with the 5:30 p.m. satsangh. There were thirty-three abhyasis present in the morning and thirty-two abhyasis in the evening. Br Suntharamoorthy conducted both the satsanghs. The atmosphere was peaceful and abhyasis felt the divine presence throughout the day. Short eats including cake were served as prasad with tea. This was followed by the talks regarding Sahaj Marg practice. All abhyasis were very happy to receive Master's love and grace.



Balagolla

A one day programme was held at 491, Balagolla, Kengalla on Monday 22nd July prior to Master's birthday. The theme was 'The Role of the Abhyasi'. There were thirty-six abhyasis from centres including Kandy and Galaha. The programme started with satsangh at 9:30 a.m. by Br Suntharamoorthy, Country-in-Charge from Colombo center. This was followed by reading a message from *Whispers from The Brighter World* and a selected portion from *Principles of Sahaj Marg, Volume 10* regarding the importance of daily practice and attending satsanghs. Br Suntharamoorthy clearly pointed out the role of the abhyasi in his talk. After breakfast a DVD was screened on the 'Deepening Prefects' Experience Programme' held at CREST, Bangalore from June 11th to 15th 2013.

A discussion followed on 'how to improve our daily practice' and abhyasis shared their experiences. As most of the abhyasis were new to the system, they were very enthusiastic to know more and returned home with a clear mind. After lunch there was a question and answer session and sale of books and photographs.

The programme ended at 4:30 p.m. with satsangh. Everyone felt beloved Master's love and grace throughout the programme and enjoyed a wonderful day. The children who came with their parents enjoyed the atmosphere. Chariji's birthday was celebrated on 24th July with two satsanghs and the usual proceedings.



New Appointment

Sis. Elizabeth Denley

Director, History and Archives Department

An Invitation

The publication team invites abhyasis and their children to contribute creative content towards publications. Submissions may be in one or more of the following categories:

- Art, collage, painting, or any other form of artwork that is your own creation.
- Photographs taken personally by you.
- A design composition developed using Adobe Photoshop, or similar software – with clear references to the source of images / artwork used in such composition.

Such design contributions received will be reviewed by the publication team and may be selected for use as part of the cover design for books or Audio-Video publications of the Mission. By sending in your content for consideration, please note that you are granting full publishing rights to Spiritual Hierarchy Publication Trust.

These contributions may be shared in the following manner:

- Electronically, by sending a low-resolution digital copy (<1 MB) through email to design@shpt.in. We will request a high resolution file in case the work is selected.
- By postal mail to the following address
Design Team
Spiritual Hierarchy Publication Trust
Admin Building, Babuji Memorial Ashram
Manapakkam, Chennai – 600 025

Please provide your Name, Age (in case of Children), Abhyasi ID (of parents, in case submission is by a child), Center name, contact address, phone number and email address when you submit your design. If your design is selected for publication, the design team will get in touch with you.

Rev. Master's health update

Dear brothers and sisters,

I am sorry that it took me very long time before coming back to you and share Rev. Master's health condition. Rev. Master is responding to the current treatment well, but the side effects of the medication have made him weaker.

He continues with physiotherapy on a regular basis, by sheer will-power only.

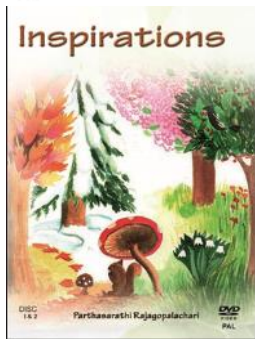
All His parameters are normal. Please keep praying for His good health.

He thanks you all for your prayers which are helping Him.

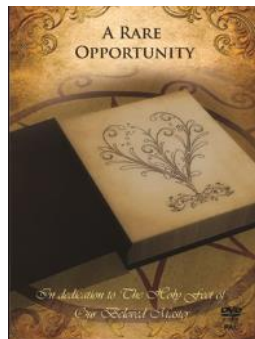
Sincerely,
Dr. Natwar Sharma



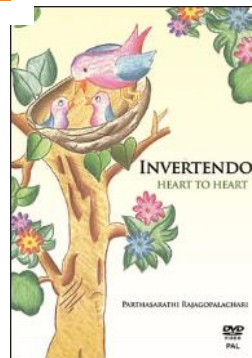
New Publications



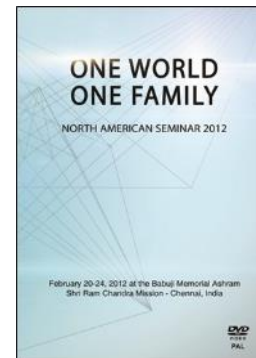
Inspirations
DVD English



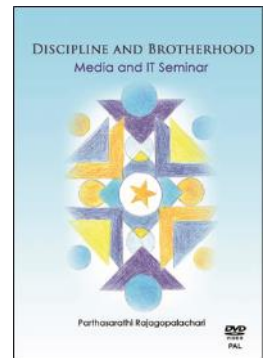
A Rare Opportunity
DVD English



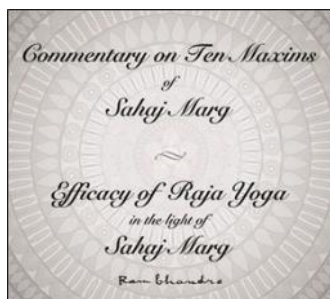
Invertendo
DVD English



One World One Family
DVD English



Discipline & Brotherhood
DVD English



Commentary on Ten Maxims
& Efficacy of Raja Yoga
MP3 - English



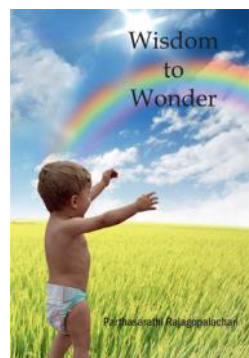
Commentary on Ten Maxims &
Efficacy of Raja Yoga
MP3 - Tamil



Commentary on Ten Maxims
& Efficacy of Raja Yoga
MP3 - Hindi



Reality at Dawn
MP3 - Tamil



Wisdom to Wonder
English



Spider's Web Vol-3
English



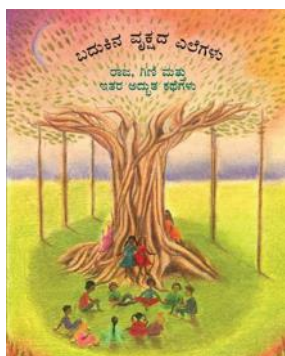
In His Footsteps—Vol 3
Telugu



Down Memory Lane
Hindi



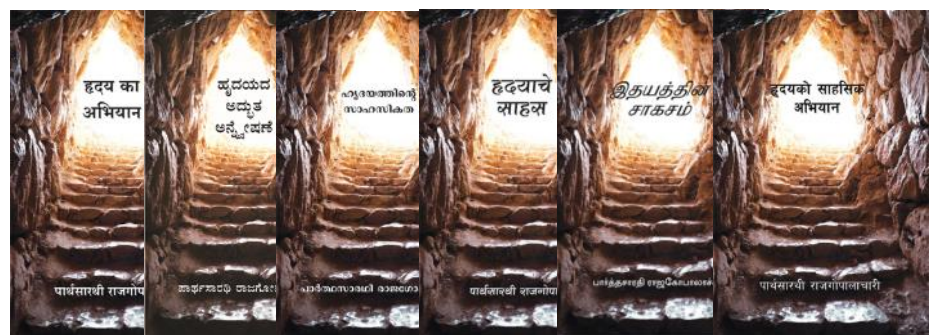
Heart Speak-2003
Tamil



Tales of Wonder Vol-1
Kannada



Prefects' Directory



The Heart's Adventure



Erode Ashram, Tamilnadu



Centre of Light

The first abhyasi of Erode centre came on transfer from Coimbatore. At Erode, he constructed a new house with a meditation hall on the first floor and thus the Erode centre started in February 1982. He also became the first prefect of Erode in 1993. When the number of abhyasis increased, he shifted the meditation hall to the backyard of his house with a new tent where around 200 abhyasis could sit.

Master made an impromptu visit to Erode on 3rd November 2000. He conducted satsangh and during his short stay every abhyasi felt in their heart the necessity for an ashram land. Soon after new land for the ashram was bought at Attayampalayam which lies off the National Highway 47 between Bhavani and Perundurai.

On 24th October 2001 seven acres land was registered in the name of the society. 2.38 acres was kept for the ashram and the remaining land was to be shared among the abhyasis. A thatched roof meditation hall of area 60x40 feet was constructed by December 2001 and can accommodate around 250 abhyasis. An old tiled roof building which was present when the land was purchased is used as Master's cottage at present with all the necessary modifications

done for a comfortable stay for our beloved Master.

Master came to Erode for the registration on 1st April 2002 and stayed for two days. He said that, "Erode ashram will act as hub for the nearby smaller centers." In accordance to that all abhyasis from the nearby centers gather here on the second Sunday of every month. Whenever Master travelled to Tiruppur by road he used to break journey at Erode. The construction for a permanent kitchen cum dining hall of around 4000 sq. ft. was started in 2010. Master came to Erode on 14th May 2011 on his way to Tiruppur. He opened the new kitchen cum dining hall and conducted satsangh.

The ashram as other facilities such as toilet blocks, a generator room, guest room, room for security and children's play area. Every Sunday around 200 abhyasis from Erode centre attend satsangh and once in three months a full day programme is organized for nearby centers like Karumandampalayam, Arachalur, Bhavani Perundurai, Gobi, Kavindapadi, Sathyamangalam and Pallipalayam. A new meditation hall is being planned to accommodate the growing number of abhyasis.



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