



Master's News



Dear brothers and sisters,

I thank you all for coming to this Extra-Ordinary Annual General meeting at such short notice, especially after most of you have been to Tiruppur – after a wild goose chase there. Circumstances beyond my control have brought out these events, and it is with great personal effort that I am here before you today. Your response, your overwhelming response, indicates to me that what my dear Babuji Maharaj writes again and again in Whispers is true: that hearts are beginning to open to Reality, that people want the spiritual life more and more, are willing to commit themselves more and more, and give themselves to it more and more, which is a very good sign. Now I have been in bed for forty-five days, since the fifth of July. The first two, three weeks went very bad. Subsequently also it is not so very bad, but bad. I think, personally I think, it will take a few more weeks for me to be on my feet though my doctors say, "Today," "Tomorrow," "Today," "Tomorrow." I have been thinking a lot about the Mission. Over the past two and a half, three years, I have sent messages to Babuji Maharaj that my eyesight is failing. He knows about it. Of course, he says, "These things happen," but the practical implication is that I can't read emails, somebody has to read them; I have to dictate, somebody has to type them, and that is not something that a president should be doing. It is not correct. When I sign cheques I have to ask brother MDS, "Where is this going? What for? What is the amount?" and then sign, because I can't see. Now, during the last one month, my signature itself has become a scribble, sort of. So I have come to the conclusion that it would not be proper for me to continue as President. After all, Kamlesh Patel is ready. He has been nominated and accepted worldwide. All the legal things have been put in place. There is nothing ... the working committee must just take a signature from him saying, "I accept to be the President," like they did in Hyderabad in '83, and that is that, you see. So to make sure that I would not be going on the wrong track, I wrote to beloved Babuji Maharaj. Somebody read it.

Parthasarathi Rajagopalachari

Kamlesh Patel: This letter is written by our beloved Master:

11 August 2012, Saturday, 12:15 pm

Beloved Babuji Maharaj,

I prostrate at your feet. I have been very unwell for four weeks now, during which I have suffered a great deal. I have turned eighty-five years old. The spirit is willing but the flesh is weak. Solely in the interests of the Mission and its proper guidance, I

propose to transfer all the powers of the President, under the constitution and bylaws, to brother Kamlesh Patel and request the working committee to announce him as the third president of the Mission on the fifteenth of August 2012. He is ready for the job and all the legal formalities have already been put in place. I have therefore called for an extra-ordinary general meeting of the Mission on the fifteenth August morning, which is to accomplish this fact. On that morning, I shall cease to be the President and Kamlesh Patel shall take over as the next representative.

[Working Committee Member continues reading]

On that morning, I shall cease to be President, and Kamlesh Patel shall take over as the next representative. I have to humbly make this suggestion because my body is very weak. During these four weeks I have been spoon-fed by my children and unable to get out of bed. I do not foresee any improvement in my health status. If the hierarchy so decides, I shall continue as the Master of Sahaj Marg.

Dear Master, I require clear instructions in this matter.

With my love,

Your son,

Parthasarathi.

PR: I received his reply promptly.

Working Committee Member: Master has received this reply from revered Babuji. Maharaj. Saturday, August 11, 2012, 4 pm
My dearest son,

That idea is agreeable to us. You may implement it according to the wishes you have expressed. You must imperatively free yourself from anything that currently weighs heavily on you. As we have said previously, the essential part of your activity is going on in a masterly fashion. Make all the decisions you deem appropriate. Make it all clear and irrefutable. You know human reactions better than anyone else, as you have suffered first-hand from them so much. Likewise, your future successor will endure a lot of it. Take care of yourself, dear great Parthasarathi. You are so precious to our hearts. The remainder of your Earthly life is important in terms of clarifying things. We cannot avert all the turbulence prompted by your health problems. You know the matter well; it is needless to insist on it. Do everything you deem necessary for your peace of mind and the welfare of the Mission. More than ever, we are at your side. Be at peace as much as the current situation permits. When you come and rejoin us on the heavenly fields with the whole of your bodies, you will be able to truly assess the incredible work you have accomplished for this great Mission. We carry you with utmost love and we support you in every respect. We all here wish you all the best.

Babuji Maharaj



Remain United

Kamlesh Patel, Closing Session, Special Bhandara
15 August 2012, Chennai

Respected elders, dear sisters and brothers,

There is nothing new that I am going to share today that has not already been shared by our Secretary and the Joint Secretary of our Mission, Shri Bajpaiji and Durai Sir.

I'd like to point out that it is not the position of president or the title of vice-president that makes any of us work for the Mission. There are legal requirements, so we fulfil them. When our Master sent a note to our beloved Babuji Maharaj for his guidance, stating his inability to work the way he had been working over the years, it was not to find out what position to fulfil or what position to create. It was only the way to find how the work could go on without interruption. So, please, let us not debate on positions and titles.

I am reminded of a talk given by Swami Vivekananda almost over a hundred years back. He was trying to highlight the profound qualities of various religions. He said, "Look at a Christian. What does it signify? A true Christian is full of compassion and love. Christianity represents that: compassion and love. What does Islam represent? Unshakeable brotherhood – no one can penetrate the brotherhood that bonds two brothers together; they may not have a blood relationship. The uniqueness of Hinduism is their *bhakti* (their devotion), the aspect of *dharma* [righteousness]." So that kept me thinking about how will the future recognise Sahaj Marg. I was thinking and thinking for, I would say, many months together, and recently one of the messages from Babuji Maharaj came with an answer – such a beautiful answer!

"Sahaj Marg will be known for its iconic quality: unity. This unity in turn will give birth to many other values that we have not yet foreseen, we have not even thought about. Such values will be taking birth once we remain united."

So when Babuji Maharaj gives us a message, we have to read between the lines and figure out what he is really trying to convey to us. Being united also means not to have any discord – but that is the negative side of it. Our focus should only be this: how to defuse anything that can destroy this unity? A pre-emptive strike before we are in trouble.

Once there was a discussion in Master's office about some unwanted quarrel between two abhyasi brothers of long standing in the Mission. That really disturbed Master. And Master came up with a very telling statement that you must maintain harmony and peace between two spiritual brothers at any cost. The price that you pay is not very high since, even if you have to give up your spouse in return for maintaining harmony and peace, it is still too cheap. The need of the hour I see as only this: how to remain united with our hearts totally absorbed in Master's love, and let not anything else corrupt it.

That is all I want to say today. Thank you all. And I must share this with you also that Master was very, very, very happy when I told him that there are twenty-one thousand abhyasis in this Manapakkam hall. He was moved, and he said, "Look at this, not even two days notice and they are all here. They are my people!"

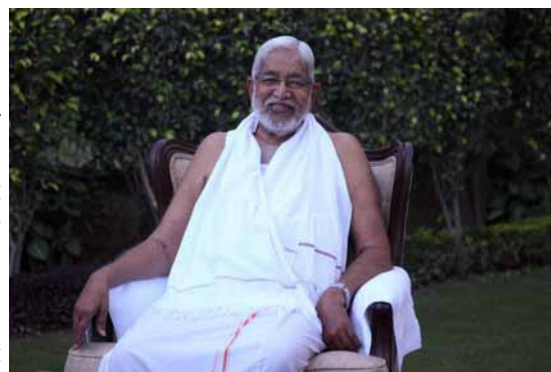
Thank you.

Extracts from Sahaj Sandesh No: 2012.36 & 37

Glimpses

The latest instalment of 'Glimpses' (<http://www.sahajmarg.org/glimpses>) is covering various activities in Manapakkam in September. It shows our Master meeting people, joking, advising and pointing out important points such as Love and Service. We can also see our Brother Kamlesh conducting satsanghs, meeting and working with committees.

Rev. Master gave a short talk to abhyasis gathered from coastal centres in Andhra Pradesh on Saturday, September 22, 2012 at Manapakkam. The video of the talk can be viewed by clicking on the following link:





Clarifications on Our Daily Practice

Kamlesh Patel

23rd July 2012, Tiruppur, India

Respected elders, sisters and brothers,

I am going to speak on the basic fundamentals of Sahaj Marg: prayer, meditation, cleaning, constant remembrance.

Once we were travelling in Europe with Master and were stranded because of a storm. We were put up at an airport hotel. Fortunately, I was in the same room with Master. Not to disturb him, I remained quietly in my bed in the morning. I noticed him sitting on the corner of his bed with his eyes closed, and he seemed to be melting away into thin air. Suddenly the atmosphere in the room changed – it was vibrating with a very special energy. When he was done I asked, “Master, what were you doing? It was so special. It was unique. I have never seen anything like this with my eyes open.” “Oh, I was praying to Babuji Maharaj.” What did I learn there? I learned that he was totally absorbed. He was not there. He was there but not there. He had totally submitted, dissolved himself in thin air. So we should pray like that.

Of course, many of us may say, “Oh, I don’t know how to pray like that.” But if we remind ourselves of one of the messages from Babuji Maharaj where he says: “Ask us. We will give you. You are not asking us enough. We like to serve you,” then we should ask for such things. “Teach me, O Master. Please teach me how to pray. Let me have the taste of such-and-such a condition.” Ask for spiritual things. If they can fulfil our mundane needs in the material world, why won’t they give the spiritual gifts for which Sahaj Marg stands today ever ready to serve? You ask and it shall be given, any spiritual condition you want. As long as whatever you ask for you can grasp in your heart, it will be given. But we should ask for it prayerfully.

When we start to meditate also and offer our prayer in the morning, how do we pray? Is it mechanical or are we doing it in a rush, doing it as one more process in our day and triggering the meditation in a sloppy way instead of offering our prayer with the utmost love? Invite Master with love in our hearts! When we invite our Master with such sentiments, our meditation will surely change its normal course and it will be a unique meditation. The condition that we get out of it will be so profound that we will not be able to shake it off.

Many abhyasis have the common problem that they are not able to maintain their condition. First of all, I must have something to maintain. What am I going to maintain when I don’t have it? I have to create that condition and it will not be created unless I have done my proper meditation.

Actually, the preparation for meditation starts or should start at bedtime when I am offering prayers to Master. After it, I submit myself and say, “Master, I would like to get up early. I would like to meditate. I would like to invite you.” I prepare myself mentally and emotionally and wait for the morning to come; must create that impatience. If I don’t have it naturally, then create it artificially. It doesn’t take long to make it natural. It will happen. Surely it will happen. Please try it out.

....As soon as the meditation is over and you rush about, you have destroyed that condition. A condition for which you worked for one hour is lost in half a second by rushing.

Babuji Maharaj said that once the meditation is over, try

to savour your inner condition, try to be one with it, get absorbed in it, try to identify it. Identify it because you should be able to recall it at will during the day. So how am I going to hold on to it? That should be our exercise. The moment the meditation is over, close your eyes again, go deep within yourself, study it and see what it is like. Try to feel it, try to savour it, and when you are confident that you can hold onto it, that’s when you get up. This is very, very important.

....as abhyasis, if we do not care for the wealth we earn, the spiritual wealth, the spiritual conditions that we earn or that Master gives, if we don’t even recognise this spiritual wealth and go on destroying it, we will be like one of those drunkards. We enjoy it, and at the same time we lose the condition. We cannot build a spiritual empire or even a spiritual hut in the brighter world.

Each spiritual condition is like a brick – one brick, second brick, third brick, fourth brick, like that. The day we miss meditation, one brick is lost from the wall and there will be a hole in the wall. Master often gives the example of a painting on a canvas. Every day there is a new colour added to the painting. The one day you don’t meditate, that condition will not be reflected on your canvas, on your inner spiritual canvas. It remains blank. We cannot afford to lose even a single element of practice. It must be done by hook or by crook. It should become our vocation.

To give the importance of practice, I would like to share when Babuji Maharaj chastises the medium a number of times. “My dear daughter, you have a weak point. You don’t practice enough.” Imagine, to tell this to a person who made it to the final point and he says, “You don’t meditate, you are not practising enough.”

Even if you are on the thirteenth point, you still have to practice. Practice, as Babuji says again and again in these messages – practice with joy, practice with a cheerful heart. Joy attracts joy; cheerfulness attracts grace. If you say, “Not again! I have to meditate, again. Oh, my father said I should meditate. My mother said I should meditate. But I feel sleepy. I don’t like to meditate.” (Especially newcomers will face this.) Then too, you pray to Master. “Master, I am getting bored with this meditation. Help me.” Go to a prefect. Change that condition. Get out of it and don’t let it linger on for a long time.

Practice in itself, as per Master, does not bring us to the culmination of spirituality. What brings us there is obedience, utmost obedience. I practice because Master asked me to. Out of obedience, I practice. That should be our attitude. Once Master, in an open house speech in California to the general public, said, “In our Sahaj Marg, we have a practice and we have attitudes that we need to develop. Practice may contribute to five percent of our spiritual success. But this attitude that we develop in our hearts is responsible for ninety-five percent of our spiritual success.” When I asked Master to elaborate on it, he said, “How can I talk about attitudes? It is something you have to develop.” But over the years he has been giving us pearls of wisdom.

Once in Satkhol, he was telling a story from the Mahabharat on how attitudes play a role in determining the future of a child. He was asked, “What is it that determines the future of each person? Is it the time or place of birth? Is it the astrological chart or the zodiac sign?” He said, “None of these, it is the moment of conception that determines the destiny of the child that is conceived.”

. Nothing in this world is so important that we have to skip our morning meditation. Nothing.



Over and over again, Babuji gives importance to two things in the messages. He says, "You must bring about automatism in your practice, ..So, when he says, "Bring about automatism," what do we understand by this word automatism? I have two ideas and I don't know whether they are right or wrong, but this is what it appears to me. Automatism means that at any time, I should automatically go into a meditative state on call. Secondly, it also tells me to fix a time, say seven o' clock. Automatically we go into a state of meditation. He reveals further in another message that we must establish a 'biological clock' – again having a fixed time for our meditation. Fix the time.

I understood the immense significance behind these two messages when I recalled what I had studied in fifth grade on 'specific conditioning of reflex action'. The experiment was done in Russia by Dr Pavlov. He specifically trained a dog to come for food by ringing a bell at a precise time. Each time he rang the bell, the dog ran for the food. One day, the doctor did not give food, but rang the bell. The dog went crazy and was salivating profusely. I hope you all understand what I am trying to say. So, fix your time. You must salivate for that spiritual condition, spiritual experience, at a fixed hour and see the beauty of it revealing itself day after day, a newer and newer condition – not just every day, but every moment. When we are prepared in this way, the Masters – they have no choice but to give us continuously ad nauseam.

Sahaj Marg is the only way I have found so far where you can get fed up of experiences – But in the process, Master's intention is that we become something out of it. So the point that I am trying to make here is, let us develop proper attitudes towards (the) Master by respecting his spiritual stature, and towards our own selves and how we would receive the gifts that Master has given to us during meditation. We must cherish them and preserve them at any cost. Master keeps giving us gifts after gifts. But if we don't appreciate them, we are the only ones who are the losers. Because practice in itself is not enough, I would say. We must develop (the) right attitude.

When we have acknowledged the spiritual gift, the spiritual condition and when we are one with it, absorbed in it, it is difficult to shake it off, as I said. It remains with us through the day – which is constant remembrance. Babuji used to say that meditation is the mother of constant remembrance. Without properly done meditation, there is no birth of a spiritual condition to remember. When we have nothing to have in our hands, what are we going to appreciate? In no time, you can get fed up and drop the system. And even if you stay in, out of whatever feelings there are for the Master and the Mission and the method, you really don't become anything out of it.

Our practice must become dynamic. Constant remembrance should become natural. It is okay in the beginning to struggle to remember. But for how long? Babuji Maharaj, again in the messages, said that it is a very badly misunderstood concept. Constant remembrance is not about thinking of your Master all the time – that he is sitting in the cottage or in Manapakam or in Satkhol or he is travelling somewhere. That is only memory recall. In true constant remembrance, your inner state is in complete osmosis with the essence of the Master. After having earned such a state, if you are still struggling to see the physical Master and cursing somebody at the gate, saying, "Oh you so-and-so, I have to get in. I need to see Master." Even if you cross the gates – one gate, second gate, third gate – and you are face to face with Master, what makes you so sure that you will enter his heart? Getting angry at the gate and spoiling your condition is

not going to help. The best thing would be to stay in some corner, crying in your heart, connecting yourself with Master. That will bring the true Master, the real Master in your heart. That is what he is trying to teach us: "I am not here, but you see I am still with you in some way, in some fashion, in a spiritual way." That is the real Master.

So I have touched upon the three aspects of prayer, meditation and constant remembrance. I now take up the main aspect of cleaning.

The process is that we suggest to ourselves that 'all complexities and impurities are going away'. 'From the back' is the second step. The third step is 'in the form of smoke or vapour'. The fourth is that we accelerate it. The fifth is that we imagine that the Master is seated in the front and we say, or imagine or pray, that his grace or the divine current is coming from him, and he is helping me do this cleaning. By the time we finish these suggestions we will be lost in it. What has happened before when we have tried to do the cleaning? We were busy with the words rather than actually doing it, and the cleaning doesn't happen. If cleaning doesn't happen, what is the result? Our impressions deepen, and deepened impressions mean, "God help us."

So take one step at a time. Sit down and relax. Suggest to yourself, "All complexities and impurities are going away," in a very fine way, in a very subtle way. Pause. Once you can hold this idea in your mind, you go to the next step. How are they going? From the back, in the form of smoke or vapour. One step at a time. Accelerate the process, and you will yourselves feel, "Yes, now there is some sort of vacuum." That's when you invoke Master's presence. So if you understand these steps, cleaning will become (a) child's play, and later on you will not even have to think of the process. The moment you close your eyes, it will start happening. Like prayer, the moment we say, "O Master!" and when we are already in that prayerful state, words fail. Nevertheless, we continue with the words.

So, I think that's all I wanted to share with you about the practice. Do it with your heart. The day you say, "Okay, I don't feel like meditating today," pray to Master: "Please help me. I am going crazy right now." And see what happens. And still if you don't feel like meditating that day – drop it. There is no point in pushing yourself, because what are you going to get out of it? It is futile labour. But the day you feel like meditating with all your heart, go for it. Babuji says again, "Do you really enjoy meditation? If you really *do* enjoy meditation, then why not more of it?" Master also says to us, "You are wasting your time. You should have been meditating." Any little time you get during the day or night – meditate. Lots of people are complaining they can't sleep at night. I too have this problem these days and I take it as a chance, an opportunity given to me to meditate more. Why should I complain about not sleeping? It is an opportunity given to me. So, don't complain that you can't sleep. Maybe it is a substitute.

Thank you. [Edited for publication.]





From the Archives

To preserve the history of our Mission, the Archives Team at WHQ, Manapakkam Ashram is collecting and preserving various Mission artifacts which have historic significance. If you happen to have any such items (e.g. photos, audio, video in any format and medium, old books, magazines or any artifacts that were used by any of the Masters, please kindly consider contributing them to the archives so that they can be preserved for posterity. The Archives team can be contacted at whq.archives@srcm.org.

LAYA AVASTHA IN BRAHM

(Sri Ram Chandra ji,—President)

The goal of human life, at its lowest, is liberation and this is thought to be all and enough. But happier man is he who steps further in the realm of God. In my opinion liberation is a very narrow view of the Reality, because we have to travel on and on to reach the ultimate Destination of man. When the charm of liberation is there we forget the next and real step and that is a common error in human beings. It is also the fault of the Master if he does not encourage his disciples to go at the highest which we call Laya-Avastha or the absorption in Brahm. At every stage the Master should encourage his disciples not allowing them to stay before this Laya-Avastha in Brahm commences. The difficulty may arise with the Master himself even, when he is of the highest calibre in cases who do not totally adhered to the Divine Principle. There and there may be the worshippers of God with all his paraphernalia but you can not call them the real worshippers. The real worshipers are those who worship one and one alone. They should throw their responsibility totally on God not even peeping towards any other side. When you are attached to one, He will be responsible for your work, and when you are attached to so many, they feel the responsibility but will make you the sharer of what they have and in that case every thing becomes unreal reality. Real purity can dominate only when you are attached to the Real Being. It is the duty of all the preceptors of the Mission to link every body with the purity of the highest nature.

When a man gets into the Central Region and crosses the seven rings of Splendour, he enters into the stateless state and goes further on. Then the Divine wisdom dawns on him. Afterwards comes the Divine Knowledge and then the Vision of the Absolute. May God bestow this condition on all our Abhyasis. But the thing does not end here, because the turn of Laya-Avastha comes now. What I have written here is now the work of God and not of the Preceptor, but still he is of great help. Although it is the end of all our activities still there is some thing there when we are in the infinity. I have written in "The Efficacy of Raj Yoga in the Light of Sahaj Marg" the word "Swimming". When the Laya-Avastha in Brahm commences there is a very fast rotation below the navel and there, control is needed and it is the work of the Master who may do it by any means. Then the same rotary movement travels above and reaches at stages in the occipital bone. Now the process is complete but, some-times, a little force in the brain continues, which diminishes gradually. This is the condition hardly bestowed upon human beings but to him alone who is dead to world and solely alive to God alone, in other words one who becomes "living dead". The Devas we worship have not even got the air of the highest. They have got the limited view of the Reality wanting absolutely in freedom.

No amount of Bhakti or Tapas can bring such a result. There is only one remedy that we should attach ourselves to such a Master who has got this stateless state, divorcing every other worship except that of God Absolute in right form.



This is the great spiritual truth, that we see in nature what is inside us. So when we bring hope and love back into our existence, into our hearts, it automatically spreads to all humanity and they begin to hope and to love. Chariji



National Australia Seminar Leura, Blue Mountains nr. Sydney September 28-October 1

We struggled this year to find a venue for our National Gathering in order to hold it over the October long weekend. As Sahaj Marg encourages family life, our aim was to secure a venue and accommodation to encourage full participation from abhyasis and their families. The only venue available was Neveah House in Leura. David was willing to offer his home as a venue for meals and for our children and youth and so investigated hiring accommodation in the area. Naveah house is a heritage building, the top story we used as our meditation hall and programme venue, the ground floor had rooms for some abhyasi sisters to stay onsite. Families and other abhyasis had comfortable group stay accommodation giving the opportunity to experience family living together in a grihastha ashram environment.

Friday morning was the prefect workshop, a "Letter to the Master", run by Elizabeth, Libby and Danielle, and was preceded by a group sitting. The focus of the workshop was on looking deep within and sharing with him our discoveries and the wonderful changes that Sahaj Marg has brought into our lives, as well as considering what we can do to help in the growth of the Mission. After lunch we had a live video session with Br Kamlesh, covering two areas-communication and reading the abhyasi's condition. In short, his answers were simple; in regard to communication he said "first start with communicating with your spouse, your children and loved ones, for if we cannot do this then how can we expect to do it with other abhyasis, work colleagues, etc". We were also given some wonderful clarifications on our prefect work after which we listened to the talk he had given to preceptors in Tirrurpur July 2012.

By evening group meditation more abhyasis had arrived and we started our seminar with the theme, **"This Way of the Heart"** a theme from the recent special Whispers from Babui Maharaj.

Saturday morning the seminar was in full swing with close to one hundred attendees as well as forty children and youth. After morning meditation, we watched a video of Master in the US in the early 1990's, called "Love all whom He Loves". It was so nice to see an earlier video of Master where he talked of the necessity of not only loving the Master, but learning to develop love for one another, a wonderful message for our theme. This was followed by a short tea break one of the many which became a ritual for our interacting and getting to know one another. There was a feeling of family re-union and a delight in this opportunity to be with one another. The morning program continued with some great presentations on the theme given by Sudha, Satish and Elizabeth. Elizabeth's word game and the mention of Master, with of course the instant response of *Love*, no thinking, no emotion, just the feeling of Love once the word Master was mentioned, offered me a theme for my own talk to follow. It was revealing in the sense that Love goes beyond the mind, the intellect and the emotions and puts us where we need to be, "in the heart". I mentioned this

is with our effort, our system, our method as we say, the three M's "Master, Mission Method".

Saturday afternoon was our UN function commemorating International Day of Peace. Libby prepared a nice setting, starting with a song and then a short video from Ban Ki Moon the UN Director General, on the need for creating peace. Readings from our Mission literature supported the UN theme as well as our seminar theme, and were followed by a touching presentation by Dharmesh from our Sydney centre and a very touching song from the children.

Though the day had become a little chilly and windy, many braved the conditions for a bush walk guided by Andy from the Blue Mountains. In the evening we retired to our group accommodation which reminded me of Master's first visit to Sydney, Australia, in November 1994, when a group of abhyasis were staying together at a nearby house. The feeling of mutual brother/sisterhood is so much felt during these spiritual gatherings and Master's love seems to ooze out and create the special bond that holds us together in a spiritual atmosphere. Mornings in the common kitchen over toast and coffee before planning our way over to the venue was like a large family, considering the others and ensuring that all managed to get to the venue.

Our Annual General Meeting was held Sunday, followed by an ashram update and discussion.

In the afternoon, we had a cultural program, including Indian Bhajans followed by a pre-comedy comedy sketch from David introducing Ashwin for his stand up comedy and we finished the afternoon with a Question and Answer session helping to clarify a few points and doubts raised.

Group meditation was held earlier Sunday evening to allow time for those from interstate needing to return by flight. After dinner, a fun quiz competition on the three Ms was held at the Yoga studio at David's home.

We finished the program with closing remarks and special thanks to David for allowing us to use his home, other volunteers for making it a successful seminar, and with a final thanks to Master for his loving guidance and attention in making it such a spiritually uplifting event. John Smith, Brisbane





National Australia Seminar Cont.

This year's Regional Seminar was held in the Blue Mountains and had its logistical challenges with the seminar, accommodation and dining all in separate locations. This meant that we were all travelling between these three locations several times a day in a fleet of cars. Yes, it sounds like a real nuisance but for me it had the opposite effect. It meant that we had to all work together to transport abhyasis between these locations, share accommodation with abhyasis from other centres and the nicest part of all, all of us squeezing into David Todd's charming house at Wentworth Falls for lunch and dinner each day. I had a sense that through all of the coming and going, rubbing shoulders on the way we grew much closer. A joyous seminar filled with brotherhood. Michele, Sydney

Brewing and boiling
Roasting and frying
Stirring, washing, & cleaning
All outdoor cooking, in His Remembrance
Sunny & rainy
Gusty & windy
Chilly and misty
Nature showing its true beauty
Did we have our AGS in Blue Mountain
No, no, it was in Heaven.

Vijaya, Sydney



Kids watching Kung Fu Panda



I was so depressed to hear I couldn't stay in the beautiful, quaint, peaceful, quiet venue under the meditation hall where I could just wake up, climb the stairs for meditation, have exotic food three times a day and not to have to travel outside to get food and attend satsangh. To my great surprise it turned out to be just the opposite and I was so thankful to Master for sending me to our old, cold cottage some kilometres away, a real blessing!.

The seminar speakers were all absolutely fantastic and for anyone who missed out, the theme was to listen to your heart and Master's comment made such an impression when he told the Americans to cut their heads off and follow their hearts. David was so generous in offering his home, the atmosphere so vibrant and you could feel the love and all were open and helpful. Louella, Sydney





UN International Day of Peace Celebrated in the Blue Mountains

150 adults and their children, members of SRCM and guests, assembled to commemorate and strengthen the ideals of peace both within and among all nations and peoples in the region. This year's U.N. observance focused on 'Sustainable Peace for a Sustainable Future'. On the occasion of the United Nations International Day of Peace 2012, during a national seminar, the Shri Ram Chandra Mission invited the general public, family and friends to join a programme filled with positive thoughts and goodwill for peace on Saturday 29th of September 2012, 3.00 p.m.—4.00 p.m.. at Nevaeh House, Leura, in the Blue Mountains. The chosen theme in Australia was: 'This Way of the Heart' drawing attention to how to make a difference at the individual level using heart and mind.

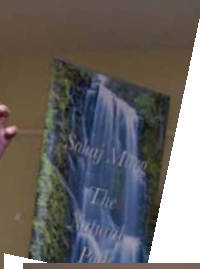
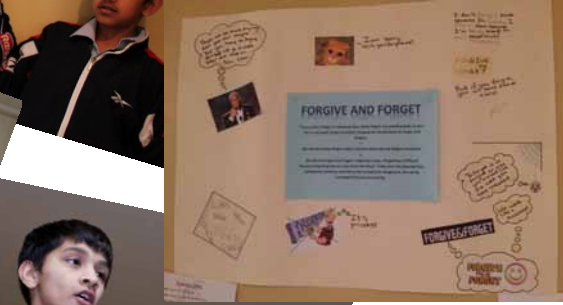
The opening song set the mood for the presentation, followed by the UN Secretary's message released on youtube, followed by readings from the Sahaj Marg literature. Children presented their views by singing together and there were also individual presentations, given with a sense of fun and goodwill. The children's drawings were displayed on the walls for all to see. As the power of a compassionate heart is considered a deep secret in the process of peace making, the audience joined as one in a prayer for peace.



Celebrations in Brisbane

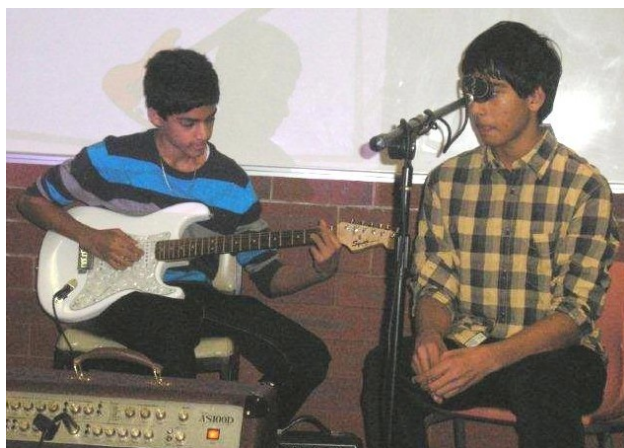


Celebrations Wellington, NZ.



UN International Youth Day

The theme of International Youth Day 2012 is "Building a Better World: Partnering with Youth". This was a global call to action to develop and engage in partnerships with and for youth. Our Perth centre celebrated with around forty members in attendance and their youth on 12 August at the Bull Creek Community Hall. The program was coordinated and organized by the youth of our centre and it was good to see the youth, children and the young at heart coming together to make this day an enjoyable, fun-filled and purposeful one. The program started with a silent prayer, which was followed by presentations, recitation of poems written by children themselves, music performance and a question-answer session. These presentations were all based on the one theme "Youth a time of promise". Following this, two young at heart adults gave a musical recital, and sang a very beautiful, meaningful, Bhajan followed by a flute recital.



Ashram Update

Our Bringelly Ashram was put on the market in July this year and to date we have had no offers. We are asking a higher than market-value price to take into account having obtained the Development Approval. This week we engaged the services of two new agents who hopefully will bring a more fruitful outcome.

Our directive once we sell the Bringelly land, is to purchase a venue conveniently located in Sydney which can be used on a regular basis.

Following our recent Annual Gathering in the Blue Mountains we looked at a few properties, and are taking an interest in an option in one of the obsolete mental institution sites which is being made available for community use with a lease where the tenant pays for refurbishment and upkeep only. We are looking further into this possibility to see if it could be a viable option for us.

For those abhyasis who would like to be involved in looking for possible sites please contact Paul John divewithin@gmail.com

At discussions during our Annual Seminar, it was suggested that we continue using the Bringelly venue for some activities, such as training programs, prefect meetings, youth programmes, etc. We can have ten to fifteen abhyasis staying on site at any one time.

There is also the need for regular maintenance work around the ashram. Please contact David Todd davidknoxtodd@gmail.com if you are interested to volunteer.

John Smith, Brisbane

Once we love we love forever. It should apply to human relationships. It should apply even more to the divine relationship. Chariji.



Fiji Islands

The question of “Darshan”

I had a wonderful opportunity to spend fourteen days at Babuji Memorial Ashram in Manapakkam. Since starting my practice in 2007, this was to be my third trip to Manapakkam. Previously I always had the company of other Fiji abhyasi sisters on my trips and this was to be my first stint on my own. As I left I was reminded yet again of the special environment of Manapakkam. One of my fellow sisters talked about Master's health and the importance of not going there with any expectation of meeting him physically but rather just being aware of his blessings in the place. Another talked of “any questions or confusions you may have will be automatically answered”.

Away from the hustle and bustle of life, most of my days at the ashram were spent either in the meditation hall or in the library. The feeling was of being in a place where all my needs were met. The thought that kept on coming to me was, “This is just like being at home”.

As the days to leave grew closer, someone asked me if I had seen Master yet. With the notices around the ashram of not crowding around Masters Cottage, I had not seen him physically but the news of his improving health filtered through the abhyasis in some way or other every day and I felt heartened and content with that as the days had worn on.

But the question of having had his “darshan” created a doubt in my mind as to whether I should have tried harder to get access to see Master. Then, the very next day, Brother Kamlesh spoke at the Sunday 9 a.m. satsangh. In his message he emphasized “darshan” and it's true essence of visualizing Master in the heart rather than seeking a chance to fall at his feet for his blessings. This seemed a direct answer to my question and I was again at peace.

To put a feather in the cap of my blissful two weeks at the ashram, I did get to meet the Master as I collected my prefect certificate from his hands before I left to fly back home.

Sandhya Narayan, Fiji Islands

Our experience of spending three months with Sydney and Canberra abhyasis

We attended satsanghs and sittings in Sydney and also attended the Canberra Seminar.

It was a very blissful time, our stay in Australia with brothers and sisters and gave a true feeling of real brother and sisterhood. We aspire for those moments.

We never felt that we were new to the place or to our brothers and sisters, and from the first moment, we felt we were at home with our family. There was an atmosphere of openness, open heartedness, nothing that was not shared, all was crystal clear.

We also attended the two day programme on cleaning. It was like taking part in a group discussion, very healthy and we enjoyed every second of it.

Our special thanks to Dharmin Bhai/ Karishma / Shalini and Jim for accommodating us in every respect.

Neelima & Shruti Sharma, Fiji Islands.



Training session for new abhyasis, Fiji

Melbourne, Australia

Photos taken by three Melbourne abhyasis at the Special

Seminar in Manapakkam.



Special Seminar, Manapakkam, August 15, 2012.



Perth, Australia



Master's Birthday

Our beloved Master's 86th birthday began with morning satsangh and was followed by the reading of Babuji's special messages for this occasion.





CREST – Facilitators Training Programme

It was 5.45 a.m. when Libby and I arrived at CREST in Bangalore after an eventful journey by train from Tiruppur. Unparalleled beauty, charged atmosphere, stillness and silence except for happy birdsongs greeted us as we walked through the gates. The first thought that crossed my mind was "Have we reached heaven?"

We were the first delegates to arrive as most of the brothers and sisters attending the training were scheduled to arrive later in the day. This gave us a rare opportunity to be absorbed in that beautiful atmosphere. Revered Master's presence was strongly felt but the joy was tinged with concern for his health. Remembrance was so easy and we meditated again and again to best use this unexpected gift.

Training commenced on 27th July and for me concluded on 1st August. The days were long but filled; opportunities to learn through well-structured plenary sessions and workshops. I for one got more than just learning facilitation skills. Discussions on various topics such as deepening the link with Master, a sense of service and grounding in the practice gave us all an insight into the profound beauty and simplicity of Sahaj Marg and re-enforced the rare opportunity being given to us to evolve. The approach to delivering the training through facilitation and allowing the participants to learn from within and through our Masters' quotes is so profound. We saw each one of us being transformed as we progressed through the week and one could feel the gratitude and commitment developing in all of us. I am so grateful to our dear Master for giving this opportunity to learn and serve him and consolidate what was given to us at the bhandara.

I cannot conclude without mentioning the love and affection shown by Sister Seetha and her team. They silently looked after us in every way and demonstrated how his children should behave with each other. I hope that all my brothers and sisters will attend CREST and experience this first hand



sometime in the future. Ravi Ravindran, Wellington, NZ.

Letter from Janine in INDIA 16 August 2012

By now you will have all benefited from the one day bhandara celebration [15th August] and seen all the footage and speeches.

We travelled, eleven of us in a four wheel drive vehicle, from Tirupati to Chennai. Leaving at 2 a.m. and arriving at 6 a.m. We returned home for work late that evening (midnight). The roads have been badly affected by the monsoon so very, very rough and bumpy. Chennai ashram was full of people with satsangh occurring wherever there was a piece of spare ground- anywhere in the ashram. We sat on the ground near the library for the first one. As you know with only two days notice 21,000 brothers and sisters assembled. But there were probably more as it was not so easy to sign in the golden book. Temperature was very, very hot.

Despite the crowd abhyasis were very respectful and natural with each other. Even the difficulties in finding vehicles and leaving the very narrow ashram road was managed well. It took several hours to find our vehicle and driver. People stayed at the Omega school and other venues as well as ashram.

As you all know Master was very frail in his physical self and magnificent on the inner plane as the recent Whisper attested to. The love and care and tenderness in approach of the working party and all others surrounding him was palpable and subtle. It was painful to feel him suffering in this way. We had a new abhyasi (medical doctor) from Tirupati who completed her introductory sittings five days before this bhandara. So this day was her first satsangh, her first bhandara, her first time with a group of Sahaj Marg abhyasis en mass, first time in front of Master and her first visit to Manapakkam ashram. She just glowed more and more as the day progressed.

She is progressing very easily with little barrier which I attribute in part to grace and also environment as her father is also an abhyasi. She states that her father naturally talked and lived spirituality with her every day in her youth. Our lack of shared verbal language means that much of our time together is silent and any questions that come are deep and worth spending the time on translation and developing a simple understanding. We have been lucky to have the written booklets on the practice so that the details can be understood...but mostly this is a deep modelling of the heart.

There was a great deal of sacrifice and discomfort for many to get to this celebration. The things that we take for granted are just more difficult in a country this size, with the economy, number of people and the climate that it has.

What else can I share that you don't already know or did not already experience with us yesterday?

I think just the extreme heat!!!!

Affly, Janine



The Global Youth Network

The primary goal of this initiative is to create a worldwide connection and community for the youth of Sahaj Marg. The Internet became the natural starting point due to its increasing pervasiveness, especially among young people. It allows us to travel across the world without leaving our homes! This idea was accepted quickly and spread through almost all continents. Due to overwhelming participation, Webinars were introduced as a tool where abhyasis could connect and participate in a cyber gathering.

The agendas are aimed at creating fun, instructive content and a means to promote the connection with the Inner Master. The talks given by both young and guest speakers struck at the heart of all participants. The network that is being created allows for promotion of international Sahaj Marg initiatives and a means to quickly mobilize large number of volunteers for projects.

CRITERIA

The young abhyasi is typically either single or recently married. Many are studying or starting their careers. Life is very dynamic and busy, surrounded by a world of sensations, temptations and ambition; a period perhaps when the practice is most crucial, yet ironically is sometimes the most neglected.

PARTICIPATION

The first youth webinar took place on **June 29th**. Br. Bill Waycott encouraged the youth to get involved in the Mission and Br. Santosh Khanjee emphasized importance of discipline in the practice. It was a maiden voyage for the Webinar platform, with the organization team learning many ways to improve to ensure a great experience for participants. Beloved Master's presence could be felt in the hearts of all present.

On **August 25th** a group from dozens of countries gathered again online. Participation had increased. There were registrations from California to Australia, passing by Latin America, Europe, the Middle East and India. The webinar began with a brief introduction to the youth network, conducted by Br. Andre Barreto (Brazil). Next, Sr. Simone Skovsang (Denmark) talked about a youth seminar that took place in Vrads Sande ashram last January. That gathering was an opportunity for about fifteen young abhyasis from Denmark to get to know each other and plan for activities and projects. Inspiring and beautiful presentations created an atmosphere of love transcending borders of space and time.

To register for news and invitations for this initiative please sign up at : <https://docs.google.com/spreadsheet/viewform?formkey=dE8wRmdCR2txVkJlcXAtTmNCX2d3UHC6MA#gid=0>

Audio Book of Reality at Dawn

It is our great privilege to announce the launch of Audio-Book of "Reality at Dawn" (by Babuji Maharaj) in various languages, during Diwali time (November, 2012). We have already completed the Chinese Version of the Audio Book and the MP3 CD which was recently released at Manapakkam, Chennai, coinciding with the visit of abhyasis from China.

We intend releasing the Telugu and Hindi Versions of the Audio Book by Diwali. Work is going on in other languages as well. We expect a very good demand and we would like to ensure that we are able to make enough copies of MP3 CDs available. This is to ensure that all abhyasis are able to buy and benefit from these Audio Books.

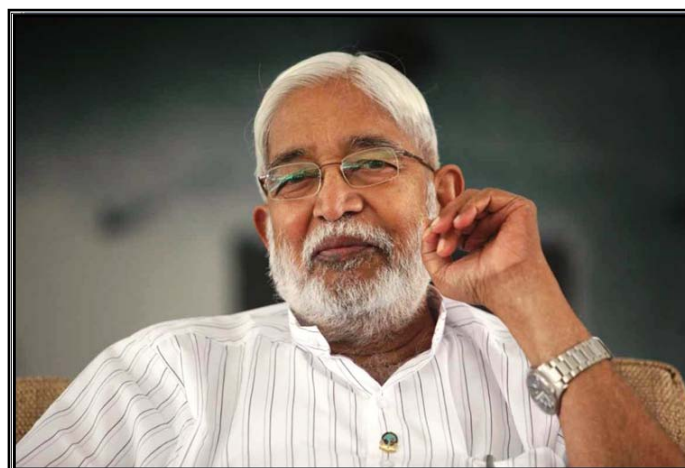
With the changing times, the need for such Audio Books has become more relevant. Travel and wait time can now be productively used by abhyasis to listen to the messages of the Masters being read out to them, in a language of their choice.

We are commencing pre-bookings for these Audio CDs - to start with – for English, Hindi, Tamil, Telugu and Chinese. Abhyasis are requested to just register their Names, Centre Name, Abhyasi ID # and Number of copies needed at their respective centres. There is no need to pay any pre-booking fee at this moment. Each CD is being priced at rupees two hundred.

It is our sincere request that all abhyasis benefit from these special Audio MP3 editions of "Reality at Dawn".

Most affectionately,
Kamlesh

This MP3 CD is a pre-order CD and if you are interested to book a copy, please give your details to your centre coordinator. At this moment it is not determined whether this special CD is part of the AV Corpus, so all subscribers please book your copy if interested.





New Releases from July celebrations..
please ask at your local bookstall or centre coordinator for copies



Calendar of Events 2012

Date	Event	Venue	Contact
November			
3	Prefect workshop	Perth, W.A.	skmenon.au@gmail.com
3	Open Day	Bullcreek, Perth, W.A.	skmenon.au@gmail.com
4	Monthly Gathering	Sydney, Brisbane	Centre Coordinators
4	VBSE children's programme	Sydney, N.S.W.	rajesh.rklal@gmail.com
4	Abhyasi Trg-Cleaning	Brisbane, Qld	danasm2407@gmail.com
6	Group meditation	Gold Coast, Qld	danasm2407@gmail.com
10	Ashram maintenance	Sydney, Bringelly Ashram	rajesh.rklal@gmail.com
10,11	Open House + sittings	Gladstone, Qld	danasm2407@gmail.com
11	Prefect's meeting	Melbourne, Vic.	mohanaraga@gmail.com
17	Sittings	Gold Coast, Qld	danasm2407@gmail.com
17,18	Abhyasi trg-Prayer	Sydney, N.S.W.	rajesh.rklal@gmail.com
18	Clarification in the practice	Valentine, N.S.W.	rajesh.rklal@gmail.com
18	UN Children's Day	Melbourne, Vic	mohanaraga@gmail.com
18	Movie Night	Toowoomba, Qld	drk_uma_r@yahoo.com
24,25	Prefect visit	Canberra, A.C.T.	rajesh.rklal@gmail.com
25	UN day	Perth, W.A.	arlette@brighterrealty.com
25	Abhyasi trg- Meditation	Albury, Vic	mohanaraga@gmail.com
December			
1	Prefects meeting	Sydney, N.S.W	rajesh.rklal@gmail.com
2	Monthly Gathering	Sydney, Brisbane	Centre Coordinators
2	Ab.Trg—Cleaning+picnic	Kenmore, Qld	danasm2407@gmail.com
2	VBSE children's programme	Sydney, N.S.W.	rajesh.rklal@gmail.com
8	Picnic Day	Central Coast, N.S.W	kerrieando@bigpond.com
11	Group meditation	Gold Coast, Qld	danasm2407@gmail.com
15	Sittings	Gold Coast, Qld	danasm2407@gmail.com
16	BBQ—outing	Melbourne, Vic	mohanaraga@gmail.com

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