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Master's News

Our beloved Master once again showered his eternal love on us during the recently concluded 114th birth anniversary celebrations of Babuji Maharaj at the Diamond Jubilee Park, Tiruppur.

Thirty-three thousand abhyasis and children took part in this year's celebration. A family of this magnitude lived together joyfully for three days thanks to a dedicated team whose Master was hundreds of miles away directing them from heart to heart. How else would one explain a kitchen that cooked for 25,000 people on average, thrice a day, yet managed nearly zero wastage? The campus had 23 security posts manned by abhyasi brothers working in three shifts a day. The accommodation team, that started work nearly two months prior, made our stay comfortable within the confines of our limited resources. Flies and mosquitos were largely absent on the campus, especially in the kitchen and canteen. Through their hard work, The hygiene, sanitation and housekeeping teams gave us a healthy and comfortable stay. A big reason for this was the drinking water treated in the reverse osmosis (RO) plant. Given the hot weather of Tiruppur, 6 lakh liters of RO treated drinking water and 24 lakh liters of water for other usage were consumed in these three days!

Brother Kamlesh Patel arrived in Tiruppur on April 26th. He inaugurated some of the facilities that were ready and conducted three satsanghs a day until the 29th. There were also special satsanghs for all volunteers at 9 p.m. on the 27th and 28th. Altogether brother Kamlesh solemnized twelve weddings during the bhandara. These weddings in the Sahaj Marg tradition stand for simplicity and a way of integrating families across the boundaries of culture and language.

Our bhandaras are events of spiritual splendor. They teach us to live a life of spiritual grandeur and material simplicity. Brother Kamlesh Patel's address on April 29th, the first day of the bhandara, emphasized this aspect. He read aloud two of Babuji's messages from *Whispers* and explained the role of the abhyasi in the grand plan of regeneration of humanity.





Report from Tirrupur

Marsha Thompson, Noank, CT

With brother Kamlesh's arrival at Diamond Jubilee Park, Tiruppur, early Saturday morning, April 26, the focus turned from service, through the physical site preparations, to service through meditation. The program of three sittings each day provided the structure and created the environment in which our hearts could open to receive the grace that had descended. It was hot. We bathed, meditated, ate and slept, moving slowly under the intense sun. It was as if Master provided a physical environment in which distraction was impossible. Only the essentials could be accomplished. Was it heat from the sun, or divine love that permeated every fiber of our beings?

On April 29 Kamleshbhai spoke to us about service, transforming our understanding of how we should think about and participate in service. I have found myself referring to my diary notes about this talk several times since returning to the US. He explained that subtle tendencies are the most invasive to our spiritual

system, just as small viruses wreak havoc in the material body. When we are filled with desires, we spend our energy looking for cause and effect, losing peace of mind. Over a long time, these tendencies lead to anger, then fear, at which point we lose courage and the faculty to discriminate. This is all grossness. When Master clears the grossness, the spiritual journey can begin. We need to become alert to the existence of our desires.

Brother Kamlesh told us that in 1981 Babuji said he was changing the genetic evolution of the human race. The mutation is already taking place, so Kamlesh said, please meditate, bring joy in the heart.

He explained that we renew the higher presence in our hearts every time we meditate, changing the vibration of the universe, facilitating the mutations Babuji put into effect. In gatherings, with many meditating, it evokes something that reverberates throughout the universe. And here came the part that set off a light bulb in my head. Service is the driving force of spiritual life. Meditation is service.

North American Seminar

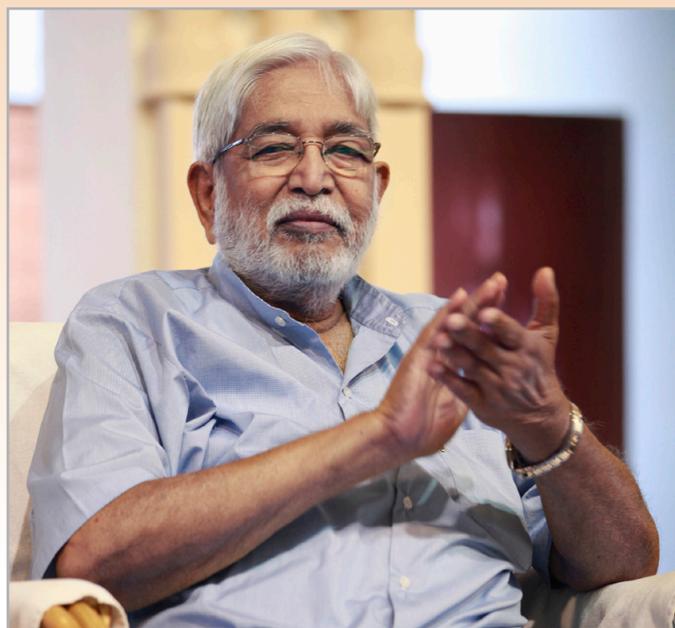
August 11-17, 2013
Babuji Memorial Ashram
Chennai, India



Manapakkam, Sunday, May 12, 2013
8:57:01 PM

The seminar for USA is well planned for and Master is actually looking forward to it. I will write to you about the theme once I hear something nice from Master. Regards.

Most affectionately,
Kamlesh





Babuji's Birthday Celebrations

Babuji's Birth Anniversary and The Way of the Heart

Julie Gallagher, Dayton, OH

Although a midweek celebration, April 29 – May 1, 150 hearts from Pennsylvania, Virginia and throughout the Midwest gathered at the Beaver Creek Ashram to celebrate Babuji's birth anniversary.

Monday was overcast and drizzly and lent itself to deep interiorization. The planning team, led by Trevor Weltman, had carefully selected *Whispers from the Brighter World*, which led us even deeper within, to a place where our theme, 'The Way of the Heart', was stripped of anything but its purest essence. Veronica Carter gave us a glimpse of her retreat experience at SPURS Retreat Ranch. She inspired us and we also laughed together at a photo of her encounter with a peacock calling for her attention.

Tuesday dawned sunny and spring-like on Babuji's birthday. We were deeply moved when Prasad Venkat shared a beautiful story about a long-ago visit from Babuji Maharaj, which transformed him, his father and grandfather. We too felt the wonder of Babuji's transformative presence in our lives.

Later, Janmarie Connor spoke about the heart being so much more than a place to put our attention during meditation. Sahaj Marg (the Natural Path) is the way of the heart. She gave insights as to how the *Whispers*, in particular, give us practical instructions for living a heart-centered life and accepting life on life's terms. She recalled a recent experience with Master where he emphasized that, in the West, we receive information and refer it here [pointing to the head] and then we react. But our training needs to be "to receive, refer, respond" [pointing three times to his heart]. "That is the training."

In the afternoon, heart puzzle pieces were distributed, each containing a word relating to an attribute of heart-centeredness. We were asked to reflect on how

the word we received applied to our heart journey and how it might impact our journey going forward. Now, deeply steeped in the beauty of our own heart's way, we headed outside to the sunshine and we marveled together at our findings. Afterward, each of us added our piece of the heart to the puzzle, creating whole hearts.

Meals were shared picnic style outside on the lawn. Shanti Venkat prepared both days' lunches for 150 people in her own kitchen. Many hands helped serve the food and clean up afterward. The gathering also inspired some gardening activity. After a sitting, Monica Chitkara got the idea of planting flowers in a heart shape next to the ashram. Even though the gathering ended at noon on Wednesday, Patty Virant and her daughter Vera Thornhill stayed on much longer digging out the tangle of weeds around the ashram sign at the entrance to the property. Master, ever quick with a metaphor, would be so happy to see our hearts always like this – gleaming, united and freed from entanglements.





Babuji's Birthday Celebrations, *continued*

Texas Celebration at Greene Family Camp

Leslie Childs, Dallas, TX

The Dallas center hosted 200 abhyasis and children for Babuji's birthday celebration with a return to Greene Family Camp in the countryside near Bruceville, amid the wildflower byways of springtime in Texas.

Our weekend program included five satsanghs and a diary-writing program, surely a balm to even the most meditative of souls. After each satsangh, *Whispers* about interiorization were projected on a screen for our introspection and practice. A special treat was a bhajan sung by Babuji while the lyrics and meaning were displayed on screen. The bhajan, Babuji explained, was Lalaji's favorite, as it connected him to higher consciousness. I savored this old footage of the song with Babuji's voice, especially in contrast to our world of turmoil, wherein the idea of a higher consciousness is vague, if not altogether unknown.

There was a presentation on SPURS, reminding us of our good fortune to live within easy access to this spiritual retreat in Austin, Texas. Later we welcomed John Barlow who gave a talk on practice and devotion, and then he and Betsy Barlow sat on a panel to answer questions and comments from new abhyasis – valuable no matter one's years of practicing.

There was time for camp fun with games for all ages, a finely orchestrated children's carnival, hikes about the grounds, and a Saturday night campfire. Yet the overall experience of our celebrated camp weekend truly unfolded in the days that followed our departures, culminating during our quiet time – moments alone in our cars, our homes, lunch rooms, work places, when we become aware of the joy in our hearts, the resilience of mind and body, the love that grows within. For all of this, and more, thank you Master Chariji.





Babuji's Birthday Celebrations, *continued*

A Place of Belonging, Sunderland

Leslie Blair, Rochester, VT

While attending Babuji's birthday celebrations at the Sunderland ashram, in the Pioneer Valley of Massachusetts, I had a palpable feeling of being "at home". I suspect it's one that many of us notice to some degree or other whenever we gather with our brothers and sisters. I think it is partly due to the unselfish investment of local abhyasis who maintain our centers and ashrams in good condition to receive us, preserving the spiritual atmosphere that has been imbued in these places by our Master. It also comes from our own investment – both in overcoming the hurdles of getting away from everyday responsibilities in order to attend a gathering (we never regret it!) and in helping out in some capacity once we arrive.

I do regret the times I have shied away from volunteer work, because this very participation (according to our capacity) is essential to our feeling of belonging. The place becomes ours the more we put ourselves into it; and those who carry too heavy a load need some relief, some time and space to enjoy the gathering themselves.

Babuji's Birthday Celebration, Vancouver, BC

Marianne McLaughlin

This year 41 abhyasis from Vancouver, Powell River, Victoria and Bellingham came together for three days to celebrate Babuji's birthday, at Paul and Susanne's home in Deep Cove. As I crossed the threshold of their lovingly maintained home, I had the feeling that this was Babuji's house and that we were all his children, coming to join him in celebration. During the gathering there was an increasing sense of absorption and interiorization, and much of the time I felt happy just to remain quiet. Even so, it was lovely to hear the sounds of joyful laughter and to watch one of our young ones playing peekaboo under the dining table.

Finally, there is the ceaseless spiritual investment of our Master in our centers, ashrams and retreat centers. He asks only for our cooperation, our participation, and for this small contribution of ours, he sees that we are welcomed with enthusiasm, acceptance and love. I believe the feeling of belonging is his gift to us, and that it foreshadows the feeling we will have when we return to our true, spiritual home.



Tuesday morning after satsangh, several long-time abhyasis delighted us with stories of their times with Babuji, both in Shahjahanpur and in Europe. Later, Sylvie showed photos of her two-week retreat at SPURS. She and several others spoke of how meaningful they found their time at the ranch, inspiring others to consider going on a retreat themselves. One abhyasi confided that at this gathering the atmosphere was so drenched, she felt that she was with Master in Manapakkam. Another said that during the last satsangh, "I came out of absorption to see, in my inner eye, all of us sitting in a lake of golden light that swirled, both around and through us, and the thought came that, in it, we were truly connected as brothers and sisters." As for myself, I carried home



Babuji's Birthday Celebrations, *continued*

Babuji's Birthday Celebration, Vancouver, BC

(continued from page 5)

a feeling of a stillness that had not been there before, and for which I am deeply grateful.



Babuji's Birthday Celebration, Molena, GA





Babuji's Birthday Celebrations, *continued*

Fremont Ashram Celebrations

Abhishek Anjanappa and Manikandan, Fremont Center

The birth anniversary of Babuji Maharaj was celebrated by 300 abhyasis attending three daily satsanghs at the Fremont ashram on April 27th–30th. Master inspired the theme, 'Prayer', during a Skype call last month when he said, "You all pray that someday I should be there [USA]."

The program content touched upon the attitude of prayer, why we should pray and what we should pray for, spiritual evolution being the goal of every soul and a heartfelt prayer always helping us to achieve the goal.

Children performed a musical program consisting of a few songs, dance performances and a skit on our Babuji's life. Children also presented *A Journey in Time*, sharing details of children's activities conducted at the ashram since last October.

On April 30th, the 200 abhyasis attending participated in a rich program following the 7 a.m. satsangh, concluding with talks by brothers John Barlow and Bill Waycott, each sharing their personal accounts of interactions with revered Babuji, highlighting his love for all of humanity.

The experience of the gathering was one of joyous celebration, and the meditation experience was invigorating, heartfelt and unique for each one of us. The gathering concluded with a sumptuous meal and divine food for the soul to help us move forward in our spiritual yatra.





Upcoming Project Announcements

'Northern Light', an update on the Canadian Ashram Project

Callayna Pasternak, Toronto, Ontario Center

With the blessings of our beloved Master, a working committee was formed on 3 February 2013, to assist in realizing the first Canadian ashram in the Greater Toronto Area, Ontario. The working committee, together with the local group, has set criteria for the search, to support the best interests of the project. To date more than 100 properties have been reviewed resulting in 11 sites visited. Presently there is one property under consideration that meets all criteria and is both zoned for our purposes and fits the needs of the local center – location, accessibility, floor space and so forth. Our next step is to meet the fundraising goals. With an abundance of heart and spirit, abhyasis are working toward that goal in a variety of ways, including

generous direct donations and other fundraising adventures. To that end we thank all those from around North America and the world who have opened their hearts and spontaneously sent donations for project Northern Light.

We are putting all our efforts, with utmost faith and love, to have this ashram dedicated to our beloved Master on his birthday – 24 July 2013. Any and all ideas for fundraising are welcome, as well as participation in fundraising by each and every center in the world. We are 'One World, One Family'. Please join us in our prayers and efforts to realize Project Northern Light as one more 'beacon of light' for the uplift of humanity.

Fundraising ideas or comments may be sent to *Callayna Pasternak*, callayna21@gmail.com.

Donations to this growing fund can be received by:

- Cheque: issued in favour of Shri Ram Chandra Mission and mailed to *Kumar Subramanian*, 161 Palmdale Drive, Toronto, Ontario, Canada M1T 1P2
- On-line at <http://www.sahajmarg.org/onlinebookstore/donation.do?action=reset>
- E-transfer by sending an email to kumarsdx@gmail.com
- Tax receipts will be issued for all donations received towards the ashram fund.

Reports of Programs

Diary Writing at Molena Ashram

Barbara J. Levin, Atlanta, GA

Many of us had heard great things about Rob Klinger's Diary Writing workshop. So, when we found out that Rob was coming to Molena ashram to offer it, on the weekend preceding Babuji's birthday celebrations, we were keen to attend. Attendance at the workshop, given twice on consecutive days, overflowed, and not

a single person was disappointed. In an atmosphere brimming with the sweetest, lightest love, Rob showed us how diary writing had helped him transform his life – deepening his relationship with the Master within, discovering and correcting unhelpful attitudes and behaviors, and proceeding from a life in which "I told lies to myself" to one in which truth and love are paramount. We also shared our own experiences with



Reports of Programs, *continued*

Diary Writing, Molena *(continued from page 8)*

diary writing, discussed the advice given by the Masters on the subject and saw inspiring videos showing how the transformation of a single life affects everybody, everywhere. Everybody had a fabulous time, and we left the experience filled with determination, optimism and gratitude.



Diary Writing Workshop, 12 May 2013

Dmitry Semenov, Vancouver, BC

As any workshop in our Mission, the Diary Writing workshop provided us with invaluable insight into how to use this powerful tool to help us on our spiritual journey. We learned about self-reflection and what exactly to write in the diary. We read some of the writings from the diary of Babuji Maharaj and practiced writing a letter to the Master. The most striking thing for me was the candor with which Babuji Maharaj wrote in his diary. For example, after eight years in the practice he was sincere and insightful enough to say that he didn't love his Master. To me that is an extremely honest and unbiased example of self-reflection that also shows the direction one must start going.

The diary helps us sort out all the different experiences we have, both in the material life and on the level of emotions. By writing something down, we lift the weight off of the experience and let it go. We sum up all

the negative and positive lessons we have learned from it, and it becomes engraved in our hearts, changing us forever. It is also a wonderful tool for communicating with the Master by expressing our feelings to him, our wishes, or asking for help. It surely reaches him and he helps us in whatever way possible. Diary writing should be our daily practice, as it significantly contributes to our overall spiritual progress.

New Abhyasi Perspective – Cleaning Workshop

Rhonda Mann, Vancouver, BC

I consider myself extremely blessed to have been found by Master in January of this year. Within a few months of practice, I was invited to do a cleaning workshop in Nanaimo. I can't tell you of the excitement I felt when boarding the ferry, and after the workshop, how warranted that excitement was. It was not just for people new to Sahaj Marg, but also for people who have been practicing a while. When we separated for group activities, we had a great mix. This is not a lecture type workshop, but one where we all participated in a fun and thoughtful way. It was comfortable to share with no judgment.

Every question, activity, video and reading was perfect for the topic and seemed in perfect order. Every question that one could possibly have was answered in all these ways throughout the day.

I learned the importance of cleaning, the intention behind it, and what impressions, samskaras and bhoga were. Even though I had read these things, talking about them with others was helpful.

Before the workshop, I was having some difficulty with cleaning – mostly in the part that says we are to use our willpower to remove our own impressions. This was confusing to me, as I thought Master did this.

Master does do this; the problem was how I defined willpower. I learned cleaning is a form of surrender, an act of faith. It is having an intention without thinking. We put the will behind the intention. The willpower



Reports of Programs, *continued*

Cleaning Workshop, *(continued from pg 9)*

they talk about is “just do it,” you know? “We will ourselves to do it, to participate in it, by following the technique outlined for us and by trying to live in such a way that our thoughts and actions don’t create further impressions.”

I would encourage anybody and everybody to attend this workshop.

Regional Gatherings

Regional Gathering at Jacksonville, FL

*Dmitry Indrani Sindhuvali, Amit Beniwal,
and Tammy Powell*

Jacksonville center hosted 100 abhyasis from Florida and Georgia at Florida’s regional gathering, April 6th – 7th at Camp Chowenwaw State Park in Green Cove Springs. The emphasis was on self-reflection, to gain personal insight into our individual practice.

After morning satsangh, in keeping with the natural surroundings of the state park and the theme ‘Aspire and Prepare’, abhyasis spent the day enjoying the outdoors, introspecting and informally sharing their thoughts with each other. Most abhyasis stayed in the rustic cabins on site, sharing time around the campfire after dinner.

It was a joy to observe how beautifully Master provided the opportunity for questions to be answered, doubts to be erased or resolved during a group discussion on Sunday. The gathering concluded after satsangh, refreshing and energizing all to re-focus on the real goal of a spiritual journey.



Reflections on *Whispers*



*Whispers from the
Brighter World,
Volume 5*

With the release of *Whispers from the Brighter World, Volume 5*, *Echoes of North America* is offering the following anonymous reflections on the experience of making these messages a part of everyday life.

Some of the *Whispers* reveal the human side of my Master, how difficult it is for him and what he has to undergo to help us all in this pursuit. The challenges that I face do not look to be at all important when I see what he has to deal with everyday. Some of the *Whispers* reveal his divine side – that puts me in awe of how he is a Master in every way, but yet, very humble. Some *Whispers* reveal to me the significance of practice, character and love, in spite of all worldly challenges. Some *Whispers* reveal to me how long the way is to go and the importance of a Master to help us. Some *Whispers* reveal to me that I am less than a speck of dust in the entire creation, decimating my ego. Truly amazing!



Every time I read from *Whispers*, a new facet is revealed. Before reading, I try to clear my mind and adjust myself so that I have an attitude of submission, to be open and ready to receive what he is seeking to communicate. I have observed that my attitude and eagerness make a difference in what I am able to feel and understand.

*Whispers, continued*

Often, the message is received directly in the heart, just passing through the senses and the mind like an arrow with barely a ripple on the surface of the mind. I may not be able to remember the message consciously, but the essence has reached the heart and been absorbed therein.



It has been a distinct honor to read *Whispers from the Brighter World* during Sunday satsanghs at the Fremont ashram, for to read aloud is to convey something about the nature of the *Whispers* messages for my brothers and sisters. In preparation, I read a message silently several times, meditated on it, and lingered in the effect of the message on my being, and attended to the subtle effect of the message on me and let the essence resonate in my heart.



In obedience to my Master, I've developed the habit of reading *Whispers* twice a day. First, I read a message after my morning meditation, and the reading helps me to retain the effect of my meditation. I read the second *Whispers* during my lunchtime. Usually I am absorbed in my daily routine by then, and reading it helps me to reconnect with Him and remind me of the goal and the real life.

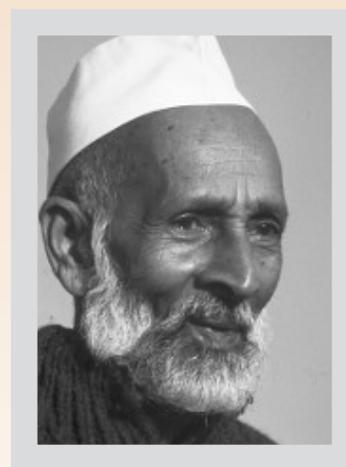


Whispers from the Brighter World: each message touches my heart, and they have changed me. I'm more patient on the path. I trust that, from this human vantage point, I cannot fully grasp the reality of life beyond this one. Each message consoles me, gives me faith in the approach and makes me know that deep in my heart I'm not alone. They give me strength and courage to face the world with an open heart. I cherish this communication.



"First you find God in yourself, that is easy, then you must find yourself in God, that is a little harder." Those words, spoken by Babuji [during his lifetime], have haunted me.

When I first started reading *Whispers* I was confused. If God was in my heart, what was this outer voice? It was the admonition to go deeper, to find the "central point", as depicted in the occult star, that was the revelation. As I found that point, the feeling of craving overwhelmed me, and my consciousness did feel as if it were "in God," if even for those fleeting moments, as my self dissolved into the vacuum of bliss.

**New Prefects**

Anjani Tiwari, Detroit Center
anjani.tiwari@gmail.com

Girija Tiwari, Detroit Center
girija.tiwari@gmail.com



New Releases & Publications

Books

- Heartspeak 2012* Corpus & Sales
- Complete Works of Lalaji – Vol. II (Hard Bound)* Non Corpus
- Spiders Web Vol II HB* Sales Only

DVDs

- Call of the Divine* NTSC Corpus & Sales
- Heartspeak 2011 1&2* PAL Corpus & Sales
- Heartspeak 2011 3&4* PAL Corpus & Sales
- Heartspeak 2011 5&6* PAL Corpus & Sales
- Heartspeak 2011 Set 1* NTSC Corpus & Sales
- Journey into the Heart* PAL Corpus & Sales
- Message of the Heart* NTSC Corpus & Sales
- The Heart of Love* NTSC (Moments with the Beloved-2) Corpus & Sales
- Moments with the Beloved* NTSC Corpus & Sales
- Masters Talk to Prefects Vol 1* PAL Sales Only
- Masters Talk to Prefects Vol 2* PAL Sales Only
- Satkhol-Heaven on Earth* PAL Sales Only
- Working to Learn (Deepening Prefects)* NTSC Sales Only
- Life of Babuji* NTSC Special Pub.

MP3s

- Heart Speak 2007* Corpus & Sales
- Love and Death* Corpus & Sales
- My Master* Sales Only
- Role of the Master in Human Evolution* Corpus & Sales

