

# GOOD NEWS -

**FROM ANANDA MARGA - W. AFRICA (ACCRA & LAGOS REGIONS)**

**September - December 2010**

## **ANANDA MARGA HOLISTIC HEALTH & LIFESTYLE CENTRE**

Over the years we have worked to transform Madhu Shyam (M.G. 1/4s) in Accra into a public centre for meditation, yoga, healthy lifestyle and natural treatments. Regular yoga classes have been offered thrice weekly.

In this New Year we decided to make a more professional approach and project our efforts with a new name and image. As most people here have much misunderstanding about yoga and even fear it, we adopted the name Holistic Health & Lifestyle Centre. A glossy, color brochure was printed, a new sign board and posters made, a display ad placed in the main daily paper. We also invested in landscaping and redecorating our humble treatment centre, located in a separate structure at our front wall. For massage, advice on diet & lifestyle, and other treatments the public need not enter the actual compound (and hence they also do not see our organic veggie gardens). Yoga classes are held in the big hall in the main house.

A receptionist was hired and we opened in May. Brother Murariji from Burkina Faso is the main practitioner and yoga teacher. Another brother hires the space to massage his own clients. Nearly half those who call or visit come due to their interest in yoga. That has been truly gratifying. Until now though, very few actually come for classes and treatment.



**Front Entrance & Garden**



**Brother Murariji**

We've got a ways to go and will focus more on promoting a change in lifestyle and natural treatments that do not require medicines. We do also offer homeopathy and herbal or natural remedies. Plans include presentations to churches and other local groups, acquiring some diagnostic and treatment technologies, further training in additional treatments (with Ananda Marga Wellness Centre in Cebu, Philippines, the New York Sector based team for Ananda Marga Yoga Teacher Training, and hopefully acupuncture). A very popular TV show and ad producer who has been reading Baba's books, agreed to make an ad for the centre and air it during his prime time show! This indeed could change things.

Plans also include using our reception and waiting area as a shop for natural health products and books on natural health and spirituality. The big vision is to eventually construct additional buildings so the Centre can also be used for seminars, conferences, retreats and residential treatments. As we say here in Ghana, 'gradually, step by step'.

## **HOMEOPATHY IN GHANA**

Dada Pramanandaji helps coordinate the activities of the Ghana Centre for Homeopathy & Natural Health, a partner organization with Ghana Homeopathy Project – UK (started by sister Radhaji in Portland, Dorset). GHP-UK along with Homeopaths Without Borders (NL) submitted a proposal for a two year diploma course to the Ministry of Health. The course has 16 students enrolled and has been granted provisional accreditation which will be renewed this autumn.

**UKK (SUMMER CONFERENCE)**

The annual summer conference of Ananda Marga was held in Ouagadougou, Burkina Faso. Participants this year hailed from the host country, Congo, Cote d'Ivoire, France, Ghana, Japan, Malta, Portugal, USA, and Togo. Visiting Acaryas came from their activities in Cameroon, Kenya, South Africa and Tanzania. More than 115 margiis and 15 Acaryas enjoyed the uplifting kiirtans (devotional song and dance), meditations, cultural performances, classes and workshops. The theme was Spiritual Practice and Leadership. Invited local artists shared an excellent dance and drum performance. For more photos please see: <http://nbi.amps.org>



*Cote d'Ivoire RAWA in Action*



*Margii Brothers in Sadhana*

### **LOTUS CHILDREN'S CENTRE**

The WWD managed kindergarten and home for girls in Accra are under the care of Didi Ananda Shantaji. Arati is completing her national service (following graduation from the Accra Polytechnic). Aruna enrolled in nursing school. There are 10 girls/young women from ages 5 to 25. KG attendance is about 25. For more information please see [www.amurtel.org](http://www.amurtel.org), [www.amurt.net](http://www.amurt.net) and [www.kidsworldwide.org](http://www.kidsworldwide.org)

### **AMURTEL VILLAGE CLINICS**

Didi Ananda Vinamraji manages two primary health care clinics, one in Domeabra not too far from Accra and the other in Akwaakwa. Volunteers regularly come to assist at both these clinics and at Lotus Children's Centre in Accra.

### **AMJAS KG @ ACCRA JAGRTI**

The Ananda Marga International Nursery School at the Accra jagrti has served the local community since 1987. About 40 children attend daily. Pamkaji managed the school since 1998 and will soon work with Dada Daneshanandaji in Lagos, Nigeria. The Accra Bhukti committee is arranging a new in-charge and school committee.

### **NEO HUMANIST INTERNATIONAL SCHOOL & NAMASKAR CHILDREN'S HOME**

In the small town of Ejura, 1.5 hours from Kumasi, Ghana's second city, Dada Shiveshvaranandaji takes care of 12 boys at the home and approximately 450 students at the school (KG through junior high). In the past year 6 rooms were added to the home and what has been the Acarya Training Centre. One of those is a computer lab for the school children and the home boys. Volunteers from Kids World Wide have contributed significantly to the development of the project. Their Ejura coordinator drafted a proposal for development of about 90 acres master unit land.

### **DABOYA COMMUNITY DEVELOPMENT PROJECT**

Efforts continue to assist the people of Daboya in Northern Region, Ghana to establish a weekly market centre and community library. Agryabuddhiji, President of AMURT Ghana, a draftsman friend of his and Dada Pramanandaji visited the township in April. Architectural drawings are made for renovation of the allocated library building and subsequent calculations towards preparing a formal budget. Further plans are on hold until funding is obtained. AMURT UK has in principle accepted to support the project and expects to help in 2011. Potential sponsors are being contacted.

### **ECOLE NEOHUMANISTE / ANANDA RATNA MASTER UNIT**

The Ananda Marga School in Lome, Togo now has 10 classrooms and over 200 students. A new headmaster was hired. AMURT Italy and private sponsors continue to assist. With their help water supply (pressure pipe feeds into a storage tank) for irrigation is established. Organic vegetable farming has started and a European standard football field is under preparation for the school and public use. Expansion of the MU boundary wall is underway. Dada Tanmayaji is the driving force for all these works. A bakery oven has been built by brother Arindamji as a small scale industry.



*Organic Eggplant & Pepe (Chillies)*

### **BURKINA FASO**

#### **BISSIRI MASTER UNIT**

Farming is also underway at the Master Unit in Bissiri, south of Ouagadougou. Plans are underway for a moringa plantation. Not heard yet about moringa? It is a highly medicinal tree and a super food-like plant. Drumsticks, well known in India and other Asian countries are the seed pod of moringa before they dry out. A primary health care clinic has opened on the master unit with a full time nurse. This is a significant service for the village of 1,000 people and nearby villages. The closest medical facility is about 12 kilometers away. Literacy classes both in French and the local language Mori are held regularly. The long established cereal bank operates as needed.

#### **PRACAR IN BOBO DIULASSO**

The unit in Burkina Faso's second city has developed nicely. Parameshvaraji teaches regular asana classes. 12 people now attend Dharmacakra.

#### **OUAGADOUGOU JAGTI**

The newly constructed jagrti in Ouagadougou is a mini paradise. The verdant organic vegetable and pawpaw garden welcomes each visitor, many of whom stay in the traditional round, thatched roof hut that recently was built.

#### **DEOU**

Activities in the Deou area include training of midwives, a donkey ambulance service, community consciousness-raising through drama, ground water harvesting, afforestation and gardening. Details are published in the AMURT newsletter each season.

Dadas Purusottamaji and Mrdulanandaji are working in Burkina Faso.

### **COTE D'IVOIRE**

#### **ABIDJAN JAGRTI & MG 1/4s (MADHU PRABHATA)**

With one of the most spirited kiirtan ghosthis on this planet, Dharmacakra in Abidjan is an event not to be missed. In fact all over Africa – Accra, Lome, Brazzaville – wherever you go, this is so. Dada Adishvaranandaji oversees yoga classes and he provides natural treatments to the public.

#### **WWD MANAGED AMSAI**

An impressive and highly successful KG through Primary school is managed by Didi Ananda Liilamayaji. The school is known for scholastic achievement and its pleasing atmosphere.

One of the most senior margiis in Cote d'Ivoire, Candradevaji publishes a small journal of Ananda Marga and spiritually oriented articles, information, vegetarian recipes, etc. entitled L'Infinitude. Currently it is only photocopied but the potential for public distribution and prakar is great.

## NIGERIA

### NEW UNIT IN PORT HARCOURT

Through contact by internet and email, Dada Daneshanandaji was invited to visit a group of Tantra enthusiasts in this major city the south of Nigeria. 7 brothers, all waiting to find their Guru took initiation and formed a new unit committee.

A new AMURT project assisting village hospitals and promoting maternal health is also underway in Abakaliki, Ebonyi State, Nigeria. The next AMURT, W. Africa newsletter will feature this work.

Many other wonderful projects and activities are underway in W. Africa and all of Nairobi Sector (Sub-Saharan Africa). For more information please visit: <http://nbi.amps.org> , [www.amurt.net](http://www.amurt.net) , [www.anandamarga.org](http://www.anandamarga.org) , [www.kidsworldwide.org](http://www.kidsworldwide.org)

***NOW OPEN!!***

Ananda Marga

## Holistic Health & Lifestyle Centre

*Personalised, Caring & Effective Natural Health Care*

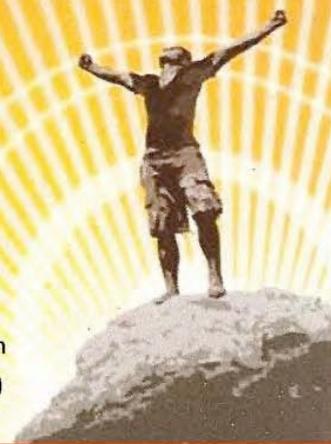
- . Massage, Reflexology & Acupressure
- . Stress Management & Relaxation Therapy
- . Yoga Exercise & Meditation Instruction
- . Homeopathy
- . Infant Massage (Training for Parents)
- . Detox & Cleansing Fasts (for Liver, Digestive Tract)
- . Advice on Healthy Lifestyle & Plant-Based Diet

**303 Atomic Road, Haatso**

Opp. Emefa Jewelry, between Agboba Junction & Supermarket Junction

(030) 250 1370, (024) 094 5339, (027) 698 2280

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**Mondays to Saturdays - 9.00 am to 7.00 pm**

All the above activities and projects, as well as day to day support of the Acaryas (spiritual teachers) & full time volunteer workers, require your generous support. If you wish to contribute please contact: [dadapramananda@anandamarga.net](mailto:dadapramananda@anandamarga.net) or go to <http://nbi.amps.org> for local contact details.