

Satsaunga



Ananda Marga UK and Ireland Regional Newsletter

Issue
Quarterly
Summer 2010



Kiirtan on the Streets of London... pg 5

EDITORIAL



Welcome.

Baba used to say that our newsletters were His food. His appetite, so to speak, was to know of the good work that Ananda Marga is doing world-wide.

He was of course setting an example for us that our newsletters are a useful way to keep in touch with each other and of course to share our good news of work being done by Ananda Margiis.

Thus we are reviving our regional newsletter, for London Region, which comprises the United Kingdom and Ireland.

In the spirit of community, which newsletters help to foster, the name of the newsletter is Satsaunga, which means keeping good company. It can also be translated as 'keeping the association of spiritual people.'

Baba says that keeping good company leads to liberation. A newsletter may not be 'good company' in the common sense of associating with people, but our newsletters are designed to keep our minds thinking in a positive way, by reminding us of the good work in Ananda Marga and giving ideas of how we can contribute to such good work.

I hope it serves this purpose for you and that it may inspire us all to contribute to the good work of Ananda Marga.

Dada Jyotirupananda

Regional Secretary

ANANDA VANII

"To attain Brahma you shall have to do sadhana or spiritual meditation. You should make Him the only goal of your life. For this you require integrity, devotion and singular and earnest love for Him. He is not attainable without reverence and unflagging and unflinching devotion. When the devotional depth will come, love, too will be out-brimming with high sentiments, will be full and overflowing. When love will reach its completeness - its saturation point - merger of the self into Supreme will become easy and simple. In that state alone will come your final realization of the Supreme Consciousness".

Shrii Shrii Anandamurti

**Sam'gacchadvam'
Sam'vadadhvam'**

Let us move together, let us sing together

Sam'vomana'm'si Ja'natam

let us come to know our minds together

Deva'bhagam' Yatha'purve

let us share, like sages of the past

Sam'ja'na'na' Upa'sate

that all people together may enjoy the Universe

Sam'nii Va A'kuti

Unite our intentions

Sama'na' Hrdya'nivaha

let our hearts be inseparable

Sama'nam Astu Vomano

our minds as one mind

Yatha' Vaha Susaha'sati

as we, to truly know one another, become One

Photo Credits:

Shivanii Garrido, Tapasii Nakasu
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SATSAUNGA

Shrii Shrii Anandamurti

Even a golden vessel needs polishing occasionally. Unmaintained it gathers dust and dirt and loses its lustre. Similarly, even a good person or a sádha needs proper maintenance, for in a world of constant change, care must be taken that the change be always towards the better or the higher. Keeping good company is essential for this positive development. While bad company strengthens the bondage of the soul, good company is conducive to liberation and salvation. The keeping of good company is conducive to liberation and is known as satsaunga in Sanskrit. When satsaunga is followed, either physically or mentally or both, the subconscious mind, and thus the conscious mind, are charged with better and higher influences. This change will move the follower forward towards higher and better goals. The alternative is asatsaunga, the keeping of bad company, which leads one into greater and greater bondage. It has been said:

*Satsaungena
bhavenmuktirasatsaungeśu
bandhanam
Asatsaunga mudrañam yat tanmudrá
parikiirtitá*

This means that through satsaunga one achieves liberation; whereas asatsaunga leads to greater bondage. [And the meaning of the second line is: "The mudrañam – shunning – of bad company is called mudrá sáadhaná."]

There are two types of satsaunga – external and internal. Just as the best medicine is Parama Puruśa Himself, the best satsaunga is also Parama Puruśa. Internal satsaunga is the satsaunga of Parama Puruśa, that is, the thought of Parama Puruśa during all the [waking] hours of the day, even when the bodily organs are engaged in worldly activities.

Internal satsaunga is absolutely essential. Those practising internal

satsaunga may, as far as practical, attend external satsaunga also, but if they cannot do so at any time, there will be no harm. But mere external satsaunga, that is, the mere sitting among good persons while the mind forgets Parama Puruśa or remains engrossed in undesirable thoughts, is not good.

The importance of satsaunga lies in the subconscious mind. In the realm of the conscious layer of the mind, processes are natural and mostly alike between human and animal, and no pápa [sin] is incurred. The unconscious layer is beyond the sphere of the active mind. The subconscious layer of the mind is of basic importance because it affects the conscious as well as the unconscious minds. It is like a two-way flow from the subconscious mind. The flow is swifter downwards, that is, towards the conscious mind. It is slower upwards, that is, towards the unconscious mind.

*Shrii Shrii Anandamurti
1969, Ranchi*

*Published in:
Ānanda Vacanámrtam Part 33*

SECTORIAL NEWS

Budapest Region (Hungary)

Didi Ananda Jyotishrii participated in the National Annual Meeting of the Hungarian Environmental NGOs (over 300 people attended). She conducted a discussion on "Subtle Green": vegetarianism, loving animals, living a responsible life. Didi gave a detailed introduction on Master Units at an Ecovillages workshop, attended by 35 people.

Didi also took part in a round-table discussion on "Faith and Science" organised by social activists and attended by 25 people.

Moscow Region (Russia)

Dada Priyatosh was interviewed for a local esoteric magazine in Kaliningrad. Seminars and Sadhana Shiviirs were conducted in Moscow and Belgorod. Dada also provided coverage in major national news agencies for AMURT work and

organised a vegetarian dinner to raise funds for AMURT work in Haiti. He was interviewed on radio leading up to the event.

An AMURT Russia website was recently launched.

Gibraltar Region (Spain)

Didi Ananda Harimaya organised the publication of Thoughts of PR Sarkar in Spanish. She is now working with Margiis to print Carya Carya parts 1,2 and 3 in one volume in Spanish.

Ananda Marga books in Spain are distributed in bookshops throughout the country by national distributors.

Didi also had two radio interviews in Valencia about Ananda Marga, Tantra Yoga and Neo-humanism.

Roma Region (Italy)

Dada Shubhatmananda held conferences in 12 different cities in

Italy. He conducted a new peoples program attended by 20 people.

In the city of Puglia, he gave a class on economic democracy attended by 60 people in the public library.

Also in Puglia Dada had an open program for teachers and parents attended by the Deputy Mayor. All 170 seats were filled as well as standing room. The lecture was on Ananda Marga education.

Dada Devavratana lead the organisation of a successful Easter seminar, with more than 150 Margiis attending.

Dada toured throughout Italy, including a talk at a multi-faith seminar attended by 100 people.



REGIONAL NEWS

Regional Retreat Ananda Bharatii MU (Ireland)

2nd - 5th April 2010

"It was my first time in Ireland. It was nice to be surrounded only by trees and a few animals, away from the noisy city of London. The weather was very changeable, the constant change from sunny to rainy gave me a feeling that the land was constantly being purified and energised. We were a small number of people but the atmosphere we created at the farm by collective kiirtan and sadhana made me feel I belong to a strong spiritual community. Koleen, in the absence of Didi Ananda Prama toured us around

the farm. The salad leaves were so fresh and gave our food a special taste, one can only find in a well-cared for organic farm. Didi Ananda Tattvaveda gave a practical talk on the importance of one to totally surrender to the Guru. At the end of the programme we planted trees and laid the first rock for an eco-community at Brigunath's land. Didi lead the tree-planting ceremony and the Laying foundation stone ceremony. Everybody helped to deliver the tools and water the trees. Putting in place the first rock was quite difficult because of the mud and weight of the rock but we finally managed with our collective effort. Baba Nam Kevalam." Taraka

"This time there was a smaller number of margiis in the Ireland retreat. We had fewer guitar players so everybody took a turn to lead kiirtan. We broke the 'rule' that kiirtan must necessary be sung with guitar or that the singer should have a nice voice! When the collective voice flows together, a

harmonious vibration is generated which brings everybody to a blissful state. This is the greatest benefit one can have from kiirtan." Didi Ananda Tattvaveda

Visit by Ananda Tattvaveda

Didi was with us in London for a short while. She led some yoga classes, organised the Ireland retreat with Dada Jyotirpunananda and gave a talk on 16 points. We wish her all the best for her new post in Germany.



Bhrgunath



Ananda Tattvaveda



Stone laying at Bhrgunath's



Kaelash

Regional Office Renovations

We would like to thank Mayadhiisha for repairing the water leakage in the roof and for starting the renovations on the façade of the jagrti.

Ananda Purnima Celebrations, London

27th May 2010

The birth of our guru fell on a special day in the year of 1921, at 6:08 in the morning. It was the full moon (Purnima) of May. Rather than commemorate the event on the actual date, devotees have found it more special to celebrate His birthday every year on the full moon of that month

More than 25 people gathered at the jagrti for Painca Janya on this beautiful day. We did an hour of kiirtan after which we sat down for sadhana and shared breakfast. During the day, some sisters created a nice atmosphere with paper decorations, balloons and beautiful flower arrangements and in the afternoon we started Akhanda Kiirtan at 5pm with some beautiful African tunes by Dada Daneshananda. The crowd gathered early and we had a sweet vibration throughout. The vanii was read in more than 15 languages and the 40+ margiis who attended enjoyed a sumptuous potluck meal with lots of dishes. Thank you to all who contributed in their own way to the special occasion.

Wedding Bells!

We would like to wish Devashiisha and Aileen from Manchester all the best in their new life together.





Roshni Chou reflects on the recent wave of kiirtan that is hitting Stoke Newington and vicinities...

Summertime. Time for sun bathing and time for spreading spiritual vibration. We went from the jagrti to Clissold Park, and another time we went all the way down to the market at Dalston. We distributed leaflets for classes at the jagrti and Sunrise schools on the way. Ishanii was our best leaflet distributor! Nobody could refuse her leaflets. The weather was sometimes nice, sometimes bad. Sometimes there were many people on the street; sometimes only a handful. They might not become margiis in this life, they might not come to our classes or schools, but I am sure the kiirtan pulled them closer to the cosmic nucleus.

Some people came and sang with us; some people ran towards us to get a leaflet; some people asked questions about kiirtan and who we are. My friend, a non-margii who joined us without even knowing kiirtan, said, "I think what you are doing is very positive. I can really see in people's eyes the happiness you have brought to them." Amitabh's father kindly designed a Baba Nam Kevalam card, which we can distribute during nagar kiirtan.

IF YOU FEEL INSPIRED TO HAVE A NAGAR KIIRTAN NEAR WHERE YOU LIVE, OR MAKE A BANNER OR SIGN, PLEASE CONTACT THE LONDON UNIT COMMITTEE. LET'S DANCE AND SING TOGETHER TO MAKE HIM HAPPY!

AMURT UK

Haiti

Thanks to all who donated money for our relief work in Haiti. To see how much we've collected so far please visit <http://www.justgiving.com/haiti-earthquake-disaster>.

For more news on relief work in Haiti go to <http://www.amurt.net/programs/ncs-america/haiti-2010-earthquake/> or visit www.amurthaiti.org

from Didi Ananda Prama:

Namaskar! Hope all is well in the London Region. Here in Haiti all the

kings horses and all the kings men are trying to put Haiti back together again! Over one million and a half people have become homeless due to the massive earthquake. Already one of the poorest countries in the Western Hemisphere it will take years to remedy the situation. The hope is the resilience of the Haitians and how so many want to support the people. My thoughts are that master units are the models for integrated rural development and exactly what is needed. How to make those models are the challenge. Life goes on, very hot mixed with occasional showers at night, making camp life a struggle. We work with the people, the struggle continues the kiirtan is wonderful and keeps us in the flow. All the best, health and happiness.

Meetings

Dada Vishvarupananda (Global Coordinator), Dada Yogananda (Taiwan), Dada Daneshananda (Nigeria) and Dada Unmantrananda (Haiti) held meetings in London during a two week stay. We wish them continuous success in their mission. Dada Vishvarupananda gave us a brief review of AMURT and AMURTEL's work in Haiti.



The Health of the Whole Person

Lakshmi Shivalanka

When it comes to health, we are bombarded with many opinions and much information on what creates and leads to good health. Where to begin?

There are some simple ideas that underlie achieving and maintaining good health and well being, which those practising a yogic lifestyle will be familiar with.

To heal the body or the person effectively using medicine will therefore involve looking at all the aspects of the person: their mental, physical and spiritual state. The person themselves will often be the best person to know how they are doing with these three aspects of themselves, since we know our self better than anyone else knows us.

Something that we can all address is our food intake and nutrition status. The idea behind 'you are what you eat' is that what we put into our mouths will filter through to all aspects of our life and affect us on different levels.

Of course we are more than what we eat also. The essence of the person will pervade the being over and above the food we eat, ultimately. But we all notice if we have eaten something that is not good for us, when we have eaten too much sugar, for example. We know when we feel good and we also know when we don't.

A purer diet can help us to feel better in ourselves. Therefore, if we understand ourselves then we can know intuitively what to eat. So ask yourself what do I want to achieve? Optimal energy? Clearer mind? Or just a full belly and a satisfied sweet tooth?! Well, the latter we can have through many means, which may not prove particularly nurturing and

nutritious to the mind, body and spirit. That which gives us more energy, clearer thinking and other beneficial effects will be provided in a diet with a variety of fresh vegetables including leaves, fruits, grains, pulses, beans, seeds and nuts in sprouted, raw and cooked form.

Eat something from all the colours of the rainbow (Naturally occurring colours of course!). Greens will contain minerals that cannot be found so abundantly in foods of other colours. Reds contain antioxidants and flavonoids, which provide immune system health and will provide vitamins not contained in other foods. Especially in the summer, these can be found in abundance in your local farmers market.

Ask yourself what do I want to achieve? Optimal energy? Clearer mind? Or just a full belly and a satisfied sweet tooth?!

Fresh food is always best as nutrients begin to diminish within hours of being picked. For this reason, one of the most nutritious foods to eat are sprouted seeds, pulses, beans and grasses since you will eat them whilst they are still growing rather than they are perishing, like most other foods we eat. They contain a wide spectrum of nutrients and are termed 'whole food' for this reason.

Find your local farmers market (normally held at weekends) to guarantee freshly picked fruit, leaves and vegetables. Supermarkets will sell mainly fruit

and vegetables from abroad, which has spent a lot of time and energy travelling to get to the shelves.

Count nutrients, not calories. The calories will take care of themselves when you do this. A clear example of this is the over consumption of white foods, such as pasta, bread and dairy products. Such foods though tasty will not give us much in the way of nutrition except for empty calories. We have become too dependent on these foods to fill us up and as we get full up we tend to neglect the requirement for nutrients in our diet because we feel full. This eventually can lead to nutrient deficiencies and endocrine dysfunction. So try to cut down these foods to once per day and make your two other meals rich in other nutrient-rich sources. Try making nut milks (soak first, add clean water, blend and sieve), juicing (try cucumber, celery and parsley) and growing sprouts (try alfalfa, broccoli and mung beans) to get in those nutrients. These foods are also inherently cleansing and detoxifying, which are important factors in curing disease and also in feeling healthy.

Enjoy life, enjoy the food you eat and eat with a positive mind. This counts for much more than being overly cautious about every morsel we put into our mouths. Balance is key to life, as the great yogis tell us.



THE ASANA CORNER

In this issue Amitabh, who completed the Ananda Marga Yoga Teacher Training in 2009, focuses on one ášana unique to our Ananda Marga practices.

Padahastásana

Amitabh Azzopardi

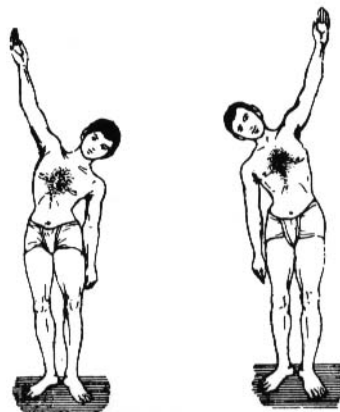
Padahastásana (Arm and leg posture) is one of three ásanas in our yogic practices that consist of multiple poses performed in sequence - what other yogic traditions might call a vinyasa (the other two being Karmásana and Bhavásana). It provides stretches for the back in four directions (two lateral, front and back) thus making it one of the most invigorating ásanas to practice.

In today's world of level roads and walkways the adaptability of the feet for uneven terrains, has lessened and our feet muscles are weaker than they used to be in the past. Like all standing postures, Padahastásana helps to restore the natural life and strength of the feet. It also mobilises joints and invigorates the entire nervous system of the body, stretches hamstrings and posterior leg muscles, stimulates trunk muscles, promotes flexibility in the hips, spine and legs, refreshes the mind, tones the abdomen, liver, spleen and kidneys, rejuvenates spinal nerves, soothes brain cells, opens the heart cakras and improves the mobility of shoulder muscles (AMYTT manual, s.d., p. 40). Bio-psychologically, the ášana impacts the Manipura, Anahata, Vishuddha, Ajina and Sahasrara cakras. As with most ásanas it is contraindicated for pregnant women and during hot flashes but also for people with severely tight shoulders.

In Caryácarya Part 3, Baba gave the following directions (1998, p.50-52):

"Stand erect, raising the arms, palms open. Then bend the trunk and the left arm leftwards while breathing out, and in a state of full expiration touch the left knee with the left hand. After maintaining this position for eight seconds, raise the body and extend the left arm upwards, breathing in throughout the process. When the body is perfectly erect again, bend the trunk and the right arm rightwards, breathing out, and, in a state of complete expiration, hold for eight

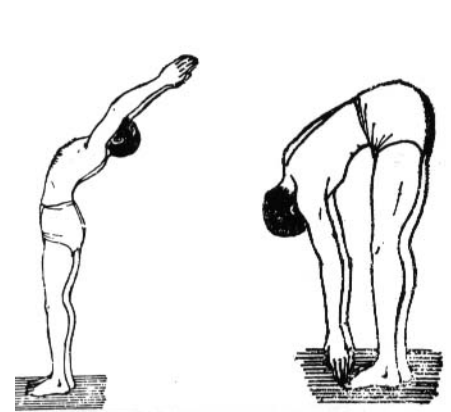
seconds, touching the right foot with the right hand. Then raise the trunk, extending the right arm upwards, inhaling throughout the process. Then bend the trunk forward, breathing out in the process, and catch hold of the big toes. Stay in this position for eight seconds. Then, breathing in, rise up, and raise the arms and extend them backward. When you cannot bend any farther back, hold yourself in that position for eight seconds, retaining the breath. Then bend forward while breathing out, and, just touching the big toes (i.e., without staying in that position), raise the trunk and the arms, breathing in. One round is then complete. Practise eight rounds,



is felt. If there are sensations around the connective muscle tissues or tendons, alignment and intention should be directed to the central part of the muscle. If the toes still cannot be reached, one can either place one's hands on one's shins or bring one's forehead to one's bent knees before attempting to stretch the legs.

2. Practitioners who are still building core strength, i.e. strength in their pelvic and abdominal region, will tend to move their hips as they bend their body. This can be helped by activating the perineal muscles in mula bandha and by taking care to keep the pelvic bowl level. One can try to do this by pointing the tailbone to the midpoint between the heels and by metaphorically tucking in the navel.

3. One should be careful to start the backbend from the lower back (lumbar) NOT the shoulders or cervical spine. Students, particularly those suffering from low blood pressure, may feel dizziness during the bend. To do this effectively and correctly one needs to develop enough



the four poses of Padahastásana

making sure that no part of the body below the waist is bent at any time."

People encounter a number of difficulties in this asana:

1. The standing forward bend (Uttanásana) is difficult to perform for people with tightness in the hamstrings, calf muscles, buttocks and/or hip flexors. Depending on the case, one can either bend their knees as one reaches for their toes or keep their upper body parallel to the floor, or both. The latter is particularly advisable if the person has a weak back or is overweight. Attention should be paid to where the stretching

abdominal strength. The bend should happen consistently throughout the back and provide solid support for the arms, which should be held in place with shoulder blades retracted towards the middle of the trunk. It is acceptable and sometimes helpful to break the sequence by introducing an additional breath between the forward and the backward bend, thus giving a moment of rest while one stands with arms raised overhead.



SUNRISE EDUCATION TRUST



Raising funds: the vegetarian lunch on the 24th of April raised £635

Renovations

New fire doors were added at the school for children's safety.

The children activity area at Stoke Newington was cleaned, repainted and made safer. New curtains were made. Shelf cupboards were constructed for children's files and belongings. Many thanks from Didi Anandamanika to Kavita, Vinayaka, Mayatiita and Giitainjali, Shivanii, Jishnu, Karun, Amala, Dada Subuddhyananda, Didi Jyoti, Maetreya, Amitabha, Roshnii and Taraka for giving their time and energy.



From the School Calendar...

Sunrise Nursery

Yoga class on Mondays: 7:30 - 9:00pm

Homeopathic clinic on Saturday mornings [*£15 first session, £10 thereafter. To make an appointment please phone Food for All: 0208 806 4138 or 0208 806 4138*]

Sunrise Primary

12th of June: Garden Day. Can you help? For more information contact Didi Anandamanika on 0208 806 6279

10th of July: Sport, drama and songs by school children in our end of year programme. Bruce Castle Park

21st-25th June: Meeta is taking her older group of children on long trip school activities to our MU in Ireland.



Inner Joy for Kids

Roshnii Chou

It was on a Thursday morning. As usual, I came to UCL to do an asana class. I did not expect many students to come one week before the reading week. After half an hour, none of them had shown up. I felt a bit disappointed and relieved at the same time cause finally I found some extra time for my own study. I decided to find a computer and continue writing.

I walked towards the computer cluster; however I slowed down when I saw the sign "Volunteering Service Unit" on a door. Volunteering Service Unit is an office in UCL to support and manage various volunteering projects run by UCL students. I went inside and told them I would like to do some yoga and meditation with kids and was not sure what I should

do. They told me they did not have any project like this, but if I want, I could start one by myself. Fiona, a supervisor working in the Unit, gave me a big pile of forms, documents and booklets, and told me to find some students who would like to do the project with me and get back to her.

I had the idea to start a volunteering project to do yoga and meditation with kids one year before. I had been doing classes at university for some time. I felt I should start some projects for students to participate in. I wanted to show them spiritual practice is more than kiirtana, meditation and retreats. But I was terrified by the idea of going to school talking to kids by myself and never had the courage to walk inside the Volunteering Service Unit.

I decided to write an email asking who would be interested in the project on the mailing list of the yoga and meditation society though I had no student coming to my class on that day. Unbelievably, I had many amazing replies. Some of them were qualified yoga teachers, some of them had taught children meditation before, some of them just wanted

very inspired by the neo-humanistic approach in teaching kids.

On the 20/5, Pankaj helped to kick off the first session. Things are not as difficult as I thought. The sweetness of children is beyond my imagination. The kids were jumping, laughing and asking questions. I stood there and wonder how did everything come

about and what kind of samskara these kids have to come to the session. From September we are going to another 1 or 2 primary schools. Though this is only a weekly after school class, maybe the seeds we put in their mind will grow one day.

How you can help. Many schools are looking for ideas for after school classes. Pop-in to

one of your local schools and ask if they are interested in doing yoga or meditation. Sunrise schools are always the best places to start, the best places to learn. Not every child can come to Sunrise schools, and hopefully through this way we can let the ideology of neo-humanism spread further and further. Baba Nam Kevalam.



Children doing meditation at the Albanian Sunrise Nursery

to come along and help. They all seemed more excited than I did! I went back to Fiona. She told me staffs in the Volunteering Service Unit were very excited about the project. She sat down with me for more than two hours to fill in all the forms and help me to do the project planning week by week. She told me, "It is so great to do a project planning like this. I wonder how come I had never sat down with a project leader to do a planning like this before." She contacted a local primary school, Rotherfield. The lady who is in charge of after school class at Rotherfield found us more than 20 kids to join the session. I sat in front of the Small Grant panel of UCL, which eventually decided to give the project five hundred pounds to do a training with Meeta and Didi. The volunteers attended the training sessions were



*People either start from ecology and they arrive to spirituality
or they start from spirituality and they arrive to ecology*

Permaculture: Growing for the Soul

Amala Grzebalska

In mid-May I went to a Permaculture Design Course led by Max Lindegger (founder of Crystal Waters - eco-village in Australia) on a just now forming Muster Unit - Ananda Kalyanii in Portugal. The whole programme happened in the neighbours' house, who run an organic tofu factory and who kindly agreed for so many of us to stay there for 9 days! –what a promising start for Ananda Kalyanii.

Permaculture is a design system for living and gardening/farming spaces, which sources its inspiration from nature. Unlike traditional agriculture it is encouraging diversity, wildlife and symbioses of different species of plants and animals. It is a system of managing and cooperating with nature rather than fighting against it or exploiting it. However, most importantly, for us humans, it is a system through which we can virtually anywhere grow our food efficiently and sustainably. There are various examples of how, using the permaculture principles, a desert can be transformed into an oasis by adequate water management or how

the most eroded land can be brought back to life by soil recovery. The success of permaculture techniques lies in its ability to recognise the unique and multiple qualities and functions of each being - the legumes which fix nitrogen, the birds which produce manure or the ants which aerify the soil – all have their own role to play – their own dharma. The diversity of elements is the most valuable of resources which if properly managed and designed creates an abundant system. Permaculture presents a paradigm shift in the way we relate to the environment and the way we produce our food. Thus, though it might sound simple in theory it requires (but also stimulates) the change in ourselves.

At a very beginning of the course Max said something that really stuck to me. He said that, people either start from ecology and they arrive to spirituality or that they start from spirituality and they arrive to ecology. This is what he observed over his 40 years, or so, of experience with permaculture. I am the second

case. Before I have joined Ananda Marga I had no interest whatsoever in ecology and now I find it the most urging and inspiring subject. My belief is that bringing people closer towards the process of food growing (and it can certainly be done in an urban setting too) can make a huge difference to the society. It is the first step that could be taken to bring all the busy, scattered and desperate minds closer to their selves. Maybe some are not able to sit in meditation but they are certainly able to plant a seed and watch their integrity developing simultaneously as the plant is growing.

In permaculture there is an idea of zoning which makes the design most effective in terms of distance from the house and intensity of use. The more you need to visit a place, like a vegetable garden (zone 1), the closer it is located to your house (zone 0). Thus zone 0'0' – the closest to our hearts - the self-realisation zone, following the permaculture logic, should be the most frequently visited place. How beautiful a concept and how beautiful to know that whoever finds his/her way to permaculture will most probably arrive to spirituality at some point.

Being in Portugal and seeing other people out there who are also on a right track towards a proutistic society is a very positive discovery for me. I am grateful to all the volunteers in Portugal, who having so little infrastructure in place, brought this programme together and helped me to realise my own relationship with nature, which has somehow been very poorly maintained. Before, it has never even occurred to me that, similarly like with humans, there is a relationship with nature that we all have and it can reflect many problems that we struggle with but it can also teach us much more than any other relationship. Now, I just intend to cultivate my new friendship with mother earth and her infinite wonders.

For some short introduction to permaculture see 'A Farm for the Future' a film by Rebecca Hosking.

EVENTS

Change of London DC time

Please note that the time of DC has now changed to 11:00am every Sunday. For those who can't make it in the morning, there is an evening DC at 5:30pm. A donation is collected towards the expenses of the meal.

Dharma Cakras in Brighton

On the last Sunday of every month at 11am Premasagar and Roshnii have started a DC in Brighton. Please contact

Roshnii Rose for further details:

roshnii.rose@yahoo.co.uk

Second Phase Retreat 2010

The venue for the second phase retreat has been booked. We will be having it on the first weekend (5th to 7th) of November, at Unstone Grange. We hope that you can keep it free and join us. The nearest train station is Dronfield. Alternatively there are buses from Sheffield that stop at Unstone Post Office. More info in the next issue.

Renaissance Universal Talks

We are currently setting up a series of talks under the banner of Renaissance Universal (RU) in London.

"Renaissance Universal is a network of people who believe that we must make an effort to improve society and the world ... This involves a renaissance based on neo-humanistic values. Such a renaissance will not only redesign the major institutions of society but will foster individual growth and self-realisation as well ... Renaissance Universal seeks to communicate and create expanded opportunities for concerned individuals to co-operate, discuss and channel their creative talents in positive personal and social directions."

<www.ru.org/info/renaissance-universal.html>

For our first talks (20th-22nd August 2010) we are pleased to present Kaoverii Weber who will be talking about Yoga and Cakras. One talk has so far been confirmed at Halifax College,



London on the 21st of August.

Kristine Kaoverii Weber, MA, RYT500 has been practicing, studying and teaching yoga extensively for more than twenty years. She has gained wide experience of various yogic traditions, complementary therapies and Chinese medicine. Kaoverii is one of the trainers at the Ananda Marga Yoga Teacher Training set up in Asheville, USA and gives workshops regularly for yoga teachers and mental health professionals in the US and abroad. She has also published a book on Self Massage, Sterling (2005) and various articles in journals and magazines.

For more information contact Amitabh amitabha@anandamarga.org.uk or visit www.ru.org (info coming soon)

CLASSES

In London

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

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

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

In the North

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

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

In Wales

Welshpool
Tel: (Dada Ravi) 07812 480 870

Newtown
Tel: (Dada Ravi) 07812 480 870

Aberystwyth
Tel: (Gabriel) 07542 080 803

Machynlleth
Tel: (Kusum) 07847 108 571

GLOSSARY

Acarya: one who teaches by example
Ajina Cakra: the third eye
Anahata Cakra: heart psycho-spiritual centre
Ananda Marga: "path of bliss"
Asana: yoga posture
Baba Nam Kevalam: Universal mantra: Lit: Only the name/vibration of the most beloved
Dada: Respected brother
Didi: Respected sister
DMS: (Dharma Maha Sammelan) a spiritual gathering of Ananda Marga
Guru: the dispeller of darkness
Jagrti: house of spiritual awakening
Kiirtan: collective chanting
LFT: Local Full Timer
Liberation (Samadhi): state of complete absorption in the cosmic mind
Manipura cakra: navel psycho-spiritual centre
Margii: one who follows Ananda Marga lifestyle
Master Unit: A rural community model based on principles given by PR Sarkar
Nagar: Town/Village
Painca Janya: the practice of starting the day at 5am with meditation
Prabhat Samgiita: songs written by PR Sarkar
Sadhaka: a spiritual aspirant
Sadhana: "sustained effort to complete"; meditation
Sadhana shiviir: meditation programme
Sahasrara Cakra: the seventh or crown cakra, located at the crown of the head

FASTING DAYS



June		11 th	21 st	25 th
July	7 th	11 th	21 st	25 th
Aug	5 th	9 th	19 th	23 rd
Sep	4 th	7 th	18 th	22 nd

For the fasting days for the whole year go to:

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

Sanskara: potential reaction to past actions
Satsaunga: spiritual company
Tantra: path of liberation from bondage through struggle
Vanii: short spiritual message
Vishuddha cakra: throat psycho-spiritual centre

CALENDAR

June 12th – 19th
Week Intensive, North Devon

June 23rd – July 23rd
Tantric Yoga LFT training for sisters at the Ireland MU

July 28th – August 1st
DMS in Madhu Karuna, Germany

August 24th
Shra'vanii Pu'rnima'

September 14th
Prabha'ta Sam'giita Divas

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

October 21st **Mahaprayan Divas**

November 5th **Diipavali**

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

THE SENTIENT KITCHEN

Date Slice

Kamala Azzopardi

sugar free/vegan adaptability
 rating: Easy

Ingredients

227g stoned cooking dates
 85g plain flour
 85g jumbo rolled oats
 85g butter or margarine
 85g soft brown sugar
 A few drops of vanilla essence
 knob of butter
 57g chopped walnuts

Method

Heat oven to 190°C/Gas 6 and grease an oblong 8 x 5 tin or a round 8" sponge tin.

Place dates in saucepan and fill with about half a pint of water and simmer dates until soft, add vanilla essence and the knob of butter. Stand aside to cool.

Place flour, oats and butter in a mixing bowl and mix with fingers. When thoroughly mixed, add sugar, mix again.

Press half of mixture into tin,

spread on the date filling, then press the rest of the mixture on top of dates, making sure you cover all the dates. Cover with chopped walnuts and press down firmly.

Bake in centre of oven for approximately 30 to 40 minutes.

When cooked, mark out sections for cutting - leave to cool.

Serve with double cream, ice cream, Greek yoghurt, or Creme Fraiche.