

# Satsaunga

Ananda Marga UK and Eire Regional Newsletter

**Issue 5**  
**Quarterly**  
**Autumn 2011**

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**“People seek deliverance from the whirlpools of darkness; they aspire to illuminate their lives and minds with ever-new light. In all their actions, in all their feelings, there is an inherent tendency to move forward; therefore, if at all they are to be offered something, the creator of art cannot remain idle or inert.”**

Shrii Shrii Anandamurtijii  
from ‘The Practice of Art and Literature’, Abhimata

### **Autumn Festival**

Oct 13th (Children’s Day), Oct 14th (Public Day), Oct 15th (Fine Arts Day), Oct 16th (Music Day), Oct 17th (Vijayotsava)

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**Disclaimer**

Views expressed in the newsletter may not necessarily reflect those of the editors.

## Autumn Conference 2011

**21st – 23rd October, 2011**

**Unstone Grange, Derbyshire**

[www.anandamarga.org.uk/retreats](http://www.anandamarga.org.uk/retreats)

**Venue**

Unstone is a little village near Chesterfield on the edge of the Peak District. Unstone Grange is a wonderful stately home set in organic gardens and surrounded by woods and farmland.

**Programme**

In addition to celebrating Mahaprayan, there will be a baby naming ceremony to welcome two more souls into our community. The programme will be designed to address the physical, psychic

## EDITORIAL



**Namaskar**

Welcome to our autumn issue. Autumn is when many people consider that gloom and staying inside is the call of the hour. Webster's Dictionary defines it not only as one of the four seasons, but also as 'a period of maturity or incipient (beginning) decline.'

However, for Ananda Marga here in UK and Ireland there is no decline, no gloom. Rather it is the period when our prakar year starts and classes, public talks, workshops, seminars (which we sometimes call retreats), kiirtan evenings, and much more, are, yes, incipient.

and spiritual levels of each of us as individuals and as a spiritual community. There will also be a comprehensive programme for the children, which will run in parallel to the main programme and will engage our young people in wholesome, fun activities, allowing their parents to fully participate in the conference.

**Accommodation**

There are a limited number of beds and mattresses. However, camping is available in the top field. Anyone who feels inspired to enjoy the fresh air and wake up to the sounds of nature can also benefit from a discount for campers. You will need to bring your own tents etc. and a good sleeping bag and mat, as night time temperatures can drop quite low.

**Bookings**

Please book online to secure your place. Alternatively you can contact Kalyana [kalyana@jaijaijai.org](mailto:kalyana@jaijaijai.org) (mob: 07980 265674) to book your place. Booking early will help the organising team to plan the programme and to buy sufficient food

This year some new, positive energy is helping our prakar flow. One is our recently formed Dharma Prakar (DP) board, which you may have read about on our regional mailing list. These three energetic and intelligent people are working methodically to increase the effectiveness and scope of our prakar.

Ananda Marga can benefit all people, in one way or another, whether through our spiritual practices or through more physical or psychological service. However, we need to have effective methods to spread our message, our philosophy and our practices. And this is what our new DP board can provide us with: effective resources.

I recently talked to a couple who run the London Vegan Festival, a major annual event in Kensington since the 1990s. They told me that they felt that this year the event had, for them, a more relaxed, harmonious flow. The reason was, they both felt, because they had invited Ananda Marga to come. Our three workshops, (two on meditation, one on kiirtan) they thought, made all the difference.

And we can make a great difference in the lives of many people. We just need to reach out a bit more.

for everyone.

**Price**

Employed	£75
Student/Unemployed	£65
16 and under	£40
12 and under	£20
2 and under	free
Camping	£60 (conc. £50)

If you feel inspired to be part of the organising team, or if you have something to offer to the children's programme, please contact Devesha [davidgolding2003@yahoo.co.uk](mailto:davidgolding2003@yahoo.co.uk) (mob: 07801 704189)



# Subjective Approach through Objective Adjustment

I must never ignore or neglect the present tense. That is, I must always remember where I am and what I am to do just at present. But what is the present?

We know that there are three tenses – past, present and future. What is the present tense? What is the future tense? Actually there is no such thing as the present tense. When I say something, you do not then hear it. You hear it after a small gap. What is the gap? It is the time taken by the air to carry the sound to your ear. And when you hear, it is past for [me]. So when I say it, just when I am saying it, it is future for you, because you hear after a short gap, and when you hear it is past for [me].

Then what is necessary? You see even a very sensitive organ takes some time to adjust or to digest very long and very short waves, that is, [inferences]. So when we find a little difference between past and future we say it is present. Here between my saying and your hearing there is a very

little gap and human organs fail to differentiate that gap from saying and actual hearing. We say it is present tense, actually there is no present tense. But Lord Shiva said, you should [live in] the present tense. The actual meaning of this sentence is you should always be mentally present in the present tense. That is, you should never ignore or neglect the present tense.

What is the import? Human existence [is] physical, human existence [is] psychic, human existence [is] spiritual. Amongst these three, the physical one is very crude; the psychic one is less crude, you may say more subtle; and the spiritual one is the subtlest. So this existence of the present tense is more prominent in the physical stratum than in the psychic, and more prominent in the psychic than in the spiritual. Actually in the spiritual there is no difference amongst present, past and future, and that is why one who has established oneself in the aspects of spirituality finds no difference amongst past, present and future, and becomes sarvajinā – omniscient. One sees everything, knows everything. But on the psychic level there are differences, and on the physical level the differences are still more prominent.

Here Lord Shiva says that in the sphere of crude physicality you should pay due respect to the physical world. I said it is objective adjustment, but whatever you are doing or whatever you will be doing in the physical sphere you should have proper adjustment. You should maintain proper equilibrium. This adjustment or equilibrium should be with your psychic stratum. In the psychic stratum the existence is less crude and more subtle, and because it is more subtle the time gap is less prominent. Physically it will take much time, because one's psychic structure, one's psychic body, is more subtle than one's physical body, and that is why the time gap is less prominent. And our spiritual movement, our spiritual progress, starts from the psychic world, the psychic level – starting from the psychic arena and culminating in the supreme spiritual point. So here the time gap is very unimportant. Movement is towards the Supreme Entity, towards the spiritual goal where there is no importance of the temporal factor and no importance of the tempus.

A person must move from the psychic towards the

Supreme Entity, where there is no importance of time, but in one's physical structure one is to do so many worldly deeds, so many worldly duties. One has duties concerning food, duties concerning shelter, duties concerning medical needs, duties concerning education, and so many things. And in all these duties, all these activities, in the crude physical stratum, there is the value of space and person and so on, if a person wants proper advancement. If a person wants proper utilization of all his or her mind, there must be a proper adjustment, a proper equilibrium, between one's physical movement and physical activities and one's psycho-spiritual movement, psycho-spiritual advancement, and psycho-spiritual progress; and that's why I said in human life there should be – what? Subjective approach through objective adjustment. If only the subjective approach is there and there is no objective adjustment, there equilibrium will be lost. The entire human society will become degraded and destroyed. And if there is only physical activity and no spiritual advancement, human existence will be rendered to the status of brutes or plants, which is not at all desirable. So a spiritual aspirant must always remember the subjective approach through objective adjustment. There is no alternative.

Shrii Shrii Anandamurtiji (date unknown)

Published in Ānanda Vacanāmrtam Pt.31

## REGIONAL

### Summer Intensive Retreat 2011

The Summer Intensive is becoming a highlight of our pracar calendar. A big thank you to Amala and Jayapal for organising it this year. Sajed and Sanjay share with us their first time experiences.

It seems like so long ago that I was on the one-week intensive. I can say that it was an absolutely uplifting experience. Something special was building up every day. The most touching thing for me was to be in the midst of a group of like-minded people who have a strong desire for the Supreme. One of the most memorable moments for me was when we went to the cove and had to deliver our individual presentations. My sense of awe and wonder at the universe had increased and every presentation that was given was as if the Divine was directly behind it.

#### Sajed Amirinia

This retreat does exactly what it says on the box. We all arrived and were immediately thrown into the intensity of the whole experience. First things first, a sharing circle to introduce ourselves, create an environment where we could all be open with each other, setting goals for the retreat, etc. Each day was filled to the brim with exciting things; starting with yoga and meditation in the mornings, followed by hearty, delicious vegetarian breakfast and straight into philosophical talks given by Dada Jyotirupananda, Dada Ravishekharananda and Didi Ananda Manika. Lunch was always delicious. In the afternoons we went on beautiful walks in the most picturesque of landscapes, we had more talks, and we even played frisbee in a deserted cove! Other activities included various fun and creative workshops, given by the Dadas, Didi and some of the margiis. An entertaining evening was held one night, that left everyone's sides sore from laughing so much at the performances given by everyone.

Personally, being cut off from the world with no mobiles, computers, telephones and (for some of us) no Facebook for a week was the best personal medicine! It made the experience more wholesome.

Everything, throughout the week, was very carefully planned, taking into account each day what the group might have shared in the daily sharing circle. Sometimes it felt like it would have been good to have had some personal free time to just process things that we were learning. But, having said that, the intensity was fantastic!

It's a thoroughly rewarding way of spending a week in your life to learn, grow and expand your own consciousness. If you have not been on one of these retreats may I suggest that you make the time for it. It's life changing!

#### Sanjay James

### Surfing the Susumna II

#### Jyotirmaya Hull-Jurkovich

We will be holding this year's surfing retreat on the first weekend of October. Whilst last year it was strictly for brothers, many sisters have expressed a wish to make this year's open to all. If we can get a core group of at least 5 sisters we can justify renting a separate caravan for sisters.

For more information contact Jyotirmaya on [jyotirmaya@gmx.net](mailto:jyotirmaya@gmx.net). Shanti is the ocean!



## NEW! DP-ACB

### Amitabha Azzopardi

In mid-August fourteen margiis converged at Madhuvrata's house in Northampton to discuss Dharma Pracar. It was a busy weekend with positive results. All present took a number of commitments to work on different aspects of Dharma Pracar, and Shubra (Soraya) Daniels, Roshnii Chou and Amitabha Azzopardi were chosen to form the DP-ACB. Shubra will be the DP-ACB representative on the regional board, Roshnii will take care of finances, whereas Amitabha will be secretary and spokesperson the DP-ACB.

The DP-ACB (Dharma Pracar Advisory Committee and Board) will:

- support units in becoming more involved with the public and thus improve our public profile
- work on a teaching strategy in the form of a syllabus that is relevant to our region/society based on what has been done already but looking towards a future where we are recognised by our peers (such as by gaining BWY accreditation)
- develop our message so that it becomes clearer in thought and structure and more consistent in words
- endeavour to increase the amount of information available to margiis and the general public
- endeavour to improve organisational and social communication within Ananda Marga
- develop the regional website and printed material
- seek to spread the awareness that individually we all have the capacity to contribute something to the collective and that we need to do it

If you would like to contact the DP-ACB and/or work with us, contact me on amitabha@anandamarga.org.uk. If you'd like to join an email list pracar-uk@googlegroups.com that has been created for the purpose of discussing general Dharma Pracar issues and be kept up to date with news, write to Kalyana kalyana@jaijai.org.

Lastly I thank all the margiis who are forming the various subcommittees (nine of them) to tackle different aspects of the work. The three of us cannot possibly do the work alone!

## EIRE

Sunrise Farm, Derroran, Whitegate, County Clare, Ireland. Tel: +353 (0)61 926932  
[www.sunrisefarmireland.org](http://www.sunrisefarmireland.org)  
[sunrisefarm@eircom.net](mailto:sunrisefarm@eircom.net)



The otherwise cold and wet summer in Ireland was graced with three beautiful sunny and hot days; these were the days on which LFT trainees Sadhana and Kusum were doing their SPT. This is a special training where one has the barest of necessities, is silent and constantly remembers their mystical connection with the Supreme. This is the culmination of the one month training that is held yearly at Ananda Bharati Master Unit. Concurrently we had ideological training for three sisters: Karuna who is Spanish but lives in Dublin; Isha who is from Kuhl, India and married to Narada, a Dubliner; and Susmita from Belgium. There was a lovely vibration throughout and even the plants benefitted from the kiirtan.

The crops are growing well, providing us with delicious and nutritious food. We are a member of WWOOF and have Willing Workers On Organic Farms from all over the world. Many join the morning daily yoga routine and learn meditation.

Our blueberries and tomatoes suffered from the lack of sun but we still managed to make lots of sugar-free blueberry and blackcurrant jam and also made some jams with organic raw cane sugar.

We have been selling at the newly-opened

Farmers Market in Mountshannon which is only ten minutes from the farm. It is a nice source of income and opportunity for pracar as well as a great way of building community feeling, inspiring people to buy locally. We bake blueberry muffins, gluten-free and sugar-free blackcurrant muffins, an assortment of cakes, as well as pizza and veggie burgers.

Yoga classes continue in Ennis weekly for people with disabilities through the brothers of charity and usually 15 to 20 persons join in, some even from their wheelchairs. It is remarkable to see how everyone, even those with special needs, can benefit greatly from yoga. And in Scariff, Patrick is my most enthusiastic yoga student who can even run the class. He arrives to class pacing the room and leaves laughing and relaxed. It is amazing to witness.

We had a lovely visit from Surya, his pregnant mom Roshnii and father Premasagar, who enjoyed visiting the Cliffs of Moher, seeing the local waterfall and taking a boat to the Holy Island. They also helped picking potatoes and eating lots of greens from the garden. Didi Ananda Praveda, SWWS director of the Didis in Europe also visited the Master Unit.

Colleen, my long term WWOOFer has agreed to again run the farm this winter. I will be heading to East Africa to assess the famine situation where some 12 million people are in threat of starvation. AMURTEL hopes to start a women's coop to grow Spirulina and also to plant a million trees to stop the deforestation and drought. If you would like to support this project through fundraising, consciousness raising or otherwise, please contact me at anandaprama@yahoo.com or AMURT UK.

Wishing you all the best health and happiness.

Didi Ananda Prama

## LONDON DISTRICT

### Non-Violent Communication Seminar

2nd – 3rd July 2011

The NVC seminar led by Arundhati was a success. About a dozen people got together for a series of classes and activities. The unit committee would like to thank Arundhati for coming to London all the way from Germany to do this. Patrizia, one of the attendees, writes: "I really enjoyed this experience. The atmosphere was welcoming and comfortable. We were nicely supported by Arundhati who was always sensible in leading and containing our work. All of us contributed to the general 'openness', without judgement. This has helped for me to get in touch with my feelings and share them with others. I've received some important input that has helped me progress in my personal journey. I feel grateful for this precious gift and for the opportunity to meet such nice and sensible people."

### London Permaculture Festival

16th July 2011

We had a table distributing information about Ananda Marga and selling books. Dada Jyotirupananda gave a talk on meditation attended by about 20 people. Numerous people expressed interest in meditation and signed up for our mailing list.

### London Vegan Festival

21st August 2011

Dada Jyotirupananda gave a talk and a workshop on meditation whilst Amitabha gave a workshop on Kiirtan. All three sessions were well attended and Robin and Alison, the organisers, thought that we added something very positive to the overall atmosphere of the festival. The Festival was a success, with over 2,000 visitors coming to Kensington Town Hall for the event.

### Can you believe it?!

A man walked into Food For All recently. He had something very important to tell the shopkeepers: he came to confess that over the past few years he had been shoplifting items. To make up for it, he handed £300 to the people at the till!

### Prabhata Samgiita Divas

We will celebrate the festival on Sunday 18th September. Come to the jagrti at 3pm for our PS Competition, followed by DC. More details on email.

### Akhanda Kiirtan Home Delivery

These really took off over summer! We had one in June, two in July and another one in August and have already had one in September. Everyone is finding it to be a wonderful social function that not only boosts us spiritually but also vibrates our homes for days on end. Check your emails for more invitations!

### New Term: Classes

This term we have Amitabha, Shriila and Karmeshana offering yoga classes. Dada Jyotirupananda carries on with his meditation class and Krsnadeva will be leading chanting and meditation sessions. We will have monthly open days on the second Saturday of each month.

### Festival Of Life

24th September 2011  
Conway Hall, Holborn

We will have a stall at this raw foods festival, as well as talks and workshops and products for sale. [www.festivaloflife.net](http://www.festivaloflife.net)

### Introductory Weekend

4th – 6th November, 2011  
Newmarket, Cambridgeshire

For the general public. Get in touch with Krsnadeva [krsnadeva1@gmail.com](mailto:krsnadeva1@gmail.com) for more information.

### Refurbishments: Hallway

Andy has once again come to our help and initiated a refurbishment of the hallway of the jagrti, ably assisted by Vinayaka and Paresh. The ceiling has already been raised and new lights have been fitted. The work continues at the time of writing this. Plans include glass over the new door and in the door to let in natural light. And a fresh new coat of colourful paint will help lighten the area, too.

### Regular Events

Sunday, 4pm

**Dharma Cakra**

First Sunday of month, 1.45pm

**Akhanda Kiirtan**

Second Saturday of month, 2.30pm

**AM Open-Day**

Last Saturday of month, 7.30pm

**Kiirtan Evening**

*[For classes schedule check our website]*



## LIVERPOOL DIOCESE



### Outdoor Activity Retreat

#### Yorkshire Dales

19th - 21st August 2011

It started out as an idea for a small northern retreat which would be a 'spiritual holiday'. That phrase didn't sound right: Tantrics don't do spiritual holidays! Dada Ravi told us that the closest thing to that in Ananda Marga is a VSS/GV camp and we got inspired by that idea. However, as we learned more about what that would entail – separate brothers' VSS and sisters' GV camps, flag raising ceremony, drill marching – we realised that perhaps it wasn't quite what we had in mind either. So finally it became an outdoor activity retreat.

"What kind of outdoor activities?" I hear you ask. The answer is, 'activist' activities! With two groups – one of capitalists and one of PROUTists – the struggle was on to overthrow the vaeshyan grip and to bring about the sadvipran revolution. The PROUTists were fearless. Armed with maps, compasses, walkie-talkies(!) and righteousness and devotion burning in their hearts, they set off

through the forest in search of the capitalist camps. Their mission: to infiltrate the camps unobserved and capture the valuable documents which would reveal the whereabouts of the rest of the capitalists and, ultimately, to capture all capitalist bases.

The capitalists took their role seriously and patrolled the forest diligently to try and capture any unwary PROUTists. The PROUTists came very close indeed to their success but didn't quite make it due to some wily capitalists capturing them. It was 1 against 10, and the PROUTist had the war scars to show for his commitment to the cause!

As well as being great fun, the exercise gave us an experience of working in teams under stress (and duress) and having the odds stacked against you, as the PROUTists found out. Struggling for a revolution, the path is 'not strewn with flowers', but we learnt we must march on, 'tearing the shroud of darkness'!

The weekend was hosted by Aditii and Parmeshwar at their wonderful house in the beautiful North Yorkshire hills and was attended by margiis from as far away as Lon-

don, with seven margiis undertaking the long drive up the M1 to attend the weekend. That was tantric in itself. Running through forests after a six hour drive and little sleep is impressive indeed!

Having run this programme with some success, the plan is to run VSS and GV camps next year. Watch this space for news!

**Tantric South, This is Tantric North. Over and Out!**

**Devashiisha Few**

### Introductory Weekend

#### Llanbrynwaer, Powys

4th – 6th November 2011

For the general public. Contact Devashiisha david.g.few@googlemail.com for more information.

### Featured Artist

**Sanjay** (Stuart James) is one of our budding margiis who certainly has artistic flair. He is a stage designer from South Africa who has worked on various sets internationally, with acting credits and more. He delights in painting roses in particular. If interested in commissioning or buying a painting email him at sanjay.james.22@gmail.com





# Behind

*Didi Ananda Manika has been working tirelessly at the helm of the nursery in London for many years. But who is Didi Ananda Manika? Amitabha Azzopardi interviews.*

**AA: How long have you been in our region?**

DM: Since February 2005. I came to the sector in 2004 and for a year I worked in Finland and Norway.

**AA: And before that?**

DM: My first posting was in Siddhi, in India, in 1993. I was sent there as DtSL without there being any margji's there, and I remember gaining a lot of experience. I ended up doing a lot of prakar and organising large kiirtan gatherings which attracted a lot of non-margji's. I made a lot of sympathisers who supported me in my needs.

**AA: What about Nepal?**

DM: I was posted in Nepal between 1998 and 2003. I worked in a primary school in Hetauda for one year and I was then made RSL of Kathmandu. I was the first Didi to serve as an RSL in Nepal and it wasn't easy to establish the position. Yet, Nepal was a very inspiring field to work in. We had more than 30 units and I was travelling day and night from place to place by bus. I was in a very good flow! We opened 3 medical units which were very successful – over 100 patients walked many miles every 15 days to be treated by us. Amongst other things I helped another Didi construct a school of 6 rooms which served 150 children. We also built another 3 rooms on the Master Unit and opened a school in Rangeli. I had many dedicated margji's working with me.

**AA: I heard that you are a third-generation margji. Is it true?**

DM: No! It is true that my grandfather was initiated later in life. My dad got initiation when I was three. Mum followed, and then myself, their eldest daughter.

**AA: Did you ever meet Baba physically?**

DM: I did. I met him 4 times in all. In the year of 1979, when I was nine, my parents followed Baba around 3 DMSes: in



# the Orange Veil

Ludhyana (Punjab), in Jammu, and in Delhi. I remember very clearly the first time I was physically close to Baba. We were at the airport in Ludhyana to see Baba off. We were waiting for his flight. I was the only child amongst the adults present, looking at the aeroplanes flying up and down. Then all of a sudden Baba's bodyguard starts crying. I asked my dad for an explanation, after which he put me on his lap and silenced me. He explained that nobody wants Baba to leave. I can still see him clearly in my mind, sitting there so beautifully. Margiis were putting flowers at his feet.

I saw Baba last in 1986, in Tiljala (Calcutta). I got initiated at that time. I remember being at the back of a packed hall with my friend. People pushed me forward and I fell onto somebody's lap. The desire grew in my heart to see him more and more closely. Once the darshan finished and the kiirtan started, I caught my friend and with determination told her that we should go and see Baba. We made our way outside towards Baba's quarters and Dada Rudrananda and two bodyguards told us to go away, as the area was out of bounds. We hid and peeped from behind a bush. When I saw Baba's car arriving, I jumped out and stood by the car, right by his window. We exchanged a very deep Namaskar and in that one second that we held eye contact, I felt as if he had

taken everything from me. I went back to the kiirtan and I couldn't stop crying. That experience was the defining moment of my life.

**AA: Thank you Didi, that was very beautiful.**

**AA: What do you do in London?**

DM: I am the principal of Sunrise Schools. I work with Meeta who is the chairperson of Sunrise Education Trust. My sectorial posting is GV, which stands for Girls Volunteers.

**AA: What is GV?**

DM: GV deals with internal security. We make sure that the treasures of AM are safe. It is the mission of the department to create more volunteers, to inspire sisters to follow 16 points and Yama and Niyama more strictly. We strive to develop physical and mental discipline. We do this also through camps.

**AA: What do you think of our region?**

DM: I think that in order to grow, we need to care for each other more and more. We have to tend to each other's needs and the senior margiis have an important role in supporting the younger ones on the path. We need to keep up the spirit. Having a form of regional collective ser-

vice would bring a lot of inspiration and establish our good reputation in society – service brings healing where needed, at both the receiving and the giving end. Service was my motivation for becoming an acarya.

**AA: If you had more time to spend with sisters, what would you like to do?**

DM: I would really like to start monthly gatherings where we can do something together, even if perhaps to analyse a philosophical discourse. I want us to do more spiritual practice together. I am happy that we have been organising sisters' retreats. Next year I will be organising a sectorial one.

**AA: Baba put a lot of pressure on us to reach balance between men and women in society.**

DM: Women have a very significant role in society. In the family we need to provide certain needs, as mothers, wives and sisters. We have a predisposition for love, empathy and compassion. Of course, these days, boundaries between men and women are being transcended, as more women achieve more academic and business recognition. Yet we remain physiologically different to men and we see things from different points of view.

## BOOK REVIEW Dada Jyotirupananda

### Beyond Prayer and Praise: A Spiritual Memoir

by Mangal Bihari

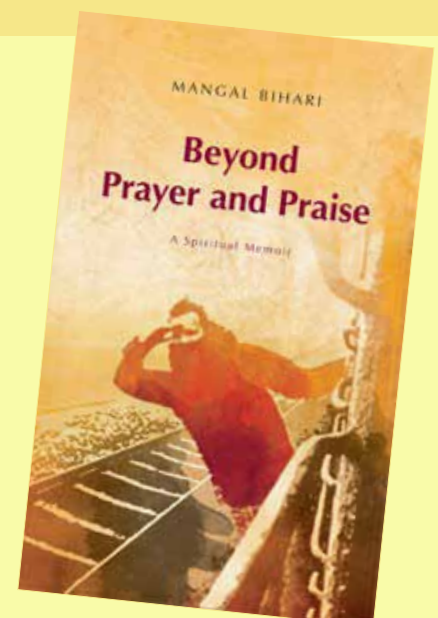
198pp, £10, available at Ananda Marga Regional Office

Mangal Bihari has been a dedicated Margii since the early 1960s. He was also a senior civil servant in India, serving twice as acting minister of defence for India. He had his feet set in two very different worlds for many years.

In this book he recounts, in frank and simple words, his life from his early days in a poor, remote village in northern India, from where he worked his way up the professional ladder but all the time was searching for spiritual fulfilment. This book recounts difficulties, confusion, enlightening experiences and confirmations, sometimes in surprising and amazing ways, of the spiritual quest that the author and his wife found to be fulfilled through Baba.

When he eventually met Ananda Marga he and his wife went through a good bit of mystification as they tried to understand if this mystical path was for them. With Baba's help and grace they both realised that Ananda Marga was their spiritual home.

As the cover notes: "This... very personal account... gives glimpses of a great and mysterious spiritual figure." A splendid read, indeed.



## AMURT UK [www.amurt.org.uk](http://www.amurt.org.uk)

After the hustle and bustle of the festival season that marked the beginning of the summer holiday for AMURT (UK), summer brought with it what seemed like a lull. However, there have been activities in the pipeline, mainly the coming together of a plan for action in aid of the Somali refugees in the horn of Africa. We have all been moved by the humanitarian crisis in Somalia and feel like we want to help somehow. Didi Ananda Prama has volunteered on behalf of AMURTEL to visit the region and investigate the possibilities of starting service projects among the refugees in Kenya. After Didi's return and debrief, we hope to launch the Somalia/Kenya appeal. In the meantime, try to be AMURT ambassadors. Talk to your friends and neighbours about AMURT, hold a coffee, I mean... "Barley Cup" morning or afternoon to fundraise among friends, colleagues and neighbours. I feel it is important to spread the word about AMURT and to stay motivated and inspired as a way of raising AMURT's profile.

The first "Barley Cup" afternoon fundraiser for this year took place on Thursday the 8th of September in Reading. Didi Ananda Prama, Jyoshna and Kavita oversaw the event and shared their experiences as AMURT volunteers with mums and children from the Reading area. Didi closed the session with a meditation circle. Wish us success. For ideas on small scale fundraising events please email me at [karunaa@yahoo.com](mailto:karunaa@yahoo.com). I look forward to hearing from you. Until then, stay inspired!

**Karuna Collins**

### 'Made in Hackney' Local Food Kitchen

Plans are underway to convert the basement of Food For All into an industrial kitchen. Jyoshna Lovage and a couple of supporters are applying for a grant to fund the project. If this takes off, we could be seeing a range of activities starting at our premises. The project aims to introduce people to 'local food cooking', i.e. to promote the different cuisines of local ethnic communities as well as spreading awareness of how one can make use of locally grown ingredients. Classes would be taught in the kitchen, supervised by a professional cook and the use of the kitchen would be free for community groups. Food For All has already garnered the support of Architects for Humanity, who have offered to design the plans for free, as well as Organic Lea growing communities who are keen to allow for the harvesting of produce from community orchards for the project. The food produced could be sold for income. Non-margii supporters of the project have themselves nominated AMURT as the sponsor of the project, credit to the good reputation that AMURT has established in our community.

***Ciranjiiva, Manidiipa and Dhruva Tatsuyama-Kurk have returned to our region after spending a number of years in Japan. They have set up base in Aberystwyth, Wales and we are very happy to have them back!***

## SUNRISE EDUCATION TRUST

[www.sunrise.org.uk](http://www.sunrise.org.uk)

Sunrise Nursery, 1 Cazenove Road, Stoke Newington, London N16 6PA. [amanika123@gmail.com](mailto: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 / (0)7966 218783

### Sports Day Bring-And-Buy Sale

#### A Whopping Success!

The Stoke Newington School raised over a thousand pounds through the Bring-And-Buy sale at the Sports Day!



To receive school newsletters contact Didi Ananda Manika. John Lewis, HMV, Nature's Best, Halfords, Jessops, dabs.com, CD Wow and Love Film will all make a small donation to Sunrise if you access their online shops via our website



Our Lakshmi Shivalanka got married to Norwegian brother Praveda Fossum in Norway last month. Friends and family gathered in large numbers from Norway, England and India making it a memorable day for all present. The marriage ceremony was led by Dada Jyotirupananda and Didi Ananda Danavrata. And as if a wedding is not enough excitement...

### *Newly born Sita*

...the couple have a new child! Sita was born on the morning of the 4th of July. We wish the new family a joyous life together.



## *Pracar with that genuine human kindness*

Baba indeed was, is and will always be a mystery. Recently reading again 'A Few Problems Solved', I was struck by the paradox of Baba encouraging us to fight against avidya unceasingly (15), to 'wage war' on the oppressors (17), but also telling us that it is 'a great sin even to think of the destruction [of those afflicted by selfish mental propensities]' (4). In what is presently for me one of the most significant pieces of instruction in that small but powerful book is Shrii Shrii Anandamurti's declaration that 'In all human actions the tender touch of humanity should be present' (12). How can we absorb these two truths – to fight for justice, to wage war against animals in human form – and do it with tender, breathing, animated human kindness?

Recently, I have not been doing as many classes as in the past but have, instead, been inviting just one or two people round to share a structured time of sadhana and satsaunga. The effect has been profound. The simple act of inviting others into 'your' space, creating time for sadhana together, and moving together, can create strong bonds that are the first tender shoots of spiritual community. For me, this is a revolutionary way of doing pracar: make it personal, make it normal, and make it kind. Slowly I feel that a more sustainable form of pracar, that is about sharing rather than about teaching, is growing in me. It is a welcome arrival and a reminder that pracar can permeate our whole lives. Feeling this, I read our Guru's words with renewed enthusiasm and acceptance: 'Instill in others the earnest desire to follow the path of virtue – only then will you justify your existence as a social creature.' (Subhasita Samgraha 1, p.103)

**Devashiisha Few**



### **Congratulations...**

... to Rohitesh for graduating in Ayurvedic Medicine from London Middlesex University and to Amala and Sajed for graduating in Urban Planning from UCL!



Prabhata Samgiita Divas (14th of September) is the festival commemorating the day in 1982 on which Baba started composing his body of 5,018 songs. To commemorate this important day, here are excerpts from an interesting interview with Dada Priyashivananda published in the nineties in New Zealand.

# প্রাভেহাটা স্বাঙ্গীতা

An Interview with Ac. Priyashivananda Avt. by Jyoshna La Trobe

*This interview with Avadhuta Priyashivanandaji at Tiljala, Calcutta on the 30th June, 1996 was conducted as part of the research for my thesis on music and culture of Ra'rh. During this time I spent 7 months primarily in the Purulia District of West Bengal though I also stayed in Calcutta for a month, in order to have Prabhata Samgiita classes from Dada Priyashivanandaji and to take Bengali classes at the Ravindra Bharati University in Calcutta. As many of you may know, Baba said that Ra'rh is the birth place of civilisation. It is where the first human being was born, where Shiva propounded Tantra, and of course where Baba established His City of Bliss, Ananda Nagar.*

**How does Prabhata Samgiita fit in with the rest of Bengali music?**

DP: The Bengali music in general is characterised by its rhythm, lyrical beauty and its richness of melody and the depth of its inner idea of philosophy. All of these factors are excellently blended in these songs. But I think the factor which is exclusive to Prabhata Samgiita is its devotional content. This you won't find in other types of music. This is very basic to Prabhata Samgiita, this devotional point.

**Did Baba say anything about improvisation on Prabhata Samgiita songs?**

DP: Yes improvisation means especially in cases of classical songs, Baba used to say "You know when you sing a classical song you have a lot of opportunity, a lot of scope to improvise". He has given the basic tune, the raga in which that song has to be sung, He has

already given the song, after listening to us used to say "You see, this song..." when we used to sing before Him, after He has given the song, after listening to us used to say, "Well you that have sung this song in just four or five minutes but this very song can be sung in fifteen minutes, twenty minutes also." It can be expanded, you can make a lot of improvisations, you can introduce a lot of details of classical singing, the different modulations of your voice, you can introduce different styles of classical singing as for example, tan, gamak, these are the different musical details, styles of singing. Baba was very much interested in all these things. He also gave a few special instructions about that and now, while recording songs, especially classical types of songs I am keeping in mind those instructions. When I am personally singing, I am singing according to His instructions and when I am making

others song I am also telling them that these were His instructions, these songs should be sung in this way. So there is a lot of scope of improvising. But one thing is Baba did not allow the basic tune to be changed, keeping the basic tune the same you can make improvisations, some ornamentations, like that, so it sounds nice.

**Did Baba say anything about a Prabhata Samgiita gharana? (a distinct school or style of music which is carried on through successive generations)**

DP: Yes, Baba used to say that Prabhata Samgiita is a distinctive gharana of music, not a revision to the already existing gharanas and Baba said that the style of singing Prabhata Samgiita, should be classical, drupad. Drupad is the oldest form of classical music in India. These Kheyal, Thumuri, these are diluted forms of Drupad.

Drupad is the fundamental, basic form of classical music and Baba said that the style of Prabhata Samgiita gharana should be drupadi style, and one has to sing from within. Not from your throat, your voice should come from your navel point. You know in drupadi style one has to sing with open voice and also very bold and you should have lot of involvement with the song, be deeply involved with the song, the inner meaning of the song.

### **What was the system that Baba used to teach you Prabhata Samgiita?**

DP: Well, I consider myself very fortunate in the sense that I could learn Prabhata Samgiita directly from Him. You know Baba was a very, very busy man. In spite of His very, very busy schedule He used to find some time for me so that I could be with Him. First He was kind enough to include me in the panel of singers who were permitted to be with Him when He used to compose songs thereby I had an opportunity to be with Him and follow Him very closely while He was composing a song. Secondly you know in every general Darshan, every Sunday He used to sit in general Darshan in His Lake Gardens residence and I had to sing songs; one before His discourse and another after His discourse, but before that I had to get my singing approved by Him. Every Sunday about 11 o'clock when He was say, shaving, he used to call me in His room and I used to sing the song that I would sing in the general Darshan and He used to correct my singing. "No, no, sing this way, you must modulate your voice in this manner," here or there, He just used to tell me details about the song so thereby I would get a lot of training, a lot of learning from him.

Also there was a time, I think you will remember when Baba made it a habit to sit in front of the margiis after returning from evening walk. He used to listen to me singing His different compositions and Baba used to correct my singing Himself. Wherever I made a mistake Baba used to catch me, "So you are making a mistake here." Of course He was calling me by my previous name, at that I was not a sanyasi. "This should be sung this way," and Baba used to sing before the margiis. You can understand, you can easily imagine the entire compound was jam packed, used to be full of margiis and Baba was sitting in the chair giving instructions.

So thereby I got a lot of opportunity to listen to Him and to listen to His instructions and correct my singing. Also later on when I was asked to record Prabhata Samgiita, then Baba made it a rule that before recording any song I had to sing the song again and again before Him, His style, His mood, His likes, His dislikes, His preferences, inclination and many other minor details of Prabhata Samgiita.

### **Did Baba give the tunes first before the lyrics when composing Prabhata Samgiita?**

DP: Baba had a unique method of composing these songs. Normally, as you know a composer composes the lyric first and then sets the lyric to the tune. But Baba adopted just the reverse method. He used to sing the tune first and then He used to set it to a lyric, so lyric came later. That is really, I think this is something unprecedented in the history of music composition. I have never heard any music composer giving the tune first and then the lyric later. Have you heard of this?

### **No, I haven't.**

DP: So Baba used to sing the tune, just hum the tune first, go on humming the tune, full tune. Then we had to follow Him closely, very minutely, what is the type of tune He is humming we had to follow Him very minutely. Then after singing the full tune Baba used to sing the song also with the

lyric. As we listened to His singing we also had to note down the lyric. So we had to be very, very alert, very, very particular. If we made a little mistake, it was very difficult also because to follow Baba you can understand, I think you have seen Baba a lot of times, He is so fast, His speed is so tremendous so it is a very difficult yet, by Baba's grace we could write. Normally three persons should be there when Baba was composing a song. So we used to note down the lyric also and we were listening to His singing also. Following Him very closely and after He has finished singing then He would ask us to sing again and again till he was completely satisfied that we have picked up the tune correctly and properly. Then only we were permitted to come out of His room and tape the song for preservation. This way all the songs, the tunes are preserved and nowadays when we are recording we follow those tapes while we record songs.

[Note: Unfortunately the recording of this interview was very muffled hence all the errors in this document are like to have occurred at the transcribing stage and I take full responsibility for these.]



## **Kaosikii Divas**

Shrii Shrii Anandamurtijii invented Kaosikii on the 6th of September 1978. In remembrance of this, here is a list of the different ideations prescribed for the various parts of the dance.

1. At the start, with hands upraised and together: 'Now I am trying to establish a link with Parama Purus'a'
2. Bending to the right: 'I know the right way to request You'
3. Bending to the left: 'I know how to fulfil Your demands'
4. Bending forward: 'I surrender completely'
5. Bending back: 'I am ready to face all obstacles'
6. At the end, whilst stamping the feet: 'O Lord, I repeat Your rhythm'

## Sectorial Conference 2011

25 – 31 July

### Madhu Karuna, Berlin Sector

It isn't easy to express in words the intensity of the bliss we felt in Madhu Karuna this year. It was our first big retreat as a family and we were very enthusiastic. We immersed ourselves in kiirtan and sadhana, something me and Pundarika can't always do, being parents of two small children. We were also a bit worried knowing it was going to be a full week of sharing with others and we didn't know at all what to expect.

We felt at ease as soon as we arrived and that feeling didn't leave us until our departure. It wasn't easy for us to understand the program as we were quite new margiis. We couldn't always make out what the jargon meant but there were plenty of Didis and Dadas around ready to explain what everything meant!

The general flow was just amazing. Everything was falling into place so that we could enjoy our time there. We experienced our first 24-hr kiirtan which set the tone for the week. It put us fully in a calm and serene state of mind. It was beautiful to wake up every morning with the sound of kiirtan. The little ones would still be sleeping soundly and we could just run out of the tent for a quick shower and then enjoy an early morning kiirtan and sadhana in the big hall before the break of dawn. It was just perfect!

The food was amazing throughout the event. As some of you may know, being two foodies, we could appreciate this side of our stay enormously. We got to try many new sentient dishes.

We couldn't always enjoy DC because of the little ones. Instead we would catch up easily by having great sadhana in Baba's room which felt like heaven on earth for both of us. Damini, our youngest one, enjoyed loads of naps to the sound of kiirtan. She was so happy and calm in MK! She met tons of people and socialised a lot for an eight month old baby.

As for Maungala she went to what she called 'school' all week and for a four year old home educated little girl this was the best time ever.



She got on with the Didis in charge so well that we weren't allowed to stay anywhere near her during 'school' time – the children's program was just brilliant. She did lots of crafts, singing, dancing, chanting, acting, cooking, yoga, and spent hours playing in the sandpit and wherever she could, she hid from us in MK. She has asked to go back at least once a week ever since we returned home!

We also got to know more margiis, Didis and Dadas and enjoyed really good satsaunga. We spent twice our budget on books and we were each falling asleep every night with a new book in hand. We were able to attend all the workshops we wanted to and we learnt quite a lot about the organisation which is helping us to find our place in Baba's mission. We got to hear so many of Baba's stories just as if he had been walking amongst us during the whole week, giving a very nice and mystic side to our stay in MK. We also got to know our brothers and sisters of London region better and it was very nice to share all these beautiful moments with them and to get closer.

We both had this feeling that we'd experience something big at the retreat. Just about an hour before our departure Didi Ananda Manika, my lovely and caring Didi, came to us while we were piling up food for breakfast in the dining room and called us to see Baba's blessing. It turned out to be one of the most amazing and shaking moment of our lives, as if Baba didn't want to let us go without feeling in our own bodies the strength of his own energy. Watching a simple video on a wall, we felt a huge wave of energy rushing and we could only fall into tears as the blissful feeling spread in our bodies and minds. Thank you, Baba, for making this one of the most amazing times of our lives.

We didn't have any negative experiences during the entire week which is amazing for a first experience like this. Although... we weren't able to eat any food after Baba's blessing!

In His Infinite Love,

Aditi, Pundarika, Maungala & Damini

## Birthday Ceremony

Have you ever been in a group situation when it's somebody's birthday and you wished you had some meaningful way of commemorating it? Baba actually thought about that and described a sweet ceremony for us in Caryacarya. On the 3rd of September we celebrated Kalyana's 30th birthday in London with an Akhanda Kiirtan at his place and Jyotirmaya officiated the birthday ceremony. It was a very pleasant sharing moment. Who wants to be next? Do we have a stock of red dye at the jagrti?



## Bhakti Festival

5th – 7th August, 2011  
Somerset

Kalyana, Ankit, Indranatha, Shubhra (Soraya) and Tejasvii, John, Bashra and Divyendu all went to Somerset for the Bhakti Festival in August. Organised in aid of the Special Yoga Centre (a charity that provides yoga to children with special needs), for which they raised over £5000, the festival was full to the brim with performances and workshops of a devotional nature.



## Meditation Flash Mobs “We are being the change we want to see in the world!”

People from all walks of life have been coming together once a month in London to participate in the Meditation Flash Mobs. Most of these Meditation Flash Mobs are now taking place simultaneously with others around the globe. To date, in London there have been Meditation Flash Mobs in Trafalgar Square, Covent Garden and outside the City Hall along the banks of the Thames.

If you have not yet been to one, come and see what it's all about! If, for some reason, you can't be there on the day, try to set one up in your own home town or indeed meditate at the same time and connect with us long distance.

The next one is taking place on International Peace Day on 21st September 2011, at Marble Arch, in London, starting at 18.00. Check the Wake Up community on Facebook for more details. Before the meditation, for those a little creative, and because it is International Peace Day, from 17.00 – 18.00 we will be making a giant peace symbol out of flowers.

The breaking Flash Mob news is that Dada Jyotirupananda made the front cover of the newspaper Positive News!! [You can find the article titled ‘Flash Mob Meditations in London Awaken Public Interest’ on [www.positivenews.org.uk](http://www.positivenews.org.uk) ]

Sanjay James



## THE ASANA CORNER

### Why Asanas? Part 2

Ganga Grace

Yoga postures initially focus on improving body flexibility (your body is as young as it is flexible). They focus on the health of the spine, its strength and flexibility. The spinal column houses the all-important nervous system - the telegraphic system of the body.

By maintaining the spine's flexibility and strength through exercise, circulation is increased and the nerves are ensured their supply of nutrients and oxygen. Asanas work on the internal machinery of the body, the glands and organs as well as the muscles. They affect the deeper and more subtle parts of the body. The internal organs receive massage and stim-

ulation through the various movements of the asanas and are toned into more efficient functioning. Hand in hand with the practise of asanas we practise deep breathing and concentration of mind.

The yogic system of exercise can be compared to no other in its complete overhaul of the entire being. Performed slowly and consciously the asanas go far beyond mere physical benefits becoming mental exercises in concentration.

Most importantly asanas balance the hormone secretion, thereby balancing our emotions, preventing negative emotional states like anxiety, depression, a sense of hopelessness, defeatism and replacing them with enthusiasm, joy, a positive outlook and peace. Asanas also calm the flow of prana, vital energy, which is essential for deep meditation. A restless and agitated mind - a sign of the prana moving randomly

through the body, will not allow to access deeper meditative states. Hence the importance of regulating the prana through the practice of asanas and the prescribed breathing that accompanies the practice. Precision in the practice of asanas is key to achieve the highest possible benefit and purification of the nadis (nerve channels) in preparation for the state of samadhi. There are specific asanas which are designed to assist with the rise of the kundalini up through the spinal cord. These asanas work on purifying the nadis, clearing the pathways of the susumna, ida and piungala nadis and the cakras. Asanas are powerful in that they work on the entire physico-psycho-spiritual system, and ultimately assist in creating an extremely subtle body and mind, the fundament of spiritual elevation.



## GLOSSARY

**Acarya:** one who teaches by example  
**Akhanda Kiirtan:** kiirtan done in circles in three hour periods  
**AMURT:** Ananda Marga Universal Relief Team  
**Ananda Marga:** "path of bliss"  
**Ananda Vacanamrtam:** set of books consisting of discourses given by Shrii Shrii Anandamurti  
**Asana:** yoga posture  
**Avidya:** negative force  
**Cakra:** psycho-spiritual centre  
**Dada/Didi:** Respected brother/sister  
**Darshan:** discourse  
**Dharma Cakra:** chanting and meditation session  
**Dharma Pracar:** Ideological propagation  
**Divas:** festival  
**DtSL:** Ladies District Secretary  
**Ida and Piungala Nadis:** pathways of vital energy  
**Jagrti:** house of spiritual awakening  
**Kaosikii:** Yogic dance created by P.R. Sarkar  
**Kiirtan:** devotional chant  
**Kundalini:** coiled serpentine energy  
**Mahaprayan:** Physical departure of Shrii Shrii Anandamurti  
**Margii:** one who follows Ananda Marga lifestyle  
**Master Unit:** A rural community model based on principles given by PR Sarkar  
**Namaskar:** I salute the divinity within you with the charms of my mind and the benevolence of my heart

## FASTING DAYS



<b>Sep</b>			22 <sup>nd</sup>	26 <sup>th</sup>
<b>Oct</b>	6 <sup>th</sup>	10 <sup>th</sup>	22 <sup>nd</sup>	25 <sup>th</sup>
<b>Nov</b>	5 <sup>th</sup>	10 <sup>th</sup>	21 <sup>st</sup>	24 <sup>th</sup>
<b>Dec</b>	5 <sup>th</sup>	9 <sup>th</sup>	20 <sup>th</sup>	23 <sup>rd</sup>

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

**Parama Purus'a:** Supreme Consciousness  
**Prabhat Samgiita:** songs written by PR Sarkar  
**Prana:** life force  
**Ra'rh:** region in west bengal, India  
**Raga:** Indian melodic mode  
**RS:** Regional Secretary  
**RSL:** Regional Secretary (ladies)  
**Sadhana:** meditation  
**Sadvipra:** true moralist  
**Samadhi:** state of spiritual absorption  
**Sanyasi:** renunciate  
**Sarvajin'a:** omniscience  
**Satsaunga:** spiritual company  
**Susumna:** inner pathway of vital energy  
**Vaeshyan:** of business skill  
**VSS:** Volunteers of Social Service  
**Yama and Niyama:** 10 principles of moral conduct

## CALENDAR

September 24th  
**Festival of Life** (London)

October 8th  
**Babanam Kevalam Day**

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 21st – 23rd  
**Autumn Regional Conference**  
 Unstone Grange, Derbyshire

November 4th – 6th  
**Introductory Weekends**  
 Newmarket (Cambridgeshire) England  
 LLanbrynmair (Powys) Wales

November 5th  
**Diipavali**

## CLASSES

### In London

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

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

### In Manchester

42 Keppel Road, Manchester M21 0BW  
 Tel: Devashiish 07766 218 582

### In Liverpool (Childwall)

Tel: Kumar 07963 131 563

### In Wales

**Welshpool, Newtown**  
 Tel: Dada Ravi 07812 480 870

**Aberystwyth**  
 Tel: Gabriel 07542 080 803

**Machynlleth**  
 Tel: Kusum 07847 108 571

## EATING OUT

*We'd like to promote restaurants that cater nicely for margiis. If you come across any worth mentioning, please write to us, wherever they are in the region!*

**Shayona (Neasden, London) [www.shayonarestaurants.com](http://www.shayonarestaurants.com)**

Pranav Bihari rates Shayona restaurant very highly. It is situated in the grounds of the BAPS Swaminarayan temple in Neasden which means that it is a bit out of the way for most margiis. Catering according to the sentient diet, the restaurant serves an impressive range of dishes. One will find on offer the thalis of Gujarat and Rajasthan, the rich curries of North India and the Punjab as well as the delectable dosas of South India. Another plus is the food supermarket attached to its premises which stocks completely sentient food products – from ready meals to fresh fruits, veg and frozen foods. It is worth organising a special trip to this sentient food heaven!

## Regional Shop

### Items for sale at the regional office

1. Lungotas: £5 each
2. "Beyond Prayer and Praise" by Mangal Bihari book, £10
3. "Yoga Sadhana: The spiritual practice of yoga" by Shrii Shrii Anandamurti £8
4. "Kitchen of Love: 180 vegetarian recipes" by Dada Shantimaya, £12
5. "Namah Shivaya Shantaya" by Shrii Shrii Anandamurti (hardbound): £10
6. "Namami Krsnasundaram" by Shrii Shrii Anandamurti (hardbound): £10

**A large collection of other Ananda Marga books are also available.**