



Satsaunga

Ananda Marga UK and Eire Regional Newsletter

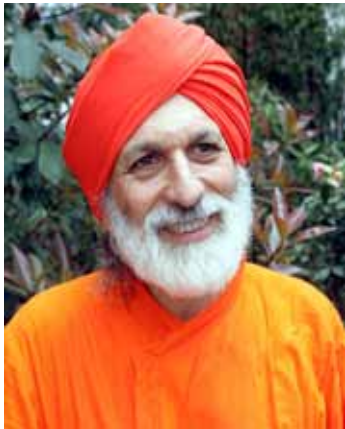
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IN THIS ISSUE:

- 2 Editorial
- 3 Thinking of Others First?
- 4 Kiirtan Parikrama UK
- 6 London District
- 7 Eire
- Can You Believe it?!
- 8 Sunrise Education Trust
- 9 Liverpool Diocese
- AMURT UK
- 10 Interconnectedness
- Asana Corner
- 11 Madhuvidya
- 12 Eating Out

How many can you count?

EDITORIAL



Expect the Unexpected?

Namaskar

Recently in dharmacakra in London we discussed a discourse of Baba's called 'Nityananda & Liilananda', from Ananda Vacanamrtam Part 6. The last passage in the discourse was quite striking to me, where Baba says:

"I have made a rhyme:
Baba nam kevalam yata pap hare
Papiider sadhya ne tata pap kare.

[The repetition of Baba Nam Kevalam even once kills so many sins that the worst sinners could not accumulate them.]"

This certainly brings home the impact of this mantra. Of course as far as I understand we generally don't chant Baba Nam Kevalam to avoid accumulating sins. Rather, I think that most of us sing this mantra to feel joy, to feel closer to our spiritual home.

And this singing has recently come closer to a lot of margiis in England, as we conducted our first kiirtan parikrama, a program where we do a tour of towns and cities, doing akhanda kiirtan in a different place every day. You'll read more about this tour elsewhere in this newsletter, but my experience of attending just a few of the kiirtans is that it brings a lot of intense spiritual joy to everyone.

As we've been getting 'out and about' with kiirtan lately, we've also been getting out and about with publicizing Ananda Marga in other venues, such as at various festivals (primarily to highlight AMURT, as you'll read about in this newsletter) and at the first flash meditation in London, in Trafalgar Square. Everywhere we go we find people interested, eager to learn more about what we are doing, more about 'what we are about.'

This has also brought home to me, and to other margiis, how well known Ananda Marga is, in ways that I had no idea. In quite a few instances lately I've run into people who tell me that they attended meditation or yoga classes from Ananda Marga years ago and that often it was the first such exposure they ever had to these practices. I meet people in unexpected situations in London who are regular shoppers at Food for All (and years ago I met a couple of our customers on a dreary day, as I waited to enter Yugoslavia, as the border guards kept us in interminable visa lines, but that's another story). And I meet a lot of people who send their kids to our Sunrise Schools, and some of these parents tell me directly that they wouldn't send their kids to any other school.

So though we don't have big publicity campaigns nor are we pictured on the celebrity pages of newspapers, nor in the TV news programmes, Ananda Marga is having an impact on our community.

I hope we can continue to have more meaningful interaction with more people and continue to better serve our communities and the world, with whatever aspect of Ananda Marga is most relevant at the right time.

In Him,

Dada Jyotirupananda
Regional Secretary

Editor in Chief

Dada Jyotirupananda

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Cover Photo

London Meditation Flash Mob in Trafalgar Square. Courtesy of London WakeUP Samgha

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Disclaimer

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

Autumn Conference 2011

Unstone Grange, Derbyshire 21st – 23rd October

Keep the dates free!



Thinking of Others First?

Perhaps you know the old story of a milk vendor. Once, a customer asked a milk vendor: "How is it that you sell me milk at one kilo for one rupee, whereas the other vendor gives it to my neighbour for two kilos a rupee?" The vendor replied, "If you like, I will also give it to you for two kilos a rupee." So the vendor started giving milk at that price. After a few days, the customer said to him, "Look here, another milk vendor sells 16 kilos of milk for one rupee. Why don't you?" The vendor replied, "I can also, if you like." After a few more days, the customer said, "See here, another vendor is selling milk at 18 kilos for a rupee!" "I can also do that if you want," answered the vendor, "but this time I will not be able to retain the original colour of the milk!" That is, the vendor will have to pour such a great quantity of water into the milk that it will no longer remain white!

Some civilizations after coming in contact with other civilizations have been so transformed that their original form can hardly be traced. [...] In some ancient civilizations like the Egyptian civilization and the Mayan civilization, even the remnants of the old customs are now no longer discernible. [...] To protect civilization, care has to be taken regarding certain aspects; a civilization can survive only if there is a proper balance among all these special aspects.

Now let us come to our original topic. In our spiritual way of life no aspect of life should be excluded or ignored. I have already said that dharma means the balanced state of

all aspects of human life. Our ideology also provides a code of conduct for householders. Our social life includes all; we do not exclude anything or anyone, nor will we do so in future, because we want to utilize the services of all. Thus we have been able to unite the entire humanity under one banner, and in the future we will perhaps be able to do this in a still better way.

You should continue to perform your mundane duties keeping this always in your mind. You should remember that human life is not like a

<<You should remember that human life is not like a single flower; it is like a bouquet or a garden blooming with many varieties of flowers. And this variety of blossoms adds to the collective beauty of the garden>>

single flower; it is like a bouquet or a garden blooming with many varieties of flowers. And this variety of blossoms adds to the collective beauty of the garden. Had there been only magnolia graniflora or one variety of rose only blooming in the garden, although that single flower might be very attractive, still the garden as a whole would not be very lovely. A garden is all the more beautiful because of the flowers of various types and hues.

Similarly, we human beings must also move

forward while maintaining a harmonious adjustment among all the diverse aspects of individual and collective life. We must discover unity in the midst of colourful diversity. Not only will we realize this in the future, we are realizing it even today, and thus we have been able to consolidate even our limited power. And you know that even a little power, if consolidated, becomes stronger than even a mighty force. You should always be vigilant that not a single individual of our collective body is in the least neglected or ignored. Let not a single boy or girl feel within them that no one is concerned about them – let not a single person be allowed to think, "No one cares whether I have taken my food or not." You must pay special heed to this.

Particularly those of you who are in responsible positions of leadership should remember that you should never think, "No one is bothering to enquire whether I have eaten or not." Rather, you should always be concerned with others' necessities, not your own. You should always think more about your duties and responsibilities than about your rights. [...]

So you should always be vigilant in collective life that no one is ignored, that no one is deprived. The seed of the true progress of society lies in remembering this principle, of thinking of others' interest first.

Shrii Shrii Anandamurtiji

From 'Genius and Technician' in A Few Problems Solved Pt.3

19 June 1979, Calcutta

KIIRTAN PARIKRAMA UK

27th May – 5th June 2011

Amitabha Azzopardi

Looking at the radiant faces of the parikrama team, there's no mistaking the fact that they had a blissful time. Roshnii Chou, Kalyana, Krsnadeva, Amala, Sajet, Kalyanii and Kaeravii spent a week doing the round of the country from one margii's home to the next, stopping at each place for a three hour akhanda kiirtan and satsaunga. Roshnii told me how by the end it was becoming all very effortless. They got into a flow of Babanam Kevalam that was going to be hard to come down from.

01 London, 27th May

The kiirtan parikrama kicked off in a room in ULU's Bloomsbury building in Euston. The Union of University College London is a hub of activity. At UCL we have our biggest yoga and meditation classes. It was symbolic that the first of the akhanda kiirtana would be held there, right at the heart of student life, intellectual activity and multicultural interactions. London is after all one of the most important student cities in the world.

02 Reading, 28th May

Our next kiirtan took place at Karuna and Stuart's home in Reading. A relatively small group gathered on the sunny day to perform the first akhanda kiirtan at the house. Meditation was blissful. Even Ollie, the eldest of the two little boys, could be seen absorbed in meditation as he sat next to Dada Jyoti. Dada Nirmalkrsnananda, who happened to be in town, joined us on that day.

03 Brighton, 29th May

Roshnii and Premasagar Rose welcomed the team with open arms. It was also their first akhanda kiirtan at their home. The room was quite small, but as Roshnii Chou remarked, Baba always manages to fit everybody in! Roshnii Rose taught them Dada Yogananda's kiirtan tune that was to become the signature tune of the tour. The hosts were grateful to have the group around and also confessed of being envious of the team who would be repeating the experience in different places around the country.

04 Tooting, 30th May

The next akhanda kiirtan turned out to be quite memorable. It was the birthday of Anchal, wife of Paul, who hosted us at their place in south London. We had around 40 people there – it was a great birthday party! Relatives of the couple from around England were present, as well as a few from India who happened to be visiting at the time. Needless to say, the food afterwards was an unforgettable Indian feast.

05 Northampton, 31st May

Three-year old Yogesh was visibly excited to see all these margiis at his mum and dad's

doorstep. The vibration climbs higher and higher. In his online diary, Kalyana expresses his surprise at how, with just a dozen people in Mayatiita and Giitainjali's conservatory, the flow continues unabatedly, despite the dip in headcount after the big kiirtan in Tooting.

06 Liverpool, 1st June

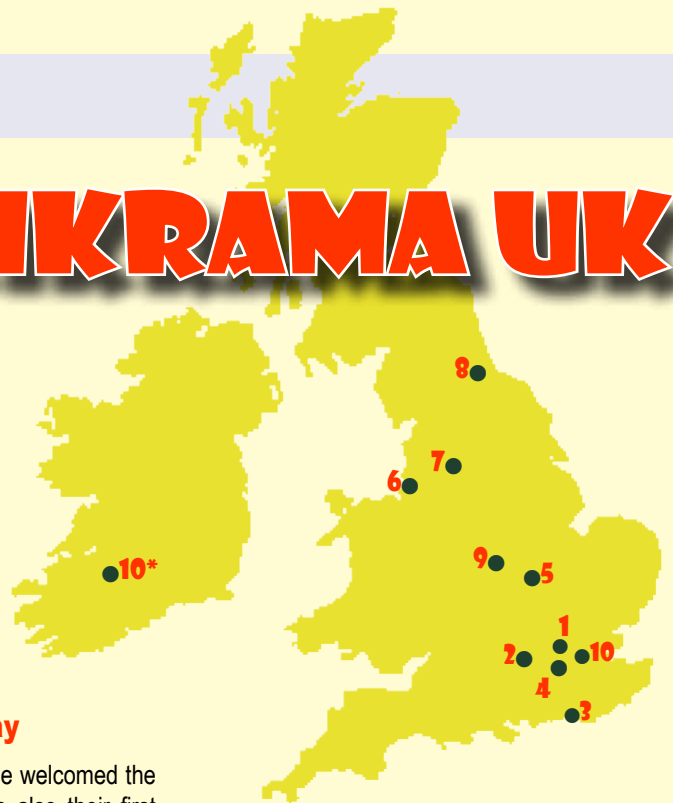
It was time to stop at another university – that of Liverpool. About 20 participants gathered to sing kiirtan together in a room at the guild of students that had previously been used for giving yoga classes. We've had classes at the University of Liverpool for many years, thanks to Dada Ravishekhara and margiis in the north of the country.

07 Manchester, 2nd June

From Liverpool, the team moved to Manchester. The next kiirtan was held in the house in Chorlton that used to be our jagrti. It was time to join Devesha, Devashiisha and Soraya, the three margiis still holding the flag up in Manchester. Kalyana writes that it was nice to be back in what used to be the DC room of the unit. May the glorious days of Manchester unit be restored soon!

08 Yorkshire Dales, 3rd June

The team was eager to arrive at the home of Parmeshvar and Adiiti, the place where the first ideas for the parikrama had sprung last November, at the regional retreat. The old building was previously a Sunday School, nestled cosily in the valley of Arkengarthdale in the national park of the Yorkshire Dales. After meditation, Parmeshvar shared his first ever dream of Baba – one that revealed



to him His playful character. In the dream, Parmeshvar was sitting crossed legged opposite Baba and the two were throwing a ball back and forth. Everyone thought that the dream expressed perfectly the character of the kiirtan that they had just done, with all the jumping and merriment that went around! The vibration was so high that despite having gone to bed after midnight, margiis woke up for Painca Janya at 4.45am, fully inspired.

09 Birmingham, 4th June

Next stop was the Boland house. Nirmala and Shaunkar were amongst the first to build a margii family in our region - they were actually lucky enough to have had their marriage blessed by Baba directly during his visit to Switzerland in the seventies (Perhaps we can inspire them to write up their story for the newsletter?). Shaunkar wasn't home unfortunately but Nirmala received the margiis warmly in their home on behalf of both. About twenty people attended, including Mahadeva and Chandradevi, living nearby.

10 London, 5th June

Time to conclude the tour! Back to where it all started, in London. The beaming team led the monthly akhanda kiirtan at the jagrti with vigour and the vibration was palpable. More than 25 people attended and the three hours went by like a flash.

10* Eire, 3rd - 5th June

Jyoshna La Trobe and Kavita were in Ireland at the same time as the parikrama team



Tooting

was approaching the end of its tour. Though they do akhanda kiirtans, Jyoshna gave a presentation on Rarhi kiirtan followed by a concert at the Snug in Mountshannon, close to Didi's MU. About 25 people attended. On Sunday they had an open DC with about 20 participants. Half of them were uninitiated people. It's nice to think that indirectly, Ireland was part of the parikrama as well!



Brighton

"On Sat 4th June the powerful vibration of 3 hours akhanda kiirtan created a sweet devotional atmosphere I had never before experienced in our home. Although 16 margiis and 3 children may not seem a large number to many of you, for our small dining/meditation room it was the largest number it had ever accommodated for kiirtan. However, the confined space in many respects enhanced the atmosphere. We all want to repeat the experience as soon as possible. Thank you to all the visiting margiis who were in the tour group. They made all this possible and they carried nine days of kiirtan energy with them which created a great momentum straightaway. When can we have the next kiirtan parikrama?" Nirmala



Yogesh, Northampton

The kiirtan parikrama team would like to thank Didi Ananda Tattvaveda who started organising the tour in November last year and who unfortunately could not make it at the very last moment. Thank you also to Sunrise Schools for allowing us use of the school minibus. Last but not least a big thank you to all the margiis around the UK for their hospitality.



Krsnadeva, Manchester

LONDON DISTRICT

Ananda Purnima, 17th May

We made a lovely party for Baba! Painca Janya was well attended; about 15 people came, not counting 5 children. The decorations were impressive thanks to the efforts of Saradadevi and Co. Akhanda kiirtan was very uplifting and was well attended too. We had more than 30 people. We closed the evening with Roshnii Chou's nourishing food. Thank you to all who gave a helping hand, including Vinayaka who led the cleaning afterwards.

Next! Jagrti Renovations

Big plans ahead! Next in line are the refurbishment of the second toilet room and more ambitiously, the renovations of the hallway and entrance. With the support of Andy, who helped us redo the bathroom earlier this year, we're going to raise the ceiling of the hallway to increase the space. The wall dividing us from the shop will be raised. The front door will be replaced with a new one that lets in natural light, the shoe rack will be improved and the whole place repainted. The cupboard under the stairs will be turned into a cloak cupboard.

Works will take place in August and we are looking for financial help. If you can support us please contact Paresh on luboya@hotmail.co.uk. More details coming soon.

Classes on Yogic Treatments, Ananda Sutram and More Yoga

Jyotirmaya and Roshnii Chou have started a class every Tuesday on yogic treatments. They are looking at concepts and cures according to Ayurveda and asanas. Dada Jyotirupananda has started a class every Friday in which he presents parts of Ananda Sutram to the margiis with opportunity for discussion. Classes will be irregular in summer – always check before coming. We also welcome Karmeshana on board who has started a yoga class on Saturdays.

Asana Teachers Forum

A new forum for UK Ananda Marga asana teachers has been formed. At the moment it is still London based but we are extending membership to margiis all around the region. We've already had two sharing circles (monthly) and we have also set up an E-list for online communication. If you're interested to be a part of this, or if you have resources to share, contact Krsnadeva on krsnadeva1@gmail.com.

Home Delivery Akhanda Kiirtan

Would you like to vibrate your home with an Akhanda Kiirtan? Get in touch with Roshnii Chou on yutachou@gmail.com. We already have three lined up! Details about these on Email.

Kiirtan Evening, Changes

Jyoshna La Trobe, who has been leading monthly kiirtan evenings at the jagrti will be moving away from the region. There is one more kiirtan evening confirmed for Saturday 2nd July. Details of future evenings will be announced later.

New DC and DP Secretaries

We would like to welcome Sanjay James on the unit committee who will be taking over from Krsnadeva Hanson in the role of DC Secretary. Krsnadeva will be taking the position of Dharma Pracar Secretary on the committee.

London E-list

An email list has been created for margiis in London. This will free up the regional mailing list from messages relevant only to London, the volume of which was becoming noticeable. If you wish to be a member of the group and you didn't receive the welcome email, contact Kalyana on kalyana@jaijaijai.org.

Margii Seminars

The unit committee is excited to be organising more activities and seminars for margiis. Read below about the ones already lined up. If you're interested in leading a workshop or can help us set one up, get in touch with Roshnii Chou on yutachou@gmail.com.

What if a disaster happens in London??!

18/6, Saturday, 6-8pm
Facilitated by Jyotirmaya

Non-Violent Communication Seminar

2/7, Saturday, 2-6pm
3/7, Sunday, 10am-1pm
Arundhati Mueller gives a good introduction to NVC and its components over two days. Workshops include games.

Ananda Sutram

Every Friday
Facilitated by Dada Jyotirupananda

Monthly! Sadhana Shivar

On the third Sunday of every month between 12:30 and 3:30pm. We had 12 people for our first one in April.

Monthly! AM Open Day

On the second Saturday of every month from 2:30 to 6pm. An opportunity to get a taste of our practices and philosophy in one afternoon. Consisting of asanas, meditation, beginners' DC and collective meal. Please spread the word.

The London Green Fair

Dada Jyotirupananda

Guniita, Paresh and I arrived early Saturday, the first day of the fair, to set up our multi-dimensional stand. For me it was a good day of making contacts (some of them unexpected) for AM. It was also a beautiful, sunny, warm London day, encouraging people to come out for the Fair.

We had our table next to that of a couple of people who were working for a small environmental energy organisation. I started talking with the fellow at that stand, a young man from Italy, residing in London since the 90s. After awhile he mentioned that he used to go to meditation classes at our centre (the jagrti) in Stoke Newington.

Later one of my meditation students (who was volunteering for Greenpeace that day) introduced me to a friend of her's, whose daughter attends our Sunrise Nursery. And a bit later a woman, working at a stand across the aisle from us, came up on a short break from her stand and asked if Ganga was coming today. I wasn't sure and she said they worked together and, as a matter of fact, her first yoga classes ever were at the jagrti some 15 years ago.

A few people throughout the day remarked that they had seen me at the Flash Meditation in Trafalgar Square two days earlier. And finally, I was leaving for the day. I planned to go to the left from our stand and get on the main road out of Regent's Park. But then I decided to go right, and stop at one tent that I wanted to check out.

As I was there, in uniform, one man stopped me and asked if I was a margii. It turns out he was a margii from Lebanon, now living mainly in Spain and up here visiting his girlfriend!

EIRE

Regional Spring Conference 2011

A Royal 'Fa'ilte' Welcome to IRELAND!

Jiivan McCarthy

The conference took place at the master unit in County Clare during the last weekend of April. A big 'Fa'ilte' was on hand for everyone!

We were very spoiled as Didi Ananda Prama had just returned from her work in Haiti and the weather was very continental, at least initially! Jyoshna and Kavita arrived a few days early to lay the foundations of a cool kiirtan vibe. Not only was Didi Ananda Prama on site, we were all blessed to have our dear friend Didi Ananda Arpana with us all the way from Greece! Dada Jyotirupananda settled in nicely on Friday night together with many margiis and friends from England.

As the Irish MU is not yet ready to accommodate big numbers of people, Didi rented a house down the road and everyone was very comfy. The setting was perfect – a large house dating back over 100 years with a flowing stream nearby and 10 minutes' walk from the MU. We had our programme there.

There were many activities to keep people excited during the weekend! On Saturday we went to Brgunath's place to check out his sustainable glasshouse project and wind power system. Nice work Mr. B! We also enjoyed some delicious pizza cooked in a wonderful pizza oven. We then found ourselves in boats on the way to Holy Island for kiirtan and meditation. On Sunday Didi Ananda Prama took us on a tour of the MU and its wonderful garden, polytunnels, houses and bakery. But that wasn't all – a very touching baby naming ceremony took place in the meditation room during the afternoon. Our first Irish born margii, son of Satyendra and Jyoti, had a terrific baby naming ceremony with beautiful African kiirtan led by



Satyendra, Jay & Jyoti

the proud daddy. Water? The baby likes it, as many of you found out to your peril! The baby was given the name of Jay. This name reflects not only the baby's own 'victory', but also seemed apt for the character of the MU in Clare itself. Thanks to Didi's leadership and the support of many people, the MU has been victorious over many obstacles and we have begun to reap the benefits of this MU – long may it last.

The retreat gave us all great centering and instilled in us the courage to drive through our obstacles in the weeks and months ahead. As I write this article, we have seen a visit of the Queen of UK to Ireland for the first time in over 100 years. This is very symbolic and reflects what happened at the retreat; the uniting of neighbours from Ireland and UK building a new future for the farm. We can't change the past but we can live for today and build a brighter tomorrow collectively as friends, neighbours and spiritualists.

NEW! Website Facelift

Check out the latest blog of Sunrise Farm, updated by Kalyana

<http://www.sunrisefarmireland.org/>

Can you believe it?!

We have two nominations for the most incredible incident of the season (Baba said there's no such thing as coincidence) in this new section of the newsletter. The first one (see London pages) was actually a series of incidents that happened to margiis at the Green Fair in Regent's Park. First prize this issue goes to Shantana, daughter of Jyotirmaya and Saradadevii.

Shantana loves doing ballet. She was going with her family to an audition in Thring, a small village near Hemel Hempstead, for a ballet summer school. She asked for her Babanam Kevalam T-shirt to be packed for changing into after the audition. The audition takes place, Shantana wears her T-shirt and one of the mums notices it. The mum approaches us and asks, "Are you margiis?" It turns out her late father was a bhukti pradhana in Malaysia – she's a born margii and she had been wondering about getting in touch with AM in England. The lady lives in Guildford.



It's a Girl!

We would like to wish Supriya Horn and Shiveshvar Diez all the very best on the birth of their first child. Shyamalii was born close to midnight on the 9th of April in the comfort of her own home. Welcome to the world Shyamalii! [Photos withheld according to wishes of parents]



Nagar Kiirtan around the MU

SUNRISE EDUCATION TRUST www.sunrise.org.uk

Sunrise Nursery, 1 Cazenove Road, Stoke Newington, London N16 6PA. amanika123@gmail.com. Tel: +44 (0)208 806 6279
Sunrise Primary (and Nursery), 55 Coniston Road, Tottenham, London N17 0EX. Tel: +44 (0)208 885 3354 / (0)7966 218783

[TS – Tottenham School
SNS – Stoke Newington School]

Fundraising Lunch a Whopping Success!

The vegetarian lunch went really well! Many people came and the schools raised £906.59. The schools would like to thank all who attended and volunteered their time to make it such a special day.

Staff changes

Krsnadeva Hanson replaces Mayatiita Neeson at the TS. He teaches yoga, meditation, geography and science and assists whenever the need arises. Down in Stoke Newington it was time to say goodbye to chef Scarlet who is now replaced by Saba. The nursery also welcomes Elaine Bandele to the upstairs classroom who will be working on Thursdays and Fridays.

NEW! SNS Play Area Equipment

The schools would like to deeply thank Mayadhiisha Hughes for working on the SNS play area. Using his creativity and good carpentry skills, he created something entirely unique, safe and practical. The area now has two wooden huts, a rope bridge which connects both huts and a sandpit. The children absolutely love them!

SNS Sports Day and Bring-and-Buy Sale

The annual Sunrise sports day will take place at 3pm on Friday 8th July in Newington Green. Come along to a fun day with our school children and their parents. There will be cakes, pies, unwanted clothes, household



Successful Fundraising Lunch

items, plants, books and toys that the parents of the schools will be selling at the event to raise money for Sunrise. The money will go towards new double-glazed windows. In the event of bad weather, we will postpone the date to the 8th July.

Low-cost Children's Homeopathic Clinic

Sunrise Children's Clinic was established in the 1980's with the aim of bringing affordable homeopathic treatment to children and their families in Hackney and the surrounding areas. Homeopathic medicines are safe, non-toxic and holistic. Clinics are held at the SNS every Saturday morning. 10am-1pm. Appointments can be made at 'Food for All' next door to the nursery. Cost: £15 first appointment, £10 follow-ups. To make an appointment, call 0208 8064138 or drop in.

TS New Number

The TS has a second contact number. The new one is 07966 218783 and it will be answered by the staff on duty in the Garden Room (nursery) who will forward any message to the primary class.

Garden Day

On the 11th of June several parents came to the TS to work in the garden. They laid bark on the ground, they planted tomatoes and repaired the veranda and other parts of the garden. A big thank you to all of them for their time and energy.



New SNS Equipment



Kids ready to go on stage

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

LIVERPOOL DIOCESE

Excerpts from a letter from Devashiisha:

"...Manchester has been running the odd class (two a week), a DC, and monthly akhanda kiirtans. It has been heart-warming indeed to have margiis coming to visit us from as far as Wales, Darlington and Newcastle! A real feeling of family has somehow weaved its way across the Pennines and country borders, and there is the beginnings of a web of margi-dom forging itself, which is encouraging indeed. A constant challenge is showing new people the depth of life available through the practices in the Marga, and we've also run a one day seminar program which – by grace alone, I'm quite sure! – seems to have served that purpose for at least a few individuals.

Dada Ravishekharaanda has been a pracar machine up here, travelling all the way from Wales to Manchester, via Liverpool, running regular daily classes. Quite inspirational! He seems to run primarily on a subtle microvita created from pracar classes. A green fuel indeed! In Wales some real enthusiasts have been found, which is great to see.

Soraya is working with a local community centre teaching asana and meditation classes, and probably we'll be organising weekend retreats in the city, renting local yoga studios for the purpose. I feel there is an inventive, experimental and intuitive time approaching (catch His Yantra, people!) and I think we're all feeling a mixture of excitement and curiosity about how it all plays out.

Wishing you all His inspirational vision, courage to fulfil it, and always a remembrance of That endless love"

AMURT UK www.amurt.org.uk

It has been a busy few months for AMURT (UK), laying the foundations and preparing for growth. Didi Ananda Prama has most recently joined the Executive committee and brings with her new energy to the team and a wealth of experience in the area of disaster relief and preparedness, the most recent of which being Haiti. Didi will be hosting AMURT /AMURTEL training in first aid and disaster preparedness courses at the Irish Master Unit which will serve as a training centre for AMURT/AMURTEL in Berlin Sector.

We are in the process of signing a contract with a fundraising consultancy to help search for applicable funding for West Africa and Romania, with prospects of taking on more fundraising for Haiti as well. We are also working towards forming partnerships with larger NGOs and hosting more fun fundraising events, anyone interested in helping manage events please get in touch!

Last but not least, here is a BIG THANK YOU to all the margiis who volunteered their time and energy to help out at the London Green Fair and the Nurtured Family Nurtured Earth events. We are looking for help with one more event before the summer holidays kick in... The Permaculture Festival on the 16th of July.

We have two new volunteers for the next 3-4 months: Mahadeva in the midlands and Hiranmayii in Southampton. We are always most grateful for volunteers, all your initiatives and support.

Sisterly yours, Karuna
Chairperson of the Executive Committee

MORE REGIONAL

Sisters Seminar

Gunita Bangula

We had a wonderful sisters seminar on the second weekend of May at the Tottenham School in London. We had 21 adults and 6 children. We all experienced the blissful wave that brings special inspiration and strength for our spiritual journey. We learned a lot from being with each other. We had inspiring workshops on kaoshikii, Yama and Niyama through drama, and kiirtan. We also had a very interesting and informative meeting on Women's Welfare Department (WWD). We would like to thank Didis Ananda Manika, Ananda Prama and Ananda Tattvaveda for their contributions to the programme, and also Mohan and Kalyana for taking care of children while the sisters enjoyed the seminar. Our next one will be in September 2012.



Tejasvii



Nirmala, Didi Manika & Roshnii

Featured Artist

Narada (Niall Kidd) was born in Dublin in 1951. He studied Art at the Brighton Polytech between 1982 and 1985. He is interested in the spiritual in art and the relationship between the poetry of visual art and the deepest spiritual values of a culture. For more info contact Narada on ultimate_secret@hotmail.com



Interconn-ec



The Meditation Mobs are spreading like wildfire! Since the first one was held in Austin, Texas in February this year, meditators have been gathering in different cities around the world for collective meditations, sometimes in hundreds. The one in Trafalgar Square on the 2nd of June was very impressive. Sanjay James writes.

As I stood looking over Trafalgar Square I was quite surprised to see that there was no sign of anything about to happen in the area. People – tourists, others dressed in work clothes, etc. all seemed to be going about their business. But, I did start feeling the energy of people in the crowd who were going to be part of the meditation. One couldn't see them, because they could have been anyone in the crowd. But there was a definite growing excitement in the air.

Who could miss two Dadas dressed in orange in the middle of Trafalgar Square? After we met, we started making our way down the stairs in front of the National Gallery down to the square in front of Nelson's Column. On the way down the stairs we bumped into Shriiila who was with some of her friends. At this point, the organiser of the event walked into the middle of the square, sat down and

started meditating. Where all the people came from, I do not know. It was amazing to see people come from nowhere and join her. The group just grew and grew. The circle was formed.

What a magical and blissful experience it was to be a part of it. People from all walks of life, people of all ages, from children to older adults, people in monk robes to people in suits – it really does take all sorts to make this wonderful world that we live in. Even though we were all sat in a circle there was no need to look up and see how many people had actually joined us, because you could just feel the ever-growing number of people sitting down in the middle of the square with us. Almost as soon as we sat down, closed our eyes and joined in this Flash Mob Meditation it seemed as if the world at large had come to a standstill. The noise around us faded away. So too, it seemed, did the hustle and bustle of general life. Even the traffic seemed to have stopped. It felt like the only sound that could be heard was the gentle trickle of the fountains in the middle of the square.

Such a deep sense of peace, love, joy and bliss swept over all of us – it is truly these sort of moments where you want to take hold

THE ASANA CORNER

Why Asanas? Part 1

Ganga Grace

In order to understand the profound effect of the asanas, we must understand the importance of breathing, as the two work hand in hand synergistically.

Yoga uses diaphragmatic breathing, which is also called the "full yogic breath". Yogic breathing exercises are called pranayama, which means controlling the prana. Prana is the subtle vital energy that keeps us alive. The grossest manifestation of prana in the human body is the motion of the lungs. This motion of the lungs acts like the flywheel that sets the other forces of the body in motion. The subtlest expression of prana is thought. Thus breath and thought are connected. Rapid breathing prevents clear thinking, whereas slow and deep breath-

ing allows for deep and clear thinking. When we concentrate and consciously regulate the breathing we are able to store a greater amount of prana. People with a great amount of prana radiate vitality and strength.

Asanas, or yoga postures, fundamentally act as a lubricating routine to the joints, muscles, ligaments and other parts of the body, increasing circulation and flexibility. Even though this is an important aspect of asana practice it is only a superficial one. This is where a lot of schools of yoga stop in their exploration of asanas. However there is much more depth to the asanas than meets the eye.

Yoga is the only exercise system known today that massages the internal organs and endocrine glands, thus balancing the secretion of hormones which are responsible for our emotional states. An example would be the thyroid gland: the over-secretion of the thyroid and parathyroid glands causes insomnia,

emaciation and irritability; under-secretion on the other hand results in the opposite: lethargy (abnormal need for sleep), obesity and sluggishness. In order to balance the hormone secretion of the glands a combination of asanas are prescribed.

Asanas therefore tone the muscles, develop flexibility, improve posture and spinal alignment, massage the inner organs and balance the hormone secretion.

Sheer muscle development does not necessarily mean a healthy body and forceful movement, as in ordinary physical exercise, builds up large quantities of lactic acid in the muscle fibres, causing fatigue. In yoga this is neutralised by deep, slow and regulated breathing, providing a steady intake of oxygen. Health is a state wherein all organs function perfectly under the intelligent control of the mind.

tivity

of that feeling of being connected to everyone and everything around (and beyond), wrap it up, put it in your pocket and from time to time open it again so you can always remember the feeling.

We all meditated for nearly half an hour. When the clock at St Martin's-in-the-fields started its chiming just before 7pm, this wave of energy grew over all of us. At first I thought it was some sort of cosmic sound that was beaming down on us. It was so powerful. And without explanation, my body began to generate a sound in harmony with the sounds we were all hearing. As people sounded and then took in a deep breath before sounding again, the sound came and went like waves gently washing on a shore. So very, very, beautiful!

As the meditation finished, every man, woman and child was smiling. Each reached out to their neighbour and hugged. One People. One. Blissful indeed!

If you missed it, the next one will be held in Covent Garden on the 28th June 2011, at 18.30 – 19.00. Please do come and join if you can!



Madhuvidya

Two yogis went to meet their guru after completing their theoretical and practical yogic training. During the journey, they reached a river which had to be crossed. At the bank of the river, they saw a young disabled girl crying. One of them asked her why she was crying.

She explained that she was paralyzed and could not move easily. She was only able to move on land by crawling and using her two hands and shoulders to pull herself along, but in the water she was unable to do this. She added that she had waited for so long for somebody to help her cross the river. The yogi offered to help her cross the river if she would sit on his shoulders.

She immediately agreed to this suggestion. He then gently lifted her up onto his shoulders and carried her across the river to the other side. Upon reaching the other side of the river, the girl thanked him, and then continued on her way. The yogi too continued on his journey to his guru's residence.

Meanwhile, the other yogi, who was ahead of

him, witnessed the entire incident. He thought to himself, how can a yogi carry a young girl on his shoulders and happily cross the river? This was indeed a gross transgression of a yogi's norms of behaviour and rules of conduct. He thought that his companion had violated the basic principles of yogic morality by touching the girl. In utter disgust, he did not talk to him and maintained a stony silence for the rest of the journey.

The journey took two full days. After two days of walking they reached the home of their guru. Both of them reverently greeted their guru upon seeing him. After the greeting, the first yogi took the opportunity to inform the guru of his friend's immoral violation of his conduct rules. He thought that it was his responsibility to inform the guru of such unacceptable violations of morality, in order that the guru would punish the wrong-doer. On hearing this, the guru became silent for a few moments. He then took a cane and severely beat the yogi who had complained. After that the guru said, "He certainly had physical contact with that small girl for just fifteen minutes, and after fifteen minutes he physically and men-

tally removed everything from his mind. But without even touching the girl, you kept her in your mind for more than two days. True, he touched the girl, but he did it with a pure mind without attachment. He helped her thinking that he had helped God in the form of the girl. But even without touching or without doing anything external, you polluted your mind and still you are unable to clean the filthy thoughts from your mind."

The guru further explained that in this world of maya nothing is absolute truth. As everything is only relative truth, he advised the yogi not to get involved with the world and accept it as absolute truth. If one wants to be attached to anything, he should be attached only to Him. Do everything as a duty but always keep the mind pure with the ideation of Brahma. One can take a full bath in the river, while keeping the hair dry. One can also cook food without touching the pan. This is the way of the Yogi: performing all actions in the world in the spirit of service and sacrifice, while constantly remaining detached from the world.

from 'Living with Baba', Ac. Tapesvarananda Avt.



GLOSSARY

Acarya: one who teaches by example
Akhanda Kiirtan: kiirtan done in circles in three hour periods
AMURT: Ananda Marga Universal Relief Team
Ananda Marga: "path of bliss"
Ananda Purnima: AM Guru B'day
Ananda Vacanamrtam: set of books consisting of discourses given by Shrii Shrii Anandamurtiji
Asana: yoga posture
Bhukti Pradhana: district secretary
Dada: Respected brother
Dharma Cakra: chanting and meditation session
Dharma Pracar: Ideological propagation
Didi: Respected sister
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
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
Parikrama: joyous pilgrimage
Prabhat Samgiita: songs written by PR Sarkar
Prāñayāma: Beathing techniques

FASTING DAYS



Jun			26 th	30 th
Jul	10 th	14 th	25 th	29 th
Aug	8 th	13 th	24 th	28 th
Sep	7 th	11 th	22 nd	26 th

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

Sadhana: "sustained effort to complete"; meditation
Sadhana Shivir: sessions of alternating kiirtan and meditation done in three hour periods
Samgacchadvam: The spirit of moving together
Samskara: reactive momentum
Sanskrit: Sanskrit language
Satsaunga: spiritual company
Sattvik: Sentient
Vanii: Spiritual message chosen for specific occasions such as New Year
Yama and Niyama: 10 principles of moral conduct
Yantra: machine

CALENDAR

Jul 25th - 31st
Sectorial Conference
Madhu Karuna

Aug 13th
Shravanii Purnima
Commemoration of Baba's first initiation

Sep 14th
Prabhata Samgiita Divas

Oct 21st - 23rd
Autumn Regional Conference
Unstone Grange

CLASSES

In London

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

Holborn

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

In Manchester

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

In Liverpool (Childwall)

Tel: Kumar 07963 131 563

In Wales

Welshpool, Newtown
 Tel: Dada Ravi 07812 480 870

Aberystwyth
 Tel: Gabriel 07542 080 803

Machynlleth
 Tel: Kusum 07847 108 571

EATING OUT

We'd like to promote restaurants that serve good sentient food. If you come across any, let us know. Wherever they are in the region.

Loving Hut, Archway (London) <http://www.lovinghut.co.uk/>

Jyotirmaya recently visited the Archway outlet of this chain of restaurants that spans London, Brighton and Norwich. Run by devotees of Buddhist master Suma Ching-hai, the restaurant boasts an assortment of Taiwanese veggie 'meats', ranging from 'beef' chow-mein, to sesame 'chicken', even veggie 'fish' and chips. They do cook with onions, garlic and mushrooms in some dishes, but they're happy to omit them upon request. Good value, sweet environment. Located a stone's throw from Archway tube station.

Did you know?

Your body has a natural mechanism for clearing your nose

Push your tongue against the top of your mouth and place a finger between your eyebrows and apply pressure. Hold it for about 20 seconds and your sinuses will begin to drain.

According to Chinese medicine you can alternatively press with two fingers the two points underneath the nostrils, at the lateral borders, in 2 small depressions. The pressure point is called LI 20 - "Ying Xiang" and is used for colds and flu.

