

# Satsaunga

Ananda Marga UK and Eire Regional Newsletter

Issue 3

Quarterly  
Spring 2011

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## Spring Conference 2011

**Ananda Bharatii MU, Derroran, Whitegate, County Clare, Ireland**

**The Master Unit** is situated in County Clare close to one of the biggest lakes in Ireland. The Master Unit is an example of the ideas of PROUT in action through organic farming, use of local food sources, community work and more. Didi Ananda Prama, the director of the MU, has recently built a bakery and three poly-tunnels for organic and environmental friendly farming. Come and enjoy fresh organic veggies, kiirtan, meditation, spiritual company and beautiful countryside! (continued on pg 4)



## EDITORIAL



### Us and the World

There is a lot of significant news in the headlines these days. Some sort of social movement (which I won't yet call revolution) is spreading across the Arab world. Earthquakes and other natural disasters continue, including in New Zealand, where Margiis have been active in providing relief materials to those in need. And in many countries issues of immigration war, shaky economies and other news items are common.

I often wonder where and how Ananda Marga fits into all this. What role do we play in helping to solve significant problems around the world?

There is obvious and important work that we do, even if our work is not yet making headlines or drawing VIP visitors to our jagrtis, schools or Master Units. Our AMURT/EL work, for example, (whether at the emergency or at the development level) is significant in many places.

And yes, our schools often get high

praise. At our recent introductory retreat near Cambridge, one couple told me they would only send their daughter to our Sunrise School. This sort of comment is common, concerning our schools.

And our Master Units are important models for how self-sufficient communities can operate.

Great, yes? Well, in a way. But I see at least two factors that we need to work on if we are to have a significant global impact (rather than the occasional, very local impact we now have).

Our world is so closely connected by communications and travel that a successful project or a meaningful idea can easily find its way from anywhere on the planet to anywhere else.

But the two points I think that need more emphasis are:

1. Spreading our ideas far and wide, more effectively. For example, no matter how beneficial our Regional projects are, such as our schools, our health food shop or our Master Unit in Ireland, they won't affect many people if we wait just for 'foot traffic'. A good use of communications (and some savvy on how to present our work) can reach many more people. This is true and needed for Ananda Marga worldwide.

2. Perhaps we need to find a core idea (dare I say, a soundbyte?) to promote, to attract people to Ananda Marga. Presently I often say to public audiences that if we want peace in the world, we must be able to recognize what peace is. If you don't have peace inside, how can you build it in the world? If we

do have peace inside, we can 'recognise' it outside, and thus learn to apply it. And true peace comes through meditation (preferably with a healthy dose of kiirtan).

I don't think we should be content to have a few classes and sell a few CDs or books. The ideas and programmes and most importantly, the spiritual practices of Ananda Marga are a true treasure that can be of immense help in making a heaven on earth. It is not something to hoard, but rather something we should spread far and wide.

Dada Jyotirupananda  
Regional Secretary

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Shots of the Irish Master Unit. Taken by Karun Towsey.

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#### Disclaimer

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

**SUNRISE EDUCATION TRUST**

**Vegetarian Lunch**

programmes:  
Indian dance  
story telling  
children performance

Come along and enjoy  
a wonderful afternoon of  
fun entertainment and  
great vegetarian food.  
Bring family and friends,  
all ages welcome

**26TH MARCH 2011 13:00~16:00**

Community Play centre Web Estate  
Clapton Common (near Springfield Park)

Contact : Didi Manika (020 8806 6279)  
Meeta Lovage (020 8885 8354)

Adult :£12  
Children above 5 :£4  
Children under 5 :£2

BOOK YOUR TICKETS EARLY

# Kṛṣṇa's Colours

Let us discuss **the science of colour**. In Samskrta language there are two similar words: varña and rāga. Though the meanings are approximately the same, they are not completely synonymous. Varña means colour (what is termed in Bengali as raung). But this word varña does not indicate the colour which will colour other objects as well; an object has its own colour but its colour may not necessarily dye other objects. But the word rāga means that particular colour which can dye other objects also. So the inner spirit of the science of colour in Vaeshnavii Tantra is this – each and every expression of this universe has its own rhythm, its own vibration, its own sound, and its own colour, and thus it has its own form as well. And as it has its own sound, it has a particular sweetness of its own. Suppose there is a person who is dumb but very good; and there is another person who is equally good, but speaks well also. Obviously you will prefer the second man, because he possesses the power of expression. Dumb people can give expression to their inner thoughts only with their gestures and postures, whereas those who can speak can express themselves with gesture, posture, and also language. A dumb person can only look at you and express through gesture to come to him, but a person who can speak can say, “Come little child, come to me.” This vocal expression of the second person conveys more sweetness.



**<< To find the answer to those questions of “why”, just as the devotees run towards His sonic expression which the Vaeśnavas call His flute sound, they also run towards the expressions of His colour >>**

When Tantra was first invented, there was only one science of Tantra, but later various cults emerged according to their respective philosophical viewpoints. Each had a different name although their inner spirit was the same: for instance, Baoddha Tantra, Jaina Tantra, and in later times Shaeva Tantra, Shákta Tantra, Saora Tantra, Gáñapatya Tantra, Vaeśnaviia Tantra, etc. The inner idea of the Vaeśnaviia Tantra is that there is form and colour (both rāga and varña) in the rhythmic expressions of Parama Puruśa, and those cosmic rhythms also have a sweet sonic vibration. This sonic vibration is instrumental in giving expression to various other forms in this universe as well. The resonance of the collective vibrations of the universe is called the flute sound of Kṛṣṇa, another name for onmkára, the cosmic sound which reaches the ears of spiritual aspirants in various ways. When human beings attain spiritual progress step by step, they will also hear this sound with their own ears.

In this expressed world full of various emanations there are so many varieties

of colours – not only seven colours, but numerous colours made through permutations and combinations. And all these colours which people know, as well as all those which they do not know – all are included in that divine sound, that onmkára. In the Upaniśads it is said:

[transl.] “That one Parama Puruśa has been creating this unique colourful world with His various powers. Why He is doing so is known to Him alone; no one else knows it.”

The scriptures on devotion emphatically insist that only He knows the answer, no one else.

It is a fact that human beings with their limited intellect can never understand the secrets of why and how Parama Puruśa has been creating this universe; their wisdom can never fathom this mystery. That is why the scriptures say, “Be a good person, but do not be foolish. Be intelligent and clever.” Now what is the clever approach? Just as on the one hand you are moving towards Parama Puruśa to attain Him by concentrating your mind through mudrá, práñáyāma and kiirtana, at the same time you should constantly remember why He is creating all these things and what is your relation with Him. You should think, “My little intellect cannot fathom all this – rather let me do one thing, let me establish a relation of sweet love with Him. When this relation of love is established, He will be my own, and I will know His inner secret; I will certainly find the answers to all the questions ‘why’.”

To find the answer to those questions of “why”, just as the devotees run towards His sonic expression which the Vaeśnavas call His flute sound, they also run towards the expressions of His colour. They think: I will colour my mind with the same colour in which He manifests Himself before me, and move towards Him. If I can colour my mind in His colour, I will be very close to Him. This attempt to colour oneself with the colour of Parama Puruśa is called anurāga (anu means “afterwards,” and rāga means “colour”). Those who want all their actions to be crowned with success should love Parama Puruśa with all their hearts, and understand what He likes and what He dislikes, what He wants and what He does not want. They should not even go near those things which Parama Puruśa dislikes. And when they guide all their desires and ambitions according to His wishes, their success will be inevitable, because whatever He wants will surely be fulfilled.

Kii habe iccháy, iccháte kii nay / Kṛṣṇa icchá viná phal phalená

Even if one wishes, the wish may not be fulfilled / without the wish of Kṛṣṇa, no wish can bear fruit

Shrii Shrii Anandamurti

1 March 1980, Calcutta

Taken from ‘Spring Festival,’ published in A Few Problems Solved Pt. 5



## REGIONAL

### Regional Board Meeting

6th March 2011

The board received the resignation of Amitabh Azzopardi who held his position for four years.

The board discussed issues regarding the upcoming conference in Ireland as well as the success of the introductory retreat in Newmarket, particularly in terms of the viability of the venue for other programs. The Annual General Meeting that is normally held during the Spring Conference has been postponed to Autumn as it is expected that more margiis will be attending the conference in Unstone Grange. Holding an Annual General Meeting for its members is one of the obligations of Ananda Marga as a registered charity.

Tarun Laghate is finishing the Charity Commission reports for AM. The follow up of the financial meeting that was held on the 23rd of December was discussed. A meeting was tentatively scheduled for the 27th of March to continue the process already started.

The function of the regional board was discussed in an attempt to find clearer definition. RS Dada expressed his need for an executive committee with whom to work more efficiently. Dada also noted the need of an Administrative Secretary for the Regional Board. The job description of this person could include taking minutes, finalizing and distributing the minutes, doing a follow up with each board member concerning action points, notifying each member of the meeting times and perhaps other essential administrative duties.

A discussion ensued on the various departments that would be most useful to to activate and support now (some of which are already active to some degree), including Establishment Dept. (property), Dharma Pracar, RU/RAWA, Publications, Legal, Finance, Commerce, IT. Dada Jyotirupananda will work on job descriptions for each department.

### Intensive Spiritual Practice and Philosophy Retreat

18th -25th June, Devon

This retreat will provide an opportunity for deeper explorations of spirituality under the guidance of yogic monks and nuns for people already initiated into our practices. There will also be ample opportunity to also enjoy the beautiful nature in Devon. Detailed programme and cost TBA. For more info contact Amala olasek@hotmail.com or Dada

Ravishekharananda ravishekharananda@yahoo.com

### Sisters Retreat

The retreat has now been postponed to the 13th – 15th of May. For more information contact Gunita lagrace@hotmail.co.uk



### Shivanii

Daughter of Indranatha Garrido and the late Madhumitra, Shivanii spent six months in Thailand working as an LFT at the Baan Unrak School. During those months she worked as one of the main teachers, teaching English and Art to children and teenagers, a lot of who are orphan Burmese refugees. Shivanii passed through London in February, on her way to Sweden, where she is fulfilling her wish of going to train as a whole-time worker of the organisation. She will be joining Nirainjan (formerly Nilakantha), also from our region, who has been there for a couple of years now. We wish them both success and happiness in their paths. May they both become shining examples of Baba's mission.



### Spring Conference 2011

#### About

We hold these gatherings twice a year, in Spring and Autumn, for people who consider themselves members of Ananda Marga in the UK and Ireland (although we sometimes have foreign visitors). One should normally be initiated in our spiritual practices and lifestyle beforehand in order to participate fully in the programme. We spend two/three days doing intensive meditation and kiirtan. The programme would also contain workshops and other group activities, as well as free time.

#### Important Info

Beds and bedding are not always guaranteed – preference is given to the elderly and participants with young children, so bring a sleeping bag along if you can. Kindly let us know of your arrival and departure times to help us accommodate you better. Ireland is known to be wet – please bring suitable clothing and shoes, including indoor slippers. Let us know of any dietary requirements you may have other than the sattvik diet. Full programme will be announced soon.

#### Registrations

Participation charge is 25 EUR per day (16 and over). That's 75 EUR for the entire programme. 10% discount applies for students and people on low income. Cost for children 6-15 is £15 a day, under 6 is free.

#### Transport

Flying: Nearest airport is Shannon, services provided by Ryanair and Aer Lingus. We can arrange pick-ups between the airport and MU.

Train and ferry: Journey costs £68 per adult from almost any city in the UK to Dublin via Holyhead. From the port you would get a free shuttle bus to Dublin central bus stop. Bookings and timetables: <http://www.seat61.com/Ireland.htm>

From Dublin you can take a bus to Portumna or Limerick. We can arrange pick-ups between Portumna/Limerick and the MU.

Driving: Do let us know if you are planning to drive there and whether you have seats available. If there is enough interest we can arrange a minibus from London.

For more info on bus schedules or general help contact Roshnii Chou [yutachou@gmail.com](mailto:yutachou@gmail.com).

MU landline: Tel: 00353 (0)61 926932



## LONDON DISTRICT

### Blissmas Lunch and New Year's Programme

On Xmas day we had a lovely DC followed by lunch, games and a movie. The gathering was quite small, as a good number of people were ill or away. On the contrary we had a good number of margiis for DC at the Primary school on New Year's Eve. Afterwards dinner was shared and a bonfire and fireworks were lit. A three-hour Akhanda Kiirtan was started at 9pm after which the vanii was read in the different languages of those present, finishing with a warm cup of mulled fruit juices.

### Introductory Retreat Newmarket



We had another successful retreat in Newmarket on the 25th – 27th of February. Interestingly enough less than half of the 14 participants were students this time. All the participants enjoyed meeting the acaryas and most of them got initiated. There was a nice flow in the kitchen as the organisers shared the work in a coordinated way. Having just arrived from six weeks in Taiwan, Roshnii Chou brought a lot of enthusiasm to the retreat. Amala and Krsnadeva would like to thank the acaryas and other margiis who helped in making this a very inspiring event.

### Committee Changes

The unit committee has received the resignation of Tapasii Nakasu.

### Public Kiirtans at jagrti

We had two successful kiirtan evenings on the 30th of December and the 22nd of January, led by Jyoshna La Trobe, who was accompanied on either day by Amitabh, Mayatiita and Kavita. Various margiis and

members of the public attended, and quite a few remarked on the beautiful vibration felt during the social function. **Next one is due on the 26th of March, 7.30pm; keep it free!**

### DC at Karuna's

On the 12th of February we had a great gathering at Karuna and Stuart's house in Reading. We had a dharma cakra and a lovely dinner together. Those who came got the opportunity to meet the three newborns pictured in the last issue of the newsletter.

### Sisters Sadhana Shivr

On the 20th of February the sisters held a sadhana shivr at the jagrti. About a dozen sisters came to the jagrti for the intensive meditation.

### Jagrti Renovations

Those of you who have been to the jagrti recently will surely have noticed the dramatic changes to the place. The old bathroom has now been replaced by (can I say?) five star facilities, thanks to the voluntary work of Andrew Lowe, his friend Gabriel and Vinayaka Panka. The DC room has also been nicely revamped. The lighting system was repaired, the windows are now in working order, we have a new picture rail and curtains, new plants, photo of Baba, and a lovely soft orange on the walls. Thank you to Mayatiita, Paresh and Indranath for doing the work.

### Ganga's Yoga Classes

Ganga Grace offers the following classes at a minimal charge. She also offers private classes tailored to individual needs as well as simplified yoga for pregnancy. For bookings and info contact Ganga directly on 07910 681040 or gangagrc@yahoo.com

#### Dynamic Vinyasa Flow Yoga

*To develop strength and stamina*  
Mondays and Tuesdays

#### Restorative yoga

*A slow, gentle and meditative class*  
Tuesdays

#### Classical Ananda Marga Yoga

Thursdays

### Extended DCs

Ganga Grace is offering spiritual gatherings at her home, open to all who would like to deepen their practice of asana, breathing and meditation. Practice of asanas for two hours according to the instructions in Caryacarya, followed by kiirtan and an extended meditation session. Free of charge. Contact Ganga on gangagrc@yahoo.com

### Note from the DC Secretary:

The Dharma Cakra Cooperative Groups System is now in full swing! I want to express my appreciation to all the members of the four cooperatives for their sincere efforts in ensuring the success of the new system. There has been a lot of effort put in by a lot of people to ensure that the Dharma Cakra runs smoothly and it's really inspiring to see everyone stepping up and taking responsibility for their duty.

It is clear to me how much we all want the Dharma Cakra to be a special event in our lives by the efforts we have all put in and this is so inspiring! We now have the room set up nicely every week, the Dharma Cakra starting on time (and finishing on time most weeks!), a functioning children's program and some of the most amazing food we've ever had!!! And perhaps most importantly, in terms of a spiritual flow, we really have had some beautiful Dharma Cakras with some awesome kiirtans and great satsaunga.

Thank you all for your work so far and for your continued support as we try to improve Dharma Cakra still further in the coming months.

Krsnadeva Hanson

## LIVERPOOL DIOCESE

### Ananda Marga Manchester

On the 12th of February we held a fundraiser for the Mafi Seva community clinics in Ghana titled 'The Vegetarian Banquet: Sharing Life's Abundance'. The idea was to share an abundant feast of food (thanks to Devesh's visionary cooking skills) and in so doing help enable others to share and propagate the fullness of life's potential. It was splendid indeed! There was a very warm atmosphere thanks to Didi Ananda Tattvaveda and Soraya who decorated, organised the chaos upon arrival and set up. Alex, a local Manchester musician, also came and played the harp beautifully for some background music and did a little fifteen minute set too. Really nice! Hearing the blues on such a classical instrument was truly inspiring, and felt like a challenge to musical dogma! Many people commented on the sentient atmosphere, and it was indeed delicious soul food in all senses. Also, it was very special to have such huge support from margiis from all over the country. Shiva Kumar came all the way from Newcastle and did ALL the washing up, as well as communicating his ecological project Ecoveda's support. Many came from London, Birmingham and Liverpool too! It really felt like a family that was moving together! Thank you to all!

We also made sure to have a short but nice presentation introducing AMURT, the work in Ghana, and its radical ethos of development: 'Empowering People. Inspiring Change'. If anyone is interested then the presentation is available, the key part of it being the short eight minute film which can be found at this link: <http://www.africa.amurt.net/category/ghana/overview/>

In all we raised over £400 (and counting!) for those worthy causes in Ghana. Our target was £400 and on the night we took £398.98! Coincidence? I think not! It seems this universe conspires to help those who wish to serve.

Namaskar, All of us grateful people at Ananda Marga Manchester



### Ananda Marga Birmingham

The Birmingham area margiis will be setting up a stall at the Tree of Life Festival which is running on the 9th and 10th of April. For details about the activities visit <http://www.treeoflifemagazine.co.uk/index.htm> or contact Mahadeva bartonmel39@gmail.com

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

### Chairperson of the Executive Committee

#### Karuna Fayed

The Chairperson of the Executive Committee position was recently created as the AMURT (UK) trustees seek to expand the charity's fundraising capacity, to tap into funds that are available both locally in the UK and internationally in order to effectively support AMURT's existing projects and to build up a Reserve Fund for Disaster Relief so AMURT can respond in a timely way.

Back in December the AMURT (UK) trustees sent an email advertising the creation of Chair of the Executive Committee position with AMURT. For me, it was like Christmas and birthday rolled into one. I sat there, checking emails with new born baby in arms, thinking I can't let this go. My heart was saying I have to apply for this position, and my head saying but you've just had a baby! After much deliberation in my head I applied. I was interviewed a couple of weeks later, and a few days after that was offered the position.

I have had an interest in helping AMURT

since I first became a margii back in the USA some 13 years ago. Talking to some Acharyas about their projects and hearing first-hand accounts of some of their amazing stories spoke to my heart and fueled my interest in disaster and relief, which prompted me to pursue postgraduate studies in the development field. When I saw the position advertised it was like Baba was granting my long time wish to work for his mission in a concrete way here in the UK, a wish which had been shelved to the back of my mind while life and family took precedence.

Some of AMURT's immediate plans are to get the executive committee organized internally to be able to raise AMURT's profile among donors in order to attract funding and be able to better support the projects we have been committed to supporting mainly: The homeless Boys Project in Romania, AMURT/EL projects in West Africa and Hyderabad in India.

Wherever AMURT has a presence it has a

reputation for dedicated service while empowering local people. AMURT and AMURTEL are getting ever increasing recognition by Governments and other relief organizations across the globe.

Anyone interested in volunteering few hours a week/ month on a regular basis drop me an email on [karunaa@yahoo.com](mailto:karunaa@yahoo.com)

### Cycling for AMURT

At the time of writing this, Brajesh Sullivan is doing a 10 day cycling marathon to raise AMURT funds for the children in Romania. He wrote to us from a library in Richmond, Yorkshire that he is enjoying the journey and that he has raised £210 already. Go Brajesh! We want photos next time!

### Brazil

Locally, margiis raised about £400 in donations for relief work in Sao Paulo. Jyoshna La Trobe handed over the money in person during her tour of Brazil.



## 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

The education of our children should reflect love and inspire them to cultivate a conscious effort to generate and give love. The child must be aware that one is not just one's physical body but also the manifestation of the Divine. Anything aesthetic one does is therefore the doing of one's divine self. One must practice joy, love and beauty to keep on being oneself and discover new joyful depths of one's Self.

Special thanks to Didi Ananda Manika, for her dedication, hard work and constant support to make the project a better place for children and staff.

### Classroom Environment

At Sunrise Nursery in Stoke Newington we welcomed the spring term with newly decorated classrooms as all staff work continuously to create a nurturing environment to support each child's sense of curiosity and wonder. Places of harmony where children and adults find joy, beauty, love and life and where different age groups can find a safe place to explore, to gain confidence, build friendships, to cooperate, communicate and to socialize. Further renovation and decoration has been planned for the courtyard – to create green areas and install climbing and playing equipment, we are all looking forward to this new face!

### Teacher Training, 28th Feb

An official from the Haringey Education Dept came to Sunrise to lead a seminar on improving communication through the implementation of visual exercises in class for children with learning difficulties. Roshnii Rose also gave a class on implementing Yama and Niyama principles in the classroom.

### OFSTED

The OFSTED Government inspection of the Stoke Newington nursery went very well and was graded as satisfactory.

### Shopping

Please remember to use the Sunrise website when doing your shopping online. 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 sites via our website.

### Fund-raising Lunch

Didi A. Manika would like to invite you to come to the annual vegetarian fund-raising lunch for Sunrise Schools on the 26th of March at the Community Play Centre Web Estate (near Springfield Park). For more information see advert on page 2.

To receive school newsletters contact Didi Ananda Manika by email at the above address



**Check out Nikhil's  
spiritual art at  
[www.nikhil.org.uk](http://www.nikhil.org.uk)!**



## SECTORIAL

### Romania (Bucharest Region)

Dada Rasatmakananda reports that on Saturday, 5th February, members from United Way Foundation visited the AMURT Romania project for homeless youth in Domnesti to evaluate our new project proposal which we had sent to them in December. From 68 proposals which were submitted, 38 were accepted including ours. Out of these, 25 will be approved in April.

"According to the evaluators who visited Domnesti, they told us that they will give us full support.... they were fascinated by our establishment and how the new proposal will complete the beneficiaries' socio-professional integration." He continues: "On Monday 7th February, AMURT Romania was informed that it was selected for the next stage of evaluation by 24 members of the ERSTE screening committee which will award, in April, thirty outstanding social projects amongst twelve countries in Europe."

<http://erstestiftung.org/integrationaward/award-2011/>

### Russia (Moscow Region)

Didi Ananda Cetana writes that her Eco-toys are now being used in 9 countries. Didi is doing email education training to 5 teachers to teach them how to use the toys effectively and has been invited to 2 countries to set up therapeutic children's theatre and to present her eco-toys.

Didi was also invited by the Rotary Club in St Petersburg to introduce eco-toys in an orphanage in the countryside near St Petersburg. Didi later had a meeting with the director of a Montessori school who was interested in using Didi's Eco-toys.

### Italy (Rome Region)

Dada Devavratana toured south Italy and gave lectures in Catania, Palermo and Messina. In Vibo Valentia in Calabria a public programme was held on music and spirituality with the participation of representatives of different traditions, including Buddhism, Islam, Christianity and Tantra Yoga, represented by Ananda Marga. More than 100 people attended. Ananda Marga performed two Prabhata Samgiita and kiirtan for the audience.

### New Sectorial Secretary

We would like to announce that Dada Shubhatmananda is once again taking the position of sectorial secretary. Dada Krpamayananda will be continuing work in Qahira and Suva sectors. We wish them both well in these new phases of their work.

**Excerpts from a note from our Sectorial Office Secretary, Dada Anisihananda:**

### Summer Conference Madhu Karuna, July 2011

We warmly welcome you to the Ananda Marga Annual Summer Conference, in Madhu Karuna, Wendelsheim, Germany, 25th - 31st July 2011.

The theme for this year's conference is "Neo-Humanism — the solution for Global Crisis".

Salient features of this year's program include an Education Training Camp (ETC), classes on education and practical workshops. The Utilization Training Camp (UTC) will include classes on social philosophy and practical workshops on Prout and other trade activities. All are based on a Neo-Humanistic outlook.

A special program for young Margiis will include spiritual practices, adventures, games and a platform for discussing youth related issues and of course, plenty of kiirtan.

We will have more details in a brochure out soon. However, if in the meantime you wish to know any more information please write to me at [sosberlin@anandamarga.eu](mailto:sosberlin@anandamarga.eu) and/or Dada Kamaleshvarananda [kamaleshvarananda@gmail.com](mailto:kamaleshvarananda@gmail.com). You may also call +49 6131 834262 in Mainz, Germany.





# Kiirtan Parikrama 2011 Taiwan

*15 Units, 15 days of Akhanda kiirtana, 15 people. Unlimited and indescribable bliss!*

## Kiirtana Parikrama: “devotees doing kiirtana at different places.”

“On the 7th of January I arrived home in Taiwan where I had not been for two years. Baba had many reasons for me to come back but at that moment, kiirtana parikrama seemed to be the only reason in my head. There were fifteen of us: seven from Korea, one from Japan, one from the Philippines, one from Taiwan and me and Kalyana were considered as coming from London. Didi Ananda Rashmika and Dada Karunamaya had been running around to organise the programme for six months. They looked after us like parents and never forgot to buy us local specialities wherever we went. We ate lots of sweets and tropical fruits! Dada Ganadevananda, based in Japan, was also there and always inspired us with his brilliant humour.

We travelled around Taiwan, an island about the same size as Holland, spreading spiritual vibrations in different cities as well as two of our master units. The schedule was tight and there was no space for jet-lag. We'd start the day with painca janya, we'd then drive to the next city, buy some local specialities and investigate the unit (I am always curious about how people get a new jagrti). We'd start Akhanda kiirtana, enjoy some nice, local food and chat with local margiis, clean up, and finally sleep with lots of bliss. In the end we had a twelve-hour Akhanda kiirtana at Baba's quarters on the beautiful master unit. Local margiis opened their arms wide with hospitality and treated us with the nicest and freshest local produce. There are many historical complexes among far eastern Asians, including different Taiwanese ethnic groups and we immersed ourselves in His sweet melodies as His equal children, as brothers and sisters. We learned about each other's cultures and appreciated our differences with a common goal in mind. I was overwhelmed by the bliss, touched by the devotion of the margiis and inspired by the sincerity and strictness of the oriental margiis towards their spiritual practices. I always thought that to do His work I would have to sacrifice and suffer, but I realised that all He wants is His children to be happy. I cannot think of any other service that can make both me and other people so happy all at the same time.

I have been missing Akhanda kiirtana. Every afternoon for the last few days I've been feeling like something is missing. Three hours of kiirtana is so little. I think I am addicted to kiirtana! Probably it is the healthiest form of addiction.

Please join us for the first kiirtana parikrama in England from 28/5 to 5/6. Unlimited bliss guaranteed.”

in His Cosmic Sweetness,

Roshnii





# From Brazil with Love

Jyoshna La Trobe's tour 24th Jan – 10th Mar 2011

Aradhana Cordeiro



*Sometime last year, Didi Ananda Mitra (pictured in group hug photo) invited Jyoshna to lead some activities at her Ecological Park in Sao Paulo, Brazil. Word travelled in the Brazilian margii community and a tour programme was put together to make the most of her visit. Aradhana Cordeiro, who some of you may remember from her stay in London and work with our Sunrise schools, spent quite some time with Jyoshna during the six weeks. She sends us this inspiring report of the events that touched so many hearts.*

## SÃO PAULO

*Places where she played: Parque Ecológico Visão Futuro run by Didi Ananda Mitra (Spiritual retreat); Campinas (nearby city); Vegethus Restaurant (Dharma cackra); Samgiita's house (Workshop about her research on traditional kiirtan in India); Casa Moksha; São Paulo jagrti (Akanda Kiirtan)*

At the Parque Ecológico, Jyoshna spoke about her emotions of playing for Baba. She told her story of how she had given Baba the bhajans that she had composed for Him and recorded on a cassette tape in India, how she had to run after his car to be able to give it to Him and how He received her tape and blessed her on the arm.

I think it can be said here that the three most popular songs during her visit in Sao Paulo, that she played in so many different places wherever she went, were Unity Hours, Golden Guru (You Are Mine) and Sakal Maner Viina.

Jyoshna said that Brazil is a magical place and that people here are very friendly and loving. Brazilians have open hearts and naturally hug and kiss family and friends. When Jyoshna was arriving in Brazil on her flight, she thought of New Zealand and had the feeling of returning home.

## BELO HORIZONTE (Capital of Minas Gerais' State)

*Jyoshna visited the jagrti and gave a lecture at a local University*

She spoke about the science behind the making of kiirtan. There are already plans of her returning in July to give more workshops about kiirtan. She rekindled devotion in the hearts of many with the tour.

50 people came to a show that was only advertised 5 days beforehand. People were touched and felt very emotional. She helped people to get closer to Baba.

## FORTALEZA (Capital of Ceará's State)

In Fortaleza she was received by the 'Instituto Visão Futuro Ceará'. This group organized a spiritual retreat about 'Sound' at 'Praia do Cumbuco' (Cumbuco's Beach). A lot of people attended this retreat. People who had never participated in Akhanda Kiirtan went through it showing strong and fast energies.

This was a weekend retreat and it was very special. Jyoshna felt spiritually nurtured from the love of the Brazilian people. She also said that she smelled of Brazil and its fruits as these left a smell on her skin, especially Papaya and Açaí.

After the retreat on Sunday, Jyoshna visited a 'Maracatu' (Brazilian rhythm) group. She danced and played with the group. She also had a meeting with some local musicians to get to know their music and they had a Jam session. This meeting took place at a very beautiful and big theatre called 'Teatro Jose de Alencar'. Each of these musicians showed Jyoshna their instruments. The whole thing was very eclectic.

People in Fortaleza expressed their feeling of having Jyoshna closer to them so they asked her to move there and work at the Federal University



**BRASILIA (Capital of Brazil)**

*In Brasilia Jyoshna participated in 4 programmes: A kiirtan jam session where people brought their own musical instruments, open to the public; A visit to 'Terra Viva' where she sang; A show in a well known bookstore called 'Cultural'; A very strong Akandha Kiirtan at the Master Unit*

**PORTO ALEGRE (Capital of Rio Grande do Sul's State)**

*Jyoshna goes to Caxias do Sul (city in the south of the state) and Ananda Dakshina (in Viamão) for a spiritual Retreat*

Jyoshna sang almost non-stop! At the retreat she was almost always 'on stage'.

Her six week tour exceeded everybody's expectations as organisers saw all her shows selling out. Jyoshna's tour brought unity amongst Baba's devotees and sympathizers, some of who travelled from their cities of origin to far away retreats to where they were not used to going.

There were so many experiences that it is impossible to report them all. The tour's success made people ask Jyoshna to come back. Plans are already under way for a second visit!

There is a wish to produce a cd and video clip of Jyoshna playing and singing with other Brazilian musicians in some big event hall. Furthermore, there is a wish to incorporate her in a very big event here in Brazil such as 'Yoga pela Paz' ('Yoga for Peace'). During her stay Jyoshna developed an interest in local instruments and bought herself a 'cavaquinho' though not a 'pandeiro' which she liked very much.

She put love and smiles in people's hearts and faces. Maybe the Lord was very kind with her... He knew her weak point and she could not hide it from anyone because when we say the word Açaí, Jyoshna's eyes shine...



of Ceara' (UFCE) where she gave a lecture about her research. Pradeep and Jyoshna gave an interview at the Federal University of Ceara's radio station. They also played and sang together on air.

**RIO DE JANEIRO (capital of Rio de Janeiro's State)**

*Jyoshna sang at the Jockey Club in Gavea district*

In Rio de Janeiro the jagrti usually gathers around 15 people for DC, but with Jyoshna there, approximately 60 people attended.

Once again Jyoshna felt Brazilians received her with love and open hearts as she stayed at some devotees' homes and hotels. A lot of people wanted to spend time with her and she was always making time.

She got to experience a 'batucada' on the streets of Rio, probably a rehearsal preparing for Carnival.



**THE ASANA CORNER**

**How Aware Are You  
Of The Effects Of  
Gravity On  
Your Body?**

**Amitabh Azzopardi**

Struggle is the essence of life!

As soon as the baby's umbilical cord is cut, it experiences gravity for the first time and spends the first years developing its posture in order to first hold its head up, and eventually, its entire body.

We're always told to keep a straight spine. Looking at it differently, we need to counteract the effect of gravity on our spine; indeed, on the whole of the body.



**Something to think about...**

Gravity has serious repercussions on the vitality, strength and flexibility of the body and the mind. The gravity of the earth pulls everything down to the ground. Even when we resist this gravitational pull while we stand or sit on a chair, the spine will tend to collapse over time, with age or tiredness. As we know according to bio-psychology, the mind is affected in turn as our mental tendencies are directly linked with our physical state. The downward pull of gravity affects even the internal organs of the body. One of the reasons why we experience such relief in inversions, such as the shoulderstand, is that for a rare moment, all of the internal organs are pulled in a direction opposite to what they're normally used to. The simple process of turning them upside down invigorates them and the tissue that holds them in place by releasing stress and tension in and around them.

## 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"  
**Asana:** yoga posture  
**Bhajan:** Devotional song  
**Dada:** Respected brother  
**Dharma Cakra:** chanting and meditation session  
**Dharma Pracar:** Ideological propagation  
**Didi:** Respected sister  
**Divas:** Festival  
**Kiirtan:** devotional chant  
**Jagrti:** house of spiritual awakening  
**Margii:** one who follows Ananda Marga lifestyle  
**Master Unit:** A rural community model based on principles given by PR Sarkar  
**Mudrá:** Gesture with ideation  
**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  
**Prāñyāma:** Beathing techniques  
**RAWA:** Renaissance Artists' and Writers' Association

## THE SENTIENT KITCHEN

### Ginger Macadamia Coconut Carrot Cake

#### Ingredients

260g plain flour  
1 tbsp baking powder  
1 tsp bicarbonate of soda  
3/4 tsp salt  
2 tsp ground cinammon  
1/2 tsp nutmeg  
250ml pineapple juice  
125ml rapeseed oil (or sunflower oil)  
155g sugar  
120ml maple syrup  
2 tsp vanilla extract  
115g macadamia nuts, roughly chopped  
4 tbsp crystallized ginger, chopped  
75g desiccated coconut  
250g grated carrot

#### Method

Preheat oven to 180° / gas mark 4. Lightly grease two 20cm tins. In a large mixing bowl, sift together the flour, bicarbonate of soda, baking powder, salt and ground spices. In a separate mixing bowl, combine the pineapple juice, oil, sugar, maple syrup and vanilla. Add the dry ingredients to the wet in batches and

## FASTING DAYS

					
Mar		15 <sup>th</sup>	18 <sup>th</sup>	29 <sup>th</sup>	
Apr	3 <sup>rd</sup>	13 <sup>th</sup>	17 <sup>th</sup>	27 <sup>th</sup>	
May	2 <sup>nd</sup> / (31 <sup>st</sup> )	12 <sup>th</sup>	16 <sup>th</sup>	27 <sup>th</sup>	
Jun	(30 <sup>th</sup> )	11 <sup>th</sup>	14 <sup>th</sup>	26 <sup>th</sup>	

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

**Sadhana:** "sustained effort to complete"; meditation  
**Sadhana Shivar:** sessions of alternating kiirtan and meditation done in three hour periods  
**Samgacchadvam:** The spirit of moving together  
**Samskara:** reactive momentum  
**Samskrta:** Sanskrit language  
**Satsaunga:** spiritual company  
**Sattvik:** Sentient  
**TarakaBrahma:** The bridge between manifested and witnessing cosmic consciousness  
**Vanii:** Spiritual message chosen for specific occasions such as New Year  
**Yama and Niyama:** 10 principles of moral conduct

## CALENDAR

March 26th  
**Sunrise Lunch Fundraiser, London**

April 22nd - 25th  
**Regional Retreat, Ireland MU**

May 13th - 15th  
**Sisters Retreat**

May 17th  
**Ananda Purnima**

May 28th - June 5th  
**Kiirtan Parikrama**

June 18th - 25th  
**Intensive Spiritual Practice and Philosophy Retreat, Devon**

July 25th - 31st  
**Sectorial Retreat, Madhu Karuna**

## 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

