

# Satsaunga

Ananda Marga UK and Eire Regional Newsletter

Issue 7  
Quarterly  
Spring 2012

ॐ नमो भगवते वासुदेवाय  
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Jamalpur  
27.4.56

Kalyāṇīyesu, श्रीगंगा

Samskāra can not be  
stronger than cosmic consciousness.  
When unit-consciousness starts  
its march towards its supreme  
self — the cosmic consciousness,  
it advances through fight against  
Avidyā and Bhoga as its  
Prārabhadha. Its march is the  
march of a soldier undaunted  
and unbuffed. It gets the  
final rest when ~~is~~ crowned  
with victory, — the feeling  
of oneness with Him, earned  
by the heroic spirit both  
in the inner and outer  
spheres of life.

ॐ नमो भगवते वासुदेवाय

27-4-56.

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### Front Cover

Personal letter written by Prabhat Rainjan Sarkar to Kalyaniyesu in 1956

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### Disclaimer

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



**6 o'clock!**

**Time for kiirtan!**

Shantana drew us a few designer clocks, fashioned with pratiks, mantras and love. Thank you Shanti!

## EDITORIAL



### History and our Future

Perhaps the most famous comment on history is by George Santayana: "Those who do not remember the past are condemned to repeat it."

I believe that Baba would accept this comment, but, as we see in His article in this issue, "Human History and Collective Psychology", He goes further than that.

To understand history, for Baba, is also to understand human psychology. And by understanding our inner nature, we can decide how to proceed for the future of humanity on this planet... and later, I believe, on other planets.

In this article Baba stresses that we are now guided by our intellect, not by our physical strength (as was the case long ago in human history). And the intellect, which can potentially use many of the resources of this

planet (including the minerals, the animal and plant kingdoms and also the human brain and mind), and of other celestial bodies, has much power to shape the future of all humanity.

Thus our human conduct needs to be guided in a benevolent way and, as Baba also says, our intellect needs to be liberated from limited ways of seeing the world. We have reached a stage in our evolution where it is obvious to many people that, in Baba's words, "in human society nobody is insignificant, nobody is negligible."

This realisation, I think, does not come merely from intellectual analysis, but from some feeling of our cosmic origins touching the heart of individuals.

So, the purpose of history is not simply to record the dates of great battles and wars, nor the biographies of famous monarchs or other dominant personalities. If we can also understand the 'psychic urges and psychic movements' of humanity, we can better understand what direction we want society to head towards.

What can we contribute to the positive development of the future of human society? There may be specific inventions or discoveries that one or another of the readers of Satsaunga may contribute; there may be something special in the arts, in education or other fields that we may contribute.

However, perhaps what our society needs most now is a spiritual base, upon which to launch the One Human Society that is, I see, at the core of Ananda Marga.

**Dada Jyotirupananda**

## Kiirtan Parikrama 2012

**26th May – 9th June**

We are excited to announce the 2nd run of the Kiirtan Parikrama in our region! If you'd like a seat on the bus or would love to host the travelling troubadours contact Kalyana on [kalyana@jaijaijai.org](mailto:kalyana@jaijaijai.org) or 07980 265674

## Week Intensive 2012

**10th – 17th June**

The dates of our great week intensive programme in Devon are confirmed. It is a wonderful opportunity for the newly initiated to go deeper into the practices and philosophy, or for the more seasoned practitioner to refresh and strengthen. More details out soon! Please contact Dada Ravi if you are interested in coming. [ravisheharananda@yahoo.com](mailto:ravisheharananda@yahoo.com)

# Human History and Collective Psychology

Human history is made by the collective urge or collective psychology. In the past the popular concept of history was that a certain king or queen ruled for a certain period and fought a few battles; some they won, others they lost; and they killed others or they were killed themselves. But the modern concept of history is quite different. History these days is not merely the history of monarchs. History also comprises all kinds of people and their psychic urges and psychic movements.

In primitive society men and women enjoyed equal freedom. Subsequently women had greater importance and a social order emerged which can be called both matriarchal and matrilineal. In a later period the importance of physical strength became more important than any other attribute. Obviously, the males, having greater physical strength, became more important than the females. This gave rise to the social order which can be called patriarchal and patrilineal. But in this modern age people are experiencing that physical strength is becoming less important than intellectual power. Previously people would apply great

physical stamina to operate a hammer, but today the electric hammer is one hundred times more powerful than an iron hammer – an electric hammer operates by turning a simple electric button. This illustrates that the importance of intellect is increasing.

Well, there is now the question of how the awakening of women will take place. Let me say a few words about the future. The awakening of women will bring about equal rights between the sexes. Nobody will be considered superior or inferior. What will be given utmost importance is keenness of intellect and that keen intellect will not necessarily be the exclusive quality of men alone or women alone. Whoever will have keen intellect will gain pre-eminence in society. Of course, in this regard all persons will not be equal.

History is made by collective psychology. The days of the monarchy are gone – in those days the queen or king was the focal point of history, and history was the history of monarchs. In later times history was the history of ministers. Soon a period will come when history will move around common people. [...]

You should remember that in human society nobody is insignificant, nobody is negligible. Even the life of a 100-year-old lady is valuable. In the universal society she is an important member – she is not to be excluded. We may not be able to make a correct appraisal of her importance and we may wrongly think that she is a burden to society, but this sort of defective thinking displays our ignorance. There is a historical necessity for everything, but we do not bother finding that historical necessity out. Had we bothered, we could ascertain the historical necessity behind every incident, behind every trough and crest of this universe.

If we think deeply and try to trace the significance of different events we shall find that nothing in this universe is useless. Everything is happening with a definite message for the future, with a great potentiality for the future. Nothing in this universe is insignificant, nothing is to be belittled. Atoms and molecules were once considered very small and insignificant, but after the invention of atom bombs people

started dreading the same atoms. No one really knows how much potentiality this or that object has. One can get an exact idea of the potentiality of something only after a thorough investigation. In this world everything comes to fulfil a historical necessity. Ananda Marga has also come to fulfil a historical necessity.

A fast change in the collective psychology is taking place. In human society the value of intellect is considered much greater than that of physical strength. This intellect is not only with a handful of people, but is in our collective life. Because of the development of intellect, the change in collective psychology will be very comprehensive and very quick.

**Shrii Shrii Anandamurtiji**

11 August 1984, Calcutta

Published in:

*A Few Problems Solved Part 7*

***“In this world everything comes to fulfil a historical necessity. Ananda Marga has also come to fulfil a historical necessity.”***





# The Manchester Story

**How one man's trip to New Zealand was to change the face of Ananda Marga in the UK.  
Amitabha Azzopardi interviews Premasagar Rose.**

**AA: Prem, I'd like to begin by writing a timeline of events. Where did it all start?**

PR: In 1994, I went to the University of Manchester to study Life Sciences. At the end of 1996, I went to New Zealand, for a year-long research placement to study fruit tree diseases.

After some months in New Zealand, a period of soul searching began. I learned some different types of meditation and met Ananda Marga along the way. I moved into Auckland Jagrti as a place of

spiritual sanctuary, and was ultimately initiated by Dada Krpamayananda, who was passing through on a visit.

On returning to London, I called Dada Susmita (now Dada Subuddhyananda) from a phone box. I was on my way back up to Manchester but I wanted to connect with Ananda Marga in the UK. Dada harnessed my enthusiasm on the spot and invited me to start a student society at Manchester Uni. At the time, Indranatha lived there with his family and would be able to teach classes at the society. In the end though, he moved down to London, so with occasional visits from Dada, I took over organising and teaching the classes. I felt like a total beginner, but it was surprising how much I'd picked up in just a few months of practising meditation, and it seemed to be of use to the students coming to the classes.

**AA: What happened next?**

PR: In the second year of classes, Dinesh, one of my students, took over. And the year after, he handed over to Devesha. In the meantime, I went travelling in Eastern Europe, ending up in Timmern in October 1999 for LFT training. I had spent time working with Dada Devavratana in Mol-

dova, and was keen to continue there as an LFT, but it looked like there were other plans for me. I would be of more help coming back to the UK, to strengthen efforts in Manchester - so I came back to the city as an LFT and looked for ways to build on the base I'd helped create. At the turn of the millennium, I went on the India Tour and when I came back, I continued the university society with Devesha and started more classes in Manchester's city centre.

We also started looking for a jagrti. We spent several months looking around, and were on the verge of signing a contract twice (with a car packed full of belongings, ready to move in). I was meanwhile sleeping on the floor at different people's houses. Finally, with the help of Rainjan, a student from Devesha's class, we found 42 Keppel Road and decided to start renting it. Despite it looking like quite a dump, I thought it had a lot of potential. Rohit came and helped us decorate the building. Rainjan and I moved in in August 2000, with others joining a month later.

**AA: What were the living arrangements like?**

PR: At first, we shared the house with Scandina-



Jan, Lavanya & Sarita



Intro Retreat 2005





vian brother Divyeshvar, Jim the drama teacher and Madhava. Madhava lived there for a long time. We were all interested in fostering community spirit amongst the household, which we did in various ways. We held community nights every week or two, where we'd cook a collective meal and play creative games. We had the best system of shared domestic duties that I've ever experienced!

Our first event at the jagrti must have been the baby naming of Lokeshvarii's son, Kamalesh. Later, we organised a concert of Indian music for Dada Parananda, where he performed with two other Indian musicians. Slowly classes started and in 2001, Rainjita, who had become an LFT by then, came up from London. She rented a house down the road, No. 15, and was joined by Anandi, Shriila, Vasumatii and Lokeshvarii and Kamalesh.

### AA: What about Liverpool?

PR: We started holding Beginners' retreats twice a year from 2000. Janardhana got into Ananda Marga in London, where Prahlada was already teaching classes. He then went to Liverpool University and taught classes there. This was also the period when Ciranjiva, and later Manidipa started classes in Wales. Roshnii had come to one of our Beginners' retreats in Unstone Grange and started getting involved. After a quiet time, when we hadn't heard much from her and others, Rainjita and I created a special programme in Liverpool to bring back a flow. After that, Roshnii started coming to our weekly Dharma Cakra in Manchester.

### AA: And what about RAWA?

PR: We really got into RAWA in our second year at Keppel Road. In September 2001 (9/11), there were big repercussions in England. There was a lot of distrust and hatred of people in minority ethnic groups. I wanted to organise a multicultural concert with the aim of bringing people together. It was something I'd wanted to do for a couple of years, but it had always just seemed too big. But now the time seemed right and it was Rainjan who said to me - just go for it; make it small, but do it, and start doing it now.

This was when Madhava and Lavanya got really involved; they were amazing. The concert was called One Human Culture. It brought together Afghan, Chinese, Indian, Russian and other musicians and an audience of 200 from our neighbourhood.

We set up a monthly RAWA night called Inner-song in a rented hall, where the public was invited to perform in the realm of devotional or spiritual music and poetry. I started performing more and formed a band called Ishta with Vidura, Saraswatii and Sandeep. Over 2002 and 2003, we performed in a few venues and recorded a live album.

By this time, we had a healthy Unit Committee. We did all sorts of things. We taught classes, medi-



tated in public to raise awareness, fundraised for AMURT, held various children's activities and kept up the RAWA concerts. Dada Pranakrsnananda came to stay for a few weeks and ran public workshops and led "heart circles", or "talking circles", for the Unit. Dada Subuddhyananda stayed with us for a bit and organised Dharma Pracar training workshops, and the occasional film night.

In 2004, Dada Ravishekhharananda came to Manchester as Diocese Secretary, and it was time to bring my five years of LFT work to a close. I started studying sound engineering, computer music and web development. In the following year, Roshnii and I decided to get married. There was a period when several of us were living within walking distance of the jagrti; we were all actively in the Unit and even sometimes met for Paincajainya at 5am. Roshnii and I packed up and left for a six month trip to India. Afterwards, we moved to London and then settled in Brighton.

In the hands of Madhava and Dada Ravishekhharananda, Manchester remained a hub of activity, strengthening the community and attracting new people. So many have played their part and wove their way into the many episodes of the Manchester story - those who stayed at the ashram, those who helped organise and took part in activities, everyone we shared the experience with, and all those who continue to contribute to this day.

I think there was a friendly rivalry between London and Manchester units. We were all new to Ananda Marga and pretty much made it up as we went along. We worked hard to maintain the jagrti and to keep the flow strong. When it wasn't, you could see it, you could feel it. We didn't just want to direct that energy towards new people, but towards the existing community. Everyone brought something to the group.

### AA: You taught classes for quite a while! What are your thoughts about teaching classes?

PR: Taking on a teaching role, I learnt so much more about my own practices. It kept them and the ideology fresh, exciting and totally alive. I don't think it is so important to teach with a syllabus or some method; it really is more about connecting

with people. The main thing is the ability to listen. As a teacher, you need to address the issues that arise in people right there, in the moment.

### AA: Would you like to add anything else?

Well, I'd say that spiritual practice always brings things out on a personal level to deal with and grow. I now understand that, in those days, I could be quite strict and "by the book". Discipline is important, no doubt, but it took me a while to understand that discipline done wrong is repression, and that empathy for myself and others is infinitely more important.

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*Roshnii, Premasagar and their two sons are happy to welcome you for DC if you are in Brighton. Get in touch with Prem on p@dharmafly.com*



## REGIONAL

### Regional Conference Spring 2012

6th – 9th April  
Unstone Grange, Derbyshire

Welcome to our 1st phase Regional Conference of 2012.

#### 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

Three days to go deeper into our spiritual practices, share knowledge and experience and foster more sense of community.

#### Children's Programme

A good children's programme is crucial for the success of the conference. We need volunteers to lead children's activities such as walks, games, exploring nature, or indoor games, arts and crafts, drama, spiritual activities or anything else you can offer. Please email me with your ideas. The only qualifications necessary are sincerity, love for children and an ounce of commitment!

#### Accommodation

Due to health and safety reasons, there is an even more limited number of beds and mattresses this time. We have been told that we can only sleep 37 people indoors. More people will have to brave the crisp, English weather and camp in the top field! We will bring some extra tents for those who don't have one. If you have an extra tent or space to share in yours, please let me know. 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.

#### Bookings

Please book online to secure your place. Alternatively you can contact Kalyana kalyana@jaijaijai.org (mob: 07980 265674) to book your place.

#### Price

Employed £100 /£90\*

Student/Unemployed £85 /£75\*

16 and under £55 /£50\*

12 and under £30 /£25\*

2 and under free

Camping £80 /£70\* (conc. £65 /£60\*)

\*Early bird price, available until 25th March

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 (mob: 07801 704189)



## INSPIRATIONAL

*In January we received this amazing story from a Didi in Sweden.*

A few weeks ago a woman called me to ask about meditation. We chatted awhile and I asked her a bit about her background. She then told me that she had learned meditation when she was five years old, and had been quite regular throughout her life. Next, she tells me that she had a dream a couple of months ago.

She had dreamt that she was in a large room filled with people. People were sitting and standing and busy doing this and that. In the front of the room sat a man on a cot and there was a long line leading up to his place.

She was conscious that she was dreaming. Then someone told her that this is Ananda Marga. She joined the line and waited for her turn to see this person. Everyone was allowed to ask the man two questions. When her turn came she asked, "What shall I do so that my life will fulfil its meaning?" The man answered, "Only fears stop you from doing anything that you want." He had answered both her questions.

He then touched her at the base of the neck and currents of light, energy and a very pleasant feeling flowed through her body. Soon after that she awoke. The sensation the touch had left was still in her body and remained for the whole day. The dream had left a strong imprint on her mind.

Later in the day she went to the computer and googled the words Ananda Marga. Imagine her surprise when she saw something like that existed! Later on when she saw a photo of Baba, she saw that this was the same person she had seen in her dream.

This happened just recently, in the small city of Gothenburg, Sweden. After the call, I invited her and she came about a week ago for a cup of tea. She told me her dream again. And again I had goosebumps and tears in my eyes. She was of course very curious to know more about Ananda Marga and Baba. And tomorrow she is coming to join our group meditation.

What a mystery Baba was, is and will always remain.



## AMURT Didi Ananda Prama

Namaskar from the Canaries! It is beautiful, warm and sunny every day here. We just held a vegetarian cooking class and dinner for over 20 persons. Food is a great opportunity for doing prakar. We inspired people about vegetarianism, ate a wonderful feast and raised some funds.

Last time I wrote, I was flying to Madhurai, India to see first-hand how Spirulina is grown and utilized in a social venture to feed malnourished children (see [www.antennaindia.com](http://www.antennaindia.com)). Afterwards I went to Auroville to Sadhana Forest which is an NGO which plants trees and has partnered with AMURTEL in Haiti and has planted 50,000 trees near Didi's school in Anse Pitre near the Dominican Republic border. They connected me with Sharana in Pondicherry and every day I went to their Spirulina production ponds for a week and learned how to grow and process the nutritious Spirulina and how they make it into candies that can be given to malnourished children.

Then I headed north for RDS and Ananda Nagar. Having been my home for three years, I always enjoy going back to "the City of Bliss". It is the best place on the planet to do sadhana. Every morning after Painca Janya and asanas we'd walk the dusty road to the tantra piitha overlooking the river and go into deep meditation. Live kiirtan was being blasted all over Ananda Nagar as Baba's devotees arrived from all over India and from around the world. I heard lots of Baba stories that made me both laugh and cry, and it was wonderful meeting old friends and fellow sadhakas. It is a bit disconcerting to see the lack of development at Ananda Nagar as during Baba's time everybody was furiously trying to realise the master plan that Baba had chalked out for the entire 55 village area.

I flew back to Nairobi and spent two months training two women in Spirulina production, living on corn and beans, understanding why 3.5 million are threatened by food insecurity. These subsistence farmers plant their corn and beans then wait for the rain and if it

doesn't come they watch helplessly as the crops wither on the vine. Water is carried from a muddy pond by donkeys for bath and washing but there is not enough for irrigation.

Baba is a magician. We decided to plant 100 Morenga trees which grow in arid areas, the leaves of which are high in protein and vitamins, good for lactating mothers and double the milk production in animals. We dug the holes and were waiting for the next day to plant when early in the morning I heard a light patter on my roof and then a downpour soaking the earth readying it for our trees. It was the only rainfall in the months I was there and Julius, who lives down the road, said they didn't get a drop of it! How wondrous are the workings of Parama Purusa! Jyoshna had recorded and taught me the Prabhata Samgiita that reputedly brings rain once, and though I hadn't even sung it, I had just looked at it the day before.

It was inspiring to visit our projects around Kenya – the feeding program that happens after DC every Sunday in Nairobi, where we feed over a thousand kids from the slums a hot meal of rice and beans; the two dozen girls raised by Didi Ananda Gitika in Mombasa and her school of 500 kids; the Master Unit in Nakuru where Didi has 30 girls and a school of 180 children, 5 milking cows and lots of maize and bean fields that feed her community. There are other schools in Nairobi run by Dadas and Didis and hospitals and clinics. It was great to see such large scale AMURT work.

I'm now off to Haiti to see how the children in Didi Ananda Jivaprema's home are growing and how the school and the micro-finance projects are doing. Looking forward to seeing you all in spring when I return for the Easter Retreat. Till then, all the best health and bliss,  
Didi Ananda Prama

### AMURT Training Afternoon

28th April 2012

Learn more skills to be effective in AMURT work, including how to use blogging technology. Dada Unmantrananda and Jyotirmaya have confirmed their participation and we will possibly have Didi Ananda Prama and Dada Jyotirupananda with us too. Training will be held in London at 42 Tynemouth Road N15 4AX. More details online soon.

## EIRE

### Regular DC

DC is held regularly in Dublin and we have had several new people come along and express interest in meditation. We have been experimenting with internet techniques to keep people more connected. Didi Ananda Arpana joined us several times via Skype from Croatia which was really wonderful! It is a good alternative for people who can't travel to collective meditations.

Jiivan McCarthy

## LIVERPOOL DIOCESE

### RAWA Nights

Lots of good things happening in Manchester! Monthly music nights are being held regularly, combining RAWA and AMURT into one. We invite people who are interested to perform, cook food and raise money for charity. Come along if you are in town! For more info contact Subhra on [subhra@jaijaijai.org](mailto:subhra@jaijaijai.org)



Devashiisha performing at the RAWA night

## LONDON DISTRICT

### Regular Events

Sunday, 3.30pm

**Dharma Cakra (1hr Kiirtan)**

First Sunday of month, 1.45pm

**Akhanda Kiirtan (3hr Kiirtan)**

Last Sunday of month, 3pm

**PS Class**

Second Saturday of month, 2.30pm

**AM Open-Day**

*[For classes schedule check our website]*

### Tree Planting Ceremony

On the 18th of December, Dada Jyotirupananda together with a number of margiis performed the AM tree planting ceremony in the margiis' allotment. The placentas of Turiya and Damini were taken out of the freezers and laid to rest under saplings of Hazel, Pear, Goji and Apple trees.

### End of Year Celebrations

2011 was brought to a charged end with a series of spiritual gatherings. We started on

the 23rd with a walk in Epping Forest that turned into DC and meal at Jyotirmaya and Saradadevi's. On Xmas day we had our sumptuous yearly buffet lunch followed by spiritual games. We had an Akhanda Kiirtan at Adiiti and Pundarika's housewarming on the 27th. Another Akhanda Kiirtan took place at Didi's school the next day whilst the cooking for the mass feeding was going on. The Manchester margiis were down in London and we all went together to St.Paul's camp to feed people and do Nagar Kiirtan. On the 29th we warmed Pares'h's house with an Akhanda Kiirtan. The next day margiis went skating before ending up at Roshnii, Kalyana and Krsnadeva's for yet another Akhanda Kiirtan. Finally on New Year's Eve about 35 people gathered at the jagrti for a 9hr Akhanda Kiirtan leading to midnight. What a week! Meeta and Govinda's house was also blessed with a housewarming ceremony and DC on the 2nd of January.

### PROUT workshops & Food Co-op

On the 18th and 19th of February, Dada Krsnasevananda gave two inspiring workshops on PROUT. We discussed PROUT principles and brainstormed on how to apply PROUT in our lives. Interest in start-

ing a food co-op is growing and plans are developing to supply both fresh organic veggies and groceries to people at a more affordable price. If you are interested in joining, please contact Mohan mohanyy@yahoo.co.uk.

### Extended Kiirtan every Sunday! and Baba Videos

From March we are extending the DC Kiirtan to 1hr every Sunday. We will also show Baba videos on every third Sunday of the month. Didi Ananda Manika's Prabhata Samgiita class will still run on the last Sunday of the month.

### Jagrti renovation

We would like to take thank Sanjay who has singlehandedly redesigned and redecorated the middle hallway of the jagrti in a professional way. Vinayaka will be finishing the entrance hallway soon. If you want to help, please do contact them. Working together is fun and fulfilling! (Vinayaka 07858-109-726, Sanjay 07900-307-701)

### DC groups

We give a big thank you to all who have been making the running of our Dharma-macakra smoother than before. If you



Xmas Day



New Year's Eve



at Pares'h's



Xmas Day



Tree Planting



are coming to our weekly Dharmacakra please contact DC in charge, Sanjay who will guide you on how to participate. It is a wonderful way to get to know people and to foster community.

## Introductory Retreat

**Northampton**  
**24th – 26th Feb 2012**

Thanks to the kindness of Madhuvrata in Northampton, we managed to follow through with our retreat plans, despite the record low interest in registrations. 8 participants came and had a wonderful time. Sanjay contributed a lot of new games and activities that helped to make the retreat more special. The programme was trimmed down, giving participants a well-paced introduction to yogic lifestyle. Stay tuned for details of the next one.

## House Warmings

Murali, Bhaswati and Yogesh would like to thank all sincerely for blessing their new house in Basingstoke. "We were over the moon that so many Margiis took the effort and time to attend our house entry ceremony. We felt Baba's blessing, especially because someone got initiation in our house on the day. We hope that this day will also be an initiation day for a future unit in Basingstoke!"

Lakshmii and Pravada in Richmond postponed their housewarming to the 31st of March so that it could be combined with the Jatakarma of their daughter. All welcome. Check emails for more details.

## AMURT

### Mass feeding

"Before distributing food to the poor, sing kiirtan to change the food into prasad (food of the Lord)" Shrii Shrii Anandamutiji

I am very inspired that I have been part of the food distribution service project since its beginning. When we started distributing sentient food to the homeless people and campers at St Paul's Cathedral, we collected donations from margiis to buy food. Eventually we started collecting donated food from supermarkets, markets and shops. We have margii brothers and sisters who give their time to help with the food collection, preparation and serving. It is working very well, and we feed between 120 and 150 every Wednesday, sometimes even more than 200 when the camp is busy. However, the costs are ongoing, and we need donations and people to volunteer all the time. First, it was just about doing service, but then we realised that we were also doing prakar (promoting AMURT, PROUT) as well as spreading good energy through kiirtan.

Kiirtan has become very important in the mass feedings. The more we sing it, the more the vibration changes in the camp's kitchen. There are times when people go positively crazy when we sing kiirtan. They sing with us, dance, shout and even bang lids. As St. Paul's Camp has been cleared, we are continuing our programme at Finsbury Square instead. Last time we went there, we had no guitar player. We started distributing food without kiirtan. After about 10 minutes the people requested kiirtan and asked us, "Where is your music? Can you play it please?" We just smiled at them and did not pay much attention. But they stopped us from distributing the food, so we started singing kiirtan a capella. Suddenly, everybody in the kitchen started to sing with us and clapping hands.

his experience reminded me of how powerful kiirtan is and of the good effect that it can have on the mind. We bring people food, which they really enjoy, but they also love kiirtan.

I would like to thank all of you who have contributed to this project. Special thanks go to the Eghoyan's Pita Bakery Ltd (18, West Rd London N17 0RP) and to New Spitalfields Market (Leyton, London E10 5SQ) for donating foods every week to the cause. Thanks also to FFA for donating spices every week. I would also like to encourage all units in the region to do similar feedings, even to a small group of people.

Namaskar

Paresh

## Boys - 3, Girls - 0!

The Ananda Marga community would like to welcome Guruhari Kirsch who was born in Iceland late at night on the 24th of October last year. We are very happy for our English brother Nikhil and his partner Shanta and wish the three of them a beautiful life together. In London, Cetana and Mayadhiisha were blessed with their second son, Jiivanmukta, on the 27th of December. Best wishes to all four! And finally in Brighton, Roshnii Rose also gave birth to a second son on the 5th of March. Best wishes to Roshnii, Premasagar, Surya, and Kalyan Arun!



Jiivanmukta Hughes



Guruhari Kirsch



Kalyan Arun Rose

# REVOLUTIONS & SOCIAL CHANGE

Karun Towsey

*Society, according to Baba, moves cyclically through four specific ages, called varnas in Sanskrit. The first is the 'shudra' age, that of the labourers. The second is that of the warriors, the 'ksatriyas'. Next comes the age of the intellectuals, or the 'vipras'. The last phase is that of the 'vaeshyans', the entrepreneurs. For a deeper understanding of the varnas, one can read the Human Society volumes and the collections of PROUT in a Nutshell. Karun expresses here his opinion on the role and form of revolution in Baba's sociological context.*

A widely held view is that history is just a record of past triumphs and tragedies and that with our modern, more enlightened world view, there is little in the past that is relevant to our plans for the future.

Even without knowledge of the varna cycle, a quick look at the past shows that there are indeed constantly repeating patterns, often with the same tragic outcomes. What was a surprise first time around will be equally surprising to those trudging the same path on the second occasion.

An important lesson from history that should be most relevant to Margiis whose mission is to bring about radical social change, is the consequences of revolutions.

According to Baba, the end of the vaeshyan varna will come about through a shudra revolution. Baba also said that the level of suffering and degree of violence during such a revolution will vary according to the degree of enlightenment of that society.

Like many Margiis of my generation, a key factor in my attraction to this mission was the idea of fighting a revolution that would establish a spiritually based society. The shift in my preference from barricade-storming revolution to enlightened evolution has nothing to do with the advance of middle age. The study of history has shown me that the more violent a revolution, the longer the period of subsequent repression, during which enlightened growth is put on hold. In many instances, if evolution had been allowed to continue unhindered, society might well have reached a system of peaceful democracy more quickly.

An early example of social change going disastrously awry is the French Revolution of 1789, where the high hopes of the revolutionaries ended

up with The Terror. The only way by which the leaders could control the still-fractionous populace, was through ruthless suppression of anything that hinted at dissent. This model of post-revolutionary governance through terror was then followed in the Soviet Union and China.

Revolution is sometimes the only solution to a situation where the populace are being exploited, even though the immediate outcome is likely to be military repression. This, though, is not about to happen in the developed, free-market capitalist countries. Their people are simply not suffering that much. Most of them do not even want revolutionary change. A minority at the bottom will always fantasize about punishing the rich, but the majority want to see the current system continue, hoping that they might one day become wealthy too.

After a couple of generations, things are likely to deteriorate, as the Capitalist system runs up against insurmountable systemic problems, but for now, there is still plenty of scope for the free market, Anglo-Saxon economic model to go on expanding.

With our knowledge of history, we know that the result of revolution within an underdeveloped nation will be a prolonged period of military repression. We also know that the more sophisticated a society, the less painful will be the transition to a new system of governance.

If by some quirk of circumstance, the current system were to collapse in revolution in the near future, the ensuing misery under strict military control would certainly be to the detriment of our slowly evolving mission. Margiis, therefore, should be praying that the current system continues as it is

for as long as possible, providing an environment in which we are free to propagate spiritual principles and PROUT.

Forty years ago, when Westerners first encountered Ananda Marga, there was a particular cultural meeting point between long-haired, robed yogis from India who spent a certain amount of time sitting about and contemplating the infinite, and long-haired, grungily clad hippies, who spent a certain amount of time sitting about, contemplating... well, whatever crawled through their hallucinogenic field of vision.

The resulting cultural symbiosis served the needs of the mission in the West at that time, when those being attracted to AM were the thinking people of the middle class, who had rejected the materialist, Cold War values of their parents.

The 21st century is a very different time. Thinking, socially active young people no longer drop out. They either express their desires for social change in more creative ways, or simply live more eco-friendly, humane lives whilst pursuing normal careers. These are the people whom we now need to attract to our mission.

The greatest lesson to be learnt from the study of history is that the world goes on changing. Society never stands still and, if you understand the flow of history, see where cycles keep repeating and where new directions synthesize, you can stay at the vanguard of ever-changing society. If we wish to lead the world into a new era of spiritual enlightenment, then we have no choice but to constantly stay ahead of the game.



## SUNRISE EDUCATION TRUST [www.sunrise.org.uk](http://www.sunrise.org.uk)



Grace Power



Sunrise Lunch



at the Healing Day

### Registrations

The Nursery and Primary classes are now full!

### Healing Day

A big thank you to everyone who attended the Healing Day at the Stoke Newington nursery on the 26th of February. There was a wonderful atmosphere of peace and it was thoroughly enjoyed by all present. Thank you also to the practitioners, chefs and bakers who donated their time, particularly to Sarah and Elly for organising the event. £318.92

was raised and will join the fund for the new school minibus.

### Cakes for Sale

On Friday 16th March we had the opportunity to sell food at the Jubilee School on Cazenove Road. A big thank you to all who baked cakes and to all who helped on the day. We raised about £62.

### Sunrise Lunch

On Saturday 17th March we had our annual fundraising lunch which was attended by dozens of parents and children. The food was

great. Kids performed a few songs, Shantana played her violin and Grace Power and Amitabha performed a few Irish songs - aptly, considering it was St. Patrick's Day. About £820 were raised.

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

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Tottenham School, 55 Coniston Road, Tottenham, London N17 0EX. Tel: +44 (0)208 885 3354 / (0)7966 218783

## ASANA CORNER

### What is a cakra?

It is a collection of glands and sub-glands, and the location of these glands and sub-glands differs from animal to animal. In humans the cakras are situated at the intersecting points of the idá, suśumná and piungalá [psycho-spiritual channels]. In the human mind various thoughts are constantly emerging and dissolving. Behind these psychic phenomena are the underlying vṛttis [propensities] which are primarily related to the inborn saṃskáras [mental reactive momenta] of human beings. Propensities are formed according to one's inherent saṃskáras, and the expression and control of these propensities are dependent upon the various cakras. The fifty main propensities of the human mind are expressed internally or externally through the vibrational expression of these cakras. These

vibrations cause hormones to be secreted from the glands, and the natural or unnatural expression of the propensities depends on the degree of normal or abnormal secretion of the hormones. When these propensities can be expressed we say that the human mind is alive because the mind exists as long as the propensities are there. When the propensities are destroyed, however, the human mind loses its existence.

#### Shrii Shrii Anandamurtiji

taken from 'Plexi and Microvita', published in *Microvita in a Nutshell*

Definition found in *The Awakening of Women*:

**CAKRA:** Cycle or circle; psycho-spiritual centre, or plexus. The cakras in the human body are all located along the suśumná canal which passes through the length of the spinal

column and extends up to the crown of the head. Some cakras, however, are associated with external concentration points. The concentration points for the cakras: (1) for the mūlādhāra cakra, the base of the spine, above the perineum; (2) for the svādhisthāna, the base of the genital organ; (3) for the maṇipura, the navel; (4) for the anāhata, the mid-point of the chest; (5) for the vishuddha, the throat; (6) for the ājīnā, between the eyebrows; and (7) for the sahasrāra, the crown of the head. Also: guru cakra, which is located on the inner side of the sahasrāra cakra.

## GLOSSARY

**Acarya:** one who teaches by example

**Akhanda Kiirtan:** kiirtan done in a circle in three hour periods

**AMURT/EL:** Ananda Marga Universal Relief Team/Ladies

**Ananda Marga:** "path of bliss"

**Ananda Vacanamrtam:** set of books consisting of discourses given by Shrii Shrii Anandamurti

**Asana:** yoga posture

**Baba Nam Kevalam:** Universal mantra, meaning 'Only the Name of the Beloved'

**Dada:** Respected brother

**Dharma Cakra:** chanting and meditation session

**DP, Dharma Pracar:** Ideological propagation

**Didi:** Respected sister

**Jagrti:** house of spiritual awakening

**Jatakarma:** Baby-naming ceremony

**Lalita Marmika:** Dance to accompany kiirtan

**Kaosikii:** Yogic dance created by P.R. Sarkar

**Kiirtan:** devotional chant

**Kiirtan Parikrama:** A travelling tour of kiirtan

**Margii:** one who follows Ananda Marga lifestyle

**Namaskar:** I salute the divinity within you with the charms of my mind and the benevolence of my heart

## FASTING DAYS



Apr 2<sup>nd</sup> 5<sup>th</sup> 16<sup>th</sup> 20<sup>th</sup>

May 1<sup>st</sup>/30<sup>th</sup> 5<sup>th</sup> 15<sup>th</sup> 19<sup>th</sup>

Jun 3<sup>rd</sup> 14<sup>th</sup> 18<sup>th</sup>

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

**Parama Purus'a:** Supreme Consciousness

**Pratiika:** Emblem of AM

**PROUT:** PROgressive Utilisation Theory

**Samgacchadvam:** Old Vedic chant with spirit of moving together

**RAWA:** Renaissance Artists and Writers Association

**samskaras:** Reactive momenta

**Satsaunga:** spiritual company

**Susumna:** inner pathway of vital energy

**Tandava:** Cosmic dance of Shiva

**Yama and Niyama:** 10 principles of moral conduct

## CALENDAR

April 6th - 9th

**Regional Conference,  
Unstone Grange**

May 6th

**Ananda Purnima**

May 26th - June 9th

**Kiirtan Parikrama**

June 10th - 17th

**Week Intensive**

July 27th - August 2nd

**Regional Conference,  
Unstone Grange**

## FEATURED RECIPE

### Kale and Chickpea Soup (from our retreat kitchen)

2 medium potatoes, chopped  
2 medium carrots, chopped  
A couple of celery stalks, finely chopped  
1 bag curly kale  
2/3 can chickpeas  
Olive Oil  
1 tsp each Rosemary, Asafoetida, Ginger,  
Nutmeg, Fenugreek  
A few Bay leaves  
salt and pepper

#### Method

Heat the Olive Oil. Lightly fry the potatoes and vegetables for a few minutes. Add a kettle of boiling water with the rest of the ingredients. Simmer until veg is cooked. Add more boiling water as necessary for desired consistency. Season to taste.

## Regional Shop

### Books & other items available at the Regional Office

1. Lungotas: £5 each
2. "Beyond Prayer and Praise" 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
5. "Namah Shivaya Shantaya" by Shrii Shrii Anandamurti (hardbound): £10
6. "Namami Krsnasundaram" by Shrii Shrii Anandamurti (hardbound): £10
7. Meditation: Searching for the Real You, by Dada Jyotirupananda £12
8. Tongue scrapers: £2 each

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

**Contact the office at: [london@anandamarga.org.uk](mailto:london@anandamarga.org.uk) or 0208-806-4250 or stop by if you're in London.**

## CLASSES

### In London

#### Stoke Newington

3A, Cazenove Rd., London N16 6PA  
[class@anandamarga.org.uk](mailto:class@anandamarga.org.uk)  
Tel: 0208 806 4250

#### Holborn

Theobalds Natural Health Centre  
46 Theobalds Road, London WC1X 8NW  
[info@theobaldsnaturalhealth.co.uk](mailto: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