

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>

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

Featured in this issue

Spiritual training: CREST Bangalore hosted its third batch from May 20 to June 1. We provide an update on this program.

Health: We cover the medical center activities organized by Medical Center of Manapakkam, at Allahabad.

Retreat Centres: We feature SPURS ranch retreat centre and its upcoming programs.



Rev. Master at CREST, Bangalore during the third training session

Third Batch at CREST Bangalore

The third batch of delegates to the Inaugural training session was warmly welcomed by Rev. Master on May 20, 2007 with delegates from 15 countries around the world. During his inaugural speech Rev. Master said, "So I hope, you know, these courses that we are trying to bring in these principles overtly or maybe in a sense, as an under current to our teaching, you will appreciate them and go back with your head a little higher, your heart a little fuller and your confidence in your humanity and the humanity of your brothers and sisters restored, so that one step ahead at least, you shall be on the way to evolution. This is His wish and my prayer."

The program consisted of a presentation each morning from 9:00 AM to noon with a tea break in between. Rev. Master viewed all the talks given from his cottage on a closed circuit television.

All the delegates were treated with Rev. Master's presence when He met the featured speaker after their presentation for clarification of ideas and views expressed.

These meetings with Master in the golf cart have been affectionately named as 'From Cart to Heart' by beloved Master. Rev. Master shed light on the day's presentation, expanding on the topic and giving valuable feedback and suggestions to the speakers. An emphasis has emerged relating to the heart, speaking from the heart, listening with the heart and thinking with the heart; so we can see things with new eyes. Maximum benefit comes when the attitude is one of holiness, and this idea is for us (especially in the West) to ponder and implement with heart.

In addition to the presentation in the morning, delegates were requested to

CREST Centres are resident schools where abhyasis in batches of 50-100 undergo intensive training for one month. First training took place in August 2006. Second batch joined on Dec 17th 2006 and stayed up to Dec 29.

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

Sample Subjects

- Modern Movements in Spirituality
- Convergence of Science and Spirituality
- The Clarion Call of the Vedas
- Spiritual Love, and an attitude of holiness
- Mercy and Compassion in Christianity
- Spiritual Wisdom in the Upanishads
- The Message of the Gita
- The Message of the Judaic religion
- The Bhakthi Movement
- Balancing Material and Spiritual Lives
- Sufi Traditions and Spirituality
- Psychology & Spirituality
- Buddhism
- African Belief Systems
- Mysticism
- Superstition and Spirituality
- Confucius, Taoism
- Saints of India
- The art of self management
- Spiritual education
- Non-violent Communication
- Saints of the Middle ages in Europe
- Buddha's concept of Dhamma and Sangha
- Spirituality in Russia - The Saints of Russia
- Temple Worship - its benefits and drawbacks
- The Ashtanga Yoga of Patanjali
- Sikhism
- Jainism
- Western Spiritual traditions

spend a few hours every day in the wonderful library, choose a book outside of Sahaj Marg literature, and make a presentation to the rest of the group. The books in the library have been hand picked by Rev. Master and lovingly cataloged personally by him. This has been a fantastic way to be exposed to a wide range of literature in spirituality.

CREST is located in the suburbs of Bangalore in Spartan settings. The campus is meticulously cared for by volunteer abhyasis, and the resident staff. The meditation hall sits open in the center of the campus, and the intimacy of this facility naturally encourages the open heartedness that Master has been emphasizing throughout the program.

The Master's cottage is steps away from the meditation hall, and the pathway is flanked by a beautiful water fall and a statue of Radha and Krishna. Rev. Master sits on the veranda every afternoon and showers grace upon all the abhyasis with his presence, discussion and satsangh. In addition to the delegates, several invitees and

guest come from the local area and centers to bring additional life to the campus.

The routine for delegates in the CREST program is designed to provide an atmosphere where abhyasis and their Master may live in proximity with each other, an ideal setting for furthering one's spiritual practice. Abhyasis arise by 4:30 AM to prepare for meditation at 5:00 AM. From 6:00 AM to 7:00 AM abhyasis may exercise, practice yoga, or take a walk around the beautiful campus. At 7:00 AM is Satsangh, followed by breakfast at 8 AM.

Afternoon hours are for rest, reading and contemplation. At 4 PM the program resumes with presentation of book reports. 6:00 PM is individual cleaning, followed by quiet time for further reflection. 7:30 PM dinner is followed by evening movie and 9 o'clock prayer.

It has been a real experience of balanced existence.

Source: Sis. Betsy John



SPURS Ranch Retreat Centre for the Americas, Austin, TX

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

Abhyasis from the Americas (USA, Canada, Latin America, and Caribbean) who are interested in participating are requested to

1. <mailto:austin@sahajmarg.org> with your name, center and dates you would like to participate at the retreat.
2. Fill application form at <http://www.sahajmarg.org/spurs/request.pdf> and mail to:

SPURS Retreat Ranch
11907 Jim Bridger Drive
Austin, TX 78737, USA
3. Participants will receive confirmations by e-mail.

Abhyasis who would like contribute financially may send their donations using the following form: http://www.sahajmarg.org/others/SMSF_Americas_Retreat_Center.pdf

Earlier this year, SMSF procured the SPURS Retreat Ranch for the Americas, in Austin, USA. Rev. Master has given his permission for commencement of the Retreat Programs at SPURS starting **4th September 2007**, the auspicious birthday of Shri Krishna (Krishna Jayanthi, or Janmashtami). It was exactly a year ago on this auspicious day that Rev. Master gave his permission for search to begin for the property.

The 28 acre retreat centre project, which is located in southwestern Travis County in a scenic Central Texas's Hill Country setting, was first presented and approved by Rev. Master in October of 2006. With the Blessings and Guidance of our Rev. Master, the legal formalities were completed on June 6th, 2007.

It is a 28-acre ranch about 20 minutes drive from the Austin city-centre located in the Texas Hill Country, which is a spiritual and cultural hub for this region. The location of the ranch was considered ideal with close proximity to Austin and San Antonio, the two major cities of Central Texas. The outpouring

of support from the abhyasis from the Americas was heartwarming. By May 2007, we were confident that the legal and regulatory issues were adequately addressed to our satisfaction and that we would indeed be able to procure the property. The property was procured on June 6th, 2007.

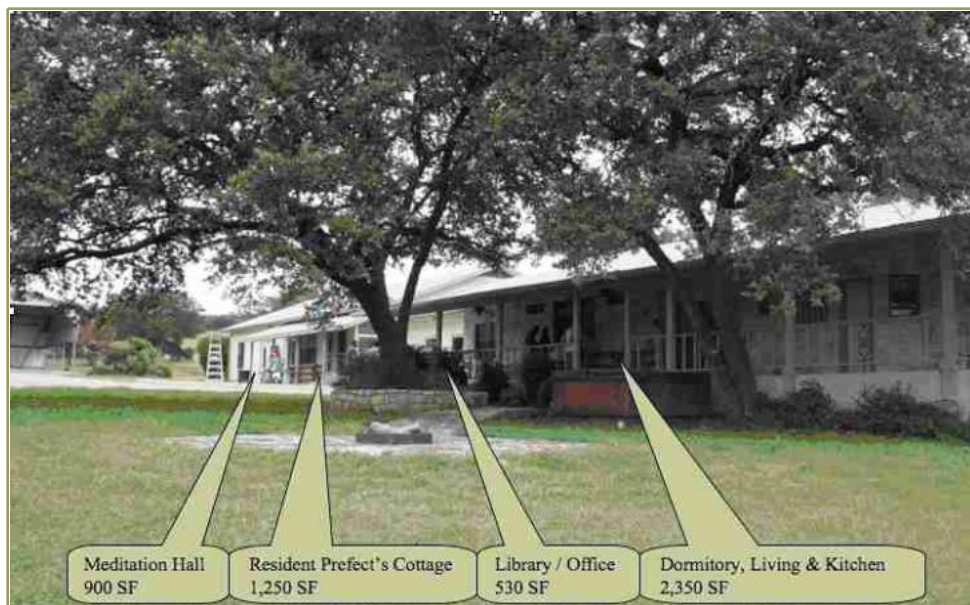
Over the past 2 months several dedicated volunteers from the Texas region have been working tirelessly to get the Retreat Centre ready for hosting the programs, starting on the 4th of September.

The 28-acre SPURS Retreat Centre also includes a 2,350 square feet country house that will serve as the dorm for those in retreat and a library, a 900 square feet caretaker's cottage, a 900 square feet hall that will serve as the meditation hall, and a 530 square feet activity and office area.

The Spurs Retreat Centre for the Americas will accommodate approximately 20 abhyasis at a given time that will live in dormitory quarters,



Entrance to the SPURS Ranch Retreat Centre



A view of the SPURS facility

and will be responsible for cooking their own food and maintaining the facility in pristine condition.

The primary purpose of the Retreat Centre is part of Master's vision to provide places where abhyasis may remove themselves from the routine worldly life for a brief time for concentrated spiritual reflection in a retreat atmosphere. In speaking about the tradition of the spiritual retreat, Master tells us that, *"abhyasis will stay for a minimum of three days, and for a maximum of thirty" and that "a RETREAT was for always the few, who needed to retreat from everyday life, and retire in seclusion to introspect, meditate, brood over one's inner condition etc. The purpose was to re-enter normal everyday life refreshed spiritually to face life with a renewed sense of purpose, to restore balance to one's life. A retreat could never be for the many or for the multitude."*

Responsibility for one's time at the retreat centre is placed in the hands of the individual abhyasi. One's sadhana will be at the core of his or her stay at the retreat centre, leading to a deeper appreciation and understanding of the spiritual quest. Master has stated that there will be one satsangh a week for

residents and that "a resident prefect will be available for personal discussions, and advice." Physical exercise (jogging, walking) and/or work (lawn mowing, tending gardens, maintenance) on the ranch property may form a part of the participant's individual program. Abhyasis may choose to spend some of the day in the centre's library which will house diverse literature and audio/visual media as well as important works that strengthen the aspirant's resolve on this journey towards the Goal. In short, those in retreat may hope to gain a better understanding of a balanced existence spiritual enrichment, physical activity, and intellectual development.

Abhyasis coming for the 3 day program will do no activities at the ranch. They are there to live in a "cave" trying to look inward and develop their abhyas. This is truly a time for them to introspect and dive within.

The accommodation will be simple consisting of bunk beds and mattresses. Food will be simple centred on rice and bread. The abhyasis are expected to attend to the food themselves at the ranch. The kitchen at the ranch will contain the required supplies.

Source: Br. Sai Krishna

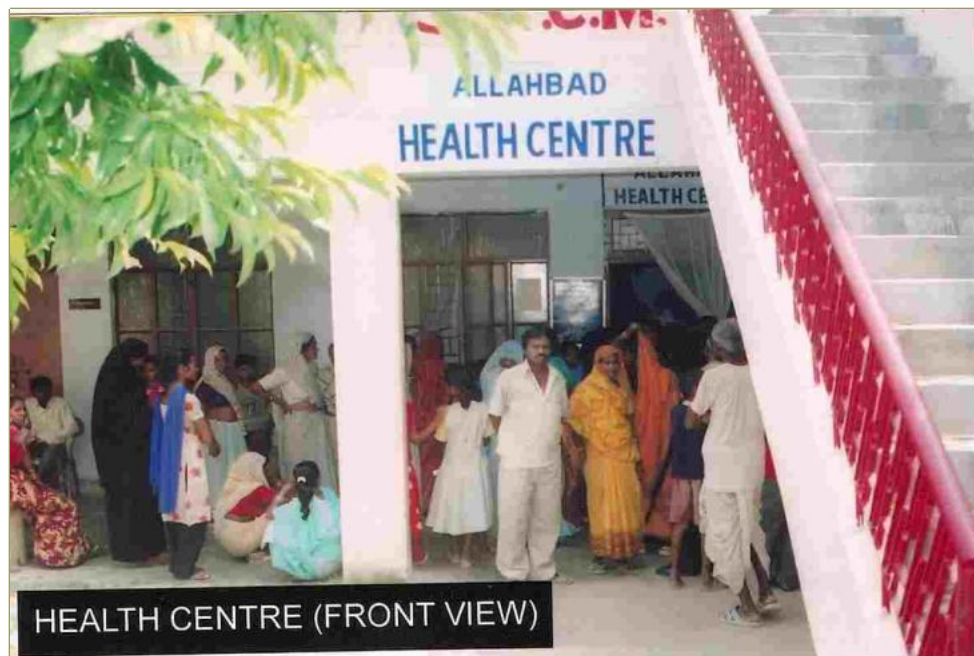
Medical Centre News

Medical Centres at Manapakkam and Satkhol and the new Medical Centre at Allahabad have been undertaking many activities towards imparting medical services to the needy. Medical Camps are regularly held in Madurai.

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).



Allahabad Medical Centre

The Free Medical Camps organized by SMSF Chennai at SRCM Allahabad centre provides another success story of our benevolent Master's silent construction activity aimed at universal brotherhood. The treatment of the patients is being carried out on each day of the month including Sunday. The timings are as follows:

- (a) All working days - 4 PM to 6 PM
- (b) Sunday - 10 AM to 12 PM

Medical Services:

All the doctor brothers and sisters numbering twelve, are all well qualified with rich experience in their specialized disciplines.

1. Paediatrics: Dr. V.K. Agrawal
2. General Medicine: Dr. R. Mishra, Dr. A. Mishra, Dr. Alka Das
3. General Surgery: Dr. Nalin Misra
4. Ortho Surgery: Dr. R. Tandon
5. Gynaecology: Dr. Mrs. Anjula Mishra, Dr. Amita Tandon
6. Accupressure: Dr. S.C.D. Goel
7. Homeopathy: Dr. Rajesh Malaviya, Dr. Yadav, Dr. P.N. Malaviya

Unmindful of the preciousness of their

time, all the doctors do serve as a family in the remembrance of Rev. Master. The service of all doctors is properly utilized by rotation. The cleanliness of the surroundings is also ensured.

Para-medical Services:

The service of para-medical staff is well-planned and all the members evince keen interest in discharging their allotted assignments in a pleasing manner.

Mrs. Rita Sharma and Hon. Capt. Bharat Singh are the Co-ordinators of the arrangements.

1. General Supervision: Col. S.L. Sharma
2. Distribution of medicines: Mrs. Rita Sharma, Capt. Bharat Singh, Mr. Manoj
3. Health and Hygiene: Mrs. Rita Sharma
4. Registration: Mrs. Sheela Rai, Mr. Manoj
5. Records Maintenance: Col. S.K. Sharma
6. Pharma: Mrs. Savitri Devi
7. Drugs Control: Col. S.K. Sharma

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Management Group HEALTH CENTRE Allahabad

In addition, eight volunteers are assisting the doctors and para-medical staff in conducting the clinical activity

With the limited but well protected space is available adjacent to library and children corner is now put into proper use for running the health centre.

Presently funds have been arranged for construction of a separate building for Health Centre. The construction is likely to start by end of May 2007.

Maintenance of Records:

A perfect system of maintaining the

records of the beneficiaries is followed by Col. S.K.Sharma. Personal Case sheets, Consolidated Register of Cases etc. are maintained properly.

Outpatients treated during Jan-Apr 2007:

	Male	Female	Children	TOTAL
JAN	181	580	402	1163
FEB	140	468	422	1030
MAR	184	562	565	1311
APR	224	649	625	1498
Total	729	2259	2014	5002

Source: Col. S.K. Sharma, Health Centre In-charge, Allahabad



REGISTRATION OF PATIENTS

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