



*YAB Souvenir  
for  
Revered Master*

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Youth Awareness Booth Entrance



Editor's Desk



## YAB : Memories to be cherished forever!

With the primary motive of brotherhood amongst all youth and bringing the youth of Sahaj Marg together, "Youth Awareness Booth" now popularly known as YAB, was set up during Rev. Master's 85th birthday celebrations at DJ Park, Tiruppur for the first time this year.

YAB showcased the youth activities conducted all across world thus spreading awareness and inspiring the visiting youth to take back ideas with them to their centres and carry out similar activities in order to continue their involvement in SRCM activities.

Youth Awareness Booth (YAB) is a tiny yet significant step into a great future by SRCM youth. It all began with an inspirational thought that fired up the imagination of the youth in Pune and Mumbai centre. Revered Master blessed us all by approving the Youth Booth concept on the 10th May, 2011.

The preparation of the booth began with the formation of Youth Implementation Committee (YIC), comprising of a team of 8 abhyasis from various centres spread all across the globe. An Oversight Committee was also made available to guide the YIC team. Through emails and conference calls, YIC planned and designed various aspects of the booth and at the same time the YIC team was responsible for setting up various youth teams for execution of the YAB concept. This constant effort led to the formation of different sub-teams viz., Communication team, Media team, Creative team, Resource Management team, Activity team and Infrastructure team. All these sub-teams had defined roles to play and responsibilities which were identified in advance by the Oversight Committee and the Youth Implementation Committee. Each of these sub-teams had a Point of contact (POC) who worked in co-ordination with their energetic and enthusiastic team of volunteers.

During Bhandara, the booth received tremendous response. It not only inspired the youth visitors but also was an eye opener for all visitors. Some noteworthy features of the booth were Information Technology (IT) desk and The United Nations (UN) desk and Photo Contest Gallery.



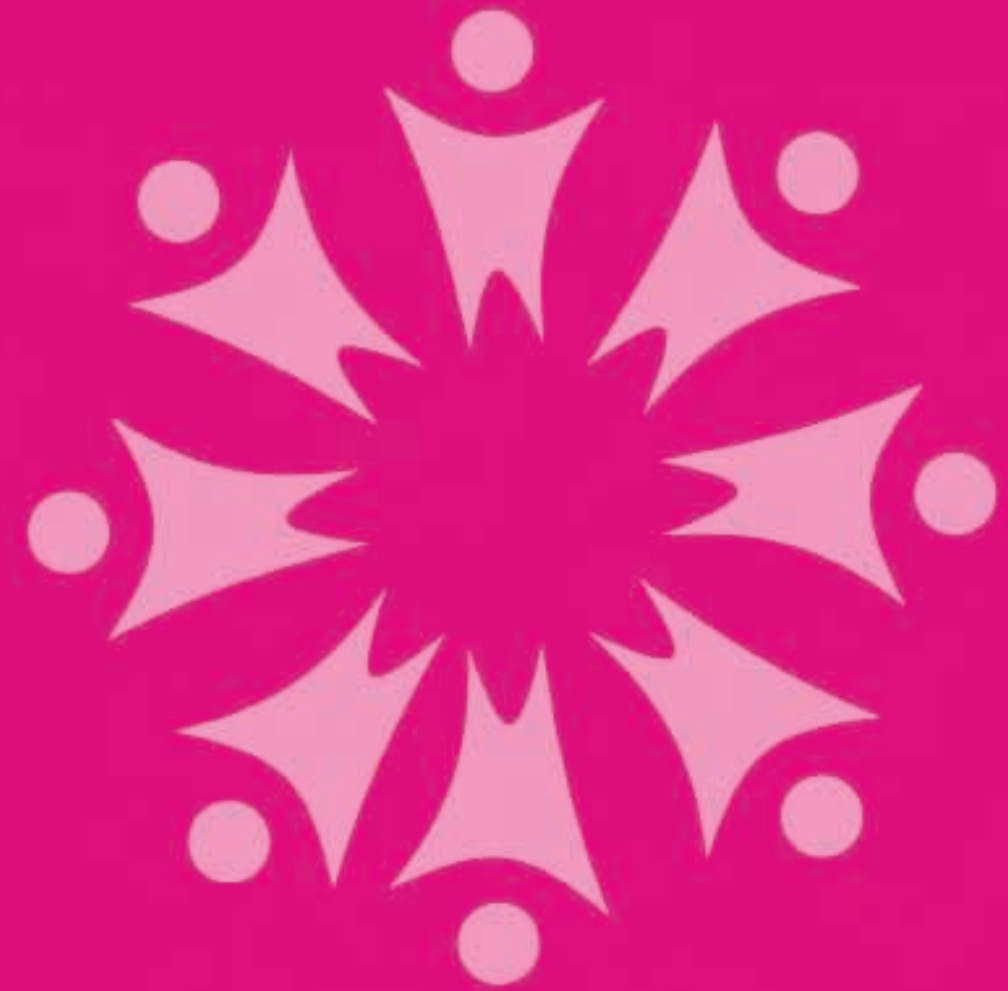
The Photo Contest Gallery had photographs on display those taken by young brothers and sisters based on the theme 'Potential.' further it was the Art Gallery, a presentation by the students of Lalaji Memorial Omega International School (LMOIS) and the workshop on 'Heart Speak.' Around 7000 abhyasis visited the booth. They were a source of encouragement and support, providing valueable feedback for the ongoing spiritual journey of the youth.

YAB taught the involved volunteers various aspects like good communication skills, art of planning, management and art of handling crisis. Moreover it was a training for us to learn how to co-operate, co-ordinate and work together in harmony with a feeling of Brotherhood and Love. In the form of YAB, Master gave each one of us an opportunity to open up, explore and we also came to know about our capacities. The seriousness behind the whole initiative was reflecting in every way. Everyone enjoyed working, exchanging thoughts and ideas with brothers and sisters from various centres worldwide and learned new things that would be useful for the progress in the spiritual journey.





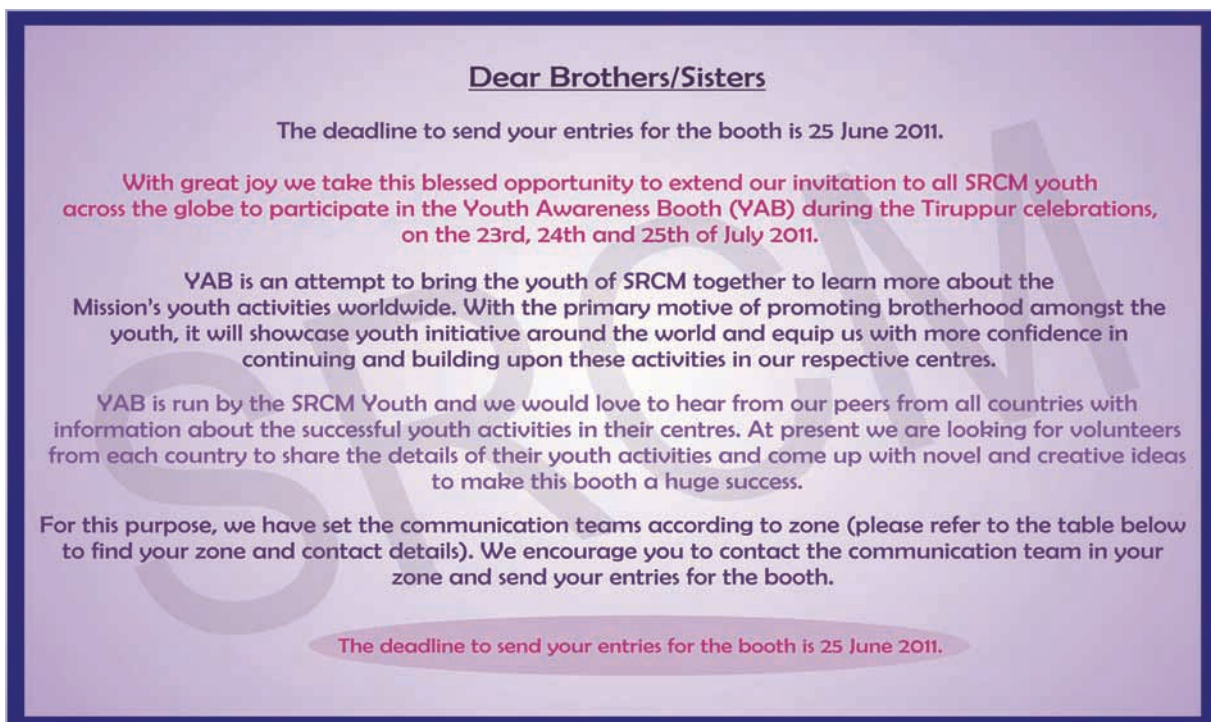
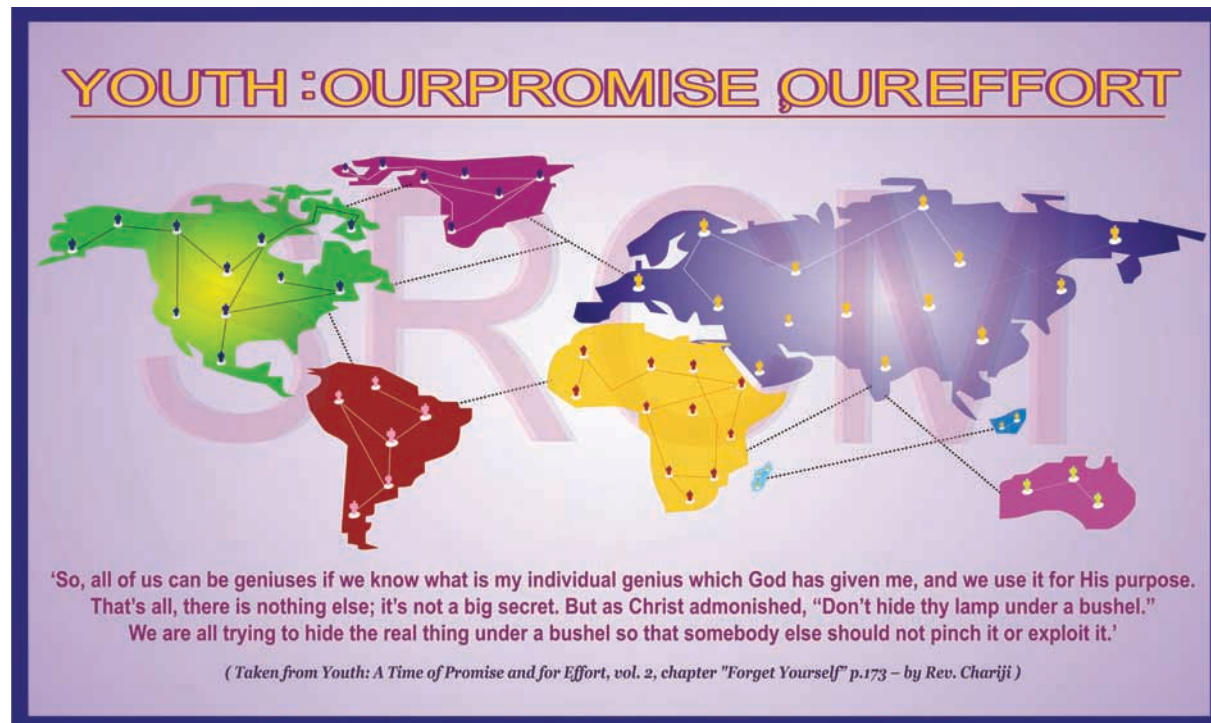
Queue outside the booth



**What is YAB  
and  
Purpose of YAB**



## YAB Invite



## What is YAB?

YAB - Youth Awareness Booth is an exhibition of the youth activities conducted at different centres across the globe.

Youth activities at centres include activities like skits, games, camps, seminars, treks, sports events, musical or cultural programmes, workshops, VBSE, open houses, sessions on different topics such as forgiveness, work and service .

## Purpose of YAB

The purpose of YAB is to :

1. Promote and create the awareness of the youth activities in the Mission.
2. Create a supervised and effective platform for the youth across the world to come together and share ideas about various youth initiatives happening in their centres thus inspiring other centres to take up similar initiatives.
3. Promote Brotherhood among all participating youth.
4. Showcase the available books, audios, videos that provides guidance the youth.
5. Provide a forum that will give an opportunity to the youth to use their energies and capacities in creative ways, which also means in self-development oriented way.
6. Motivate the youth abhyasis to take part in mission activities.
7. Develop the feeling of 'My Mission' since 'Youth' are the future of our Mission.







Volunteer explaining  
an artwork to a group  
of visitors



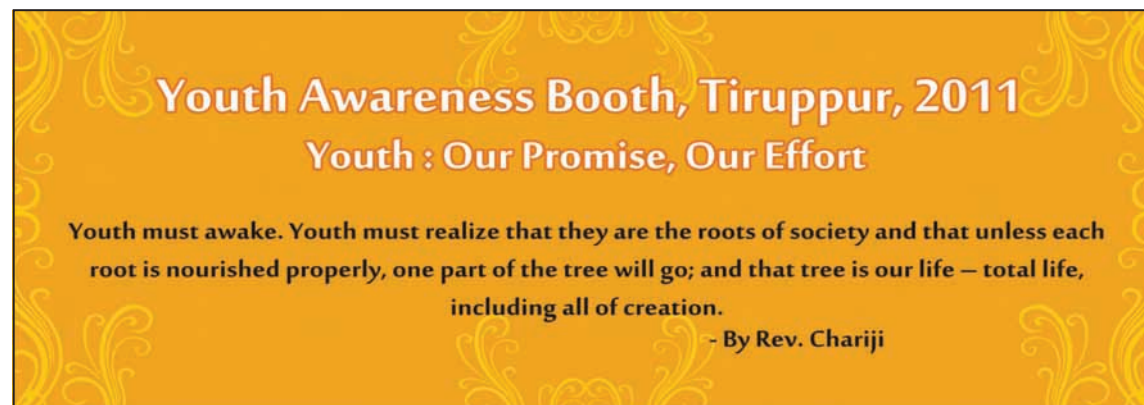
**YAB Creations at Display**



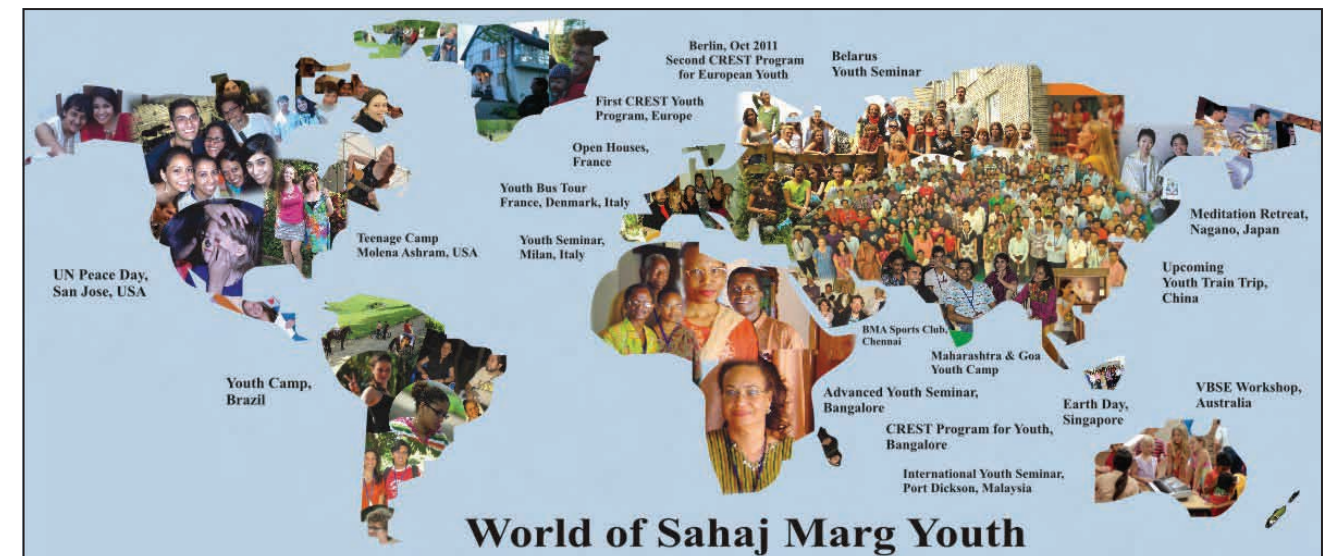
## YAB Banner



## Bookmark



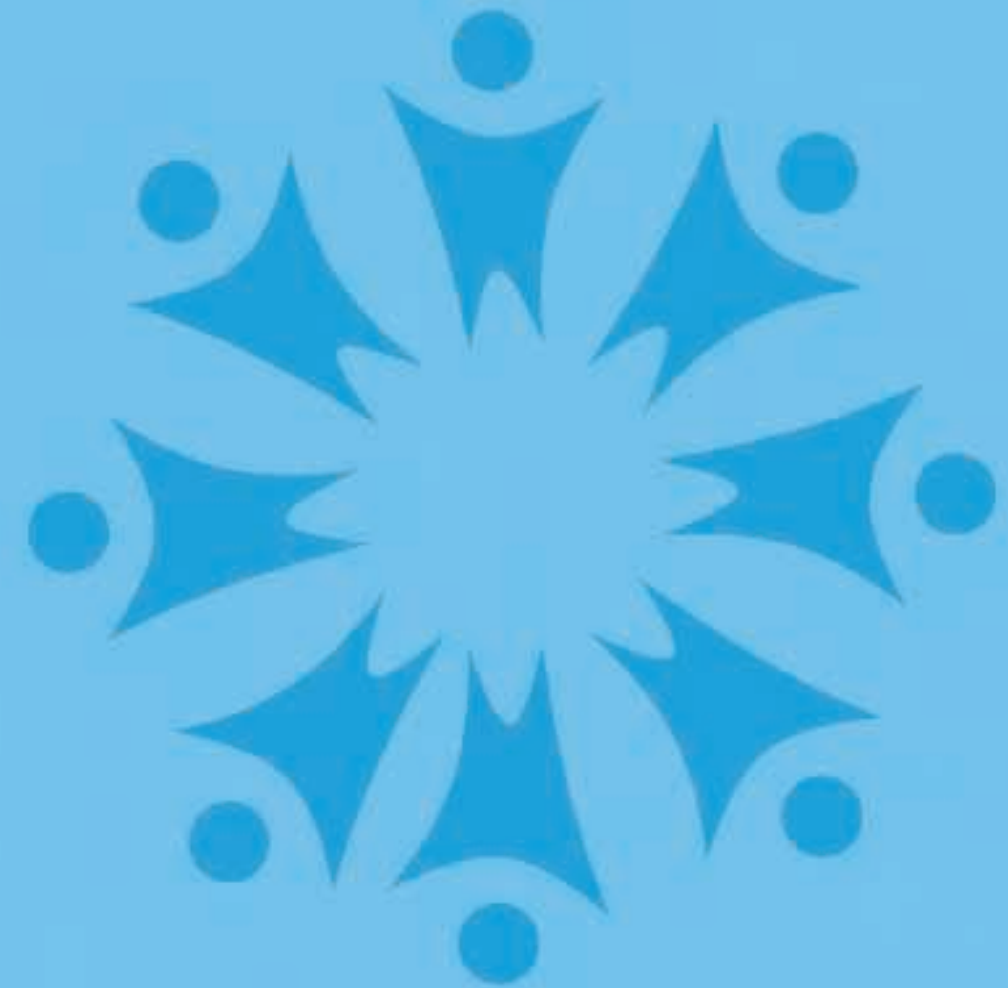
## World Map








Cultural Programme in the booth




**Photo Contest Gallery**





## YAB - Photo Contest



**"It is not the camera, but the eyes behind it that matters."**

**The Challenge for Youth**

- ⤴ Shoot a photo, give it a caption. Write a short paragraph (max. 100 words) explaining how did your picture and the theme touch your heart. Send to the e-mail below;
- ⤴ Best 25/50 entries will be printed and displayed at Youth Awareness Booth (YAB), during Master's birthday celebrations at Tiruppur, India;
- ⤴ Top 5 will be judged by experienced photographer-abhyasis, and awarded prizes.

**The Theme**

Potential

**The Categories**

- ⤴ Classical ( picture without changes, only minor post-processing permitted )
- ⤴ Creative ( free editing, rework, montage etc. )

**The Gear**

- ⤴ Any camera can be used (Point and Shoot, SLR, Cellphone etc.)

**The Dates**

- ⤴ 8th July : Deadline for e-submissions by email
- ⤴ 24th July : Judging by experienced photographers



**The Address**

Please send your photo in high resolution ( preferably 300DPI ) together with the following information.

⤴ [yab.photo@gmail.com](mailto:yab.photo@gmail.com)

Complete Name :  
Country :  
City :

Phone :  
Category :



## Photo Contest Invite



## From "Umm boring..." to "Wow cool!"

Inertia is a powerful phenomenon. Quite often it keeps us from moving, thinking, acting and feeling different. No matter if you are in East or West, North or South, it has been the case with our approach to youth. We still bounce from extremes. Kids are either supposed to sit and quietly pay attention to monotone lectures, or be wild beings banging their heads while listening to loud music.

Fortunately there are several initiatives around the world overcoming this trend. YAB was one of them. Youth doesn't want to be local and quiet. They want to be global, express themselves, create and interact. When the YAB team was brainstorming about possible activities for the booth, we were looking for ways to listen instead of talking. To involve everyone instead of just the ones who were able to attend the Tiruppur function. That was when the idea of a photo contest came up. It was an opportunity to see the world through their eyes and feel life through their hearts.

Everything happened very fast and lots of lessons were learnt for the next time. But even in such a short time, the outcome was amazing. There were entries coming from several countries and continents. The photos didn't come with bare beauty. They came to show another powerful phenomenon : Spirituality flowing from the heart of young photographers. The seed Master has planted is blooming everywhere. The inertia got transformed into Momentum. Youth energy has put us in motion and it is time to keep it moving.

Thank You Master! Thank You Youth Photographers!





Name : Mayank Sharma Place : Singapore Category : Classical



## **"Potter & Clay"**

Youth is like a clay, each clay in the potter's hand has the same, yet different purpose, the final product glorifies its Master. We are all called to glorify our Potter, our Master. Out of a potter's hand, a clay is just a lump of soil, has no purpose at all. He knows our strength and our weaknesses. He knows our limitations.

When He shapes us, He will make sure that it will surpass our limit. Unfortunately, often we give up too soon and proclaim that it has already beyond our limit! Who knows better? The Potter or the Clay?



**Visitors**





## *Judges Honorable Prize*

Name : Anchal Shrivastava Place : Pune Category : Classical



**"The moment you come out of your shell of illusionary ego, your real potential shows."**

When I saw this tiny crab struggling to get out of the shell, I felt that how we create a shell of illusion around us to stay away from the reality to protect our ego. And if a person can conquer his ego and manage to come out of his self made shell of illusion, he has the real potential. In reality, the only potential we need to have is to be able to keep holding Master's hand so that He can pull us out of any shell.



## *Popular Choice Prize*

Name : Aashna Singh Ranawat Place : Chennai Category : Classical



**"Flamma"**

Each human has the  
Potential to be His candle.  
Potential to be lit.  
Potential to light the dormant.  
Potential to spread His light.



Name : Ajay Sajnani Place : Dubai Category : Classical



## “Nature in a Balanced State”

The picture portrays diverse elements of Nature existing in a harmonious condition. The monochrome palette further enforces a simple, peaceful state. The scene appears passive, but the waves create activity without disturbing the overall balance of the other elements, balance between being active and passive at the same time. Meditation could bring about a balanced state of mind and Mother nature in it's balanced state is a shining example of it.



Name : Anup Kelgaonkar Place : Solapur, Maharashtra Category : Classical



**Blessings are always there. Are we utilizing them? Babuji said, “The sun is shining for everybody. It rains, but only the man who prepares his field will harvest a crop.”**

This snap was taken on 30th April 2011 in Solapur Ashram just before evening satsang. A pandal was erected outside Meditation Hall to provide shade, the part of which is seen in the Picture.





Name : Aswin G Place : Ernakulam (Kalady Centre) Category : Classical



## "Hidden Star of Miracles"

"Potential is the ability in everyone to achieve or perform something. The picture depicts the fact that potential is something that needs to be found within you by removing the obstacles that surrounds it. Just like how the clouds are covering the sun rays preventing it from unfolding the power within and making miracles happen."



Name : Alice San Place : Chennai Category : Classical



## "Nature's potential"

The sky is cloudy, while the moon emerges - its light spreading all over the world. The view in the picture is to show Nature as it is. The enchanting grey clouds do not blend with the white moon. The moon shines bright up in the sky, not bothered by the numerous lights below - it will be more distinct and bright.

This is "Nature's potential", showing that there is light even in the darkest part of night.





Name : Bhavana Gupta Place : Gurgaon Category : Classical



## "Innocence"

This picture represents two stages in my spiritual journey. When I joined the mission, I tried to keep smiling like teddy bear even in odd circumstances just because I was expected to do so (although I was not happy). But, as time passed I understood that Master knows what is best for us and that's when I became like a child (as rabbit) who just follows his mother irrespective of any circumstances...



Name : Badal.R.Chauhan Place : Mumbai Category : Classical



## "Youth : Rays of Love"

"This picture was clicked during a Spiritual trip to Alibag, Konkan region of Maharashtra, India. This was one of the most beautiful Spiritual trips that the youth of Mumbai and Pune had. The youth from both the centres interacted with each other very well and shared their spiritual experiences. This trip helped to spread the rays of youth activities in Mumbai, Pune and other centres of Maharashtra. As we observe sunrays spreading in the picture, similarly with love in our hearts, message of youth activities will spread in form of Youth Awareness Booth all across the world."



Name : Ines Neumann Place : Cottbus, Germany Category : Classical



**“You left behind your old vesture, so as to array yourself with a dress of light.”**

Potential is connected with growing. But before something can grow, there must be free space. The photo explains, how the excavator breaks down my old house after which it was not easy to live in. But I was very happy about this break down because I then felt the connection between outside and inside. Inside my “old buildings” are breaking down too.

So can there be more space for Master in heart : My potential.

Although the break down of the house was planned six weeks before, the house broke down exactly on my 40th birthday.



Name : Kashyap Popat Place : Mumbai Category : Classical



**“What is genius except complete expression of our inner potential?”**

The picture shows a flower bud, ready to grow and blossom. Likewise, each child has immense potential to grow and blossom. They just need nurturing atmosphere and care.

My Master has said : “Unfolding of a mind is like the flowering of a bud, as delicate, as fragile, but as sure as that. Would we but trust Nature and let Nature take over and only provide an environment of love and warmth in which a bud can open, you would see the marvel and the miracle of every child becoming genius. What is genius except complete expression of our inner potential?”





Name : Mrinal Sharma Place : Singapore Category : Classical



## "Youth"

"Youth is the time the soul needs no allurements  
No maddening influence to excite its powers;  
For, as the lark, that soars to heavenly regions,  
The spirit warbles through life's morning hours.  
Oh happy youth! Life's oasis of beauty!  
What time in after years so pure and sweet?  
Free from the laboring progress of great manhood,  
It treads life's pathway with elastic feet!"



Name : Maitri Shalagar Place : India Category : Classical



## "Age has no bar. Faith Lies within."

Trust lies deep within and age has no bar for it is in these actions real faith nurtures. Such small actions show us the hidden potential in an innocent heart. A selfless prayer offered reaches directly to the divine. Our true potential lies hidden deep inside and it flourishes when we apply our will to use it for the betterment of ourselves and others. This lies as a foundation for the spiritual existence.





Name : Neeraj Patel Place : Jodhpur Category : Classical



## "Change"

In this picture I want to show that, to show sweets and to write words on mirror..if we try to do things in our daily routine, we can change ourself and in turn that can change the environment.. we can help to save the matured society and can get spirituality for balancing life ...and that potential is within ourselves.



Name : P. Senthil Murugan Place : Chennai Category : Classical



## "Meditation Time"

Nature gifted me another day, My Master guiding me to realize the meaning of survival, Yes it is now my meditation time.



Name : Rajeev Thottippully Place : Dubai, U.A.E Category : Classical



## “Free Spirits”



Name : R.Prahan Kumar Place : Mumbai Category : Classical



## “See God in the Minutest”

As Babuji Maharaj says, “See God in the minutest”, there is potential in each and every being in this universe, irrespective of their size. The divine presence is there in every heart and where there is the divine presence, there is the Potential for everything. As Babuji Maharaj explains in the fourth maxim (Be plain and simple to be identical with Nature), nature is full of love and potential, which we fail to observe with our human vision. With the Sahaj Marg sadhana, we develop that vision of love, eyes of an open heart, which then can see the divine, the love, the potential in each and every aspect of nature whether it may be small, invisible ants or it may be the huge Himalayas or it may be the hidden soft human heart of a criminal.





Name : Rathu Sivapalan Place : Brisbane, Australia Category : Classical



## "The Potential Catch"

While on a boat ride out on the beautiful backwaters of Kerala, India I saw this man standing in his boat trying to catch some fishes. Whether it meant dinner for his family or to feed the community, whether it was a big or a small catch, the outcome was literally in his hands. Serene and determined....his facial expression and stance said it all. "I have the potential....I can do this."



Name : Sherri-lee Green Place : Mumbai Category : Classical



## "BE..AM the light"

I took this photo whilst walking along the beach at dusk...the sunlight was completely surrounding this person who was walking ahead of me...the silhouette looked like a glowing beam of light!

This photo reminds me that we ALL have the potential to BE that beam of light and to radiate our beautiful light to the world.

'BE the light..I AM the light.'





Name : Suryaprakash Tripathi Place : Mumbai Category : Classical

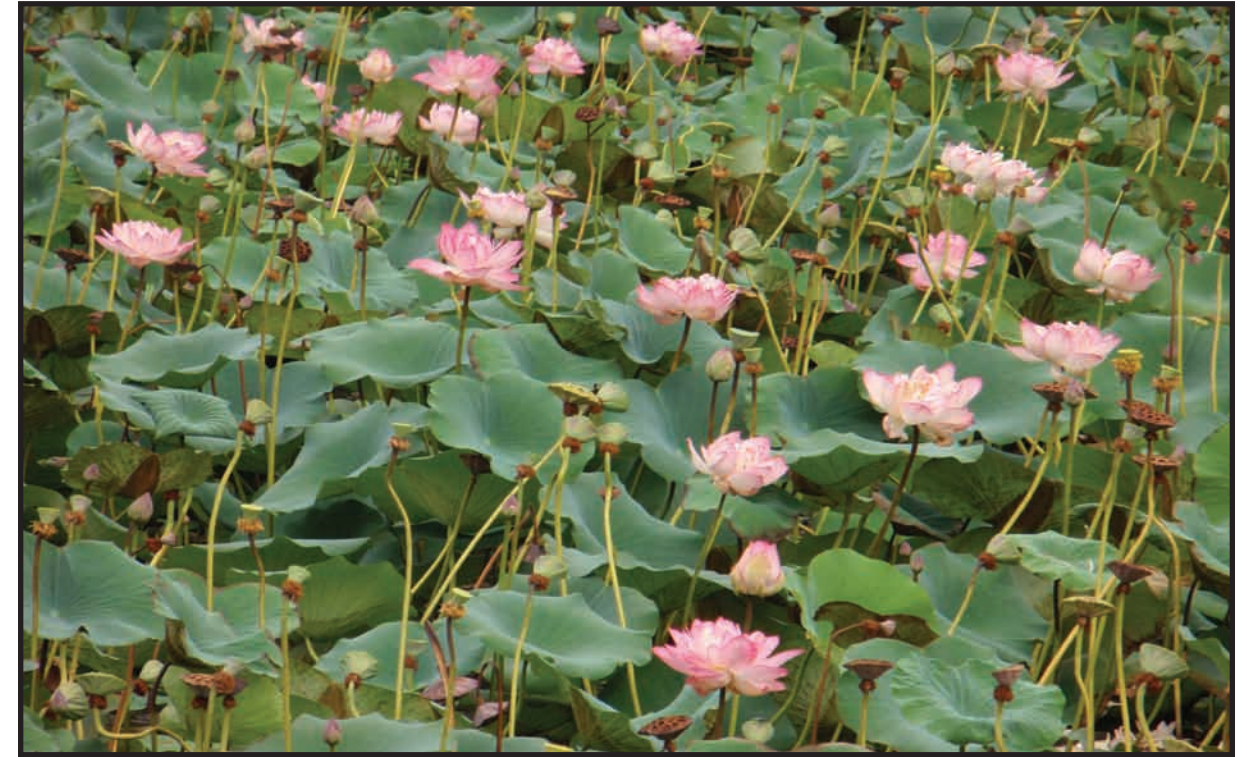


## “Follow the Path”

Shot in China and depicts a very peculiar architectural aspect of Chinese roofs for ancient buildings. At the head of the queue or at the edge is a man riding a bird and is followed by various beasts. One of the interpretation says the mythical beasts are set to pounce upon the man and devour him, should he stray from performing his duties with faithfulness and rectitude. But when I see this, it says to me that no matter you are human, animal or a devil what it takes for you to jump of the edge and be free is to follow the path till the edge. Everyone has the potential and can be free if one meticulously follows the path.



Name : Shilpakala Vasudevan Place : Chennai Category : Classical



## “Potential to Blossom”

The lotus plant is considered as a symbol of divinity, has a lot of spiritual significance, teaching us ways to rise to completeness through various ways. Rising from the murky darkness below the pond, the lotus rises high bringing forth its beauty and fragrance out in the light. The lotus stalks that remain intertwined in the bottom shows us the oneness of the plants underneath, although they may appear as separate above. The lotus leaf that floats above the water, still remain untouched by it, indicating it's unattached attachment to it. When the flower has blossomed to its fullest, it allows new seeds to come up and another flower to blossom in its place. The lotus is a great inspiration for us to blossom to our fullest potential and to let others blossom too.





Name : Sergey Semin Place : Moscow, Russia Category : Creative



## “Siberian Zonal seminar, Baikal 2011”

Lake Baikal - One of the greatest and most beautiful, clean, big and deep lakes in the world!

Situated in South-east Siberia, it is the oldest (25 million years). It contains 20% of the world's total unfrozen freshwater reserve. Lake Baikal is the cleanest natural fresh water reservoir in the world.

A few years ago in Siberia several new centers of SRCM were created.

In June 2011, at Lake Baikal was held the first Siberian seminar, Revered Master has given his blessing to hold seminars on Baikal annually.

I think that this region has enormous development potential.



Name : Samarth Harlalka Place : Chennai Category : Creative



## “Potential Unleashed”

When I saw the bird's flight, I was awe-struck. The indomitable spirit of the bird's POTENTIAL amazed me. The bird balanced its wings deftly through air and reached the zenith. It took off unhesitatingly bending its wings through the air current.

This sight made me ponder.....

If a bird can do this why not man? All human beings are bestowed with the divine POTENTIAL. If only we become aware of this potential and bend our lifestyles as our Revered Master suggests, won't we reach our goal easily? The belief and faith in one's divine POTENTIAL will make man successful in all his endeavors.





Name : Wellington Youth of abhyasis Place : Wellington, New Zealand  
Category : Classical



## “A goal without a plan is just a wish!”

Somewhere along the way we have forgotten our real goal in life. We have the spiritual potential within us, but we have directed our goals to materialistic aspects of life. We have become engrossed in our lives wanting more than we need. We are “Lost in the Limbo” years and years on, life birth after next we have been travelling in the Limbo trying to find the ‘real path.’ And finally we have come to the hands of Spiritual Masters of Sahaj Marg, who can guide us to the real Goal of Human Life.

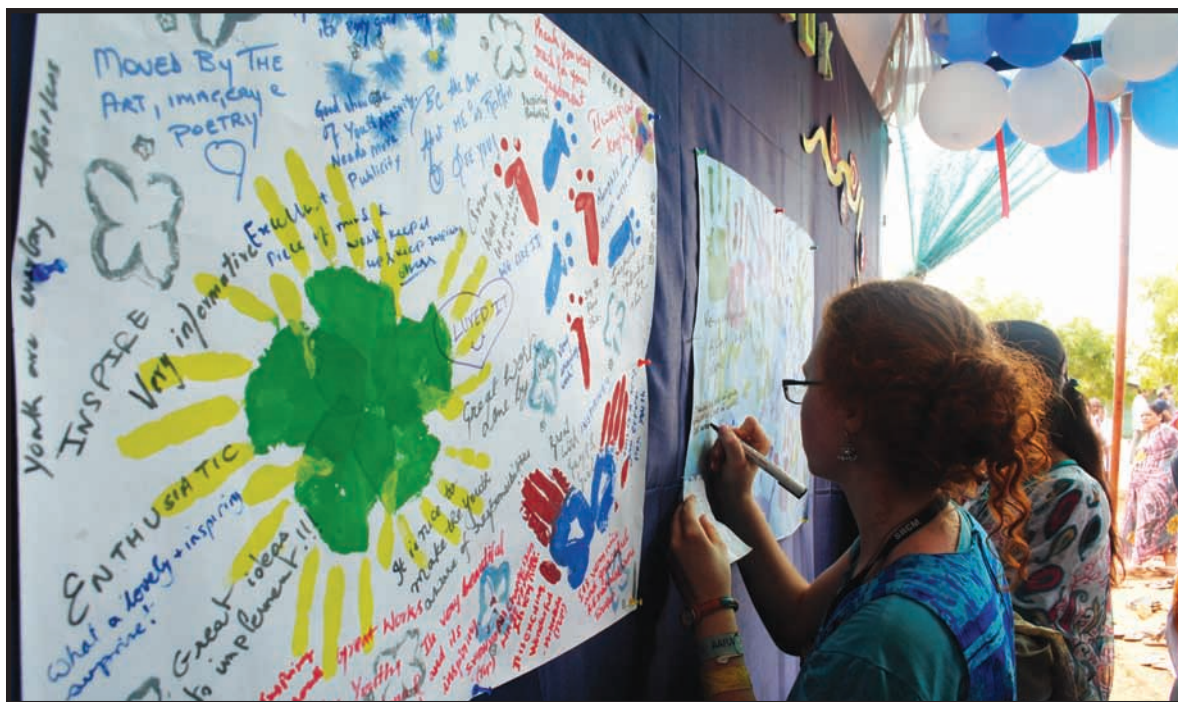


Name : Vidisha Bhattar Place : Mumbai Category : Classical



## “Explore your Potential”

No one is useless, each one of us have the potential to do something in life and reach our goal. All we need to do is realize our true worth and potential and work on it. A dead trunk can also infuse life into a new plant. The trunk allowed the plant to extract required nourishments and helped it to grow. We should never lose hope and look out for opportunities to bloom.



Visitors giving their feedback

## Scrapbook Messages and Messages by the Youth





## SCRAPBOOK MESSAGES

I believe that with Master's blessing, these youth activities will certainly help all in spiritual progress and this seed will become a big tree shortly.

YAB is a wonder. Thanks to Master for providing SRCM youth an opportunity to grow and progress continuously.

Youth is our hope for a better life tomorrow.

YAB is an excellent initiative!! I cherished it. It has been a great experience in terms of connecting with other youth brothers and sisters from all across the world and equally has been great learning curve.

We are glad to be associated with YAB. Its been an awesome experience. Setting up the infrastructure was superb fun. Learned a lot.

Visiting YAB was a wonderful experience. It was the first time and I am proud to be here.



Excellent work.  
Keep it up!

YAB was impressive, fantastic and full of energy. "Master is youngest of all. As He grows older, the more younger he looks. How? It keeps me stunned.

An initiative like YAB is encouraging and motivating.  
Good Job!

Great !! Learnt a lot.  
Applying in real life as well. YAB should spread.

YAB is an amazing attempt.  
Great ideas behind the booth set-up! Hoping to visit YAB in every bhandara.

A hearty congrats to all brothers and sisters of YAB, beautifully presented. Glad to see it started.



Truly inspiring! Collective effort works wonders, motivating not only a center in particular but centres all across the world.

We know what we are, but we don't know what we should be. Sahaj Marg teaches what we should be.

Youth are not useless but they are used less.

YAB has been very informative and motivating.

YAB proved to be a great concept and it should be held every year.



Living a purposeful life is all that matters.

Awesome!! It is always the youth who rock!

Development of youth is a step towards world development and YAB has been a great example for them.

Forum of bringing the youth under one roof is very nice! One can observe the potential through different dimensions. We know what we are, but we don't know what we should be. Sahaj Marg teaches what we should be.





## MESSAGES BY THE YOUTH

Anna Ravendran

Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.

New Zealand

Sriram Mani

It is love alone that leads to right action. What brings order in the world is to love and let love do what it wills.

New Zealand

Shushruth Joshi

Spirituality is nothing more than becoming like a child, because the ego is what is associated with becoming adult"

New Zealand



Rohan Kulkarni

People grow old only by deserting their morals. Years may wrinkle the skin, but to give up spiritual interest wrinkles the soul. As long as our heart receives the Whispers of hope, cheer, faith, courage and guidance, we are spiritually young. But when our heart is covered with snows of pessimism, cynicism and hatred then indeed one grows really old and is dead to be born again.

New Zealand

Mehak Vashist

There is never enough time to do everything, but there is always enough time to do the most important thing. On this note we promise to utilize the time for our betterment. And make you proud that we are the SRCM future.

New Zealand

Narayan Mani

"This world demands the qualities of youth: not a time of life but a state of mind, a temper of the will, a quality of imagination, a predominance of courage over timidity of the appetite for adventure over the life of ease."

New Zealand

Shreya Joshi

As Master says Youth is a time of promise and effort. I feel it is our responsibility as the generation to become the pillars of this mission. This is possible by having positive thoughts, actions and practising our sadhana regularly.

New Zealand



Guest Visitors at YAB



**Youth Activities  
Across The World**





## Importance of Youth activities :


1. Youth Activities help us to be perfect in whatever we do. This quest for perfection in the coming decades will change the face of the world.
2. They provide a spiritual environment where youth can learn many things, make mistakes, learn from mistakes, work on mistakes and thus progress.
3. Helps us develop Brotherhood and Love amongst us.



Activity Posters on display



# Ahmedabad YAB 2011



Sports Event



Birthday Celebration



Group Photo



Skit

- Youth Motivation Programme on 24th April 2011
- Volunteer work in the Ashram
- Cultural Activity on 30th April 2011
- Youth Involvement In VBSE
- Home Gatherings
- Visiting Baroda Center
- Sports Day conducted on 1st February 2011
- Youth Involvement in Open Houses

“Spreading the word”





## Bangalore YAB 2011



- Youth batches are held in CREST once every 3 months. The program spans for 6 days and is a residential program for practicing abhyasis of Shri Ram Chandra Mission in the age group of 20 - 30 years. Focus of the program is on subjects specific to youth.
- Advanced Youth Seminar was held in Bangalore twice, in 2009 and 2010. Various topics like obedience, surrender, discipline, love for the Master and application of Sahaj Marg in day to day life were discussed and meditated upon.
- An Entry level Youth Program was organized in the Banashankari Ashram in Bangalore. The focus of the program was to evoke the youth (Uthistha) and to provide opportunity to keep them awakened (Jagratha)

**Youth - moulding the future**



## DELHI-NCR YAB 2011



PRESENTATION ON OUR MISSION EMBLEM, 2011



MASTER'S FIRST MEETING WITH HIS GURU, 2009



SAHAJ MARG AND GRAHASTH JEEWAN, 2010



EXPANDING THE ESSAY TOPIC in the school- 2009



PRIZE DISTRIBUTION Dash Ashram- 2010

**Yearly Celebrations :** Programmes are being held in remembrance of Adi Guru Lalaji Maharaj and Rev. Babuji Maharaj on their birthday celebrations to re-emphasise their teachings and messages.

### Programmes in 2011 :

- Skits on important events in the lives of our beloved Masters -Lalaji, Babuji and Chariji
- Power Point Presentations on Babuji's Family Tree, Mission Emblem

**Full Day Monthly Programme :** Youth actively took part in various activities with their numerous creative and innovative ideas to share, assimilate and absorb Master's teachings, knowledge through speeches, discussions, sharing individual experiences and laid emphasis on illustrative elaboration on Master, Mission and Method.

### Some Programmes on :

- Ten Maxims, Daily abhyaas- Cleaning, Meditation, Prayer and on Service, Character- Formation
- Organized Quiz on Masters lives and on Sahaj Marg
- Treasure hunt using Master's Sayings as clues
- Puzzle solving activity emphasizing on team work, sharing, patience
- Experiments showing Balance (Two Ends of Sticks), Priorities (Stone, Pebble, Sand), Cleaning (Layers)
- Volunteer-work giving first-hand experience of different functions of the mission etc.
- Devotional songs
- Skits from historical events, daily lives, moral stories showing the benefits of Sahaj Marg practice





## FRANCE YAB 2011



"Spiritual goals may be here and now, may be after an eternity of time. It depends on you. So you see, to participate in the spiritual life with all your heart, requires a courageous heart initially, a determined heart"

**A Taste of Eternity**  
Talk given by Shri P. Rajagopalachari at Lassy, France on July 17, 2003



### THE IDEA & THE GOA :

- ✓ Few presentations, Open Houses were organized in different parts of Northern France
- ✓ On these occasions, abhyasis and prefects from Paris enthusiastically participated in it.
- ✓ To spread and disseminate Master's presence our the hearts
- ✓ To strengthen our conviction and develop sense of Service
- ✓ To express themselves, develop confidence to talk about Sahaj Marg naturally to the people around them.

### THE EVENTS :

Sens-Auxerre organic show - presentation – conference – interview on the radio

Open House at Rouen, Lille, Nantes at an abhyasi's place

Means of information used : mainly flyers and word of mouth

The conference theme on "Meditation and yoga upon the heart"

Forum and stalls organized in June

- ✓ An SRCM stall was organized on the occasion of an Indian festival which took place in Aubervilliers
- ✓ An SRCM stall was organized on the occasion of Parisian Association Forum of the 5th district

### Conclusion:

- ✓ It is through these events that we can assess Master's work.
- ✓ Numerous examples have shown that the persons in contact with abhyasis eventually ended up in our gatherings enabling their souls to have another chance to find their spiritual path.

### Next steps:

In the month of September, quite a few open houses will be organized in the emerging centers and in the towns where there are absolutely no abhyasis at all or maybe just one.



## Guwahati YAB 2011

### Initiative by Guwahati Centre

- 1) Children made greeting cards for Master's birthday.
- 2) Annual Training Programme was held by the Youth.
- 3) There was a presentation on Babuji Maharaj's life.

**"Sadhana is the foundation  
and  
without the foundation there is no structure."**





## Jamnagar YAB 2011



TREE PLANTATION



CELEBRATING WORLD PEACE DAY



EXERCISE SESSION FOR CHILDREN



MAKING OF WOODEN NEST FOR SPARROWS

### ➤ OPEN HOUSE :

A Powerpoint presentation with photos was prepared and exhibited at the entrance of the Venue of Open House. Youth helped to explain all the slides, photos at the time of open house. This made a good impact on the audience and they could have a glimpse of Sahaj Marg.

### ➤ Kathak by children and youth.

➤ Tree plantation - Children at VBSE workshop celebrated World Environment Day and planted 7 trees near the meditation hall with the help of the youth.

➤ VBSE by Youth - Jamnagar is conducting VBSE workshop since 2008.

➤ Youth planned and conducted sessions on various topics based on the VBSE syllabus.

➤ International Day for Peace - On International Day for Peace, the youth invited their family and friends to pray for humanity at 2100 hrs.

➤ Watching spiritual & inspirational movies and later having discussion based on them.

## Mumbai YAB 2011



➤ A skit performed on Importance of Time

➤ VBSE Workshops

➤ Session on "Growth Through Service"

**"Live as if you are going to die the next moment."**







## Pune

# YAB 2011



A SEMINAR ON DIARY WRITING



GROUP DISCUSSION DURING  
DIARY WRITING SEMINAR



INTERACTIVE SESSION ON  
2010 ESSAY TOPICS



AN INTERACTIVE SESSION  
ON ACCEPTANCE

- Interactive sessions on Character formation and attitude, accepting people, accepting situations, appreciative inquiry, ambition vs aspiration, volunteering etc.
- AMGYC (All Maharashtra & Goa Youth Camp)
- Joint Youth trip of Mumbai and Pune Center to Alibaug, a beach town
- Visit to Daund and Ahmednagar Centers
- One day outing and trek.
- Children activity - Arranged treasure hunt

**"Do not Judge"**



## Latvia, Riga Centre

# YAB 2011

### Youth Activities at Riga Centre

- 1) Preparing talks for Sunday programs on themes like :
  - (a) Desire - bar to spiritual progress (Sasha Prilipko)
  - (b) Heart (Dora Poriete) Meditation - a source of joy (Christina Chechis).
- 2) Acted in concert programs at international workshops and cultural programs in Riga, Moscow, Tiruppur, Jurmala (Dora Poriete, Gerda Eremenko, Jolanta Mateus).
- 3) Youth Involved in publication work in the Latvian language.
- 4) Young artist Anatoly Sandurovs created bronze relief and presented to Master on HIS Birthday Celebration in 2009.
- 5) Held an open house in Tallinn which resulted in Estonia in February 2011, formed a permanent group of 5 abhyasis.





## Singapore YAB 2011



VBSE Weekly Activity



Pottery Workshop



Sahaj  
Family gathering



Session on  
Heart Speak



Chinese language  
classes



## Belarus YAB 2011



Seminar Participants



A creative task, Topic - 'Be simple and in tune with nature.'



Mini performance on : Barriers on the spiritual way



Group discussion on topic 'Prayer'

### Belarus Youth Seminar 2011

The Youth of Belarus organized a youth seminar on "Be Simple And In Tune With Nature" - 4th maxim of Sahaj Marg from 4th July to 10th July, 2011.

The village of Valevka, an extraordinary beautiful and picturesque place near Lake Svityaz, was chosen as the site for the seminar.

Youth of age group 18 - 35 years from Ukraine (Kiev), Russia (Moscow, St. Petersburg), Belarus (Minsk, Vitebsk, Molodecheno), Austria (Viena) participated.

Topic of Discussion as Under :

- The investigation of our relationship with our Soul and Love (Love - Master's Universal Love - various obstacles on our path),
- Sahaj Marg in my life, Master as Absolute Love, Practice and attitude,
- Freedom (Being free or experiencing freedom? Freedom "for" or freedom "from"? Am I free? (physical, mental, moral - spiritual levels), Mission's policy regarding social nets etc.

**"Be Simple And In Tune With Nature"**





## JAIPUR YAB 2011



- **Lakshya:** A Skit on Arjuna & Fish's Eye: A message for abhyasis on Maxim III of Sahaj Marg.
- Seminar on UN Youth Day 2007 on "Living purposefully and Developing Internal and External Leadership Qualities". There were group discussions and Presentations by the youth participants.
- Skit on "Introduction to Sahaj Marg"- A message to the abhyasi of our centre, for being friendly with the new abhyasi in Mission and being an example for them, by doing our sadhana regularly. The characters depicted how the preceptors and abhyasi should be.

*loving hearts*



## USA YAB 2011



### Molena Gathering 2011 :

The Youth Group Meet was held for the first time on 29th & 30th April 2011 during Babuji Maharaj's Birthday Celebration in Molena, Georgia. The meeting conducted was for youth within the age group of 13 to 22 years.

### Uniting Hearts: North America's Youth Group :

Members were within the age group of 13 to 22 years, living in North America.

✧ "Young Abhyasi Programme" was conducted in various parts of North America - At the Ashram in Molena, Georgia in May 2010 and the Ashram in Dayton, Ohio in November 2010.

✧ The theme was "Living Sahaj Marg : Deepening our relationship with Master, Method and Mission (the three M's)"

✧ Uniting Hearts has begun to organize teen contributions for Echoes of North America and have already submitted some literature written by members and administrators.

✧ Later this year, Uniting Hearts will be hosting a teen camp just for their members.

✧ The group is working on staying connected via technology despite the distances between them.

### Uniting Hearts North American Teen Retreat Camp :

✧ Starting from August 2011, Uniting Hearts will be conducting their first ever North American Teen Retreat Camp in Molena, Georgia. The theme of the camp is "What Spirituality Means To Me." Teens will participate in various group discussions, games, team-building activities, personal reflection, and community service.

✧ Teens will be observing the UN's International Day of Youth.

*Uniting Hearts*





## Surat

# YAB 2011

- Conducted sessions on Character Formation
- Discussions on good habits, good conduct, good behavior
- Emphasis on Sports and Healthy living

### Punch line:

"THOUGHT LEADS TO ACTION, ACTION LEADS TO HABIT, HABIT LEADS TO CHARACTER AND CHARACTER BECOMES OUR DESTINY."

## Bhavnagar

# YAB 2011

- Nature Awareness Programs - Conducted tree plantation activity
- Watching inspirational films with good morals
- Conducted Open house. Invited guests for discussions
- Organized sports activity - Cricket matches for youth
- Cultural programs like dance, based on spiritual theme

## Goa

# YAB 2011

### Following games were played at our centre:

- In Giving we Receive**  
Passing the Parcel - one who is caught with the parcel has to speak for 1 min on any topic from Sahaj Marg literature
- Dare to Think**  
Treasure Hunt based on Sahaj Marg literature
- Silence is the Language of God**  
Dumb charades - teams acted on Sahaj Marg book names

### Punch Line:

One who dives deep, gets the pearls



All Maharashtra - Goa Youth Camp



# "Growth Through Service"

A Ready-to-conduct Training Program with all supporting materials

### Concept :

A standardized training program, available on a CD, that can be readily used by SRCM centres to conduct a 3 hours session for abhyasis who are interested in serving the mission by doing volunteer work. If you wish, it could be used as a two day residential program – thus participants get time to absorb subtle aspects of Service.

### Contents of the CD :

- Powerpoint Presentation:** Just go through it once and a facilitator is ready to conduct the training program. Designed in such a way that facilitator's need to speak or elaborate is kept to minimum – as most topics/points are self explanatory. In fact, many points are explained by Audio & Video clips from Master's talks.
- Supporting material to conduct a full-fledged training program:** Text of Master's talks, Case Studies, Templates for announcements, participant bio-data, Self-assessment forms & Program Feedback.

### Highlights :

- Inspiring :** aimed at inspiring abhyasis to work for the mission and developing "mine-ness" for it.
- Standardized :** avoiding risk of facilitator interpretation
- Comprehensive :** covers the entire range of issues concerning Volunteering - What, Why, Where, When and How of Service.
- Practical :** Case Studies help to develop right attitude for service.
- Informative :** Covers questions like "How to start?", "Guidelines for working", etc.

### Are you interested in conducting training at your Centre?

Give your name, centre, contact number and e-mail id. We are going to conduct 15 min induction program in Tiruppur – telling you what is there on the CD and how to use it. Also, we will try to give copy of the CD.

### Where to get more details?

Contact Br. Rajesh Kothari (Mumbai): [rjkothari@gmail.com](mailto:rjkothari@gmail.com) / +91-9821097238.





Art Gallery



**Omega School Students :  
Trip to Sathkol with  
Rev. Master**



## Following are the things that Omegites learnt on their trip to Sathkol with Rev. Master

Q : If everything is destined, then what do we have to do?

A : Everything is destined, till it remains there. We humans are gifted with the capacity to change our destinies.

Q : What is the difference between Dreams, Aspiration and Ambition?

A : Dreams are natural, Aspiration is wise and Ambitions are stupid.

Q : Master I don't enjoy this world. I want to be with you!

A : Master replied, "Babuji Maharaj used to say, this world is not to be enjoyed. It is for betterment and progress. God has given us five senses for it. But we use them to seek pleasure."

Q : What is the difference between being intelligent and wise?

A : Intelligence is all about gathering facts. Wisdom is knowledge how to live. They judge on what other's say. Wise people on the other hand are not worried about what others tell them. They know what they are and what they have to do. Don't make other people your judge.

Q : What is the difference between Spiritual work and Material work?

A : Work is work. There is no difference.



"I am what I am, and I have to become what I have to be.  
Sahaj Marg is a journey from what we are to what have to become.  
We need to work for our destinies. That can be done by seeking guidance  
from the heart."

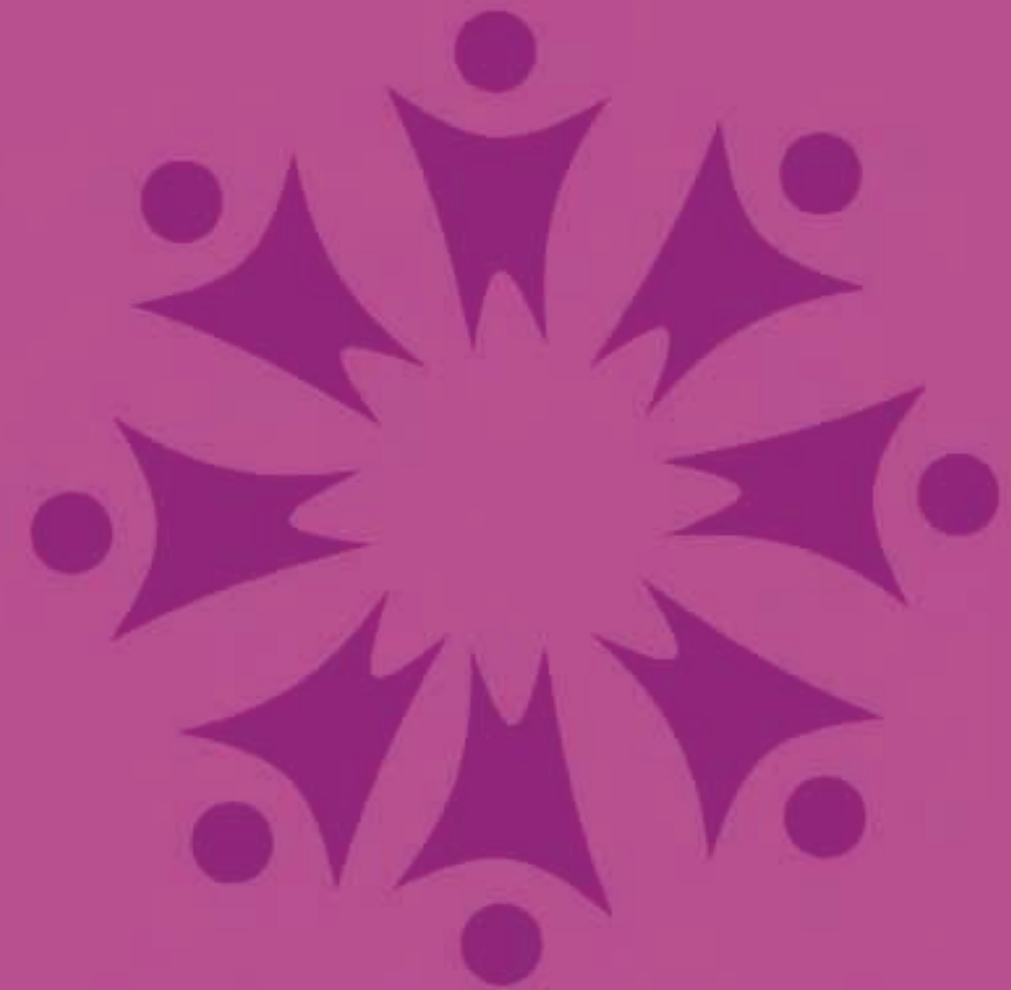
Every experience in the entire trip, is not just a part of our memory but is the very reason of our lives. It has made each of us more responsible to fulfill His dreams.. To spread the fragrance of Omega where ever we go.

Together we will march.. In his footsteps.





Registration Desk



Workshop on Heart Speak





Workshop Participants



Group Discussion



## Workshop on 'Heart Speak' :

A Workshop on 'Heart Speak' was conducted primarily for the youth at the time of bhandara on 24th July 2011 by Sister Elizabeth. The workshop emphasized on 'how to talk of Sahaj Marg specially while addressing our friends, relatives, colleagues, neighbour, etc. There were about 1000 abhyasis who actively got involved in the workshop. It started with a group discussion followed by a small presentation.

500 groups comprising of 2 abhyasis in each group were formed. In the group one member was a speaker and the other was a listener. The speaker had to explain what is Sahaj Marg to his/her partner and the time given to each speaker was 5 mins. Followed by this, Sister Elizabeth gave a small presentation on the topic 'Heart Speak.' Sister Elizabeth nominated four speakers and asked them to explain what Sahaj Marg practice means to them. The nominated speakers came from different Life Spaces - Student, Businessman, Housewife and all were asked questions related to Sahaj Marg Practice. The speakers were asked to give spontaneous replies to the questions posed by Sister Elizabeth. The questions asked during the session were pertaining to meditation, importance of meditation and significance of Master in their life and work-life balance in the present competitive and materialistic world. With the speakers coming from different backgrounds, there was gamut of varied answers reflecting their personal experiences. All the abhyasis enthusiastically participated in the discussion.

Moving on, Sister Elizabeth summed up the workshop beautifully by reminding the abhyasis that there is no such thing as right or wrong as each one was sharing their experience and most importantly they were expressive in their own way as it came right from the heart. She also pointed out that while speaking to a non abhyasi about Sahaj Marg or Master, it is very important that we share our personal experiences and tell them how Sahaj Marg changed our lives and what it means to us instead of giving complicated and analytical examples to prove the efficacy of the System.

The workshop was very well received. The workshop helped all to fine tune their understanding on Sahaj Marg Practice and begin refreshed with more clarity and dedication.

Though the workshop had a question & answer activity session listed at the end of the workshop, due to time constraint all the participants were requested to contact the speakers post workshop to answer any further questions.





Quiz Activity



**Quiz Activity**



- Q1 The practice of Sahaj Marg has 3 basic elements :  
[a] Meditation, evening cleaning and bedtime prayer  
[b] Meditation, evening cleaning and satsangh  
[c] Meditation, evening cleaning and brunch

A : [\[a\] Meditation, evening cleaning and bedtime prayer](#)

- Q2 The solution to irregular practice is:  
[a] Taking a short break  
[b] Removing worries and concerns  
[c] Regular practice

A : [\[c\] Regular practice](#)

- Q3 The main reason we meditate is :  
[a] To curb the wandering habit of the individual mind  
[b] To remove our minds from worldly considerations  
[c] To develop the power of concentration

A : [\[a\] To curb the wandering habit of the individual mind](#)

- Q4 The evening cleaning process is done to :  
[a] Remove impressions from past lives  
[b] Remove impressions from annoying people and work colleagues  
[c] Remove impressions of our daily activities

A : [\[c\] Remove impressions of our daily activities](#)

- Q5 When a prayer is said sincerely :  
[a] God gives us what we want and we are happy  
[b] Love comes into our heart  
[c] We create a state of vacuity and divine grace is diverted towards us

A : [\[c\] We create a state of vacuity and divine grace is diverted towards us](#)

- Q6 "I will serve only Master and nobody else." Is that right thing to say?"  
[a] Yes, why should I serve other people.  
[b] Its correct, since He is the only one from whom we could get something in return.  
[c] We can say that and it shows we are faithful to Him  
[d] Not exactly, we should also serve those whom he wants us to serve

A : [\[d\] Not exactly, we should also serve those whom he wants us to serve](#)



- Q7 Master said that the two most important things that prevent change are :  
[a] Bad habits and television  
[b] Family and friends  
[c] Fear and prejudice

A : [\[c\] Fear and prejudice](#)

- Q8 The spiritual Work is supposed to be.....  
[a] Result Oriented  
[b] Evolution Oriented  
[c] Growth Oriented

A : [\[b\] Evolution Oriented](#)

- Q9 Master said that freedom comes through :  
[a] Spirituality  
[b] Discipline  
[c] Practice

A : [\[a\] Spirituality](#)

- Q10 Our life should be moulded in such a way as to :  
[a] Make people think we are spiritual  
[b] Arouse a feeling of love and piety in others  
[c] Make the boss think we are smart

A : [\[c\] arouse a feeling of love and piety in others](#)

- Q11 Master has said, anything that is worth doing must be done with 100%....  
[a] Enthusiasm  
[b] Attention  
[c] Passion

A : [\[b\] Attention](#)

- Q12 A nurse who has her duty in Children's ward, takes care of babies like her own children. But as soon as her day at job ends, she takes her bag and leaved for her house. So, what is her attitude towards work?  
[a] Non - attachment  
[b] Carelessness  
[c] Focused and Balanced  
[d] None of the above

A : [\[a\] Non - attachment](#)





Omega School Students  
giving a presentation



**Other Sections in YAB**



## Information Technology Desk :

Along with other desks, an Information Technology (IT) desk was set up at “Youth Awareness Booth”. The basic purpose of the IT desk was to create awareness about an IT department in the mission and its role. SRCM IT has Many Applications and Websites to Develop, Host and Maintain. Mock-up’s of some of them were displayed at SRCM IT Booth.

The purpose was to share the ideas of ongoing projects of the mission, to create awareness of usage of these at various centers and gather various IT skill sets of youth abhyasis worldwide.

Desk was open for 3 days and received tremendous response and created enthusiasm among the youth to know, understand and volunteer for IT projects. Around 150 abhyasis enrolled for the IT related volunteering work.

Applications and Websites from SRCM IT department are as follows :

**SRCM AIMS** - Shri Ram Chandra Mission - Abhyasi Information Management System

*This is the Centralized Application which maintains the information of the Abhyasis.*

**SRCM LMS** - Shri Ram Chandra Mission - Library Management System

*This is the centralized Application which maintains the information of all the books for each center.*

**SHPT** - Spiritual Hierarchy Publication Trust

*Website for pre-booking Master’s Portraits, Books and DVDs online.*

**www.sahajmarg.org** -

*Website provides information on Sahaj Marg, Spirituality, Meditation, etc.  
Websites for subscribing Daily Reflections, Whispers, Newsletters, etc.*

**LMOIS** - Lalaji Memorial Omega International School

*Website of the school*

**SMWW** - Sahaj Marg World Wide



## The United Nations Desk :

Shri Ram Chandra Mission and The United Nations -

The SRCM was formally associated organization with the United Nations Department of Public Information (UN DPI) on 12 December 2005, coincidentally when both SRCM and the UN were celebrating their 60th anniversary.

As an international non-governmental organization that works in support of the public good and fulfills the principles outlined in the UN Charter, Shri Ram Chandra Mission joins more than 1,500 other non-governmental organizations worldwide currently associated with the UN DPI.

Activities conducted by SRCM in collaboration with the United Nations are as follows :

- Essay Writing Competition - India and Worldwide
- Universal Prayer for Peace
- Celebrating UN days world-wide by SRCM centers
- World Peace Day
- The Earth Day
- International Youth Day
- International Children’s Day
- Human Rights Day
- International Family Day

Meditation - Prayer for Human Integration

‘ONE WORLD ONE HUMANITY’

When we want one humankind, one humanity, one world, perhaps one universe someday, we have to find the uniting factor, not the diving factor! And that is what I think Spirituality is all about. In our aim we have the highest. It is the oneness of all humans and a human brotherhood in which there is no separation, no alienation, no differentiation

- Shri Parthasarathi Rajagopalachari









## Display of Sports Activities

			Sports Day at Ahmedabad ashram on 1 <sup>st</sup> Feb 2011
			Crest Youth Activities
			BMA Badminton Club.



### HISTORY OF BMA SPORTS TRUST

On Oct 31st 2009, a small group of ashram youth met Beloved Master at Manapakkam. He had called them after they had won 2 cricket matches against corporate teams over the previous fortnight. Seeing the enthusiasm in the youngsters, Master formally launched the BMA Sports Trust with the 3 fold objective being UNITY, FRIENDSHIP and LOYALTY. Master chose the President, Secretary and Treasurer and announced that the 22 members would form the founding members of the trust.

The Trust was registered at Chennai on 11th November 2009







YAB Volunteers