

SMSF Newsletter

Volume I No.2-2006

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>

Featured in this issue

Education: Lalaji Memorial Omega school has obtained CBSE affiliation.

Spiritual training: Retreat and Training centers are coming up in centers spanning India and Dubai.

Health: We cover the medical camps organized by Medical Center, Manapakkam at Madurai.

In this issue, we cover Study Groups section in Sahaj Marg website. This contains aids for conducting a group activity through which one could gain insights into enhancing his/her spiritual practice.



Rev. Master planting a tree in CREST - Kharagpur site

The Two Wings – Excerpts from Rev. Master's speech

"Shri Ram Chandra Mission, when it was originally registered in 1945 by my Master, has been designed mainly for the spiritual purpose of humanity. We wish to preserve that spiritual purpose as an exclusive purpose of the Mission. I created a second organisation known as the Sahaj Marg Spirituality Foundation. This has a wider social purpose than Shri Ram Chandra Mission. It also has meditation like Shri Ram Chandra Mission, it has Sahaj Marg, but it has a much wider scope for social welfare like health benefits to people who need it, free education for children, medical services, free food and lodging in our ashrams."

7 Jan 2006 Chennai

"The Foundation will be ninety percent oriented to social and physical life; Shri Ram Chandra Mission will be oriented ninety-nine percent towards spirituality. Between the two, they will balance each other. Foundation will provide the money for everything: the training places, the Institutes. We will be building six or seven, what we call, Retreat Centres where there will be no teaching but people can go, stay in retreat, introspect, meditate—only spiritual meditation."

7 Jan 2006 Chennai

Project list and status**CREST - Kharagpur**

The site is 130 km. from Kolkota. It measures 4.95 acres. Construction planning on.

CREST - Bangalore

The site is at Kaggalipura, 23 km. from Bangalore city. It measures 4.28 acres. The center will be open from August 2006.

Proposed Retreat Center - Jaipur

The site is at Himmatpura, 10 km. from Jaipur ashram. It measures 11.04 acres. The land has been registered in February.

Proposed Retreat Centers - Malampuzha, Ambala, Pune

SMSF Office - Gayathri, Chennai
SMSF Office - Dubai

Lalaji Memorial Omega School

It is at Kolapakkam - 5km. from Chennai airport. It measures 9 acres. School has been operational from June 2005.

SMSF project sites and offices in India and Dubai**CREST Kharagpur**

It is Rev. Master's intention that there are two CREST (Centre for Research, Education, Sadhana and Training) Centres in India. Accordingly, the first CREST Facility is being built and nearing completion in Bangalore (as high-lighted in the previous News-letter).

Rev. Master has decided that the second CREST facility will be in the small yet important town of Kharagpur situated 130 km. away from Kolkata, and home to the Indian Institute of Technology (IIT), one of the premier education institutes of India. Accordingly, in June 2005, the Sahaj Marg Spirituality Foundation acquired a 4.95 acre plot at a short distance of 3 km. from the IIT with this purpose in mind.

The plot is located in a very picturesque area and has on one of its sides land belonging to the Forest Department who propose to build a Deer Park there. We also share a boundary wall with a small and beautiful Ashram called the Gopali Ashram, run by a charitable organization. A biotech park being built by collaboration of the IIT and a News Paper Publication group are also located very close to this plot. With its direct access to the main road, the land is uniquely located offering its occupants a taste of being both in as well as away from civilization.

Within a month of acquiring this property, an eight feet boundary wall has been erected and a small temporary Meditation Hall and a Toilet block as



**Rev. Master at the CREST -
Kharagpur site**

well as four utility rooms have also been constructed at the site to cater to the local abhyasis till the commencement of construction at the site. As per Rev. Master's guidance, neem plants have been planted around the perimeter of the boundary wall, and both sides of the Meditation Hall have been covered with plantations of flowers, crotons, palm and Erica.

With the near completion of the Bangalore facility, the construction of the Kharagpur facility is likely to begin soon. The construction plans are already on the drawing board and work shall commence as soon as they are finalized and Rev. Master approves the same. Like Bangalore, this place will also have a Meditation Hall, a Dining Hall, Dormitory, accommodation for Faculty, Administrative Offices and an extensive Library, all catering to about 80-100 persons, the maximum strength of participants per course at the Centre. In all His travels, both abroad as well as India, Rev. Master has personally been buying hundreds of titles for the libraries at both the CREST centres, at times spending hours together in this endeavor!!



**Rev. Master at Angel Farm,
Proposed Retreat Center, Jaipur**

In order to manage the property as well as to over see its construction (which are likely to begin soon) and also to look after the centre, Rev. Master has appointed a capable prefect as Resident Manager who stays at the Site. Kharagpur as of now is a small centre with around 30 abhyasis and a lot of transient faces of students who get in and out of IIT. But with a preceptor now staying in the town and the CREST centre becoming operational in not so very distant future, the town is poised for the exponential growth of the Centre.

Angel Farm, Jaipur - Proposed Retreat Center

On 24th Feb 2006, at about 11:00AM Rev. Master left Jaipur Ashram for proposed site for retreat center. He named the farm "Angel Farm" which

sprawls in an area of 11.04 acres.

It is located about 12 km. from the ashram on Ajmer road in village called Himmatpura, on Sirsi road. Himmatpura village is located six kilometers from railway station Dhankiya (it is 3 km before village called Begas) and has good connectivity by road. The Sirsi road is proposed 200ft wide and job on its expansion has already begun. Sirsi road lies between Chandpole Bazaar to Phulera and can be taken as a road parallel to Ajmer road. There is bus service from Chandpole Bazar to Begas (via Himmatpura) every 10 minutes.

There is a five room house at Angel farm, which comprises of an open courtyard in the middle. Water table is at about 100ft and the water is very sweet. Angel farm is surrounded by farm lands. The entire area is filled with peace and harmony.



Rev. Master was very happy and did not feel like leaving the place even after one and half hours. Several abhyasis, as usual, kept Rev. Master busy and he expressed desire to open a retreat center, which would have accommodation similar to Bangalore.

On 27th Feb 2006 Rev. Master signed documents in the morning and he was very cheerful. He stood up and announced "This land has been gifted to me and I gift it to you all".

Source: Sister Anjala Ranawat

Free Medical Camps held in Madurai, India



Our beloved Master's blessings guide us all to be at His service in conducting free Medical Camps at Madurai Ashram, commencing from Jan. 2006. Since the first Sunday of this year happens to be the New Year day and as all of us may be desirous to be physically with Rev. Master, the first camp was conducted on 29th Jan. Subsequent camps are organized on first Sunday of each month as instructed by our Master.

As on date, camps were conducted, on 29th Jan., 5th Feb., and 2nd Apr.

Medical Specialists:

Many abhyasi doctors are rendering noble service. At the time of preliminary arrangements for the camps, the strength was 18 and subsequently it rose to 23. All are specialist and experienced doctors in all sorts of medical fields. The camp time is from 8.30 a.m. to 12.30 pm without detrimental to the normal functioning of the centre.

Arrangements:

1. Permanent ID Cards with registration no. and name of the beneficiary are prepared on the spot given with instructions to bring the cards whenever, they attend the camps.
2. A permanent case sheet register is prepared and kept in the centre for future reference.
3. Seven cubicles for investigation, examination and treatment are made available with all facilities.
4. A scanning centre is arranged with the modern medical equipments.
5. A special laboratory for blood groupings, blood tests etc., is being run by trained experts.
6. Free distribution of drugs is made in a separate counter.
7. An exhibition educating for a healthy hygienic and happy life is arranged.

Response:

In spite of no publicity, excepting a few

announcements in Sunday Satsanghs, the response from the public was very much encouraging and endearing.

No. of beneficiaries:

Camp I -	345
Camp II -	364
Camp III -	383

Shri R.Srinivasan, aged 64, a retired driver in the Transport Department residing in a nearby hamlet, speaks high of the loving treatment evinced by the doctors and volunteers.

Smt Selvi Nehrupandian, President of Iranium Panchayat expressed her joy in giving free medical treatment to the villagers with very much care and concern.

Smt K.Valli, working in a voluntary agency told out abhyasis that the arrangements and organization of the camps are very much well planned and executed, with "royal treatment" exhibited by the doctors and the para-medical personnel.

Shri S.Krishnan, an abhyasi, was found telling that the people got quick and effective treatment and were appreciating the noble service of the organization.

Dr.C.K.Gokulnath Premchand, an attending physician, expresses that the "Medical Camps" organized by SMSF is unique because of the following features:-

1. The service of the medical professionals with ripe and rich experience, specialized in various fields is easily and readily available.
2. All the required facilities for investigation and treatment are in abundance.
3. The Spiritual fervor emanating in the Ashram, the loving treatment of all the volunteers and the follow-up action and the immediate attention are commendable.



Dr.S.Muthukannan, a leading Pediatrician in the city and an active organizer of the camp expresses his feeling with full satisfaction "Instead of the feeling that I have rendered medical service, I do feel that I was being served and my deservingness got increased. Normally, I used to leave the premises soon after the Satsangh, but now I could not do so and I would like to remain in the premises enjoying the LOVE being transmitted by Beloved Master."

Dr. Soundararajan and Dr.Meena Soundararajan are feeling elated and encouraged to be in the realm of our Master in discharging their duties as humble volunteers in the camps.

The experience gained in the camps encourages us all to conduct special camps for "Eye Care", "Dental Care", "Diabetics", "Ortho" by the gracious consent and approval of Rev. Master. The specialists in the medical profession, who are attending the camps and the abhyasis who are rendering humble and sincere medical service as para-medical personnel do feel very much thankful and express their heartiest gratitude for having given them a splendid opportunity to be at HIS SERVICE.

Source: Bro. P. Palaniappan

Study Groups: Handout 4: The Need for a Master

By connection with a Master who has in himself the highest ability, the highest achievement, the highest goal that he has achieved for himself by such a connection, the Master can, by the mere and very simple process of emptying my inside, pour himself into me without any effort on my part. This is possible because he cleans my system, he creates a vacuum in me, and by creating this vacuum in me, his Self flows naturally into me. He offers Himself. We call this pranahuti, or offering of the life principle into life.

Master is the cleaner, the Master is the vacuumizer, the Master is the one who comes into me and thus makes me like Himself in every way, we find that He is the goal, we find that He is the way, and we also find that He is the Master who is going to take me through the way to the goal. So in the proper perspective, and with the proper approach to spirituality, these three things-the way, the goal and the guide-all merge into one entity. And only where such a triumvirate merging into one exists, does the possibility of myself too merging into that, and becoming one with that, exist.

Introducing Study Groups section at sahajmarg.org

Study Group is an exercise that can be practiced with in a small group of people. The object of this exercise is to delve into a particular short reading with the aim of sharing and receiving insights which may enhance spiritual practice.

Study Groups are organized into different sets, each having carefully selected readings pertaining to a theme or topic. Themes include

- Spirituality, Religion & Sahaj Marg.
- Man, God and Master
- Karma, Life and Liberation
- Discipline

This Study group is designed as a group activity to be led by any one familiar with Sahaj Marg literature. A two-member moderator team is recommended to balance the views. The Study group is directed to a general audience. It can also be used with abhyasis.

The study group is designed for not only practitioners of the system but also their family and acquaintances including

adolescent children that show interest in learning about Sahaj Marg system.

The program has several sessions from five to eight weeks. It is ideally offered as a once a week meeting. Each session may be an hour long. Participants will be provided with copies of the Study material for reading before the session. One or two participants may be pre-selected to be the primary presenters for a session. The others may participate in the discussions. There will be a coordinator to start the conversation and let the participants take turns to speak. The coordinators may speak in their turn and add clarification as needed. The participants are expected to present Sahaj Marg as it is. The conversation should always be from our heart and include everyone.

The location (URL) of this site is <http://www.sahajmarg.org/smrtd/rc/studygrp/index.html>

Lalaji Memorial Omega School

Abhyasis all over the world would be happy to know that Lalaji Memorial Omega School has been granted affiliation to Central Board of Secondary Education, New Delhi within the very first year since its inception. The affiliation is granted with effect from 01.04.2006 for Middle School, with the

by Master himself at the school on 29.03.2006. More than 500 abhyasis from Manapakkam attended the same.

The three floors of the Primary block of the School consist of 21 rooms of 750 sq ft. each and 6 rooms of 380 sq ft. each. Construction of Hostel and Administration Building is progressing fast and is expected to be completed by the end of May 2006.

Admissions for 2006-2007 are fast filling up. More than 520 applications have been sold so far and the Fourth Entrance Test will be conducted on 15th April 2006.

Kindly visit our website at <http://www.omegaschools.org>

Source : Bro. V.K. Somakumar



Proposed Admin Block 1

Affiliation Code No.1930200.

On 8th April 2006, along with the achievement records, each of the students will be given an E-Chronicle titled "Pragati" (Progress) containing events & write-ups about the school and the individual child.

Master has been kind enough to permit satsangh at LMOS every Wednesday and the inaugural satsangh was conducted



Proposed Admin Block 2



PROPOSED PRIMARY BLOCK FOR LALAJI MEMORIAL OMEGA SCHOOL AT KOLAPAKKAM - CHENNAI

The training programme in CREST

Excerpts from Rev. Master's speeches – 7 Jan 2006, Chennai, 25 Feb 2005, Baroda,

"We will have classes, where everything will be taught—all religions will be taught: Hinduism, Islam, Buddhism, Christianity, Taoism, you know, just to name a few. There will be lectures from people belonging to those religions who can teach us without religious bias, people who come not to convert but to teach. There is a distinct difference, you see. The Christian padre, the Islamic mullah, go not to teach but to convert. We teach to teach—not to convert.

So, we will be teaching all these religions so that our abhyasis, our prefects have a fundamental appreciation of what religion means. Because, you know what a human being is—if you study ten human beings, you know the basics of human beings—that they are all the same in vital things; they are different in superficial things like the face, the size of the ear, the nose, et cetera. Fundamentally, human beings are two classes: male and female. The difference, we all know. The common things, we all know. So if you study half a dozen, you know what human beings are. Then it is only a question of minor variations in details.

So, you will be taught all these religions—not in depth, but people who can speak in depth will be there to give us a summary of the basics of those religions in, say, two or three lectures. Then we will be taught something of psychology." *7 Jan 2006, Chennai*

"(Teaching on religions will be) enough to give our Abhyasis an overall picture of the religions and how they are all common in their basic essentials. But how politicians and the people of religions, you know, the Pundits, the Purohits, the priests, they have used religion to divide us. It will be an exercise in trying to bring about in our human mind the idea that religions are all similar, but people have misused them, and that Babuji Maharaj said where Religion divides, Spirituality unites.

So this will be the thrust - eighty percent will be spirituality, what is spirituality, how it is not different from religion, but forms the foundation of every religion. If you look historically at the development of religions, you find the founders were all spiritual people, whether it was Mohammed the Prophet, Jesus Christ, or Buddha or the rishis, they had no religion. What they taught, became, I won't say corrupted, but solidified, what they call in geology, petrification, into religion."

25 Feb 2005, Baroda

"The whole day's routine will start at 4:30 in the morning. They will get up, wash, and do their own meditation; go out at half past five for one hour in the outer air, doing exercise, walking, jogging, whatever they want. Because we don't want to forget the material bodily life; it must also be healthy. You know the old saying 'mens sana in corpore sano'—a healthy mind makes for a healthy body; mind in meditation, body in exercise—balance. Then after that they will come, have their bath, their breakfast at 8 o'clock, 8:30. At 9:30 classes will begin. There will be only four hours of classes—9:30 to 1:00 o'clock. Then they have lunch. The afternoon is free so that they can go to the library, read, meditate, write, do what they want. They will be provided with the most modern projection methods so that we will project DVDs, lectures chosen from various topics in the world." *7 Jan 2006, Chennai*

"They will all be equipped with excellent libraries, not biased libraries you know, not only Sahaj Marg literature, but every damn thing in the world will be there including Conversations with God, some people don't like, if you have read it, you know why, if you have not read it, it should worthwhile your reading it. This is quite shall I say bold approach for an organization like this to take with the total and only interest of widening you minds, making them broadminded, because after all education is supposed

to bring broadmindedness. “

25 Feb 2005, Baroda

“Broad minded minds in a body which will accept that other bodies are also holy, not to be exploited, not to be bought and sold, that every individual is a part of the divine being, here playing its role, so that the cosmic entity totally takes on the experience of everyone of us, and puts it together. In fact, I should say that it is server for humanity - computer language - and that all that you put into the computer of the your head and your heart goes there, nothing is lost, nothing is corrupted, nothing is perverted, and this makes up, in my mind, the divinity.”

25 Feb 2005, Baroda

“There will also be some instruction on our civic responsibilities as citizens of this planet. What is our civic responsibility? Do we keep the world at least as clean as we found it when we were born—at least, if not bettering it, as Babuji Maharaj said we should? What should we do to keep it at least as clean as we find it? Things like: personal hygiene, civic hygiene, social hygiene, moral hygiene. What is moral hygiene? Not to allow thoughts to enter your head which can disturb you, corrupt you. How do we gain that regulatory control over the mind? Surely through meditation.”

7 Jan 2006, Chennai

“So I hope all you will throw aside your inhibitions, what is this man going to do? He is going to teach Islam in our institutes? Yes. Why not? He is going to teach Buddhism? Yes. *Nastika* philosophies, of course. You know, unless there is a man you don't know what's a woman, Isn't it? You know light because there is darkness, where there is no light, no darkness, that is the truth of a sphere where we have yet to go, through our experiences here, through our exercises here, through our efforts here, through our large mindedness here.

So this will be a training, an education in what is death, what is life, how they are the same, how it is like a *sikka* you know, heads is life, tails is death. So I repeat it is a very, I won't say it is an ambitious program because there is no ambition behind it. It is a program which I think is very necessary for us to undertake, for our own selves, for the selves of children, our grandchildren, and it deserves, it merits your support from your hearts. I am not talking of money; I am talking of moral support. I hope every Abhyasi of this mission, today, will support it with the thought that “May it prosper”. Because all thoughts ultimately go upto Him, who says “Ok so many people want it, Thathaastu””

25 Feb 2005, Baroda

Sahaj Marg Spirituality Foundation, Inc. Copyright © 2006. 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