

SMSF Newsletter

Volume IV No.1-2009

SMSF Newsletter is a quarterly newsletter that will provide updates, announcements and notifications on SMSF activities and events.

In words of our Rev. Master,
"This publication will essentially focus on the spiritual needs of human beings, how they are being or trying to be fulfilled by the Sahaj Marg philosophy and practice ..."

Archives of these newsletters will be available on SMSF website
<http://www.sahajmarg.org/welcome/newsletter/index.html>

For suggestions on the newsletter, contact
Smsf.newsletter@sahajmarg.org

Featured in this issue

CREST: This issue provides an update on construction of CREST, Kharagpur.

Retreat Centre: We include a report on Rev. Master's visit to Pune Retreat Centre.

SPURS: We include a report on SPURS retreat ranch activities from January to March 2009.

Health: We cover the medical centre activities organized by Manapakkam Free Medical Centre. We feature a Homeopathy medical camp at Vellore, Anaemia detection camp at Satkhol and medical camp at Zonal Ashram, Bangalore.



(above) Rev. Master on his visit to Pune Retreat Centre

CREST coming up at Kharagpur

In the year 2005, Kharagpur a small town about 120 KM from Kolkata, was chosen as the site for the second Centre for Research, Education, Sadhana and Training [CREST] after the one in Bangalore.

When a couple of our abhyasis working in the army and posted in Kharagpur decided to introduce Sahaj Marg to the locals, little did they know that by the grace of the Great Master one day this place would be home to a 'Centre of Light'.

A place hitherto known merely as the location of the renowned Indian Institute of Technology (IIT), the oldest in India, and with an almost insignificant presence on the SRCM map, is now the cynosure of all eyes.

Conveniently located about 3 KM from the IIT main gate, the approach to the 5

acre plot is a long straight road flanked on either side by pockets of forest and very little settlement. An unassuming yellow board reading 'CREST' signals the location of the property to one's left immediately after the Gopali Ashram boundary.

A magnificently ornamented Iron Gate heralds us into the realms of what is to be CREST Kharagpur.

Rev Master laid the foundation stone of CREST Kharagpur on the 29th of December 2008, which also served as a signal for the commencement of construction activity.

The enthusiasm and inspiration that govern the actions of those working for His cause and in His remembrance never fail to amaze. Having said that, the extent of personal involvement of our Beloved Master in the minutest of

CREST Centres are resident schools where abhyasis in batches of 50-100 undergo intensive training for one month. The first CREST Centre was set up in Kaggalipura near Bangalore. The second CREST Centre is coming in Kharagpur near Kolkata.

Interested Abhyasis / Prefects may propose a subject and deliver a lecture at CREST training seminars in Bangalore. Application forms can be downloaded from <http://www.sahajmarg.org/welcome/crest/CREST-FacultyApplication.doc> and emailed to crest.faculty@sahajmarg.org.



(above) A View of Administration Block

details, provided just the impetus needed to kick start a project of this magnitude.

A lot of hard work and rework went into designing the layout of the site. The perfect balance had to be struck between utility and beauty, and the collective efforts of our devoted in-house experts guided by Rev Master at each stage finally produced just that. For those who haven't had the opportunity to see the site yet, here is a brief description.

Upon entering the main gate, a straight road about 65 m opens into the main rectangular area where the various facilities will be housed. To the right (South) is the site for Rev Master's Cottage and behind it the L-shaped Service Quarters. Directly opposite the Main Entrance along the Eastern Boundary will be the Meditation Hall. Along the eastern wall and a little further up from the Meditation Hall will be the Dormitories. The entire Northern wall will be lush green open area. Continuing along the periphery on the Western side will be the Kitchen, and Dining Block immediately followed by the Main Administrative Building and Library.

The facility promises to be full of beautiful green open spaces allowing those present to inhale the very essence of nature, and provide an idyllic atmosphere for learning, introspection and meditation. An elaborate library with books handpicked by beloved Master from the choicest corners of the world, will allow the participants access to knowledge and guidance on a plethora of topics. This CREST as reiterated by Rev Master will lay special emphasis on the subject of Morality and Ethics as the foundation of character. The state of the art facilities for learning and instruction, a hallmark of CREST, will also be housed in this upcoming haven for the benefit of seeking aspirants.

Benefitting immensely from the



(above) A View of Master's Cottage

presence of Br. M L Mittal, the construction activity at Kharagpur is progressing at a rate which surprises even those closely associated with the project. It is a heartwarming sight to see our abhyasis from different parts of India and the world contributing to Rev Master's vision in their own ways. Be it planning the water drainage system for the site or finalising the ground levels for each building, or selecting the elevation of Master's cottage, every aspect has seen its fair share of debate and discussion. At the bottom of all this is Love for the Master and the desire to be of Service.

Between January and now all the buildings are in advance stages of construction. The foundations for all have been laid. The superstructures for the Service Quarters, Master's Cottage are almost complete. All around one can see the buildings talking shape as if an imaginary hand is at work. On his last visit to survey the progress, Master casually remarked that his wish is to inaugurate this CREST on the occasion of Janmashtami in August. For those in charge this was to be their command.

As the cottage reveals glimpses of its future beauty, one can almost see His all so familiar figure at the beautiful sit-out surveying and blessing yet another splendid feather in the Sahaj Marg cap.

Source: Misal Mehta

Applying for Retreats

Abhyasis who wish to apply for retreats either at the **Malampuzha** or **Panshet** centres may find more information about these facilities and the retreat program at:
<http://www.sahajmarg.org/welcome/retreat/index.html>

Abhyasis who wish to enroll for retreat programs may now apply online at the following URL:

<http://www.sahajmarg.org/sm/IndiaRetreatCentersApplication.do>

Please note that all applications must be verified from your local prefect, which will be facilitated through the application process.

Prefect Training Program

First batch of Prefect training program was conducted at Malampuzha Retreat Centre for 46 prefects from TN South 2B Zone.

The subjects were Essentials for a Spiritual Trainer, Prefect's Work and Team Work and Harmony. These were well-prepared and presented with a lot of care, concern and love. The training program nearly ran for nearly 10 hours with sufficient breaks for lunch and tea.

All felt that as a result of their sincerity and receptivity of the participants, sessions were very effective. The ambience and facilities of Malampuzha retreat were something special and made for such programs.

All felt a deep gratitude for Master, everything that took place in these two days, for it was his love, permission and presence which made it all possible.

Source: Echoes India Vol II Issue 2

Rev. Master visits Pune Retreat Centre

The highlight of the quarter ending 31st March 2009 for Pune (Panshet) Retreat Centre is Rev Master's visit from 13 to 15 March.

The Retreat Centre was open to all abhyasis for 3 days (13th to 15th March) and approximately 1700 abhyasis were present to receive Rev Master's grace.

Rev Master held Satsangs on the 13th, at 9 AM and 5 PM and on 15th at 9AM.

He also mingled with the abhyasis and gave separate sittings. There was an aura of peace, bliss and contentment among the abhyasis as Rev Master touched the hearts of one and all.

Pune Centre is indeed blessed!!

Rev Master, after the Satsang at 9A.M on 15th March, addressed the congregation. While the CD of the complete talk will be available to all through the Publications Department, the sum and substance of the same is given below for the benefit of the readers.

Master emphasised that an abhyasi's relationship with Sahaj Marg must be deep and not superficial. There is



presently resistance among most to dive deeper and evolve spiritually.

Ashrams should not become places for social and cultural gatherings but for spiritual upliftment. Maximum time should be devoted to the practice of Sahaj Marg.

It is a matter of concern that most abhyasis are ignorant or unconcerned about the practice of Sahaj Marg. Sahaj Marg should become a way of life. Books in libraries must be read and one should imbibe the knowledge contained in them.



Joy and suffering go hand in hand, invariably with a sense of guilt; one must try to remain cheerful at all times. What you see outside is conditioned by your behavior based on your perceptions. Look at nature inside your hearts and you shall experience 'Panshet' within you.

Sahaj Marg enables us to turn our vision towards our heart, where there is 'nothing to see and everything to see'.

Be truthful to yourselves; most of you are playing the role of several personalities; Master quoted Shakespeare who said, 'the world is but a stage'; but it is not so in Spirituality; Master stated that we should make Sahaj Marg a part of our existence and one should not indulge in pretence, but be truthful to ourselves.

He stated that the tenets of Dharma are the same in all religions- religions have no God and God has no religion.

If we don't change, there shall be no progress and everything shall be the same; change is the only eternal thing that is necessary for our spiritual growth.

Learn to believe in Sahaj Marg, and why you are doing it; belief must come from the heart and experience the truth within.

Sahaj Marg shows the universality of our system, it embraces all the poor from the rich, the educated and the uneducated irrespective of caste, colour, creed and religion.

Master stated that He has come to us to awaken us."

Source: Br. (Gen) Dovedy

Report on SPURS – Jan-Mar 2009



(above) Pictures from SPURS retreat ranch

The information on SPURS is available on the web at:
<http://www.sahajmarg.org/spurs>.

Abhyasis may submit the participation requests online at <http://www.sahajmarg.org/spurs>. Once the requests are processed, abhyasis will receive a confirmation along with a welcome package that contains detailed information on the program and the facility

Please e-mail
austin@sahajmarg.org for any questions or information.

In the first quarter of 2009, thirty-five abhyasis from thirteen states of the USA came to SPURS for spiritual retreat. Fourteen brothers were here in January and ten in March, while eleven sisters came in February. Length of stays ranged from three to fifteen days.

In January, a low-lying decorative wall was created to line the walkway leading to the statue of Revered Babuji as well as the stone base of the statue's pedestal. The new wall also marks the extremities of the driveway leading to the retreat house. All in all, it is a handsome addition that creates a tidy finish to the property.

Last November, at Master's request, the retreat ranch acquired several peafowl. The young birds were then placed in a fenced-in pen and yard for several months to help them become accustomed to their new home. In late March, we began to free one bird at a time in successive days. However, when they were all set loose the birds were cautious of their new freedom, staying near their pen or, more frequently, heading back inside. So, like we humans who prefer the prison of our samskaric attachments, the peafowl seemed to prefer the security of their fenced-in pen. But changes do come, and recently the five peacocks and four pea hens have begun to enjoy a "stroll" in the fields at dusk each evening and apparently are beginning to like their new-found freedom.

Abhyasis who have come to SPURS have also enjoyed a certain freedom, perhaps something of the "freedom from freedom" that Babuji speaks of. They have remarked on their freedom to practice without worldly distractions for several days, the freedom to have the time for inner reflection and the freedom to live in a very simple way. These are a few of the special gifts that Master gives to those who follow their hearts to this remarkable place. We close with some of the insights of brothers and sisters who have been to SPURS in the past three months.

"I feel like I'm continuously in meditation. There are no time constraints in meditation here—I just meditate until it's finished. Before, I would feel anxious that I needed to do something else after meditation."

"When things are so simple it brings you back to what's necessary and important. How can I take the simplicity back into my life and not get side-tracked? The quiet here shows us how we distract ourselves."

"So many negative thoughts came up, but I began to look at them with wonder: 'How could it happen that I take them this way?' I thought. Instead of being angry or resentful I should look at them with wonder and ask how could it happen that I take them this way? It was a gift."

"I learned the benefit of contemplation, that it's the bridge between meditation and remembrance. And I found a wonderful lifting peace that you are left with after meditation. This has left me inspired to go back into the world!"

"I have had a question for a long time: how to get closer to Master? My answer came: to be in silence. And now I can take this with me any time, anywhere!"

"The state of connection with the Divine is something I want to protect more than ever before in my life. I have had moments here of being so sublime."

"I learned the benefit of contemplation, that it's the bridge between meditation and remembrance. And I found a wonderful lifting peace that you are left with after meditation. This has left me inspired to go back into the world!"

"The whole place is so perfect the way it is set up. I felt like I was living in God's House. The simplicity of everything... it's not severely so and calls upon my own discipline."

Source: Vamsi Chalagulla

Free Medical Centres (FMC) at Manapakkam, Satkhol, Jaipur and Allahabad have been undertaking many activities towards imparting medical services to the needy. Medical Camps are regularly held in Madurai and many other centres.

Medical Centre News

Anemia detection camp at Satkhol

Anemia detection camp for students was held on March 27, 28 and 29 at Satkhol. The number of students who underwent the tests is given below:

School	Place	Total Students	< 6 Severe	6 to 8 Moderate	8 to 10 Mild	> 10 Normal
27 March 2009						
Govt. Girls Junior High School	Shitala	50	2	4	20	24
Prathimik School	Shitala	20	NIL	4	8	5
Mini Star School	Satkhol	22	1	1	15	8
Ashram	Satkhol	61	1	7	12	41
Total		153	4	16	55	78
28 March 2009						
Govt. Senior Secondary School	Rita	129	NIL	27	44	54
Govt. Primary School	Nathu-wakhan	45	2	11	22	10
Rajkiya Kanyapurv Madhyamik Vidhyalaya	Nathu-wakhan	85	1	10	49	25
Total		259	3	48	115	89
29 March 2009						
Ashram	Satkhol	53	NIL	4	13	46
TOTAL		465	7	68	183	213

Total students devermed with Albendazole Tablets ----- 465
 Total number of Anemia students treated -----231

Source: Dr.C.K.Prasannakumar

Free Homeopathy Medical camp at Vellore

The Free Homeopathy Medical Camp was started at Vellore Ashram Premises. The first camp was arranged on 24 March Sunday afternoon, 16 patients were treated. The second camp was arranged on 05 April. 8 patients were treated.

Source: Br. G.Yuvaraj

Medical Camp at Zonal Ashram, Bangalore

A free medical camp was organized at the Zonal ashram, on 14 February under the banner of Sahaj Marg Spirituality Foundation. The Zonal ashram is located in the outskirts of northern part of Bangalore city on Hesaragatta road and is surrounded by many villages. The villages lack facilities like proper roads, good sanitation and access to healthcare. The health needs of the local communities were recognized and



(above) Pictures from Medical Camp at Vellore



(above) Pictures from Medical Camp at Zonal Ashram, Bangalore

addressed through a dedicated team of volunteers and doctors of Shri Ram Chandra Mission, Bangalore center.

Preparatory works started several days before the camp in terms of contacting the village leaders and getting their cooperation, making arrangements for dissemination of information to the masses. The camp was conducted by the specialists from the fields of Pediatrics, Obstetrics and Gynecology, Ophthalmology and Community Medicine. The volunteers helped in the areas of registration of people, management of crowd and dispensing of medicines. 222 people attended the camp from the nearby villages of which 53% were women. They were offered free health check up, specialist consultations, medicines and referral services.

Majority (41%) of them were in the age group of 18 to 50 years, followed by elderly patients over 50 years (33%) and children below 18 years (23%). 41% of the patients had complaints related to musculoskeletal origin, 33% had problems related to vision (senile cataract), 6% had gynecologic problems and other ailments included eye infections, allergic cold and cough, etc.

The camp was quite successful in reaching out to a good number of people who were in need of health services. The villagers expressed their gratitude to the doctors and the volunteers. It was decided to hold more specific specialist camps in future after an analysis of observed trend of ailments. There is a need for an ophthalmology camp in the near future which will be organized in collaboration with Lion's club. It was also decided to run regular clinics on Sundays in the ashram premises under the banner of SMSF. This will help to increase availability and accessibility of basic health services to the local communities.

Source: Dr Krishnamurthy



(above) Picture from Medical Camp at Zonal Ashram, Bangalore

Sahaj Marg Physicians Group (SMPG)

SMPG is an initiative involving physicians, medical students, residents, nurses and others in the medical community to offer medical services to the needy through SMSF Medical Centers. As part of this initiative, a database of names of the physicians from all branches of medicine has been completed. A group email address has been set up - smpg@sahajmarg.info.

Source and SMPG Contact is Murthy Gokula (rgokula@hotmail.com or murthyg@msu.edu).

Free Medical Centre - Manapakkam

FMC has served a total of 10,278 out-patients and 30 inpatients for the quarter January to March 09. Following are the details of the medical activities conducted by Free Medical Centre, Manapakkam in this period.

Department	No. of Patients	Panel of Doctors
General medicine	7736	Dr. U. Ravindran Dr. R. Sulochana Dr. K. Sudheshna. Dr. V. Jyothy Dr. Ellanchelian Dr. G. Raja Amarnath

Speciality Clinics

Department	Patients	Panel of Doctors
Cardiology	29	Dr V. Vanaja
Dentistry	316	Dr. Swati N. Bhagat Dr. Jagadish Kumar Dr. T.S.R. Anjaneyulu
Dermatology	232	Dr. M. Jayaraman
Gastro-enterology	57	Dr. Manimaran
Gynaecology	183	Dr. B.Thirupura Sundari Dr. Madhurima Saini
Homeopathy	1030	Dr. S. Balaji Jayasankar Dr. Malathi Mohan Dr. S. K. Ram Subramaniam. Dr. Sudha Jagadish
Ophthalmology	154	Dr. Harshitha Bakshi
Paediatrics	235	Dr. B.I. Sasirekha
Physiotherapy	55	Br. Rajendran
Psychiatry	30	Dr. A.P. Mythili
Pulmonology	187	Dr. I.M. Palaniappan
Urology	34	Dr. Sanjay Sharma
Total	2542	

Staff	Nursing Assistants	Volunteers
S. Meenakshi (Pharmacist) S.Thangam (House-keeping)	R. Rathi G. Nalini Radhamani	V.Rajapurna Janaki Sudha Ammukutti M Jayanthi A Radhakrishnan

Source: Br. Dr. Ravindran Ulaganathan