

WELCOME TO CREST

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Mission Statement

“God has been of perennial interest to humanity. He has been the subject of deep thought, discussion and description in human history. Many a Master in the human annals had experienced HIM and taught the succeeding generations the methods of reaching HIM. These spiritual practices have later crystallized into religions. Amidst a welter of religions the Quest for the Spirit has survived and is continuing. It is unique. SAHAJ MARG is this unique Quest for the Spirit and incorporates in itself the quintessence of the ageless wisdom of humanity.”

How to reach CREST

The CREST is a beautiful place set in sylvan surroundings, full of green and encircled by a flowing brook.

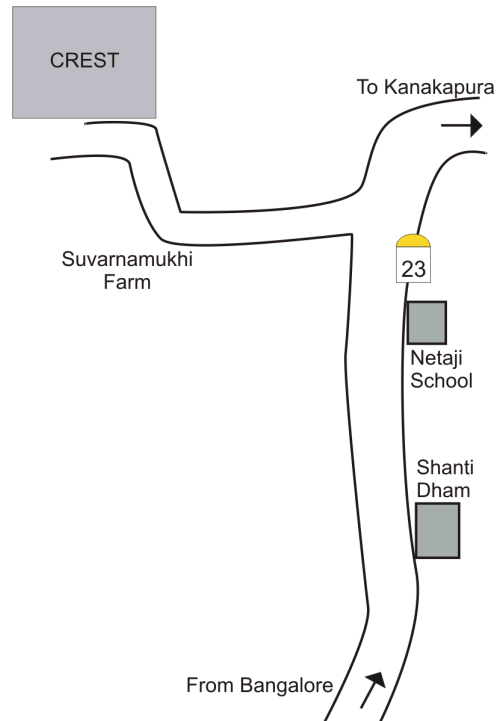


CREST is located in Bangalore City, Karnataka State in the southern part of India. Bangalore is well connected by train and air to all the metropolitan cities in India. There are direct flights to Bangalore from New York, Houston, London, Frankfurt, Singapore and Kuala Lumpur.

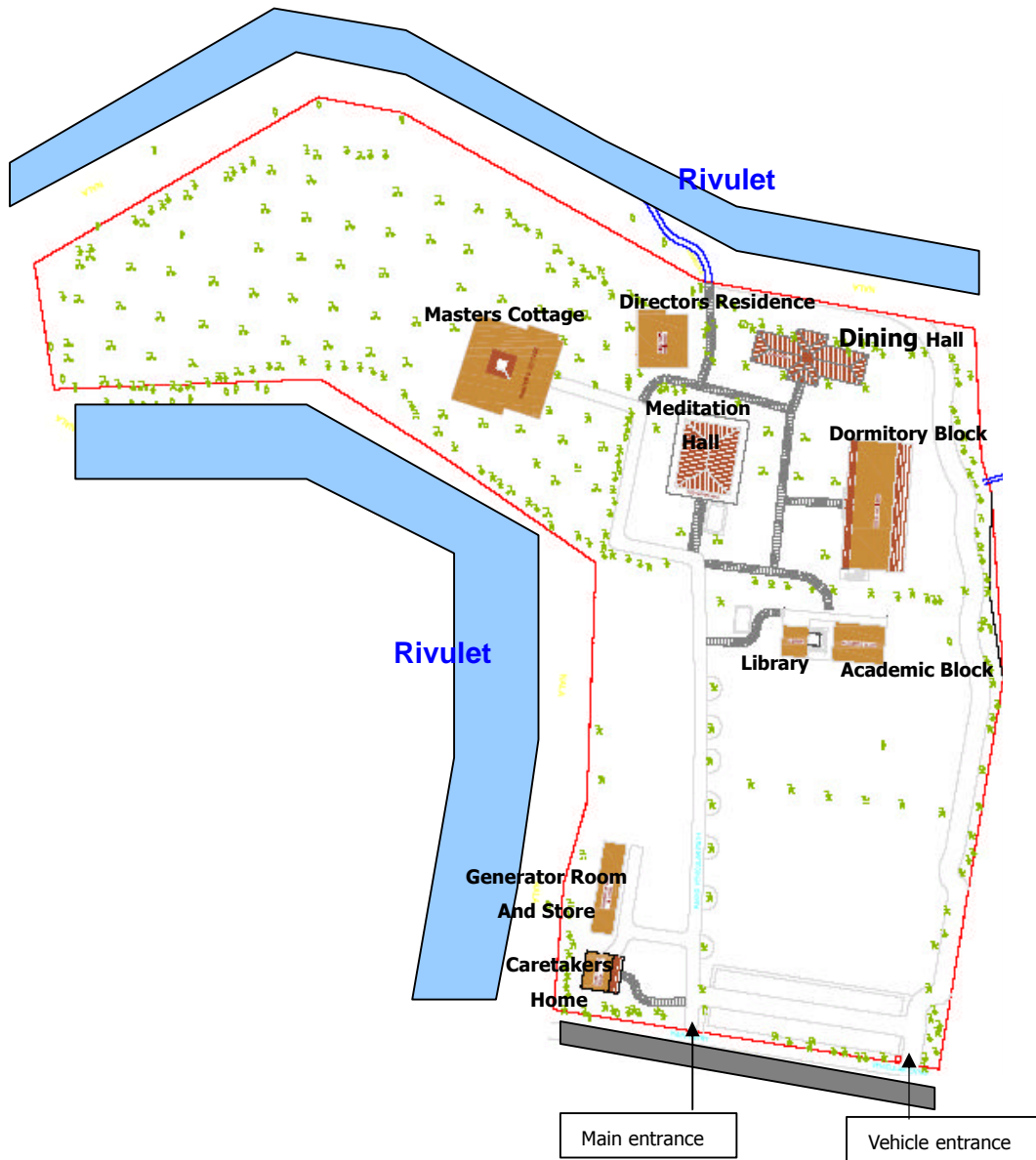
Visiting abhyasis from most overseas countries require a visa for entering India. The invitation letter from the Director can be used for this purpose. If any additional information is required, please contact us.

CREST is located on the National Highway No. 209 (Bangalore-Kanakapura Road), just past the 23rd milestone. It is 35 kms from Bangalore Airport and 25 kms from Bangalore City Railway Station. A signboard on the left side of the highway just past 23 kms, will point you to CREST. This is right opposite to the "Netaji School" in Kaggalipura Village. At the signboard, take a turn to the left and journey 0.4 km to reach the gates of CREST.

Call taxis and auto-rickshaws are easily available at the railway station and airport. The taxi drivers will understand Hindi and English. Frequent bus service is available from the city. All shuttle buses going on Kanakapura road will drop you off on the Highway at the 'Netaji School' bus stop.



CREST Map



Registration

On arrival at the centre please register yourself at the office in the Academic Block. Overstaying at the CREST centre is not permitted. Please carry the invitation Letter and your SRCM identity Card.

Weather in Bangalore

Bangalore has three distinct seasons. From March to May it is summer. On very hot days, the day temperature may touch 38°C. On an average it is 34°C-36°C. From June to October it is the monsoon season. There will be intermittent but copious rains. Temperatures will range from 17°C to 25°C. From November to February it is winter, normally no rains during this period. There will be a nip in the air and the nights will be chill.

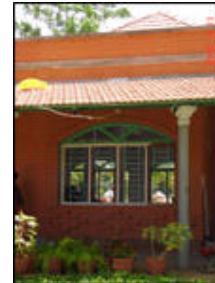
What you need to bring along with you?

- Small Torch
- Umbrella
- Diary
- Your Medicines
- Your Toiletries

Facilities

Library

A well-equipped library is available in CREST. Master has personally selected the books during his worldwide tours. A computer with Internet connection is also available in the Library. If you have a laptop you are welcome to bring it with you. Wireless Internet connection will be enabled in the surroundings of the Library.



Dormitory

Accommodation will be arranged in the dormitories in the CREST. There will be no cots. Bedrolls, sheets and blankets and mosquito curtains will be provided. The dorms are provided with general bathrooms and toilets. There are separate baths for men and women. Hot water will be provided.



Lecture Hall

This will be the main venue for the academic sessions. There will be provision for multimedia presentations. Chairs will be provided for everyone.



Meditation Hall

The meditation hall is open on all sides and merges with the natural surroundings. Chairs will be provided, for those who require them.

Kitchen & Dining

Simple vegetarian food will be served. Tea, Coffee, breakfast, lunch and dinner will be provided in the general dining hall at the prescribed times. Bringing food from outside is not allowed. Water supply for the Ashram is from Bore wells. Electronically Filtered water will be supplied for drinking.

Doctor

Please ensure that you are medically fit for the journey and the spartan life in the ashram. Please bring all your routine medicines with you. However, a doctor will be available for general consultation and minor ailments.

Help Desk

A help desk will be functioning with volunteers from local centres. They will make every effort to make your stay comfortable and enable you to participate in the course meaningfully. Please make use of the Help Desk as and when needed.

Laundry

Facilities exist for washing small clothes. In the rainy season drying the clothes can be a problem. Dhobis will be available to launder bigger clothes and for ironing them.

Locker

There is no locker facility available and hence we request you to avoid bringing any valuables.

Utility Store

Bottled Mineral Water will be available for sale. Basic needs like soap, toiletries, bottled water, biscuits, etc. will be sold here. In case you have any special requirements of toiletries, food, etc. please bring them along.

Sports

Table Tennis, Volleyball

Others

Internet, ISD/STD

Living in CREST

- Living at the Ashram will be spartan. This is a period of sadhana and intensive spiritual saturation. Participants are requested to come prepared for simple living in ashram conditions.
- No dress code is prescribed. Participants are expected to dress consistent with the decorum and sanctity of the Ashram. Loose cotton wear for the summer; light clothing of any material for day-wear for the rainy season, light woollens for evenings and nights is recommended. Heavy woollens will not be required. Footwear can be light sandals and slippers.
- Smoking and alcohol are strictly not allowed in the ashram premises. It will be appreciated if participants can stay away from alcohol and tobacco in any form while undergoing the CREST course.

- Participants should stay in the ashram during weekdays and should participate in all the activities of the CREST. On Sundays, they can go out in the morning and return in the evening. Visitors are not allowed during weekdays. On Sundays visitors are welcome to visit the participants.
- Participants should contribute to the physical cleanliness and the spiritual charge of this place in every way they can. It will be helpful if they can totally avoid the use of plastic throwaway bags, etc. Keep the campus clean and make use of the garbage disposal bins.
- Follow the schedule given.
- Be punctual.
- Please wear the Mission badge or the Identity card at all times.
- Usage of phones – accepting incoming phone calls and making outgoing phone calls is permitted only during the rest hours. Please ensure that this does not cause a disturbance to other delegates. Please keep your mobile phone in silent mode at all times.

Program Schedule

Daily Schedule

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|----------|---------------------------------------|
| 05:00 am | Wakeup call, personal meditation |
| 06:00 am | Physical exercise, yoga, walking, etc |
| 07:30 am | Breakfast |
| 09:00 am | Satsangh |
| 10:00 am | Class room session I |
| 11:00 am | Tea |
| 11:30 am | Class room session II |
| 12:30 pm | Lunch |
| 02:00 pm | Library hour |
| 04:00 pm | Shram Dhan |
| 06:00 pm | Satsangh |
| 07:30 pm | Dinner |
| 09:00 pm | Universal Prayer |
| 09:30 pm | Lights off |

Contacts

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| Director CREST, R. Jagannathan | : | 919448483893 |
| Hospitality-in Charge, Ramesh Krishnan | : | 9198455-42414 |
| Zone-in-Charge, B. G. Prasanna Krishna | : | 9198450-51501 |
| Centre-in-Charge, K. R. Madhusudan | : | 9193425-35948 |

Preparation to be done before attending CREST Program

Please understand that you are both the receiver and the giver in this course. You will enrich the general understanding by your active interaction. You will be called upon to make presentations on some assigned topic or a topic of your choice, which will lead us to a deeper understanding of our sadhana. Please refresh your knowledge of the spiritual literature of Sahaj Marg before you start the journey to CREST.

You have been in Sahaj Marg for long. We need not tell you about the importance of discipline and obedience. While at CREST you will be Master's guest. There may be minor deficiencies in our service to you. Tell us about these. We will rectify them. But do not allow them to interfere with your spiritual sadhana here.

I wish you a very pleasant and purposeful stay at CREST.

Yours affectionately
R. Jagannathan
Director
CREST-Bangalore