



SAHAJ MARG SPIRITUALITY FOUNDATION

SPURS RETREAT RANCH – AMERICAS | WWW.SHAJMARG.ORG

PROGRAM	PRE-SCHOLARSHIP TRAINING PROGRAM
DURATION	2 Weeks
PARTICIPATION	<ul style="list-style-type: none"> • Conducted once during a year for SMSF scholarship candidates from Latin America and the Caribbean • Batches separated by men & women
DAILY SCHEDULE	05:30 AM: Lights On 06:00 AM Morning Meditation 07:00 AM: Physical exercise 08:00 AM: Breakfast followed by Cleanup 09:00 AM: Morning Session 11:30 AM: Lunch preparation 12:30 PM: Lunch followed by Cleanup 04:00 PM: Tea 04:30 PM: Afternoon Session 06:30 PM: Dinner preparation 07:30 PM: Dinner, cleanup 08:30 PM: Cleaning 09:00 PM: Universal Prayer 09:15 PM: Movie (optional) 10:30 PM: Lights-out

DESCRIPTION

ASSUMPTIONS:

- that abhyasis who participate in the Pre-Scholarship Training Program have been practicing Sahaj Marg for approximately over one year
- that their fluency in English may be insufficient to understand fully the spoken and written language
- that they may come from a locale where no center exists or where there are no other practitioners of Sahaj Marg, or perhaps very few
- that most brother and sister participants will not have met Master physically
- that the Pre-STP program is meant to help abhyasis strengthen their commitment to spiritual development
- that the Pre-STP program be a preliminary preparation for abhyasis who want to evolve and become dedicated and established practitioners of the Sahaj Marg system of Raja Yoga and will be selected to participate in the STP in India

AIMS:

The program encourages participating abhyasis

- to deepen their understanding of the practice of Sahaj Marg
- to further discover the importance of regularity in practice, supported by individual sittings and daily satsanghs
- to lay a foundation for more deeply understanding the role of the Master as inner Guide for all abhyasis



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- to have the benefit of interaction with a sizable group of brothers and sisters in satsangh, discussion, and volunteer tasks over a two-week period—to feel the support and brotherhood of the Sahaj Marg family under the guidance and care of our Master
- to meditate on their own, read, write, reflect and contemplate, etc.
- to explore the philosophy of Sahaj Marg through reading, discussion, and listening to talks by invited speakers
- to have ample time for question and answer sessions on the philosophy of Sahaj Marg and its practice
- to learn the importance of maintaining the practice in its purity
- to have the opportunity to experience the importance of service as an essential ingredient of Sahaj Marg practice through volunteer work
- to utilize the opportunity to take classes in English when needed to hone basic skills of speaking and reading the language
- to examine their understanding of the basic practices of Sahaj Marg in one-on-one sessions with trainers
- to become aware of Mission literature available in their native language
- to make active use of a period of daily physical exercise

TOPICS FOR FOCUS SESSIONS

I. The Method – *learning through practice – creating a life of practicality*

Meditation

Opening to the Divine within - “The process of meditation is nothing but trying to renew that contact which ever was and shall be within me.” (*Thus Speaks Chariji*, 37)

Cleaning

Removing the past which pulls us back

Constant Remembrance

On-going connection with the Divine

Bed-time Prayer

Staying connected with the Divine during sleep

Universal Prayer

Reaching out to all brothers and sisters – “Love all whom He loves.”

Diary Writing

A record of spiritual development – developing sensitivity to our condition

II. Character Development – the Ten Maxims

III. Role of the Master in Sahaj Marg

Background on the three Masters of Sahaj Marg

IV. Some important inner qualities for a core abhyasi:



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Right Attitude

"The mental attitude of the disciple in undergoing the prescribed sadhana [spiritual practice] is more important than the sadhana itself." (*Thus Speaks Chariji*, 47)

Sincerity

"But if you have been obedient and a sincere practicant of the system, and you find some change in yourself, then continue. Continue with more devotion to the practice. And then you will find that this is a sort of progressive thing. That every additional incremental change is much more than the previous increment of change. It is an exponential growth as they say in mathematics." (*Religion and Spirituality*, 58)

Courage

"Courage means to have that which is necessary in your heart. Encourage means to put into the heart of someone that which must be there. 'Encourage.' 'Encoeur.' So where is courage? It is not in muscles, you see. It is in the heart." (*Religion and Spirituality*, 114)

Patience

". . . we have to be patient and know that our progress is being guided by the Master. And we should not be in a hurry. We should have a craving but not an anxiety about progress." (*Principles VIII*, 212)

Trust

"We do not ask for faith because my Master says faith is impossible in the beginning . . . But we do ask for a measure of trust in the beginning. Trust those who are associated with you, who talk to you about Him, and then your own experience will ripen that trust into faith and ripen faith in surrender. This is the way of surrender—trust, faith, surrender." (*Yatra I*, 145)

Cooperation

"To really co-operate we have to accept that his [the Master's] work will be successful, and secondly we must follow the instructions and practices that he prescribes for us." (*Yatra I*, 234)

Discipline

"So meditation is important; before meditation the discipline is important; that is, that we do it at the right time, in the right way." (*Fruit of the Tree*, 14)