

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

In words of our Revered 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 ..."*

For archives of newsletters, visit <http://www.sahajmarg.org/newsletter/smsf-newsletters>. Email your suggestions to smsf.newsletter@sahajmarg.org

Featured in this issue

CREST: We feature the activities at CREST Kharagpur.

Retreat Centre: We feature activities of Pune Retreat Centre and SPURS retreat ranch.

Health: We cover medical centre activities at Chennai and Satkhol.

CREST Berlin Souvenir

For the first CREST Berlin seminar in April 2011, we had plans to publish a souvenir of all talks and topics, because Master could not be present physically and we wanted to submit it as a proof for his trust in us that we can carry out a CREST in Europe. We wanted to present the souvenir to Beloved Master on his Birthday and were in a hurry to print it.

With help of all faculty members, notably Br. Otto Kapfinger and Br. Michael Brandl, we pushed for it. We do hope that you will find Master's love, humanity and empathy reflected in all the contributions and that this book inspires smaller and bigger seminars and training courses in the future.

Source: Br. Christian Macketanz



Revered Master releasing CREST Berlin Souvenir on 24th July 2011 at Tiruppur

Programs at CREST Kharagpur

During the quarter ending 30th June 2011, five seminars on Character Formation were organised, which included a youth seminar, three regular seminars in English and one in Hindi.

Seminar, 12-17 April

Following topics were taken up:

Awaken now - the need of the hour is Change, Day 2: Br. Sanjay Panigrahi emphasized that change must be here in the heart and not in the minds. Through group activities, participants shared experiences in the process of change.

Various aspects of Attitude, Day 3: Br. Sharad Jhawar explained that overall attitude of a person develops from deep-rooted tendencies that one acquires from his environment, education and values that one is brought

up with. From a selfish, cowardly, avaricious, arrogant, negative and irresponsible person, we have to gradually transform into a responsible and righteous person; from there, we must aspire to be tolerant, compassionate, dedicated, modest and selfless which culminates in pure love. For this transformation, one needs to sincerely follow maxims of Sahaj Marg.

Love and Brotherhood, Day 4: Br. Misal Mehta elaborated on the difference between duty and responsibility. Like a burning candle, one needs to consume oneself to provide light in other's lives. Talking about Maxim 6, starting from the dictionary meaning of the word brotherhood, he drove home the point that persons following the same practice as that of Sahaj Marg and having the same goal are bound to treat each other

(right) Participants of Seminar,
12-17 April 2011

CREST Centers are resident schools where abhyasis in batches of 50-100 undergo intensive training in different aspects of human existence-- physical, intellectual, moral, and spiritual. Two CREST centers are in India, one located at Bangalore and another at Kharagpur. A CREST center outside India has been setup at Berlin Ashram, Germany.

More details are available on our Mission's website at:

<http://www.sahajmarg.org/smw/w/crest-overview>

CREST Kharagpur has been established with a firm focus on issues dealing with Character Formation. The seminars here are structured so that candidates will get the chance to reflect on their priorities and set specific goals and plans to achieve these goals once they return to their homes.

Calendar of upcoming events at CREST Kharagpur [August - December 2011]

13-18 Aug: Basics of Character Formation (English)

1-6 Sep: Basics of Character Formation (English)

15-20 Sep: Basics of Character Formation (Hindi)

1-6 Oct: Basics of Character Formation (English)

14-19 Oct: Basics of Character Formation (Telugu)

5-10 Nov: Fundamentals of Character Formation for youth (English)

22-27 Nov: Basics of Character Formation (English)

15-20 Dec: Basics of Character Formation (Hindi)



as brethren irrespective of caste, creed, race or gender.

Character is Pure Love, Day 5: Br. Aroon Dave spoke on three blessings that one rarely gets in a lifetime - Human Birth, Longing for Liberation and A perfect Saint as a guide - which are rare indeed and can be got only with grace of god. According to Master, the ultimate purpose of any sadhana and Sahaj Marg in particular, was to create love, especially for the Master. Quoting Revered Lalaji, he said that spirituality lies on a proper understanding of moral behavior, ethical behavior and our attitude towards the external world; to attain perfection one must have character as its pillar. Explaining desires as the root cause of all problems, he urged participants to overcome them keeping in tune with the Sahaj Marg prayer. The three factors necessary for progress were Love for the Master, Satsangh with the Master and obedience to the Master.

Seminar, 10-15 May

Following topics were taken up:

Discipline and Obedience, Day 2: Br. Bhadresh Rami shared Master's view on this topic together with interpretations and analysis of those in an abhyasi's life. Everything we need for our growth and development has been provided outside us - the facilities, the system, the method, the practice and the Master. But prejudice acts as an invisible wall which prevents us from absorbing the reality as it is. He exhorted the participants to question themselves- "Is my train on the right

track?" He explained that in this journey while discipline and obedience were the two tracks, Love is the Engine, Will is the Horse Power and Craving is the Fuel. He further gave participants the formula to check one's actions - am I doing the right thing, at the right place, at the right time, and to the best of my ability?

Moderation for Balanced Existence, Day 3: Br. Pradeep Kumar Modi explained that material as well as spiritual aspects, like two wings of a bird, were vital for one's existence. The Human body has two elements- a physical body and a soul within. The physical body consisting of five elements needs material things for survival and being connected to earth, it has a lower pull. The soul or spirit being an element of God needs Godly or spiritual things and has a higher pull. The normal human is trapped between these two pulls and therefore there is a need to maintain balance by exercising Moderation.

Leadership, Essential for Growth, Day 4: Br. Shekhar Roy explained that a leader is one who leads from the front, who conducts from the front, who guides by persuasion and who directs actions or opinions. Growth on other hand is a natural process which one cannot resist; it is essential for everyone in every field, and implies increasing and developing one's skills. Nature wants us to grow and we should co-operate. In spirituality, contrary to general concepts of leaders and growth, the emphasis on "self" is minimal and the focus on "humanity" is higher. Focus of growth should shift from "I" to "We". In our Mission, growth refers to growth

“Open your Heart”

Excerpts from Master’s talk in Malampuzha Ashram on 23rd December 2005: “He is right inside us here. We don’t have to look to books for behavior, morality, and ethics. They are all inside us. But they have not shown, because we did not want to listen. We kept the book closed. So we say, “Open your heart.” Then you find that God is there, the priest is there, the book is there, and you are there. And if you permit that to go on, you are progressively gone and He is progressively growing until the God that was in me but whom I have neglected, whom I have not listened to, whom I have ignored totally, is now me—and I have no problem.”



(above) Participants of the Youth Seminar taking part in a group activity

of all abhyasis, in all centers, in all facilities and in all services. Another aspect of leadership is about becoming role models. It leads to growth of the Mission, which indirectly becomes a service to humanity.

Nobility of Character- Open the door to your Heart, Day 5: Br. Manoj Tiwari informed the participants that we perceive the most when we shut off all instruments of perception - sight, smell, touch, sound and taste. Transmission is the only tool available from the heart to the heart - the only nourishment, education, instruction and wisdom imparted to us, not through the brain, but through the heart. This is why we have to keep our hearts always open. The epitome of a noble character is an open heart - like Master’s heart which is the playground of entire humanity. The opening of heart is a continuous process which begins with the first introductory sitting. He urged upon all to open their hearts wide enough so that He occupies it with His entire creation.

Youth Seminar on Basics of Character Formation, 24-29 May

This seminar had a total audience of 42. Following topics were organized:

Ambition vs. Aspiration, Day 1: Br. Misal Mehta mentioned that ambition is more related with ‘Becoming’ and Aspiration with ‘Being’. Ambition is more external and leading to more and more desires while aspiration is more internal and leading us towards Nature. Ambition leads to relativity among us and divides, while aspiration leads to the Absolute and unites.

Balanced Existence, Day 1: Giving an example of a girl walking on a tight rope, Br. Aroon Dave explained that the two ends of the poles being used by the girl are Ethics and Morality. Only by converging ourselves internally, we can reach the state of ‘Balanced Existence’ from current imbalanced state. He emphasized that to cover the final lap of the walk on the tightrope, the walker had to be in a state of complete weightlessness, which was possible only with meditation.

Life Spaces (Activity), Day 2: This day was designed to raise inner sensitivity of self and world around. The group was asked to reflect on the theme ‘Expect Not’ during the day.

Simplicity, Day 2: Sis. Neera Raghuwanshi explained Simplicity in contrast to complexity and the road to Simplicity.

Ten Maxims, Day 2: This session was conducted by Br Rishi. Balanced Existence and Character Formation based on Ten Maxims were demonstrated. Maxims 1, 2, 3 and 10 relating to sadhana were discussed as per Revered Babuji’s commentary on Ten Maxims. How Maxim 1 prepares us for getting maximum benefit of Meditation, Maxim 2 establishes connecting link, Maxim 3 develops craving and Maxim 4 helps in attracting His attention were also discussed.

Life Management (Activity), Day 2: Br. Sanjay Panigrahi gave a case study on the lifestyle of today’s youth. It was designed to start hitting at the solution and roadblocks in the journey. This day was designed to understand Sahaj Marg spiritual wealth and its purity. Solutions included managing time, fixing priorities and handling dilemmas. Theme of the day was ‘As inside, so outside’; the group was asked to reflect on this during the day.

True Friend, Day 3: Br. Lalith Mohan discussed types of friends in day to day lives. He explained that as a consequence of this lack of understanding, we often end up in difficult situations. Need for a true Friend and developing our relationship with Master to have complete dependence on Him were beautifully explained. This session ended with a nice clip on “Interview with God”.

Ten Maxims-2, Day 3: Br Rishi presented the maxims in a simplified manner. Everyone in the audience could relate to the maxims in their individual way.

Score as much as you can (Activity), Day 3: This activity by Br. Ramlingam was designed to build the score of

solution with dependence on Master. This day was designed to channelize youth energies towards proper goal. Theme of the day was 'Forgive and forget' and group was asked to reflect on the same during the day.

Change - And world changes with you, Day 4: Sis. Snehal Deshpande gave a narrative of one's life journey transformed by Master's Love. Looking at life as an opportunity to change rather than just living based on past impressions was demonstrated. We assume different identities based on work, family etc. and forget the most important aspect of identity. Hearing experiences from someone else brought deeper reflection among participants.

Service - Easiest way to love, Day 4: Br. Ramalingam emphasized that service should be backed by love, without expectations, without servility, without preferences, without dominance and with humility. Reward for service is service and the highest service is 'to become what He wants us to become'.

Presentations by participants on Spiritual Topics, Day 5: Participants presented topics such as 'Goal', 'Faith', 'Ways and Means', 'Tolerance', 'Constant Remembrance', and 'Love and Duty' in form of skits, dialogues, flash

backs, flash forwards, and movie clips.

Seminar on Basics of Character Formation, 7-12 June

Following topics were organized:

Afflictions, Day 1: Recalling Lalaji Maharaj's words - Illat, Killat and Zillat, Br. Prabhakar Das stressed that these three things are essential in the life of a saint. Though nobody wants afflictions and sufferings, even Masters had to suffer. In the light of Maxim 5, He invited them to accept miseries as Blessings. To drive home this point, he gave a beautiful presentation of bearer of the cross.

Truthfulness, Day 2: Br. C.S.R.Murthy invited participants to fathom the meaning of the term "Truthfulness" in the light of Maxim 5 and commentary of Babuji Maharaj on the same.

Communication and work, Day 3: Br. Rajat Dave laid emphasis upon need for a fixed goal, in pursuit of which we keep moving ahead. Referring to various modes of communication, he repeated Master's words that the highest form of communication was Transmission - the art of speaking from Heart to Heart - which had been the medium of communication in the past and which



(above right) Participants of Youth Seminar, 24-29 May 2011

(right) Participants of Seminar on Basics of Character Formation, 7-12 June 2011



will be the medium of communication in the coming new world of which Revered Babuji Maharaj has been repeatedly reminding in his whispers from the brighter world.

Use your Self to change yourself: Br. Sharad Jhawar said that using mind to change oneself is fruitless; only instrument of change is the heart.

Seminar in Hindi, 21-26 June

This seminar was attended by 61 participants and six facilitators.

Willingness to change, Day 2: Br. Y.K.Gupta brought out following points: We are not here to change others, we are here to change ourselves. We can become what we aspire to become only by changing ourselves. Change is only natural. What we shall leave behind is material while what we carry along is spiritual and we should seek that change only which we should be able to take with us. Referring to Babuji Maharaj, he exhorted the participants to pray that they should never land in a situation where they feel the need to tell lies.

What is prayer? He answers, before we pray, Day 2: Sis. Leena Dave portrayed prayer as an expression of gratitude by taking participants through the meaning of the word 'Prayer', both Vedic as well as in Sahaj Marg. Apart from explaining that prayer is an important ingredient of daily abhyas in Sahaj Marg, she brought out the true nature of prayer as an attitude, in minds of the participants. According to her, foundation of character formation was prayer only. It

is the secret behind continuous progress. Prayer is the only medium to develop love in oneself. It works by dissolving and refining one's ego to transform one into a divinized man.

Let Him open your heart, Day 3: Sis. Seetha Kunchitapadam explained that our relation with Master is like that of a seed. Our hearts are not open because the heart and the ears are not in consonance with each other. Our heart always calls us to open up but it is we who silence the inner voice. Our hearts have become hard like stones. Do we really want to soften it? She further explained that by cooperation of abhyasis, role of Master, proper time management in our daily practice and sense of surrender, there is hope of softening of the stone-like hard hearts. Only then we come to understand -with our efforts and cooperation - that we are the flowers seeded by Him.

The Ultimate Character, Day 4: Br. Yogendra Kumar Gupta took off from a point where the term Character, from its roots to the ultimate, loses its intrinsic value in material sense. Br. Gupta was able to generate in participants the feeling that character is formed by samskaras. By the process of cleaning and by coming into contact with the most powerful Magnetic influence of Revered Master, our un-organized molecules become organized bringing about the possibility of merging the limited with the unlimited.

Source: Br. U.P.Dhawan, Asst. Director, CREST Kharagpur



(right) Participants of Seminar in Hindi, 21-26 June 2011

Activities at Pune Retreat Centre

(right) New bell near kitchen

(far-right) Flowers planted along new pathway



SMSF Retreat Centre Pune hosted 124 abhyasis for the quarter ending June 2011. In the month of May 2011, the retreatants who participated were numbering fifty five.

Unlike in the past, the heat of summer was not felt in these months. Weather was unusually cool for most part of the day and sometimes chilly in the mid-night. Retreatants were very comfortable and enjoyed their retreat period. Also rains started well in time by the last week of May. This facilitated us to go ahead with our earlier plan of planting around two hundred saplings in the various parts of the garden.

Retreaters were engaged in volunteer work for about two to three hours in a day. Our volunteers were engaged in developing a vegetable garden inside the premises. We were able to grow vegetables like ladies finger, brinjal, cauliflower, cabbage, onions, green chillies and palak in abundance.

In continuation of the beautification process, flowering plants were planted along the pathway which was newly constructed. A new bell was installed on a tower structure near the kitchen.

Here are a few lines from the feedback expressed by the retreatants.

- *"It looks like that I have come to a natural atmosphere to become one with nature"*
- *"I am grateful to Master for providing such a life transforming opportunity"*
- *"The infrastructure at retreat centre is excellent. I could feel HIS presence and the flow of transmission where I sit"*
- *"The atmosphere is totally charged. We should know how to make use of it"*

Source: Br. K. T. Manjunath

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/smw/w/retreat-center-overview>

Abhyasis who wish to enroll for retreat programs may now apply online at the address given above.



(above) New plants in the garden



You may yourself wish to spend a few days in this very special place. Should you have questions about coming to SPURS, please do not hesitate to call us at +1-512-301-2104.

The information on SPURS is available on the web at: <http://www.sahajmarg.org/smw/r/etreat-center-overview>. Abhyasis may submit the participation requests online. 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.



(above) First three chicks on the day they hatched



(above) Two newly hatched chicks checking out a sister

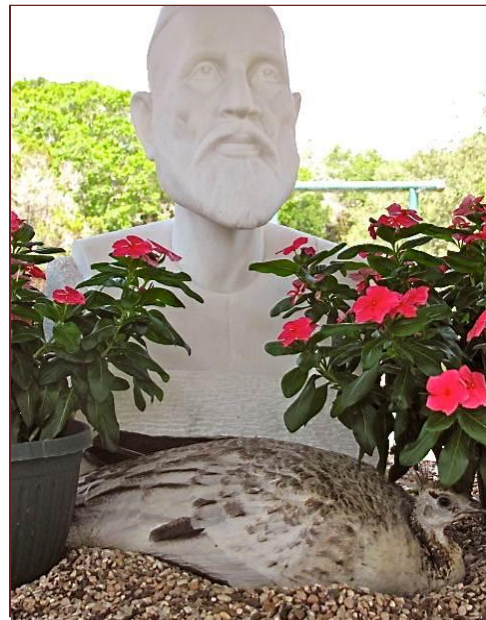
Activities at SPURS

“Proud as a Peacock” is an expression commonly used to describe someone who is rather full of himself. For those who have been to SPURS there seems to be ample evidence of that phrase as we frequently see our peacocks strut before a mirror or glass, apparently admiring the handsome birds they see reflected. Whether they are actually “proud” or not, we cannot really determine. This may be just a human interpretation.

For peahens, however, nature has given them a more important duty: to bring into the world the young of the species and care for them in the first few weeks. We had a chance to see that brought to fruition in this past month when one of our three females at SPURS hatched four chicks. On 2 June, she laid the first egg, a second on 3 June, and the last two in the following two days. The first three were hatched on 3 July and the fourth on 4 July. In all, the hen sat on the eggs for thirty-one days and nights in searing Texas heat that often reached 100 degrees! She would leave the nest to feed and get water only for ten to fifteen minutes each morning, though in two of the last days she did not leave the nest at all.

From our perspective, the peahen taught us a lesson in patience, but from hers, it was a duty she simply could not avoid. She had to follow what her instinct commanded. All went well and now the mother and four chicks are kept in the safety of the fence-enclosed shed until the young ones have grown enough to manage on their own in the wider world.

There is another remarkable aspect to this story. The hen sought out a very special place to create her hatching nest: right in front of the bust of Babuji which is on a pedestal about five feet above the ground. It is probably the safest place on the ranch’s grounds that she could have selected. Generally, the peahens lay their eggs on the ground, an extremely vulnerable place where we have coyotes, raccoons and snakes that



(above) Peahen in a month-long sit

are eager to feed on the eggs and could also endanger the hen since she never leaves the nest at night once the hatching process is underway. Except for hens in the process of hatching eggs, peafowl sleep high in the trees, out of harm’s way.

The sisters retreating during the past month were touched by the peahen’s diligence and patience. One said that seeing the peahen sitting daily on its nest helped her to see Master as a mother who spends most of the time caring for abhyasis and very little time for personal needs.

Retreatants have over the years commented how at SPURS their contact with nature has been very important as a kind of teacher. In this quiet atmosphere one seems to open up to special insights often evoked by the natural surroundings. SPURS truly is a special blessing that Master has provided. We hope that you will consider coming to receive the unique opportunity He has provided, whenever the heart calls.

Source: Br. Thomas Stoner

Medical Centre News

Services of Free Medical Centre at Manappakkam

Free Medical Centre at Manappakkam has served a total of 9403 patients for the quarter April to June 2011. Spirometry camps were conducted and 27 patients benefited. FMC has served 199 patients outside regular hours during this quarter. The clinical laboratory investigated 625 patients with various laboratory tests in the last three months. Following are the details of the medical activities conducted by Free Medical Centre, Manappakkam in this period.

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

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).

Department	Patients	Panel of Doctors
General medicine	8788	Dr. U. Ravindran, Dr. R. Sulochana Dr. K. Sudheshna, Dr. E. Ellanchezian Dr. S. Kishore, Dr. Anamay K. Bidwai
Cardiology	53	Dr V. Vanaja
Dentistry	338	Dr. Swati N. Bhagat Dr. Jagadish Kumar Dr. Komal Gupta
Dermatology	38	Dr. M. Jayaraman
Gastro-enterology	40	Dr. Manimaran
Gynaecology	4	Dr. Saroja Nadig
Homeopathy	615	Dr. S. K. Ram Subramaniam Dr. N. Vidhi N. Shah
Ophthalmology	134	Dr. Harshitha Bakshi
Orthopaedics	113	Dr. D. Narendra
Paediatrics	1164	Dr. Natwar Sharma Dr. S. Kishore
Psychiatry	26	Dr. A.P. Mythili
Pulmonology	27	Dr. G. Raja Amarnath
Urology	21	Dr. Sanjay Sharma
Endocrinology	68	Dr. Ravi Kiran
Spirometry	27	
Neurology	46	Dr.R.Padmini

Staff	Staff	Volunteers
Dr. S. Kishore (Doctor) Dr. Anamay K. Bidwai (Doctor) Dr. Vidhi N. Shah (Doctor) S. Meenakshi (Pharmacist) M. Kamakshi (House-keeping) P. Gomathi (Receptionist)	A. Radhamani, R. Chitra, S. Soundarya, V.Dheivayanai, C.Ramya P.Kausalya, R.Karthika (Nurses)	D.U.Ravindran Dr.R.Sulochana Dr.K.Sudheshana Sis.M.Jayanthi Br.A. Radhakrishnan

Source: Br. Dr. Ravindran Ulaganathan



(above) Doctors treating patients at Satkhol medical center

Satkhol Medical and Dental Activities

Following is the report for Satkhol Medical and Dental Centre for the quarter April-June 2011:

Specialty wise	Apr	May	Jun
Medicine	181	206	441
Surgery	31	52	24
Gynaecology	2	11	22
Cardiology	2	6	3
Dentistry	19	12	10
Dermatology	26	47	21
Gastro-enterology	70	69	0
Homoeopathy	0	0	0
Ophthalmology	13	17	23
Pulmonology	21	43	1
Urology	3	3	0
Orthopaedics	19	34	37
ENT	55	53	10
Dental cases	419	160	99
Number of outpatients			
Male	202	247	256
Female	139	166	198
Children	101	140	138
Number of abhyasis	117	132	153
Others	325	421	439
Total	442	553	592

Following doctors were in the Satkhol medical panel at various months during this quarter:

Dr. C. K. Prasanna Kumar, MD
 Dr. Parhar, MD [Homoeo]
 Dr. K. D. Dubey, MS; Dio
 Dr. Gopal Aironi, Homoeopathy
 Dr. A. Prabhakar, MBBS; DTCD
 Dr. Alok Tandon, BDS
 Dr. Renu Tandon, BDS
 Dr. R. K. Purohit, MBBS; DA
 Dr. Sunny, MBBS
 Dr. Nikhil, MBBS
 Dr. Anurag Singh Chauhan, MD

Source: Br. Dr. C. K. Prasanna Kumar