



Satsaunga

Ananda Marga UK and Ireland Regional Newsletter

Issue 1
Quarterly
Autumn 2010



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Instrumental Music p.3**

**Self Massage After Yoga:
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EDITORIAL



Namaskar.

Welcome to the second London Region newsletter, in its newest incarnation. Much thanks goes to many people for these first two newsletters. Many of the people you will see credited in the masthead for this issue, but I also appreciate those who got it off the ground the first time around.

Since the last edition there have been significant changes in London particularly. In June there were Bhukti Pradhan elections in London. Paresh Birianzi was elected as new BP, replacing Amitabh Azzopardi. Amitabh had three excellent years as Bhukti Pradhan. I have the deepest respect for the work that Amitabh did and I see three more fine years with Paresh as new Bhukti Pradhan.

Just after the BP elections, London ushered in a new Unit Committee also, as Lakshmi Shivalanka handed over her Unit Secretary duty to Roshnii Chou. Much appreciation also to Lakshmi, who is moving to direct the Regional AMURT executive committee.

The theme of this newsletter concerns Prabhát Saṁgiita, as the anniversary of Baba's first Prabhát Saṁgiita is 14th of September.

As of this writing, the summer holidays are ending and in various parts of UK we'll be starting up with meditation & yoga classes, leading up to introductory weekend retreats near the end of the year. Do you have friends or colleagues who are interested in meditation? See if there is a class near you that they can attend. The path of bliss may be a bit long, but taking the first step onto this path is the only way to start.

Dada Jyotirupananda

Regional Secretary

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Editor in Chief

Dada Jyotirupananda

Content Manager

Taraka Grima

Editing & Layout

Amitabh Azzopardi

Cover

Amala Grzebalska

Proofreading

Amal Jacobson

Photo Credits

Takako Nakasu, Jyoshna La Trobe,
Dada Subuddhyananda, Viveka
Overland, Karun Towsey, Roshnii
Chou, Amitabh Azzopardi, Meeta
Lovage, Jiivan McCarthy, Parashanti
Sorensen, Brajesh Sullivan, Tarun
Laghate, Premasagar Rose

Cover Photo

Participants of the Summer Intensive
on the beach of Combe Martin. Taken
by Dada Subuddhyananda.

Correspondence

Letters to the editor, comments and
other contributions to the newsletter
can be sent to
darrg11@hotmail.com

or by post to

Satsaunga
3A, Cazenove Road
London N16 6PA
England

For more info

+44 (0)208 806 4250
<http://www.anandamarga.org.uk>
<http://www.londonandmeditation.org.uk>

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Song, Dance and Instrumental Music

Shrii Shrii Anandamurti

In remembrance of the day on which Baba started composing His songs – 14th of September 1982 – here are some of His thoughts on the subject.

[...] [Sadashiva] invented dances, songs, the science of instrumental music and many other things. Now the question is, **why was Sada'shiva so interested in the arts of dance, song and instrumental music?** Besides these he also invented Sha'stras; that is, he found the link between the exhalation and inhalation of breath on one side, and dance, song and instrumental music on the other. This is called Svara Shastra. The collective name of dance, song and instrumental music is sam'giita, or music.

I have already said on many occasions that ours is a subjective approach with objective adjustment. **Objective adjustment means to arrange everything in such a way as to be acceptable.** For instance, while cooking something, an expert cook always takes care that things are neither salty, pungent nor sour: everything is in proper proportion. For instance, while preparing pulses (legumes), additional spices are added and then thoroughly mixed into the dish. This is called Sambara (mixing) or santulan in Bengali. Santulan means to bring a mixture to the point of being tasty.

When Sada'shiva introduced the science of intuition practice, He had to keep in mind that there must be adjustment in the objective of those who followed Dharma Sa'dhana'. **In the absence of this adjustment, the mind becomes irritated and degenerates, and no concentration in sa'dhana' is possible** for such a mind. Thus Shiva selected three things which are very much in use in the objective world but which are, at the same time, immensely helpful in spiritual life as well: these three are collectively known as sam'giita, of which the first part is giita, or song.

Songs are rooted in the physical



world, but their impact is on the subtler layers of the human mind. The mental world is the ectoplasmic world, the world composed of ectoplasmic stuff (citta'nu). **Songs produce a vibrational wave which makes our mental waves straight,** and these straightened mental waves in turn ultimately touch the point of the soul. Now to touch the embodied soul, the songs must have rhythm, melody and feeling (bha'va). If there is no feeling, the song will lack sweetness. Therefore, songs must have deep ideas. Simultaneously, Lord Shiva invented two more things: vadya (playing of instruments) and nrtya (dance).

What is vadya? Indo-Aryan music

is divided into two main schools: Hindustani music and Deccan or Carnatic music. The basic characteristics of those two schools of music are that, based on specific ra'gas or ra'giniis, they give expression to different feelings. Then again, there are other sub-schools of music. Each person tries to please Parama Purus'a in a particular style which is unique to him or her; these styles are known as gharana. In Bengal there is Vis'n'upari gharana. In kiirtan there are different musical styles or gharanas, such as Manoharshahi, Ranihati, Garanahata, Mandarram, etc.

The speciality of these gharanas is that they channelize a specific mental feeling towards the Supreme Desideratum through the structures of the ra'gas and ra'giniis. **Songs have suggestive meanings (Bha'va) and rhythm and melody also, but their soul is Bha'va.** Vadya or playing of musical instruments, is not like that. Then what is the role of vadya? It vibrates the mind and hence directly vibrates the ectoplasm and maintains parallelism with bha'va. Once vadya loses its basic property to maintain parallelism with Bha'va, it becomes useless.

Now, regarding dance: dance expresses inner psychic feelings through Chanda (rhythm) and mudra' (specialised gestures), without the help of language or words. In occidental dance, there is more beauty in rhythm. But oriental dance utilises both rhythm and mudra'. These mudra's because of their close association with rhythmic qualities, have become more expressive and beautiful than the rhythmic occidental music. For instance, when we offer something, we perform a particular mudra' which is called sampradan mudra'. Similarly, there are other mudra's which also indicate

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different styles of offering, for example, praks'epa and Na'ra'ya'na mudra's. We can offer things in any style we choose; we can direct a person to stop with a variety of mudra's also. Here we express ourselves without the use of words.

Now, how do these mudras originate? The source of all sound is Para'shakti, which is such a vast entity that it cannot be explained in words. next comes Madhyama Shakti, in which we try to translate the bha'va or mental form into action. The next stage is Vaekharii Shakti. When translating Bha'va into action, we need to take the help of our vocal chords. Then comes Dyotama'na Shakti. At first we try to express something: we may or may not be able to do so. In your own life, sometimes you might have experienced that you are unable to exactly remember a person, for instance Haribaba, whom you have seen numerous times: you feel that you have something in your mind to express, but you cannot give any outward expression to your mental image. This is Dyotamana' Shakti -- that is, feelings that you actually want to express.

The last stage is Shrutigochara Shakti. Now the characteristic of dance is to use mudra's to give expression to this last item, that is Shrutigochara Shakti, without the help of words. The mudra's of



dance are directly related to the ectoplasm: thus the specialties of oriental dance are easily appreciated by all.

Now, for objective adjustment in the physical world, Shiva propounded song, dance and instrumental music in such a manner so that it would directly vibrate the ectoplasm, so that the ectoplasmic movement would touch the soul point at a particular point in the body. That is why great people of all ages have encouraged all three aspects of music. In the history of saints, it is known that Maharsi Narada played violin, sang songs and danced at the same time. In more recent times, Mahaprabhu Caetanya Deva also encouraged these three things: he said that the lyrics of the song should directly reflect Parama Purus'a Himself.

And this category of song, directly reflecting Parama Purus'a is known as Kiirtana. The other category of song that also reflects Parama Purus'a, but which expresses many tangential ideas before returning to the one central idea of Parama Purus'a, is called bhajana. This is the basic difference between bhajana and kiirtana. In this respect, I fully agree with the previous propounders: I also encourage these three things.

9 November 1978, Calcutta

Published in 'A Few Problems Solved Part 3'

Jyoshna La Trobe (pictured above) writes about her recent string of concerts in central London:

Kavita and I performed three Prabhát Samgiita concerts recently in London. The first was at the Open Parks weekends, where we played for about an hour and a half to people strolling in Brunswick Park. The second was organised by Friends of Brunswick who loved the PS so much they decided to invite us for a second concert on August 10th. It had been raining the entire day, but we went along anyway after being told by the organisers that they wanted to go ahead with it. On our way there it was still raining but as soon as we got to the park it stopped and as soon as we stopped playing it began again! Baba's liila was magical. The third concert was organised by Rikki de Reis who saw the Brunswick concerts and put us in the programme of the Marchmont Street Festival, on September 3rd.

It just goes to prove that Prabhát Samgiita has a profound effect on people, the vibrations of His songs create such a deep, mystical ambience, even in the midst of a celebratory community festival and even if people don't know what it's about. Hence if anyone would like to form a PS study group with me and any others who might be interested, please contact me. Thank you.



REGIONAL NEWS



Summer Intensive, Devon

A dozen or so people had a lovely time in June at the one week intensive in Devon. Led by Dada Ravishekharaṇanda, Dada Subuddhyananda and Didi Ananda Manika, the intensive was packed with spiritual practice, interesting workshops and fun. Here's what Arundhati Mueller had to say about her experience:

What I enjoyed – besides the sublime cliffs of Combe Martin, or the great cooking – was this constant trying to stay aware of what is happening inside myself and within the group, the fostering of the awareness of the dynamics going on, usually mostly unconsciously. And – second lesson! It was only on the way back that I slowly came to realize how precious this time was! Seeing the contrast to the “real world” again!! Even now I love thinking back to the waking up kiirtan and yoga and to getting to know the other participants better and the appreciation for each person growing more and more.

So this week intensive is also very much what you make out of it. You have the chance to get involved with your talents, if it's cooking, organizing, games, creative ideas... and this retreat is like a safe space to try, show and... grow!



Sisters LFT Training, Ireland

Sisters Shivanii (UK), Amala (Poland), Viveka (Sweden), Dipanii (Romania) and Ishvarii (Portugal) recently completed their LFT training at the Master Unit in Ireland. They spent time doing intensive spiritual practice and working hard on the land. Our best wishes to all of them. A few words from one of the participants:

It has been a time of confronting our egos and facing the most hidden propensities in an accelerated speed. I felt I have been through a process of peeling layers and layers of personalities just to get closer to the real core. The most valuable thing that I have carried out of the training, however, was the spiritual discipline. It made me realise how disciplined we need to be in our practices in order to progress faster on our paths, not to ever fall back and be able to uplift others. Self-discipline is empowering and it makes us regain our freedom. I went to the training with a goal to strengthen myself and I came out stronger, subtler and with more love to share. I would like to thank Didi Ananda Prama for her love, discipline and dedication.

To Baba, whose kiirtana will be sung forever, Amala



LONDON DISTRICT

A note from our new Bhukti Pradhan, Paresh Birianzi:

First of all, I thank Baba for His divine grace. I feel fortunate to work in His mission. And I thank Amitabh and all previous Bhukti Pradhanas for all the effort and hard work they have done in the past years. I would like to take this opportunity to introduce the new London Unit Committee members with whom I will be working closely:



Roshnii Chou
Unit Secretary

Tapasii Nakasu
Dharma Pracar

Vinayaka Panka
Jagrti Secretary

Gunita Bangula
Relief Secretary

Tarun Laghate
Finances

Kalyana McKenzie
IT

Mayatiita Neeson
Public Relations

The Unit Committee has had three meetings so far, and the agenda is very loaded as you can see on the online calendar, which I would encourage every margii to check regularly to know what is happening.

Our three most recent Bhukti Pradhanas, Meeta, Jyotirmaya and Amitabh have agreed to come together and form a Bhukti Executive Committee with the aim of supporting me in my work. My vision is to have more units in the London Bhukti, and I know there

are possibilities to do so. I would like senior margiis to get more involved in the organisation in order to inspire new margiis and to establish Baba's mission together. According to Baba's system, each and every one of us should have a duty in the organisation. One Bhukti Pradhan duty is to keep records of everything, such as initiations, weddings, births, baby naming etc. Therefore, I am creating a database on these. We will also be entering all margiis' records.

I believe that we have to put more emphasis on all Ananda Marga festivals, as it is good for us to celebrate them all, not just a few of them. In London we have more plans for public social events and you can see them listed on our calendar.

So I'm happy for a good start in my role as Bhukti Pradhan and I hope I can help Ananda Marga both in London and throughout the region to prosper in every way.

This is what Roshnii Chou, the new unit secretary, had to say about the committee:

If you live in London, then this unit committee is YOUR committee. The unit needs your participation and your support. If you are inspired to take on any role or to support any role please don't hesitate to let me know. We need a social function secretary to organise picnics, parties, festivals, etc. Feel free to be creative and imaginative to create your own role!



The next unit committee meeting is on the 10th of October at 3 - 5 pm. Please suggest agenda points at least one week beforehand.

The current morning DC in London is under a six-month trial period, which will end in mid-October. The unit committee is preparing a survey about DC to see what's your opinion on this. For environmental reasons, we encourage you to do the survey through email. However, you will also find copies of the survey at the jagrti.

Let's do His work and make Him happy!

Coming Up...

16/10 Celebration of the Autumn Festival. In the Ananda Marga calendar we have an Autumn Festival on 28/09 – 12/10, which we've seldom celebrated locally. This consists of Children's Day, Public Day, Fine Arts Day and Music Day. We are going to organise a series of workshops suitable for adults and children, open to the public. Planned workshops will include art, dance, yoga, story-telling and games. All the workshops will be donation based. Please look out on the mailing list for more info on this exciting event!

21/10 Mahaprayan. We will do Painca Janya together at the jagrti followed by an Akhanda Kiirtana from 5 – 8 pm. We will try to organise a service activity in either a hospital, care home, prison or children's home on the weekend of 23 – 24/10. If you have any contacts or any other activity ideas, please contact our relief secretary, Gunita [lagracegi@yahoo.com].

24/10 Bhra'trdvitiya (brother's day). There will be some special treats for brothers during the Dharma Cakra. Come and find out!

08/11 Diipa'vali will be celebrated at the regional retreat.

Margiis at the Permaculture Seminar

Roshnii Chou

On the 7th and 8th of August six of us went to an Urban Permaculture workshop led by Graham Burnett. The seminar was organised by Rakesh at the Insight Participatory Video Hub in Lambeth, London. To me, permaculture is very neo-humanistic. Permaculture is a grass-root movement and Graham's way of teaching reflected that. He tried to inspire people to think about their current situation, and not to simply tell people what needs to be done. I've learned a lot about facilitation and now **think more carefully about the effects that even our very small actions have on the environment**. I'd like to encourage everybody to have a go and explore the world of permaculture!

RU Talks



London's First Permaculture Festival

Brother Rakesh and Dada Subuddhyananda were members of the organising committee of **London's first ever Permaculture Festival** which was held on August 22nd at Camden Town, London. More than 600 people attended the conference, which included stalls from dozens of ecological and progressive groups, keynote speakers, workshops, films, seed-swaps and music. Dada Ravishekharananda gave two workshops: one linking the principles of Permaculture to meditation and self development, and the second on PROUT. Good contacts were made with interested permaculturalists. RAWA was also present with Dada Ravishekharananda on the main stage performing a half-hour set of original songs ("monk-rock"?) and kiirtan, supported by Indranatha on saxophone.

On the 21st and 22nd of August, Kaoverii Weber (USA) gave a series of talks in London on Meditation, Yoga and Chakras. On Saturday Kaoverii spoke about Meditation and Yoga at the Insight Participatory Video Hub in Lambeth and at Halifax College in Harrow. The talks were very informative, well presented and inspiring. On Sunday Kaoverii gave another informative three hour workshop at the jagrti on chakras. In it, Kaoverii gave a good interpretation of the mandalas as found in the original scriptures, with particular reference to Carl Jung's studies on the subject. Kaoverii used some postures and exercises to help participants gain more bio-psychological awareness. **The organisers would like to thank brothers Prasenjit and Rakesh for allowing us the use of their premises.**

Online calendar

Kalyana has set up two online calendars, a regional one and a more local one for London. You can access them through our website:
<http://www.anandamarga.org.uk/calendar>

A Tantrik Shrāvānii Pūrnima

Paresh Birianzi

On August 23rd in London, we celebrated the Ananda Marga holiday called Shrāvānii Pūrnima, which marks the anniversary of Baba's first initiation. The programme consisted of Dharma Cakra, a seminar on chakras and then nagar kiirtan that went from the jagrti to Clissold Park with about fifteen to twenty margiis participating. The kiirtan included distributing leaflets to the public about our Sunrise Schools and about Ananda Marga. At the park itself we continued kiirtan and then the brothers present danced Tandava. After this, sisters along with the brothers danced kaoshikii. We also distributed a leaflet explaining Tandava. Our best leaflets distributor was Shantana, as no one refused to take a flier from her!



LIVERPOOL DIOCESE & WALES

Liverpool

Kumar and Miira in Liverpool organised a successful programme in August at the **Baha'i Centre** attracting interested members of the public as well as people from the Baha'i community. They are confident further programmes can be run at the Baha'i's attractive Centre. Regular summer meditation classes have been held in the **Mellomello Jazz Cafe** and community outreach centre in central Liverpool. A diverse and stable group of locals of all ages have been in attendance, several of whom have already joined the unit's new people's Dharma Cakra.

Manchester

Weekly new people's Dharma Cakras have continued to run at the jagrti over the Summer with a new group of interested locals coming up. The house has become a very multicultural affair this last period with residents from Ireland, the United States, Germany, Libya and England! With several musicians among them, there is great hope for another inspiring year of RAWA activity! Sister Soraya and her newly born baby Layla are both doing well - Soraya reports that Layla loves kiirtan!

Wales (Newtown, Welshpool, Aberystwyth, Machynlleth)

Ganesh in Newtown has helped us organise regular meditation classes at the Newtown library and at a



Dada Ravishekharananda speaks at the Summer Intensive

local club that has donated the use of their facilities. A small number of regulars are attending. Classes have also been held in the local library at Welshpool. The Methodist Church in Aberystwyth has agreed to allow Ananda Marga yoga and meditation classes to be held in their building at very reasonable rates. In the absence of a fixed venue, **classes over the Summer were held outdoors** at the stone circle of the Aberystwyth Castle! Kusum held a very successful meditation talk at her Homeopathic practice in Machynlleth with 20 people attending.

If you'd like to volunteer as an Ananda Marga organiser and / or teacher in any of the above cities, please contact Dada Ravishekharananda on 07812 480 870 to explore possibilities. Full training will be given. A vacancy also exists in the Manchester jagrti for a male volunteer and house manager.

Nirmala Boland wrote to tell us about a lovely day out with some of the margiis in the Midlands:

We have just got back from a day out with some of the margiis here in the Midlands walking in the Peak District in a place called Monsall Dale. The walk we did runs along the river Wye. The weather was perfect and of course the satsaunga was beautiful. We did sadhana on a small hillside with a lovely view of the countryside. Our shared picnic must have been imbued with sweet blessings because it tasted delicious. With us five adults was one child, an eleven year old girl who had never seen a waterfall before. Although the waterfall we went over along the river was relatively small it was a privilege to share this child's delight at the sight. Altogether, it was a lovely day that left us all realising and appreciating the value of margii company and how much we love being together.



Mahaprayan Retreat

**Lion House, Langthwaite, Arkengarthdale, North Yorkshire DL11 6EL
5th – 7th of November 2010**

Due to unforeseen circumstances, we will not be having the retreat at Unstone Grange as previously announced. We will instead inaugurate a new site - the new home of Parameshvar & Adiiti, who have just moved back to England after four and a half years in Singapore. They live near Darlington, and we'll have full information on the retreat very soon. Watch out for the emails.

SUNRISE EDUCATION TRUST

Sunrise Nursery, 1 Cazenove Road, Stoke Newington, London N16 6PA. amanika123@gmail.com. Tel: +44 (0)208 806 6279

Sunrise Primary (and Nursery), 55 Coniston Road, Tottenham, London N17 0EX. Tel: +44 (0)208 885 3354

The Sunrise Education Trust has a committee consisting of Meeta and Govinda Lovage, Paresh Birianzi, Saradadevii Hull-Jurkovich and Didi Ananda Manika who hold responsibilities for the Primary School and Nursery.

From the School Diary...

Garden Day, June 12th

The Tottenham school garden was cleared up and made safer. Two beds for growing vegetables with children were raised. A big thank you to the families of Jyotirmaya, Mayadhiisha and Mohan for their help.

Sports Days, July 10th & 16th

We had separate sports days for the Tottenham and Stoke Newington schools. The first one, for Sunrise Primary at Bruce Castle Park in Tottenham was a happy, collective event. Staff and margii families set up the running track and fun-run circuits. We began with 'circle time' and a silent collective 'inner sharing'. Thus energised, there followed a fun run round the park with participation from all ages; all told, the event raised £193 for our school outdoors equipment fund. After refreshments there were races and cooperative games for all. Thank you to those who attended and making the day sentient and vibrant! The following weekend it was the nursery children and their parents' turn to have a similarly lovely time in Newington Common. Everyone enjoyed running, hopping, jumping and balancing with spoons and sand bowls on their head! The activity was followed by delicious vegetarian good.

End of Year, July 24th

We wish the four school leaving children all the best in their new life at their respective new schools.



Meeta leading a teacher training

Staff changes

We are thankful to **Eleni Skandali** and **Pankaj Skipper** for their work with us and we wish them all the best in their future. We welcome on board Mayatiita and Giitainjali Neeson who will be taking over.

Coming Up...

Starting September 20th: Regular fortnightly classes covering the Neo-Humanistic Education Diploma modules at the Primary School with Meeta

November 1st: Teacher training, open to all interested margiis. At the Primary School from 9.30 – 4 pm

December 3rd: Cultural Programme at the Primary School, Tottenham. Starting 4:30pm

December 10th: Cultural Programme at the Nursery in Stoke Newington. Starting 5 pm



Kids in the papers!

Sunrise Primary School kids got to meet Tottenham Hotspurs midfielder Luka Modric and appear alongside him in the local newspaper in celebration of the latest stage of a £2 million investment in an area of Tottenham Marshes.



Sunrise Nursery Sports Day

ANANDA BHARATII MU, IRELAND

Sunrise Farm, Derroran, Whitegate, County Clare, Ireland. sunrisefarm@eircom.net. Tel: +353 (0)61 926932

Easter Retreat 2011!

Fri 22nd - Mon 25th April. It is confirmed that next year the Easter Retreat will be held at the MU in Ireland. You can start making plans to join us there. Didi will need to know in advance whether you're planning to come so that she can book and prepare accommodation. Please RSVP by email with Amitabh. We will send info on cost effective travel options in due course. Watch out for the emails!

If you'd like to be involved in making this a wonderful event, please get in touch.

Didi Ananda Prama reports on another busy three months at the Irish MU:

Returned from 4 months of relief work in Haiti on the 18th of June. Happy to see the farm, greet all the animals and enjoy the quiet meditative space. Meeta arrived with her class from the London school two days later. The kids brought a real bustle of activity as seven eleven year olds get even the mellow dog, Grace, jumping! It was a challenge to see the kids trying to dump their half finished breakfast cereal. So after some quick education like a) we don't waste food but eat as much as we like and b) we are responsible for the sustainability of the planet, activities continued and the kids enjoyed swimming in the sea, visiting the Cliffs of Moher, helping on the farm, doing yoga and meditation, horseback riding and a wonderful bonfire.

*Even before everyone left, the five women from their five respective countries arrived for LFT training and we enjoyed **five weeks of intensive spiritual practice, practical karma yoga on the farm and learning and delving deeply into Baba's fantastic philosophy**. We also did two fund raisers for Haiti on the streets of Ennis and at the Killalo market and raised nearly **1,000 Euros**.*

*In August, Karun arrived from London and began fixing the roof and constructing a conservatory on the new log cabin. All goes well, the weather has been fabulous, and with the help of three WOOFERS we have nearly finished the hemp and lime rendering of the cabin. We've harvested rye, made lots of blackcurrant and blueberry jam and enjoyed the wonderful and bountiful vegetables from the garden including **tomatoes, broccoli, chard, kale, mizuna, pak choi and salads**. You're welcome to come and visit!*



The Galway Jig

Jyoshna La Trobe

Going to Dublin, bags full of optimism
With nothing to deter us with our new PA system
Travelling by boat is good economism
A sound decision, in the light of starry idealism

Through the night and the constellations
Across the sea to the shores of the Irish nation
Our good friend Jiivan met us, with excitement
Whisks us off for rest and sleepitation

We drive in his car to a Galway invitation
Though a flat tyre served to draw some consternation
Still we arrived to find Didi with smiles of elation
Selling sweets of organic creation

So we quickly set up with consultation
Met Oliver, a fiddler from an American congregation
playing with amazing flourish and undulation,
who joined our band of guitar, drum and vocal narration

We played and sang with great jubilation
As Didi gave sweets to the crowd's appreciation
And told people of every persuasion
about AMURTEL, PROUT and the Haiti situation

Drawing a crowd and a full ovation
People sat, listened, and without exaggeration,
Pretty soon our buckets were full of large donation
for people whose lives have great need of consideration

The sweetest sound of Baba Nam Kevalam
Could be heard that day along Galway's streets and busy hum
to the guitar's strum and beat of the mrdangam
that maybe one day all hearts be joined, and seek liberation!



THE ASANA CORNER

Self-Massage After Yoga: Why do it?

Kristine Kaoverii Weber

(Reprinted by permission of the author from www.subtleyoga.com)

Self-massage is a simple, efficient practice that can improve the effects of your asana practice. Teaching self-massage to your yoga students empowers them to access their own healing abilities.

I've been teaching massage in my yoga classes for many years, and students consistently comment that doing self-massage at the end of class helps them relax in shavasana (relaxation pose) and keeps them from feeling sore the next day. Self-massage provides a bridge between the active asana practice and the stillness of shavasana. Students can take time to integrate some of the teachings from the class while they are absorbing the physical benefits of their practice. Self-massage also creates a relaxing way for students to connect with each other while they are caring for themselves. I notice that the time we take at the end of class for self-massage provides a moment of bonding, in which students are openly asking questions or sharing a little about their lives.

The History of Self-Massage and Yoga

The Hatha Yoga Pradipika, a seminal text of practical guidance for yogis written in the fifteenth century, recommends that the practitioner massage him or herself after performing strenuous pranayama that causes perspiration. "Rub the body with the perspiration from the labour (of pranayama). The body derives firmness and steadiness from this." [1] The Shiva Samhita, another Sanskrit text, offers the same advice: "At first perspiration comes in the body of the yogi; when perspiration appears it should be rubbed in the body, otherwise the basic elements in the body of the yogi are destroyed." [2]

While these texts refer to the effort exerted from pranayama practice, asana practice can also cause the body to heat up and perspire, and since this is the primary practice for many modern yogis, the advice to massage the body after the practice may have similar practical benefits. Modern yoga master Pattabhi Jois

"Self-massage immediately after practice may help improve the speed of muscle healing, reduce the possibility of spasms and inflammation, calm the nervous system, and provide psychological benefits."

has advised his students to use self-massage after their asana practice. "The sweat generated by yoga should be gradually dried by rubbing it into the body with the hands, and not by exposing it to the air or by drying it with a towel or cloth." [3]

The Benefits of Massage and Asana

Self-massage is most beneficial when performed after asana but before resting in final shavasana. In this way, shavasana integrates the effects of both asana and self-massage. [4]

While there are many different styles of self-massage, the technique outlined here was created by the Indian yoga master P.R. Sarkar (1921-1990) specifically for use after asana. He designed this massage to benefit the nervous and lymphatic systems and to complement the subtle beneficial effects of the asanas. One of Sarkar's students, Susan Andrews (Avadhutika Ananda Mitra), the Yoga director of the Parque Ecologico Visao Futuro in Brazil, claims that this self-massage benefits the nervous

system, harmonizes the energy body, relaxes the muscles, benefits the skin, and improves both blood and lymphatic circulation. [5]

Preventing Muscle Soreness

Muscle soreness after asana practice may tell you that you've pushed yourself too much the day before, or that your sequencing was a little less conscious than it could have been. Over the years, I've found that if I skip self-massage after my asana practice, I'm more likely to be sore regardless of which poses I've ventured into that day.

For a long time, physiologists believed lactic acid caused muscle soreness, but this explanation is no longer considered accurate. Several other factors may contribute to soreness including micro-tears in the muscles or connective tissue, muscle spasms, inflammation and enzyme efflux theory. [6] Self-massage immediately after practice may help improve the speed of muscle healing, reduce the possibility of spasms and inflammation, calm the nervous system, and provide psychological benefits. [7]

Massage and Joints

Sarkar designed this massage to target the joints of the body. Any seasoned yogi knows that the tendons and ligaments of the joints endure tremendous force during asana practice. Self-massage helps them recover and may also help the joints release hyaluronic acid, a major component of cartilage and synovial fluid.

"Hyaluronic acid is produced by fibroblast cells in the connective tissue," says Paul Grilley, a Yin Yoga and yoga anatomy teacher. "One of the benefits of asana practice is

the stimulation of connective tissue and the production of this acid. The best complement to stressing a tissue to stimulate it is to relax a tissue and passively massage it [...] I believe self-massage has always been a natural complement to asana practice.”

Massage, Lymph, and Skin

From the Western medical perspective, the lymphatic system is a complex system of nodes and vessels that removes excess fluids from the body's tissues, absorbs fatty acids, transports fat and chyle to the circulatory system, and produces immune cells. A healthy lymphatic flow is one of the body's fundamental defense mechanisms against

the tissues. According to Landau, the self-massage introduced by Sarkar targets the lymphatic organs in a highly specific way, including the nodes behind and in front of the ears, behind and in front of the neck, the axillae [armpits], elbows, groins, peri-aortic region [in the abdomen], and behind the knees. “The effect is to strip them of excess fluid and edema, thus improving flow and relieving stagnation.” Since the lymphatic system, like the veins in the circulatory system, contains a system of one-way valves, squeezing the lymph nodes from the core to the periphery, as is done in Sarkar's self-massage, aids the flow of lymph back into the circulatory system.

Sarkar and other yoga masters have

uncomfortable, we instinctually place our hands on our own bodies to soothe ourselves. The healing energy of our own hands is our most basic and perhaps most profound healing tool. Everyone needs to be touched and cared for. Self-massage provides a simple, non-threatening way for yoga students to care for themselves, reaffirm their self-worth and celebrate their being.

Kristine Kaoverii Weber, MA, LMBT, e-RYT, is a Yoga teacher and shiatsu therapist in Asheville, USA. She is the director of the Subtle Yoga Teacher Training and Personal Transformation Program www.subtleyoga.com and the author of Healing Self-Massage.



infection. The flow of the lymphatic system is primarily influenced by the action of muscles, by breathing, and by body posture. Asana improves lymphatic flow through muscular contraction and the effects of gravity.

“Not only movement, but also deep breathing during asana is a major stimulator of lymphatic flow,” said Dr. Steven Landau, a family medicine doctor and Yoga Alliance board member who has practiced Sarkar's self-massage after asana for almost 30 years. “Along with the prolonged contraction of various muscles during asanas and inverted poses, breathing helps cleanse the lymph system in a major way.”

Massage helps promote the flow of lymph by moving it manually through

claimed that keeping the lymph system clean and well-functioning is critical for an effective yoga practice and deeper meditation. According to Ayurveda, ojas, a highly specialized tissue often referred to as “life force” is created out of the seven dhatus, the most subtle of which is lymph. Good quality ojas is produced through yogic practices. Likewise, a practitioner with high quality ojas can meditate more deeply. A clean diet, a healthy lifestyle, pranayama, and asana all help to purify the lymph, which in turn gives the yogi a good supply of high quality ojas to take her deeper into her practices[8].

Self-Massage is Self-Care

When we've been injured, are sore, or are feeling emotionally

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More Margiis complete the Ananda Marga Yoga Teacher Training



Dada Vishvarupananda leading one of the sessions

Two of our local margiis report about their wonderful experiences at the AMYTT held this year for the first time in Copenhagen, Denmark.

As I left London on the 7th August it was with the sense of anticipation that you get when you know you are going somewhere wonderful. I had heard many great things about this training, and in the last year, I've been fortunate enough to have witnessed the quality and professionalism of the teachers that have been on it.

Arriving at Ananda Gaorii MU in Denmark was so special for me. This is where I did my LFT (Local Full Time Volunteer) training two years ago. I also attended the global PROUT conference there last year so it holds so many wonderful memories.

The training started on the morning of the 9th of August with a **lovely workshop on the core principles of yoga by Mahajyoti**, a margii of over thirty years' experience and a character that reflects that. She is such a beautiful soul and delivered every session she presented with so much love and enthusiasm. She brought

us many insights into the teachings of Baba, and has such a natural charm that it's impossible not to love her. With Mahajyoti we had **classes on chanting, Brahmachakra, Yama and Niyama, digestion, lungs and circulatory systems** amongst other things, as well as asana classes looking at alignment and warm ups and many other wonderful things.

The second trainer to arrive was Kaoverii. Mahajyoti calls her the "queen of asanas" and it's easy to see why. Her knowledge of postures and anatomy is so extensive and she gave us so many useful tips and hints about the way that we should practice our asanas in order to avoid injury and get the most benefit from the poses. It does mean however that I'm going to have to seriously correct my own practice... I think most people would do the same if they came under Kaoverii's microscope! Alongside her amazing knowledge on the body and how it works, Kaoverii

also has a wealth of knowledge on the history of yoga and how Ananda Marga fits in. She has been teaching asanas for fifteen years and gave us much valuable input on how to **teach and assist people in their poses**. Her sincerity shines through and her relaxed yet efficient style of teaching contributed so much to all of us here.

On the 18th, Acarya Viveka arrived and instantly charmed us with his sweet demeanour, sincerity and love that shines from him. He has been focusing more on teaching the meditation side of things and it has been very enlightening looking at his ideas on how to do that. At the time of writing (23rd of August), Dada Vishvarupananda had just arrived and this morning gave us an incredibly entertaining class on **using the tools we are born with to teach classes**. And this afternoon we've just finished an excellent class on the actual "queen of the asanas"



pose – **the shoulder stand** – with some excellent tips and corrections, as well as very useful and practical warm-ups.

There are thirty two participants I think and everyone has contributed something special to the experience. We've been taking it in turns to give a spiritual talk after meditation and just listening to people's beautiful contributions has been so enlightening.

It's pretty intense but it's so inspiring being in this **spiritual company and in this spiritual flow** that somehow it doesn't seem as if it's a problem! It really is a special experience and I'm so glad that I've been given the opportunity to do this course and develop myself in this way. I really have no words to express my gratitude to the Supreme Consciousness for arranging for me to be here... I would heartily recommend anyone to this training as it is so amazing, so if you're thinking about coming next year, don't hesitate!

Krsnadeva Hanson

I just returned home to London after having participated in the three week Ananda Marga YTT in the Danish countryside. I'm returning so enriched, immensely inspired and with great gratitude of having had the opportunity to be a part of this training. **Three weeks of fun loving intensity, sweet devotion and strong yoga movements.**

Thirty people had come from all over the planet to practice together. We met, surrounded by wild and beautiful nature, at the master unit in Holbaek,

Denmark, and as we faced a broken internet connection, a feeling of being on an isolated island shaped the day.

The Danish weather was so unpredictable and almost every day we were facing rain pouring down from above. As a native Dane I got frightened by the massive rain pouring down – never in my life have I experienced that much rain in August in Denmark – and then reading about Pakistan, and all the flooding around our planet, the rain for me was **another reminder of our changing world**. This made the time and practice even more meaningful for me. Spreading good energy and positive vibrations seemed to be the most important thing to do in those moments. And as time passed, we all realized that the weather was perfect for our program. The rain was so suiting, and it created a feeling of even more focus and intimate relations.

The teaching was very intense and our program was busy. I am convinced that Dada was determined to set a world record in doing as many practicums as possible in the shortest amount of time! The days and hours began to merge together and a state of timelessness took over. Many participated in a state of lack of sleep, but I guess that **the practice, Mahajyoti's big heart, Kaoverii's humour, Viveka's energy and Dada Vishvarupananda's wisdom** clearly kept us all alert and excited week after week after week. I left the training boosted with new energy, and with a feeling of being so full, so the new seeds growing inside me scatter all over the ground as I walk along.

Parashanti Sorensen

Sunrise Kids visit the Emerald Isle in June



TRAVELLER NOTES

DMS in Madhu Karuna, Germany

28th July – 1st August 2010

“Once upon a time, among picturesque landscapes of Rhineland-Palatinate a fellowship of margiis gathered as per the annual habit of theirs. They ate delicious food, sang uplifting kiirtan and enjoyed each other’s company. It was the first time that Purodha Pramukha Dada would visit this part of the world so everyone felt that the air was **supremely charged with an incomprehensible vibration**. In these special circumstances it didn’t take much to elevate one’s mind higher and higher. Every day the talks given by PP Dada and other central workers would fill the hearts of margiis with joy and inspiration. Wonderful organisation, responsible handling of the duties and mindful supervision contributed to the overall experience of composure, peace and harmony. And tandava and kaoshikii competitions were just spectacular... and the weather was... Mediterranean... Honestly...”

Vinayaka Panka

Having been to Madhu Karuna numerous times over the years I realised there had actually been a gap of three years since we had last been there. The essence of what we go for remains the same - satsaung, the company of margiis and the kiirtan. **The five day kiirtan built up to a devotional high** as the week went on. So many margiis were in attendance from Europe and other parts of the world, it is great to see young and old together as one family. I was also glad to see so many in middle age - just gently ageing - like us.

Slowly over the years improvements are being made at Madhu Karuna and I have learned this year that one way we can support it is by attending the Summer Retreat and paying the fees. This supports further improvements. London Region margiis were able to meet with Purodha Pramuka as a group to exchange greetings and experience his sweetness. Once again Madhu Karuna was an uplifting experience and well worth all the hassle of getting there - the margiis are a wonderful legacy of Baba.

Shaunkar Boland





PROUT Convention, Denmark

20th - 25th July 2010

This year's annual PROUT convention in Denmark was a European one as opposed to the Global convention held last year.

This being my first visit to the master unit in the Danish countryside, I was particularly impressed by the facilities available and the arrangements made to make all the guests feel at home and as comfortable as they possibly can. The vast open land around the main buildings also meant there were plenty of spaces available for the more adventurous types/campers.

More emphasis was given on workshops and presentations given by acaryas and margiis who have extensive hands on experience either teaching PROUT or working on projects developed on the basis of those theoretical models. One series of workshops which became the highlight of the convention was conducted by **Subodh (Dr Sohail Inayatullah) from Australia**. He has developed some very interesting tools based on the basic PROUT concept which on an individual level **help realise the inner potential of everyone**, and on a collective level **can assist in moving the communities forward in a more progressive way**. Some of the activities and games that we took part in as part of his workshops were highly introspective and motivational and I would highly recommend every reader who isn't already aware of his work to check out some of his books

and articles at <http://www.metafuture.org> or <http://www.proutcollege.org>.

Of course the convention was not all about the PROUT theory. Food for example was outstanding and we were treated with some of the most delicious dishes from around the globe thanks largely to the various cooks who volunteered for the duties. Kiirtan was always so powerful and at times overwhelming. Then there were RAWA programmes during most evenings and the London region was represented aptly by sisters Ganga, Lakshmi, Supriya and Shriila. Watching sister Ganga do all those immaculate classical Indian dance moves is always such a huge treat but this time we were also very pleasantly surprised by the commendable performance given by the trio of our rookie sisters as they took centre stage for the very first time. The most blissful moment of the convention for me however was the night of the Katha Kiirtan.

It is always inspiring to listen to **the personal experiences of all the senior margiis and acharyas with Baba**. Some of the stories that we got to hear were so sublimely emotional that I could easily see moist eyes all around me.

One thing which I noticed among all the attendees towards the end of the convention was the strong urge to engage themselves in PROUT projects or related activities at their local unit and I sincerely hope we can start something on those lines at our local unit here in London soon.

Tarun Laghate



Let's Go Africa!

Taraka Grima

I went to Ghana for two months. The last few days of my trip were spent in Burkina Faso at the UKK retreat. I worked as a volunteer in **Dada Dane-shananda's Mafi Seva clinic** in the Volta region of south-east Ghana. I was happy to work there with young, local staff, treating villagers with malaria, chest and urinary infections as well as motorbike injuries and poisonous snake bites. I was enthusiastic to see such a self-sustainable project and impressed by the wide use of Homeopathic remedies used by one very dedicated margii brother known by everybody as Emperor. We also did a community outreach programme educating villagers how to **enhance their health and prevent sickness**. In the evenings we visited the now well known Zongo water project, an AMURT initiative supplying clean filtered water to twenty six villages. The project also waters three thousand nearby acacia plants daily for the local community.

Apart from the clinic, I had the opportunity to visit other rural areas and learn about their way of living. I was immediately welcomed in each home/little hut and I could feel they cared about me even though I am a foreigner and had some difficulties to understand their local dialects. I was amazed at how simply they live their life. They spend their days working in the farms, looking after kids, preparing for the next meal and

participating in religious events. They use no gas or electricity, only traditional methods to cut, cook, bathe and farm. They sleep early after gazing at the dark, splendid, silent sky filled with falling stars. They wake up early in the morning at sunrise with the peacock's scream to clean their house with simple reeds and prepare their kids for school, if they can afford to pay the fees. Otherwise, if they deem it more practical, they'll have them help in the farm and they'll go on a long journey towards the market to sell their hard-earned produce. They are very strong mentally, emotionally and physically though they often get sick repeatedly due to environmental circumstances, mostly malaria. Yet **they still continue to work, laugh and love**. They never give up even if they know their own government and foreigners exploit them, or if they sold only a quarter of their produce or products, or if water ran out for days, or if a husband is absent or the fifth baby is on the way. Sometimes they have fights over basic necessities but they are sad when anybody from their village dies and organise a big colourful funeral and dance with traditional music to honour the passed away. Some perform strange rituals and many believe in dogmatic religion but many also surrender completely to God, no matter their circumstances. They are thirsty to

hear about morality and wait impatiently for Sunday to come to sing for Him. There, a 'white man' or obroni is seen as a person who gives things, who educates. However I'm the one who needed to learn, just by observing their good manners, their lack of greed or useless expectations, their contentment with basic things and love for their family. One may feel very efficient using modern tools, thus being able to do so many things in one day other than looking after one's own family, however seeing a person who lacks these but still manages to feed his main concerned family is admirable. Having a clinic in a range of 200km of no health services is a great practical project but **if in addition we can teach every person to take care of his own community we would build a stronger, more self-sustainable society**.

I spent my last days in Africa in Burkina Faso at Dada Purusottama's community clinic, followed by the UKK retreat. I was happy to see margiis from Ghana, Burkina Faso, Cote d'Ivoire and Togo so passionate in singing kiirtan and expressing their enthusiasm in learning about our AM mission. Their eyes were full of energy and determination to help their respective countries develop further. This gave me so much spiritual energy! Here I would like to mention one Baba's quote saying, **Be great by your sadhana, sacrifice and service**. I noted that He gave the quote in a specific order. First He mentions sadhana as it's our fundamental means to achieve Him, however consequently He mentions sacrifice not service and I really think that it's because it's impossible to do service without sacrifice first. This made me reflect that **if one is ready to do service, one must bear in mind to sacrifice something**, whether it's time, energy, money, comfort and pride. If one is afraid of letting go, then service won't be fruitful or the goal will be harder and longer to reach. So Sadhana, Sacrifice and Service... Let's Go Africa!



SECTORIAL NEWS IN BRIEF

Berlin Region



German Wikipedia has changed from very negative to very good text regarding Ananda Marga. You can visit http://de.wikipedia.org/wiki/Ananda_Marga for details.

There was a successful DMS in Germany, held in Madhu Karuna on the 28th of July to the 1st of August with about 300 people attending.

Ananda Marga is on the front page of a major German newspaper, after a pause of thirty two years. The news was about Purodha Pramukha and one central worker visiting the Berlin Wall on the 49th anniversary of construction of the Berlin Wall.

Gibraltar Region

In Spain 400 copies of *Thoughts of PR Sarkar* in Spanish have been printed, as well as 200 copies of *Caryacarya pt. 3* and 150 copies of *Caryacarya pts 1, 2 and 3* in one volume. Didi Ananda Harimaya gave four radio interviews in Valencia, and participated in an inter-religious conference, also in Valencia.

Moscow Region

Sadhana Shiviir in St.Petersburg was organized with eight people attending. Dada Priyatosh gave an interview for Yoga Magazine in Kharkov, Ukraine.

Roma Region

Dada Devavratanaanda reports that last May there were two introductory retreats, one in Ananda Vipasa for the north and one in Orvieto for central Italy. The latter was organised by Prema Devii and Govinda, attended by thirty five people.

Ananda Purnima was celebrated in Ananda Vipasa with more than fifty margiis and on the final day they participated in a multicultural festival in Verona. Margiis and acaryas were given a place in the programme and they sang kiirtan on stage in front of

an audience of 3,000 people. See video on youtube at http://www.youtube.com/watch?v=3EugeJoG_dk

Dada Shubhatmananda gave a class on economic democracy attended by sixty people in the public library in the city of Puglia. Dada also had an open program for teachers and parents which was attended by the deputy mayor. All 170 seats were filled as well as the standing room. The lecture was on Ananda Marga education.

Stockholm Region

Sunrise Kindergarten in Helsinki, managed by Didi Ananda Krpa, ended the school year with twenty six children. This is the highest number of children in the school since 2004. The parents are very sympathetic and cooperative, and the Social Office Inspector was very happy with the progress of our school. Didi Ananda Krpa visited Kerava High School and held a one day seminar there with twenty nine students attending.



DID YOU KNOW?

The **pratik** is a yogic symbol representing the path and goal of life

The upwards-pointing triangle symbolises **one's external actions**

The downwards-pointing triangle symbolises **one's internal development**

When the two triangles are in balance, the sun rises. This symbolises **progress and change**

The swastika, which is an ancient Indian symbol, represents **well being and spiritual victory**

THE SENTIENT KITCHEN

Diipavali Pumpkin Soup

Ingredients

2 tbsps butter/oil
 2 carrots, peeled and coarsely chopped
 2 stalks celery, rinsed and coarsely chopped
 2 quarts vegetable broth
 4 pounds pumpkin
 ½ cup apple juice
 1 green apple, peeled, cored and chopped
 2 tsp chopped fresh ginger
 1½ tsp chopped fresh sage leaves or dried sage
 ½ tsp ground cinnamon
 pinch of ground allspice
 Salt and pepper
 About 1 cup crème fraîche or vegan sour cream
 1 tsp grated lemon peel

Preparation

In a saucepan over high heat, melt butter/oil. Add carrots, celery and pumpkin. Sauté for 6 to 8 minutes. Add broth, apple juice, apple, ginger, sage, cinnamon, and allspice. Cover and bring to a boil. Reduce heat and simmer, stirring occasionally until pumpkin is cooked. Blend soup in portions and pour into a bowl. Return all soup to pan and heat up stirring constantly. Season to taste. In a small bowl, mix crème fraîche or sour cream and lemon peel. Ladle soup into bowls or mugs. Garnish with a dollop of crème fraîche.

Roast Vegetable Tarts

Ingredients

450g/1lb potatoes, peeled, grated, rinsed and dried
 1 large parsnip, peeled and grated
 50g/2oz plain flour
 salt and freshly ground black pepper
 3tbsp vegetable oil
 2 peppers, cored and roughly chopped
 1 courgette, cut into chunks
 1 cup chopped pumpkin
 2 x 125g/4oz potatoes well scrubbed
 25g/1oz Pecorino cheese flakes or vegan Parmesan

Method

Mix together the grated potatoes, parsnip and flour. Season then bind together with 2 tbsps of oil. Divide into

4 mounds on a well greased baking sheet and shape into 10cm/4in nests with the edges slightly raised. Cover with cling film and chill for 30 minutes.

Meanwhile, mix together the peppers, courgette and pumpkin. Cut the potatoes lengthways into 8 equal wedges and add to the other vegetables. Toss them in the remaining oil with salt and pepper, and roast in oven 220°C/425°F/Gas Mark 7 for 20 minutes.

Turn the vegetables over, uncover the tarts and place in oven on a separate shelf. Continue cooking for a further 20 min. Transfer tarts to serving dishes and spoon in roasted vegetables. Top with cheese and serve immediately.

Carob Brownies

Ingredients

150g or ½ cup soya margarine
 150g or 1 cup pitted dates, softened in boiling water, drained and finely chopped
 150g or 1¼ cups self-raising wholemeal flour (or spelt flour for a nice alternative)
 2 tsp baking powder
 4 tbsp carob powder dissolved in 2 tbsp hot water
 4 tbsp apple and pear fruit spread (or apricot)
 90ml or 6 tbsp soya milk (or coconut milk)
 50g or 1/2 cup pecan nuts or walnuts roughly broken

Method

Preheat the oven to 160°C / gas mark 3. Lightly grease a shallow baking tin (28x18 cm or 11x 7 in). Combine the soya margarine with the chopped dates in a large bowl until the mixture is even. Sift the flour with the baking powder into the margarine and date mixture and mix thoroughly.

In a separate bowl, whisk together the dissolved carob powder with the apple and pear spread. Gradually pour the soya milk into the mixture, whisking constantly to combine the ingredients. Pour this into the flour mixture with a wooden spoon until well combined. Add the nuts.

Spoon the mixture into the prepared tin. Smoothen the surface and bake for about 45/50 min or until a metal skewer inserted in the centre comes out clean. Cool for a few minutes in the tin and then cut into bars or squares. Leave to cool on a wire rack.

Congratulations...

... to **Jayapal Barnes** (currently in LFT training) who graduated in July with a BA in Archaeology and Ancient History. Jayapal has been the driving force behind the Ananda Marga Meditation Society at Liverpool University over the last few years. Congratulations also to **Graeme Davies**, who has been with our Manchester University group over the last three years and who just completed his Ph.D in Nanotechnology. Congratulations to **Devashiish Few** who has just completed his MA thesis in Anthropology at Manchester University and last but not least to **Jyoshna La Trobe** for obtaining her doctorate from SOAS with surely the first ever dissertation on the kiirtan of Rarh!



GLOSSARY

Acarya: one who teaches by example
Bhukti Pradhan: District Secretary
Brahmacakra: the cosmic cycle of creation
AMURT: Ananda Marga Universal Relief Team
Ananda Marga: "path of bliss"
Ananda Purnima: Birth of Shrii Shrii Anandamurti
Asana: yoga posture
Baba Nam Kevalam: Universal mantra. Lit: Only the name/vibration of the most beloved
Dada: Respected brother
Dharma Cakra: chanting and meditation session
Dharma: one's intrinsic nature
Didi: Respected sister
Diipa'valii: festival of lights
DMS: (Dharma Maha Sammelan) a spiritual gathering of Ananda Marga
Jagrti: house of spiritual awakening
Mahaprayan: great departure; referring to the physical passing of Shrii Shrii Anandamurti
Margii: one who follows Ananda Marga lifestyle
Master Unit: A rural community model based on principles given by PR Sarkar
mudra: meaningful gesture
Namaskar: I salute the divinity within you with the charms of my mind and the benevolence of my heart
Painca Janya: the practice of starting the day at 5am with meditation
Parama Purus'a: Supreme Consciousness
Prabhat Samgiita: songs written by PR Sarkar

FASTING DAYS

				
Sep			18 th	22 nd
Oct	3 rd	7 th	17 th	22 nd
Nov	2 nd	5 th	16 th	21 st
Dec	1 st /30 th	5 th	16 th	20 th

<http://www.skillcase.com/fasting/default.asp>

PROUT: Progressive Utilisation Theory
Purodha Pramuka: President of AM
Rarh: the original homeland of the Bengali people
RAWA: Renaissance Artists' and Writers' Association
Sadashiva: eternal Shiva. The founder of Tantra, who lived in India approx. 7,000 years ago
Sadhana: "sustained effort to complete"; meditation
Satsaunga: spiritual company
Sha'stras: scriptures
Yama and Niyama: 10 principles of moral conduct

CALENDAR

September 20th
(Classes resume in London centre)

September 25th
Festival of Life, London

October 13th – 17th
Autumn Festival
13th: Children's Day
14th: Public Day
15th: Fine Arts Day
16th: Music Day
17th: Vijayotsava

October 21st
Mahaprayan Divas

October 29th - 31st
Introductory Retreat
Newmarket, Cambridgeshire

November 5th
Diipavali

November 5th – 7th
Regional Retreat
Unstone Grange, Derbyshire

CLASSES

In London

Stoke Newington
AMPS London
3A, Cazenove Rd., London N16 6PA
class@anandamarga.org.uk
Tel: 0208 806 4250

Holborn

Theobalds Natural Health Centre
46 Theobalds Road Holborn, London WC1X 8NW
info@theobaldsnaturalhealth.co.uk
Tel: 020 7242 6665
<http://www.theobaldsnaturalhealth.co.uk>

Hither Green

Gatehouse Natural Health
1 Edwin Hall Place Hither Green, London SE13 6RN
info@gatehousehealth.com
020 8698 0309 / 07505 366 123
<http://www.gatehousehealth.com>

In the North

Ananda Marga Manchester
42 Keppel Road, Chorlton, Manchester M21 0BW
Tel: (Devashiish) 07766 218 582

Liverpool (Childwall)
Tel: (Kumar) 07963 131 563

In Wales

Welshpool
Tel: (Dada Ravi) 07812 480 870

Newtown
Tel: (Dada Ravi) 07812 480 870

Aberystwyth
Tel: (Gabriel) 07542 080 803

Machynlleth
Tel: (Kusum) 07847 108 571