

SMSF Newsletter

Volume III No.3-2008

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

Retreat Centres: We feature a report on activities at SPURS ranch, Panshet and Malampuzha.

STP: We feature a report on the upcoming STP 2008 program.

Health: We cover the medical centre activities organized by Manapakkam Free Medical Centre, Jaipur Ashram and Satkhoh.



(above) Rev. Master at Satkhoh in July 2008

SPURS at One Year

September 4, 2008 marked the first anniversary of the opening of SPURS Retreat Ranch. In the twelve months since, ninety-three abhyasis—fifty-three sisters and forty brothers from the United States, Canada and India—have stayed at SPURS, imbibing the quiet atmosphere of this beautiful respite, removed from the thoughts, activities and attractions associated with the world. The largest number of abhyasis has stayed for three days, but it is not unusual for retreatants to come for five days or longer.

Since its opening, the physical space at SPURS has undergone a number of changes and improvements. In October the center was connected to city water to improve the water supply for the ranch. After several months without internet service, special cable was put

in place to allow for this necessity. The fields around the retreat house have been changed from agricultural status to that of wildlife refuge status, thus an "official" home to deer, wild turkeys, jack rabbits, song birds, and butterflies. This past spring, the lawn to the northwest of the house's lengthy porch was adorned with a beautiful gift from our Master, a white marble bust of Babuji (*murthy*). The *murthy* rests on a specially designed pedestal with protective covering. Recently, some fifty sage bushes and mountain laurels were planted around the *murthy* and along the yard's border, setting off this special area. To mark Master's birthday this past July, the retreat center's meditation hall was made more beautiful as it received new paintings of the three Masters of Sahaj Marg, done by Sister Pamela Winfield Rosar.



(above) A bust of Babuji Maharaj at SPURS

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

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

- The Retreat Program is open to abhyasis who have maintained regularity with their practice for 2 years or more
- The retreat will accommodate up to 20 abhyasis at a time.
- The batches will be separated by Men and Women.
- The months for Men are Jan, Mar, May, Jul, Sep, Nov
- The months for women are Feb, Apr, Jun, Aug, Oct, Dec
- Abhyasis may stay from 3 to 30 days.
- Abhyasis coming for the 3 day program will do no activities at the ranch.
- Abhyasis who wish to make donations may do so via cheques to SMSF on arrival at SPURS.
- Transportation to and from the Airport to SPURS may be requested in the participation request form.

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

Master has said “Spirituality is all about preparing for change—changing from what we are to what we have to become.” It is clear that SPURS is a catalyst for change. It has become equally apparent in the past year that Master’s guidance is there for each abhyasi who comes to SPURS. Whether it be the length of retreat or the abhyasis who retreat together, these and many other examples have shown Master’s loving oversight. Master’s words “Come as you are, go away

STP 2008 – An update

Every year since 2002 in the month of December, the Scholarship Training Program (STP) happens in one of our ashrams in India. Revered Master started this program to reach brothers and sisters from countries where Sahaj Marg is not yet developed and where it is difficult for Him to travel. A group of 20 to 30 brothers and sisters from all around the world is selected and invited for a 4-weeks training in India. This year, from December 14th to January 11th, STP will receive 30 candidates. The first three weeks will be held in the wonderful site of Pune retreat center.

There is no other training like this one. If the daily classes that give shape and support to the program provide information touching most of the major topics of our Sahaj Marg literature like most of our programs do all around the world, the real content of STP reaches a much deeper level. The intensity of this program is such that it transforms you and changes your life forever.

All the arrangements are made so that the stay is comfortable but simple, as it suits in an ashram. Far from the comfort of their houses, participants discover that a simple life is not only possible but brings a certain lightness to the daily life. The priority is fully given to the practice. In the morning classes, scholars meet faculty members that help them find answers to questions they have about the practice and certain aspects of the Sahaj Marg philosophy. The afternoons are designed for preparation of the next day class,

something else” are brought to life again and again as is seen in the faces of brothers and sisters as they leave this special place.

SPURS is a remarkable blessing for those who come to retreat, but surely also for the world. We hope many of you will find the opportunity to come to SPURS, whenever your heart tells you that it is the right time!

Source: Tom Stoner, Resident Prefect, SPURS

further explanations in group languages, personal reading and reflection. Meeting Master and spending some time with Him is a milestone in the spiritual life of the participant.

And the miraculous transformation happens and changes each participant forever. All bask in Master’s presence in an ashram that He chooses specifically for that purpose. Living together, speaking different languages, having different cultural and religious background and different occupations in life sounds like a challenge at first sight. How simple it becomes suddenly under His love and care, to relate to each other! In the last year session, we were amazed to see, on the second day of the program, three brothers and sisters sitting together, one from Russia, one from China, and one from Iran. None of them had any knowledge of English but they were “communicating” and seemed in perfect harmony. Traveling to India, meeting people from all around the world seems an incredible and exciting adventure! And soon we realize that the real journey is for all human beings all over the world the same. Wherever we come from, the real adventure lies within. The true peace and happiness lies within. Under His loving guidance, we discover that there is no more Chinese, or Iranians or Brazilians, but human beings sharing the same essence and the same goal. Brotherhood is not only possible, it happens. And that is the treasure He gives us.

Source: Dolly Nicolai

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/smf/IndiaRetreatCentersApplication.do>

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

SMSF RETREAT, PANSHET

The Spiritual Retreat Center at Pune was inaugurated by Rev. Master on 14th March 2008. The first Abhyasi for retreat came in the 1st week of May 08. Initially the response was subdued, but it has since gathered momentum. So far, 25 abhyasis, part-took of this wonderful facility provided by Rev. Master. Many Abhyasis, who stayed for 25-30 days reported profound changes in their inner condition and have felt enlightened. Similar experiences in varying degree have been reported by other abhyasis as well.

The Retreat will also be hosting central programmes for Abhyasis. A Youth programme is being conducted from 3 to 5 Oct 08. A seminar for Preceptors from Maharashtra Zone is scheduled from 14 to 16 Nov 08. STP is scheduled for mid December 08 to early January 09

Source: Br. Gen. Dovedy

Below is an experience shared by Sis. Shailaja Sridhar.

This place is located in the outskirts of Pune (Panshet) at a very beautiful location where there is a huge lake just in front of the retreat center gate and is surrounded by green mountains all around. It is very calm, silent and

peaceful there, just perfect to retreat ourselves. Master has provided all the needs for our stay in retreat center. The climate during my stay in the month of June and July was very cool and pleasant. I used to meditate 6-8 times a day, do my cleaning, pray, be in His remembrance and maintain silence. I read one of the books from the Mission's literature "Reality at Dawn" throughout my stay and could understand much more deeply than before.

Words fail to express this wonderful experience that was both created and blessed by My Master, for my stay here from June 11-July 10. One has to take out time and be there, to feel the atmosphere that is charged by our Beloved Master, for the very purpose that He has created it.

I strongly felt and feel that this is a great opportunity, it is a great gift to all of us abhyasis by our beloved Master to just be there, do our sadhana and retreat ourselves spiritually, mentally, physically, morally and come out as a better Human being by transforming our attitude towards life, with Love, total faith, confidence, backed with strong will in Master, Mission and Method.

Our Master has blessed us with



(above) Meditation hall at Panshet



(above) Meditation hall at Panshet



(above) A view of the dormitory at Panshet

everything that is needed for our spiritual progress with this wonderful system of Sahaj Marg, Ashrams, Retreat Centers, Training Center (CREST), Literature of all kinds, VBSE and Lalaji Memorial Omega International School for children. "What else can it be than His Love for us? It is only upto to us, how we make use of His Blessings in the right way".

These are some thoughts that I would like to share that occurred during my meditation in retreat center, which helped me to change all of my attitudes towards life.

- Without the constant Remembrance of Master, life is very difficult. By being in His Remembrance, difficulties disappear; life will become simple, smooth and loving. Anything and everything that is done in the remembrance of Master will be right.
- We should always have Gratitude and be grateful to Master for everything that we are receiving. We should be thankful to whoever has helped us, in whatever way they could, because they will be obeying Master's instructions to do so. Master says ingratitude is a sin.
- Master, everything is by you, everything is from you, everything is only for your sake, please take it and take me along with it and do whatever you want with it.
- Only sadhana will take us nowhere. Sadhana has to be backed up with the fundamental elements.... Faith, Confidence and strong will in Master, Mission and Method, that this 3M's will take me to the highest goal (the goal being the master) and make me one with Him. Of course the Love being the base.
- Time is very less and we have more to do. All the time that is left is not ours, life can end any time. Time lost is lost forever. So in this life itself, I will become what Master wants me to become.
- Master has said that "Anything is worth doing when we are young"

when He says anything, why not take up spirituality seriously?

- We should never ask for anything mundane. We should ask for Him and Him alone, for He is the only permanent and eternal.
- Just because we have the mouth we should not spill the words. "Say what you mean and mean what you say."
- We should not only accept what is put before us, we should be grateful for everything.
- Always hope for the best, be prepared for the worst.
- People blame others to protect themselves, but time has its own way of revealing the Truth. So why worry? Master is there to watch every one, everywhere, at all times.
- One who waits gets, waiting patiently is very important, because Master says when we wait patiently vacuum is created in us and Nature will fulfill the need.
- We should face the deepest fear with total faith in Him.
- Love, Tolerance, Patience is the essence of Sahaj Marg.
- I also learnt to live with minimum needs, simple and in tune with Nature.
- By His Grace I realized the importance of being silent, to maintain our very condition that is been blessed by Master. And how easy it is to lose the condition by unnecessary talks, unwanted talks, collecting unnecessary information.
- Master says "First you become, and then help others to become". So let us all become first what Master wants us to become by obeying Him, by doing our practice effectively as prescribed by Him, by practicing constant remembrance and by keeping the real goal always in front of us, naturally we will be in the position to help others.

I hope and pray that more and more abhyasis will use this special opportunity that Master has created for our spiritual growth and to transform our life.

SMSF RETREAT, KAVA, MALAMPUZHA

Rev. Master has envisioned the setting up of Spiritual Retreats so that abhyasis can retreat into themselves for some periods and get rejuvenated from the stress and strains of the present day existence. According to Rev. Master the pressure on the life of people have considerably curtailed or adversely affected the ability of the people to arrive at a balanced existence. This is the sine-qua-non to acquire higher values in life.

The hyper-activity of the mind, in matters that are material, has helped only to dwindle the ability of human beings for higher aspirations. The core complaint of people today is that they are unable to achieve a state of balance which alone would help them to carry out their work in a spirit of dispassion. This alone would lift them up to acquire *Jnana* which is the requirement for removing the ignorance which blocks discrimination and thus prevents even an expectation for an inspired life. It is only people with such an aspiration who can hope to have a perfect existence in

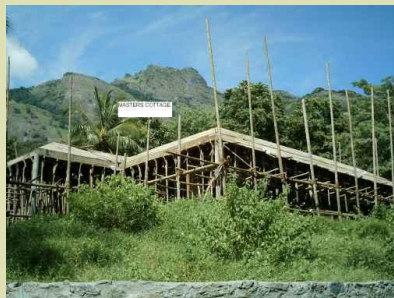
this life with the aid and assistance of a competent and divine Master, who alone can take one to higher and higher levels in spirituality. If an aspirant falls short of this quality, even Master will find it difficult to lift him up.

The Sahaj Marg aims for a synthesis of the *Karma*, *Jnana* and *Bhakthi* and for which it is necessary to have an anguished desire for a real goal which alone would propel an abhyasi to the correct path and to an assiduous pursuit for it.

With this in view the Retreats are made by Rev. Master, the first of which was opened at Malampuzha, Kava, Palakkad on the 14th of April, 2008 to coincide with the Malayalam New year. This spiritual retreat consists of about 24 rooms which can accommodate 50 people at a time. It has all the infrastructural facilities such as dining area and kitchen. Ancillary facilities such as Library and Meditation Hall are also in the final stages of completion. As per the desire of Rev. Master the

campus is planted with trees so as to jell with the surrounding forest area.

The retreat is situated at Chembana in Kava, which is actually on the Malampuzha Dam - Anakkal Road. Malampuzha is a famous tourist destination of the State of Kerala and a lot of tourists visit this place. The spiritual retreat is situated at about 7 kilometers from the Malampuzha dam, which can be reached by private buses (though infrequent in number) and also by autorickshaws from the Malampuzha Dam site. The dam site itself can be reached by bus either from the Palakkad Junction railway station or from the Palakkad town. The distance from the Palakkad Junction to the Dam site is about 7 kilometers and from Palakkad town it is about 14 kilometers.



(above) Master's cottage at Malampuzha



(above) Meditation hall at Malampuzha

The autorickshaw drivers in the Dam site are very familiar with the location of the retreat which they call as Ashram. The charge for the autorickshaw is about Rs.80/- at present and for the Jeep or Taxi it will go up-to Rs.150/- . Taxis and autos can also be engaged from the Palakkad junction as well as from the Palakkad bus stand in which case the charge will be Rs.400/- for taxi and Rs.300/- for autorickshaw from Palakkad Town Stand, and Rs.300/- for taxi and Rs.150/- for autorickshaw from Palakkad Junction.

The retreat is situated in the Western ghats and is surrounded by the mountain ranges. These forests are abundant in wild life as well as tree growth.

There is rainfall for almost 6 months in a year and except for the 4 to 5 months beginning from January to June the temperature is very pleasant. In these months it may be a little hot. The temperature then will hover about 38 degree Celsius.

Entry and stay at the retreat are with prior permission only. The application form for the stay in the retreat is to be made to Sister Lalitha Srinivasan,

Chennai, online in the form which is available at manapakkam@srcm.org. The minimum period of stay is for 3 days and the maximum is 30 days. Only abhyasis who have been following the Sahaj Marg system of practice for a period of not less than one year are allowed to stay in the retreat. Husbands and wives are not allowed to stay together in the retreat. They have to stay at separate periods. Children are not permitted.

The phone number at the retreat is (0491) 2880656. A road map showing the way to reach the retreat is also annexed. It can be seen that the retreat can be reached from the Coimbatore side by taking a right turn from the Kanjikode town on the national highway 47. The nearest airports are Coimbatore (60 Kms) which can be reached in an hour or so and Cochin International Airport, Nedumbassery which can be reached in two and half hours by road. There are frequent train services from Palakkad Junction to various places. Information about the retreat centre and the application form are also available at www.sahajmarg.org/welcome/retreat/index.html.

Rev. Master's intention is to provide for a facility for abhyasis to retreat unto themselves by being away from the hassles of a modern day life from cities and towns so that they can have a taste, though intermittently, of the divine grace which if enlarged into an all encompassing one by eschewing unwanted distractions and by focusing on the reality which is enshrined in everybody's hearts will enthuse them further to pursue a path of spirituality and thus enable them to achieve their goal as early possible. We welcome everybody to join this endeavour and make their life purposeful.

Source: C. Ravindranathan, Director
SMSF Retreat Centre, Malampuzha
Palakkad, Kerala

Medical Centre News

Medical Centre - Jaipur Ashram

Services were provided on Sundays (09.30 AM to 10.30 PM).

Department	Date	No. of Patients	Date	No of Patients
General Medicine Panel of doctors Dr. Arun Garg Dr. Anju Sharma	03/08/2008	2	07/09/2008	8
	10/08/2008	9	14/09/2008	3
	24/08/2008	7	21/09/2008	2
	31/08/2008	125	28/09/2008	4
	Total	143	Total	17

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

Eye Camp was organized at Medical centre by Calgeri Eye Hospital and Bharat Vikas parishad on 31/08/2008.

Team Members - Dr. Vinod Chaturvedi

Volunteers: Br. Shayam Madan (Coordinated the organisation of Eye Camp), Br. Ram Deo Prajapat

Source: Br. Manoj Nagar

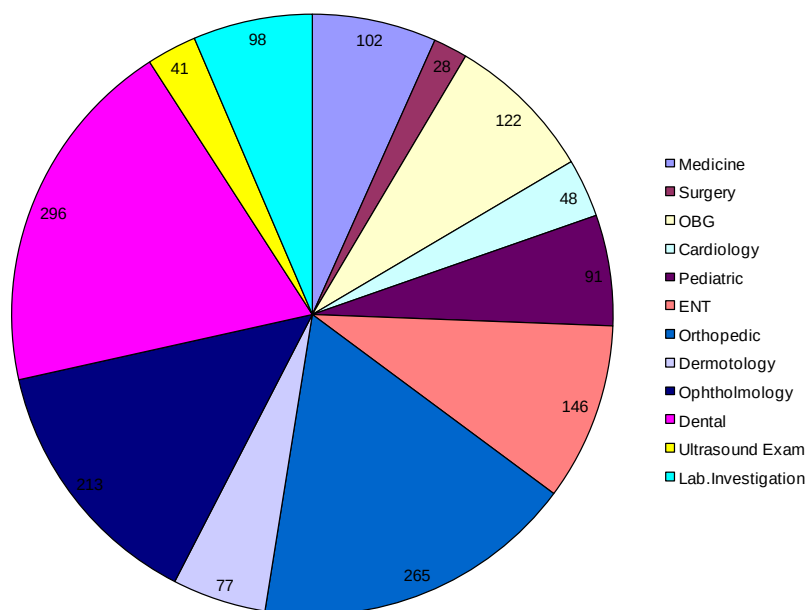
Satkhol Specialist Camp

Following are the details of the Specialist Camp held at Satkhol from August 30 to September 1 2008.



(above) Pictures from Specialist Camp at Satkhol

Satkhol Specialist Camp Statistics - Aug 30 to Sep 1 2008



Source: Br. Dr.C.K.Prasannakumar

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 8739 out-patients and 57 in-patients for the quarter July to September 08. Following are the details of the medical activities conducted by Free Medical Centre, Manapakkam from July to September.

Department	No. of Patients	Panel of Doctors
General medicine	August - 2223 September - 2063 Total - 6300	Dr. U. Ravindran Dr. R. Sulochana Dr. K. Sudheshna. Dr. E. Ellanchelian Dr. G. Raja Amarnath Dr. Shristi Swami Dr. N. Neelima Dr. V. Jyothi

Speciality Clinics

Department	Patients (Aug)	Patients (Sep)	Total (Jul-Sep)	Panel of Doctors
Cardiology	10	4	23	Dr V. Vanaja
Dentistry	100	101	278	Dr. Swati N. Bhagat Dr. Jagadish Kumar Dr. T.S.R. Anjaneyulu
Dermatology	42	87	172	Dr. M. Jayaraman
Gastro-enterology	5	13	36	Dr. Manimaran
Gynaecology	50	34	150	Dr. ThripuraSundari
Homeopathy	300	234	789	Dr. S. Balaji Jayasankar Dr. Malathy Mohan Dr. S. K. Ram Subramaniam. Dr. Sudha Jagadish
Ophthalmology		34	46	Dr. Harshitha Bakshi
Orthopaedics	10	32	76	Dr. P. Sivaiah
Paediatrics	72	53	267	Dr. B.I. Sasirekha Dr. Natwar Sharma
Pulmonology	211	187	602	Dr. I.M. Palaniappan
Total	800	779	2439	

Staff	Nursing Assistants	Volunteers
Dr. Shristi Swami S. Meenakshi S.Thangam	R. Rathi G. Nalini	V.Rajapurna Janaki Sudha Ammukutti

Source: Br. Dr. Ravindran Ulaganathan

Sahaj Marg Spirituality Foundation, Inc. Copyright © 2008. All rights reserved.

"Shri Ram Chandra Mission", "SRCM", "Sahaj Marg", the Emblem of Shri Ram Chandra Mission, "Constant Remembrance", "Sahaj Marg Spirituality Foundation" and the flag of Sahaj Marg Spirituality Foundation are registered in U.S.
Patent & Trademark Office