



# Satsaunga

Ananda Marga UK and Eire Regional Newsletter

**Issue 6**  
**Quarterly**  
**Winter 2011**

## *In This Issue:*

- |    |                                |
|----|--------------------------------|
| 2  | Editorial                      |
|    | Autumn Regional                |
|    | Conference 2011                |
| 3  | Parama Purusa in Everyone      |
| 4  | AMURT Special:                 |
|    | Roaming the UK for Romania     |
| 6  | Regional                       |
| 7  | AMURT: Didi Ananda Prama       |
|    | Liverpool Diocese              |
| 8  | London District                |
| 9  | AMURT: Occupy London Mvt       |
| 10 | AMURT                          |
| 11 | Sunrise Education Trust        |
| 12 | Glossary, Calendar, Eating Out |

**Editor in Chief**

*Dada Jyotirupananda*

**Editing & Layout**

*Amitabha Azzopardi*

**Proofreading**

*Sanjay James, Karun Towsey*

**Photo Credits**

*Takako Nakasu, Didi Ananda Devapriya, Amitabha Azzopardi, Jyotirmaya Hull Jurkovich, Kalyana McKenzie, Franck Allais, Sunrise Schools.*

**Correspondence**

Letters to the editor, comments and other contributions to the newsletter can be sent to:

[satsaunga@anandamarga.org.uk](mailto:satsaunga@anandamarga.org.uk)

or by post to:

'Satsaunga', 3A, Cazenove Road  
London N16 6PA England

**For more info**

+44 (0)208 806 4250

<http://www.anandamarga.org.uk>

<http://www.londonandmeditation.org.uk>

**Disclaimer**

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

## EDITORIAL



Happy 2012! Is this a promising year, or is it, as some think, the end of the world? Misinterpretations of the Mayan calendar claim that the earth will end by the end of 2012. Though I'm not a gambler, I'll be glad to bet that the earth will continue as always for many, many millennia. (There would be no chance that I'd have to pay up if I lost the bet).

Meanwhile in UK and Ireland the margii community is too busy building up our work to worry much about the end of everything. As we'll read in this issue we are becoming

more active. Our two schools in London are working at about capacity, our health food shop, Food For All, is going through several renovations and becoming more popular, our pracar work is more focused and effective, much thanks to our new Dharma Pracar Board, and the London jagrti is continuing its facelift, a process which should be complete before the end of the world... unless the Mayan calendar predictions are correct.

Our work is also growing in various parts of north England and Dharma Cakra and pracar is rising up in Dublin also. A lot of hard work by various AMURT volunteers is gradually leading to progress in our relief work, including some practical work in UK and more fundraising for AMURT projects in Romania and further afield.

I look forward to 2012 being a year where we open the path of Bliss to many more people and where we enjoy our Blissful community of margiis more and more.

## Autumn Regional Conference 2011

Doing Baba's work is always a fascinating and enriching experience. Organising the autumn conference was no exception. After working in the kitchen for a few years, it was with great satisfaction and some gratitude that I handed the wooden spoon into the capable hands of Pundarika, who rose to the challenge magnificently.

The other organisers and I wanted to make the programme relevant to all the activity that is going on in the mission at the moment whilst at the same time strengthening our sense of community. With all this in mind and a baby naming to include, Roshnii Rose, Dada Ravi and I spent many hours, during the couple of months before the conference, on Skype, designing a programme which would meet all of these goals, while still allowing time for walks and some sleep!

When the time finally arrived for the conference, I was deeply inspired by the number of margiis who came and by the way that everyone contributed in their own unique way to the event and to the movement towards Him. I felt a sense of moving

together towards a shared goal and of mutual support and love for ParamaPurusa in all his manifestations.

As Premasagar and Roshnii arranged the accommodation, it was interesting to observe the demographic shift which has occurred in the region, over the last few years, with fewer single brothers and sisters and more families and children. This brought a new challenge in the form of supervising, entertaining and educating the young of our society and as those of you who were there will surely have noticed, we need to step up our programme in this area! Subhra did a wonderful job of leading the children's programme, but she did not receive enough support. This is one of the main lessons that I have learned from this conference. At Easter we will have a considerably stronger children's programme, which will be supported by all the adults, on a rota basis.

Despite the fire alarms, I was very happy with the conference and I just hope that the other margiis and acaryas attending found it as inspiring as I did! My feeling is that spending



*Baby Damini*



# Parama Puruśa within Everyone

For each and every piece of work you should know what is what and which is which; why you are doing this, why you are not doing that. So many times in the past I said that our human society is a singular entity. It is integral, it cannot be divided into fragments and parts, because rudimentally humanity is one.

Does a child know that it belongs to a particular country? Does a child know that it is white or it is black or it is yellow? Does it know – a child, a little one? It does not. We senior people inject so many isms into their minds. We say, “You belong to the upper class;” we say, “You belong to the lower caste.” We say, “You are a Jew,” “You are a Muslim,” and so many things. We, the senior people, are responsible for all these differences in human society. But human society is one. And who are the people at fault? The senior persons, the respectable persons. Is it not a fact? You say – Is it not a fact?

Our society is one. And I am preaching this from my very childhood – that human society is one.

Say, creed. We say there are so many

more time together in regional programmes would add to the sense of Samgacchadvam. To this end I want to organise an AnandaMarga camp this summer. Spending a week together in nature with only minimal equipment; compost toilets – outdoor (secluded) showers and cooking over open fires – will bring us together and also help us to see how little we actually need to live a good life. We have a marquee here in Manchester, which was bought some years ago and has only been used once. All we need to do now is locate a suitable site. The criteria are that it should be fairly isolated, beautiful, have running water (mains water ideally) and be owned by someone who is supportive of the Marga. If anyone knows of any possibilities I would be very interested to hear from you. The working name I am using, at the moment is ‘Ananda Field’, but I would also welcome other suggestions – perhaps something less derivative. I’m looking forward to spending more time with you all and moving together physically, mentally and spiritually in His love.

**Devesh**

creeds. “We are serving the human society irrespective of creed.” We say like this. But can there be more than one creed? What is the human creed? To move towards the Supreme Entity, move towards the Supreme Source, the perennial source of bliss. It is the only creed. Knowingly or unknowingly, we are all moving towards – what? We are all seekers of – what? We want – what? We want bliss. We want peace. So for the entire human society the creed is – what? How many? One. We are all knowingly or unknowingly moving towards Him; so human society cannot have more than one creed.

The second thing, you see, people may say there are so many religions. No, there is only one religion, not so many religions. And that religion is sanātana dharma, mānava dharma, bhāgavata dharma. That is, what is religion? The goal is attainment of Godhood, to be one with the Supreme Father, to come near the Supreme Father, to enjoy the supreme bliss. That is the goal.

So can there be more than one religion? No. Those who say like this are not religious people. They are agents of religiousism. Can there be more than one religion? There is only one human religion, and that religion teaches us to move towards the Supreme Father.

Class. Is it a creation of the Supreme Entity? All classes, say in the sense of economic classes, rich, poor, etc. – are they God-given or man-made? What are they?

Man-made. These things are creations of our defective social order. And who is the creator of this defective social order? Human beings.

And, caste. When all are children of the Supreme Father, all are progeny of the Supreme Entity, children of the same Father, can they belong to more than one caste? If the father is a Brahman, his children will certainly be Brahmans. Children inherit the caste of the father. When the Supreme Father for the world is one, can there be more than one caste in human society? You say – I just ask you. No, there cannot be more than one caste. No Brahman and no Śūdra, all one. When they have got the same father, the same progenitor, then they must belong to the same caste. So my decision is final and supreme. Human society is a singular entity; human society is one and indivisible.

Shrii Shrii Anandamurtijii

morning of 9th August 1979, Bangkok

Published in Ananda Vacanamrtam 30

## Surfing the Susumna II

Thirteen margiis took advantage of the Indian Summer and headed down to the cool shores of Croyde Bay for the second annual surf retreat. The last weekend of September served up some ace weather and some excellent surf.

Charlie and Ayan were the youngest attendees, and did some great work in the shallow waters, while Malcolm and Ajay lit up the surf at the back, closely followed (chased) by Tarini and Tierney.

Dada Subuddhyananda was our acarya in neoprene, and apart from serving up some great kiirtans, did a splendid job of coaching Shiveshvar and Mayatiita. Father and son team of Govinda and Jay did a storming job of paddling up and down the beach. The only casualty of the event was a slightly dislocated toe belonging to Rohit. Someone had to burn samskaras.

We had two beautiful flats right on the beach where we enjoyed DC and some carboloading meals to keep us going. Great satsaunga had by all, we will definitely return to the same place next year.

**Jyotirmaya Hull Jurkovic**







# Roaming the UK for Romania

Sunanda Almond

Two weeks before Dada Rasatmakananda arrived in the UK it fell to me, as optee for Romania, to both organise and coordinate Dada's tour of the UK. From that moment, the race was on, with countless emails, telephone calls and contacts to be made. I finally emerged with a tour programme that was to take him to parts of the UK that he had not yet visited and time to spend in relaxed satsaunga with our wonderful margiis. A service so greatly needed, for one who works relentlessly for the welfare of others, in a social and spiritual climate that is both mind blowingly hectic and often devoid of margii company.

My deepest thanks goes to all who helped to make this happen, from the smallest to the largest event, the contacts made and the wonderful satsaunga given, especially by the family margiis who not only provided a place for him to stay, but a warm and loving environment for Dada to recharge his spiritual 'batteries' and enjoy the company of others in the way that is so often denied him in Romania. There, the focus lies in another direction... Here is what Dada has to say about his stay in the UK and his promotion of the Homeless Youth Project in Romania.

## A letter from Dada Rasatmakananda

*I arrived in London on 7th November from Italy, where I successfully presented AMURT Romania's plans for a complete integration programme for homeless youth. My voice was gone! For the last four years in Romania, where we have no margiis but projects and schools run by AMURT and AMURTEL, I was not used to giving lengthy talks and lectures for nine days continuously, including playing and singing kiirtan in five AMPS units. Sunanda, Karuna and Roshnii were worried about me not having a voice for the presentations in the different places that they had been organizing for the last three weeks. The local AM units arranged events on the 15th November at West Bromwich Rotary Club, 16th at the Liverpool Club House and 19th at Reading's Toddlers Cafe House.*

*In the UK, the presentations got the same good response as in Italy. Two factors con-*



*tributed to their success; my personal experience with the homeless youth, and the financial / job solution both for them and for AMURT, as well as other NGOs working with homeless people.*

*Fundraising is usually based on continuous consumption of funds but the new approach of AMURT Romania, which is to start a self-sustainable project, was well received in this time of economic crisis. Before I started the tour, I met with a few NGO's and presented them with the idea of LETS (Local Exchange*

*Trading System), where each individual or service entity is both a producer and consumer. In this regard, instead of spending the funds and donations on the basic necessities in supermarkets and external services (food, clothes, hygiene items, printing, laundry, etc.), I suggested that the NGOs produce the basic items themselves with the result of providing jobs for their beneficiaries, thereby holding the funds within the NGO.*

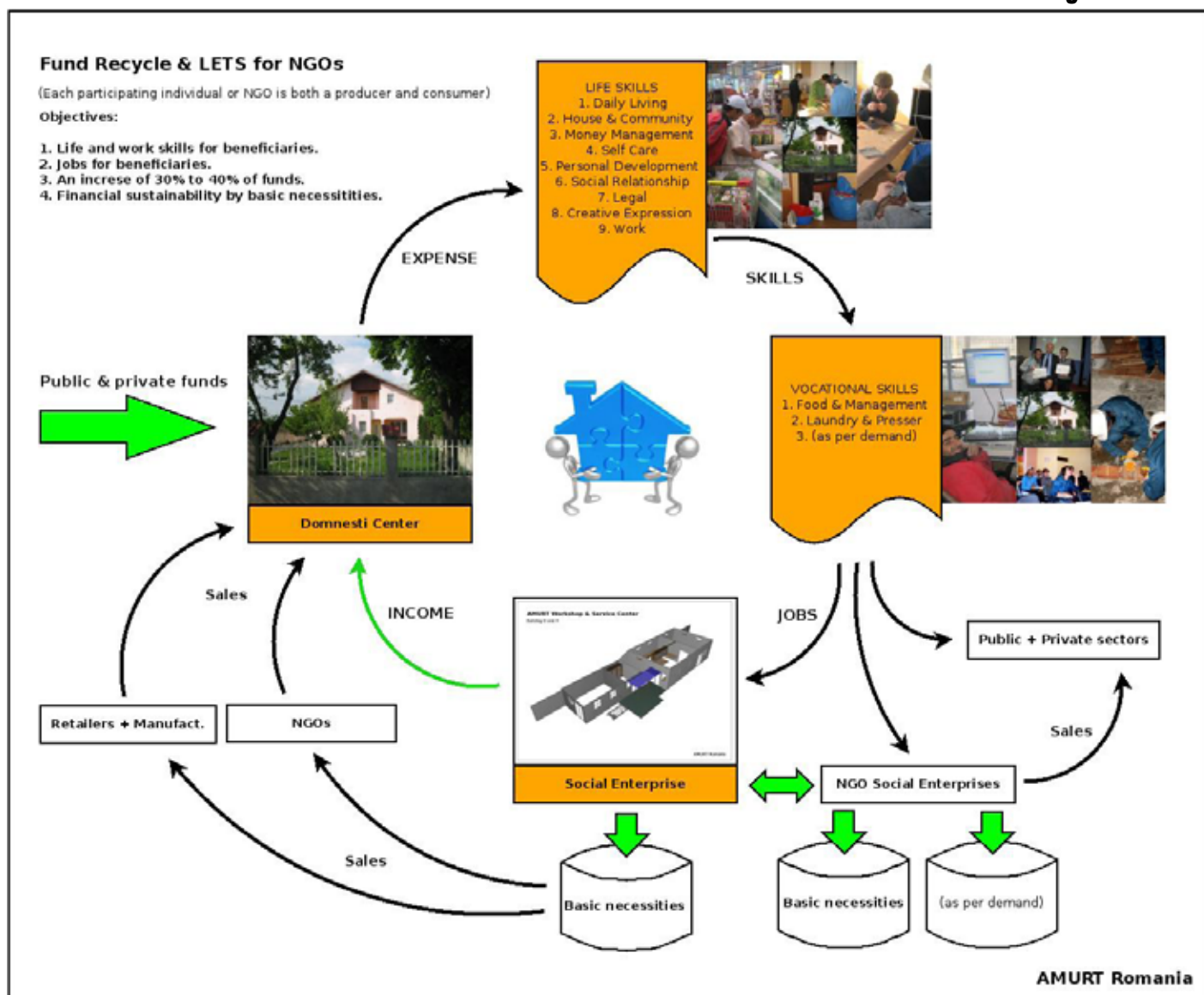
*This will ensure self-sustainability and also provide jobs, the missing stage which NGO's are not able to provide for their beneficiaries, due to the competitive labour market and the youth not having an academic background, many of them not even a primary education.*

*AMURT Romania has been highly successful in providing life, work and vocational skills in collaboration with these NGO's. But many of the youth fall back on the street when they are not able to find relevant jobs, as per SOS Children's Village statistics about 50%. So the solution is to provide jobs within the NGO's. For this, AMURT is getting funding from United Way of Romania to start the first social enterprise.*

*The successful presentations were one thing, but it was also inspiring to see the margiis in action and wherever I stayed; Nirmala and Shaunkar (Birmingham), Kumar (Liverpool), Karuna (Reading), and at the London jagrti, they took good care. In my stressful work in Romania, dealing everyday with mundane and emotional care matters, it was nice to be served instead of being the server. My deep thanks to the family margiis.*

*Another interesting event was held in London jagrti before my presentation. A quiz game was organised by Roshnii and a few other margiis. Jyotirmaya co-ordinated the five teams (the chickens, turtles, lambs, etc.). It was fun, asking question such as "who discovered Europe?" Many margiis attended the programme.*

*I am now in Italy for my second tour, 29th November to 13th December. My Namaskar to all those who helped in organizing my tour of the UK. I am looking forward to meeting you again!*



## Dada's Grand Tour

### Birmingham Shaunkar & Nirmala

Dada was a special guest at our local DC in Birmingham on Saturday 12th November. Afterwards he gave an informal presentation about the Young Homeless Youth project in Romania. We were all very impressed and inspired by Dada. Brajesh had already completed a cycle ride in aid of the project and this, combined with our efforts on the night, led to a total collection of £285.

Dada spent 4 days with us. Much to his delight we took him on a canal side walk on the Sunday afternoon. He loved the typically old English countryside with cows grazing in the fields, picturesque narrow boats and pretty houses. He was happily clicking away on our camera for the afternoon. The photos have been forwarded to him so he has memories of that particular part of his visit to England. Dada is very easy company and we hope we can welcome him to our home again when he does his next tour of England.

### West Bromwich Sunanda

The Rotary Club of West Bromwich hosted Dada on the following Tuesday evening, where he was very well received by the Rotarians, two of whom were District Officers. Dada enthralled them with his knowledge of the situation in Romania and deep commitment to working with other NGO's to provide opportunities for our young homeless boys to thrive. They were so impressed with his plan that they are now interested in using Dada's model to help promote the plight of Homeless Youth in the UK, through Rotary. They enjoyed his style of presentation so much that one Rotarian was heard to say, "He gave his presentation to a high and technical standard and in a language that wasn't his own, impressive!" Dada was able to meet individual Rotarians at the end of the talk to discuss ideas and possibilities for the future. Thanks to the Rotarians for hosting Dada and giving him such a warm reception.

### Liverpool Kumar

On the 16th of November we had a fundraising dinner organised for the Homeless Youth Project in Romania. The event was organised in a bar / cafe called "The Brink". Situated in Parr Street, it looks exactly like any other bar on the street but it just does not serve alcohol. It's a social enterprise which reinvests its profits into the city charity Sharp Liverpool, an organisation dedicated to working with people recovering from drug and alcohol addiction.

Dada Rasatmakanda gave a very inspiring presentation which was attended by 15 people. After the presentation we had a question and answer session which was followed by a vegetarian meal. Those who attended were very inspired with Dada's work and by BA-BA's Grace we receive contribution of £180 from everyone.

Dada stayed for DC on Thursday evening and we were all inspired with his satsaunga and presence. Thank you very much Dadaji for coming to Liverpool and for inspiring us.

(contd. on next page)





## Regional Board

Dada Jyotirupananda

At the meeting on the 4th of December we discussed and addressed several points with regards to:

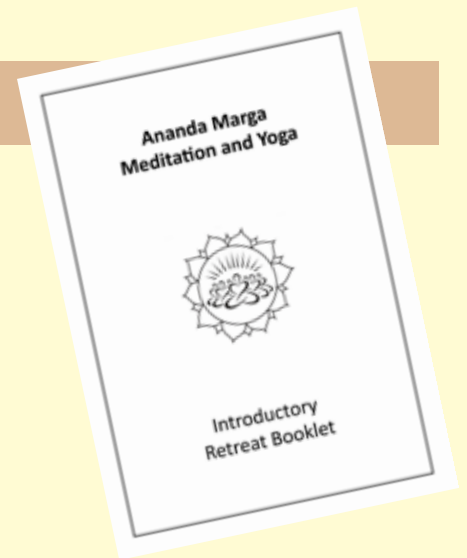
- the functioning of the board
- The AGM
- Our regional conferences
- The DP-ACB

The board is looking for a secretary to maintain basic board functions. We are seeking more representation of active departments in the region and also more active communication with the margiis. Regarding the next AGM, which will happen at the next conference in Spring, the board will discuss ways of how to make it more dynamic, perhaps incorporating our IRSS system. We are still waiting for the final bill from Unstone Grange to close our accounts. It was decided that the profit will go towards the Ireland MU and the DP board's budget. Children's programme at the conference was also discussed, as well as various duties of the DP-ACB, namely

publications and pracar programs. The next meeting was scheduled for the 4th of March 2012.

## DP-ACB

The DP-ACB had another meeting in London in December. A good part of the meeting was spent looking at what pracar is going on at the moment. We identified a number of issues that need addressing. Why don't more people return to our classes after having experienced our introductory weekends? We are managing to sustain 4 introductory retreats a year with 75 participants in total and we'd like more of them to keep practising with us after the weekend experience. We also discussed the creation of a number of publications. Final touches will be made to the revamped introductory retreat booklet and it will be available for anyone wanting to organise introductory retreats in their area. The beautiful booklet contains introductory information on a list of topics such as kiirtan and meditation, Namaskar, Pratiika and diet. For a copy of the booklet email me. In



production is also a DC booklet that explains our DC ritual, its components and other important information regarding our jagrtis and society. More info about that soon. Lastly we are planning to make a margii starter's kit that will consist of leaflets, business cards, and resources to help us promote our lifestyle and work. Resources will be provided in a neat packet, making it easy to carry when out and about. For more information about DP-ACB's activities or a copy of the minutes, please get in touch.

**Amitabha Azzopardi**

amitabha@anandamarga.org.uk

*(contd. from previous page)*

Special thanks to Devesh for helping out in the kitchen and Jayapal for the time and effort in organising the event as well as others for supporting the event.

## London Pundarika

As a manager of Food For All, I put in a huge effort with the help of Roshnii to advertise the quiz night at the jagrti on the 18th of November. It was quite a challenging situation because we had to organize everything in a short amount of time but thanks to Baba, it all went well. A big thanks to Shika for the stunning poster! Even if most of the customers didn't attend the pub-quiz, it was a good occasion to talk more about AMURT and especially about Dada's mission in Romania.

## London Roshnii

There were about 25 adults and 15 children for the quiz night, many of them from Sunrise Schools. Dada Jyotirupananda and I prepared the quiz and were the judges. Jyotirmaya did a brilliant job as the host and all enjoyed it a lot. Meeta, Gunita, and Karmeshana made very nice cakes for the night and Shika performed her amazing contact juggling. We also introduced an extra "love point" - whenever a

group expressed love in their answers and behaviour, they got an extra point. Tarinii's love for the judges was irresistible and her team won the most loving prize. Dada Rasatman-kananda gave an inspiring talk afterwards. In total, we raised £160, and everybody had a joyful and inspiring night!

## Reading Karuna

We had a lovely time with Dada Rasatman-kananda in Reading and we would love to host Dada again when he next visits the UK. Dada gave an inspiring talk at the Play Cafe to a small group of friendly adults while the children played in the background and made crafts. After the talk, people stayed and asked Dada questions about the programme and offered to help in different ways. The owner of the cafe offered to review any business plans that Dada needed to prepare, as he (the cafe owner) had set up the cafe as a social enterprise which is essentially what the Romania programme is. To close the event some sentient treats were distributed. Dada was such a natural attraction to children everywhere he went! A handful of children gave Dada their Christmas wish lists, thinking that he was the real Santa Claus and not wanting to believe otherwise. In the evening, we all went to the symphony of lights show and the turning on of the Christmas lights in town.

Altogether Dada's tour of the UK raised a total of **£1336.25**, including donations generously made on the Virgin Giving web site for Romania plus gift aid. I'd like to give a huge thank you, on behalf of Amurt UK, to all of you who donated on the day, as well as those who have expressed their generosity and support since. I know that this will be gratefully received by the Romanian team in Bucharest and will be put to good use for the benefit of young people who have lived on the streets for so long and are now learning how to reshape their lives to become valued members of society.

**If you are inspired to make a donation, then please visit the Virgin Giving web site at:**

**<http://uk.virginmoneygiving.com/romania>**

where you will be able to make a secure online donation and remember, that for every £10 donated you will be able to claim gift aid if you are a UK tax payer. It's a great way to make your money work for both you and for the project.

**You can also find out more about Dada's project at [www.amurt.ro](http://www.amurt.ro)**

## AMURT Didi Ananda Prama

Didi Ananda Prama wrote us two vivid letters from Nairobi, Kenya. We are sorry that we don't have the space to publish them in their entirety. We give below a summary of Didi's work in Kenya and you can read the letters on the margii email list.

Didi has been staying and working closely with Didi Ananda Rucira of the Abha Light Foundation. They recently completed a four day training with NADA (National Acupuncture Detoxification Association) on how to use needles in the ears to help with detoxification, stress reduction and general well-being. Straight after World AIDS Day, Didi was already practising her newly acquired needle skills. As Didi Ananda Rucira's assistants were going to Addis Ababa, Ethiopia, for the global AIDS conference, Didi helped get homeopathic remedies ready for distribution there. Didi Ananda Prama is also working on plans to open farms for growing the Spirulina algae, a food that is recognised widely as having an extremely high nutritional value. Such farms have already been set up on Lake Victoria by other people. Didi visited them, stopping also at KKEO (Kisumu Kids Empowerment Organization) where she met the director and marvelled at the children

who came in malnourished and have now regained health and happiness. Didi has been in touch with CONCERN and various nutritionists to see how to improve child nutrition. She has also travelled to Mombasa where she met Didi Ananda Gitika and the hundreds of children at her school and told us of other amazing work that the acaryas in Nairobi do to help alleviate people's suffering.

In December Didi will be in India researching and training on how to produce Spirulina in Madurai and later on at Auroville, the largest eco-village in the world. Work on the Spirulina project will begin in Africa in January.

Regarding Somalia, Didi writes: *"Saw a special on the news about the situation in Somalia. Still so many stay hungry, malnourished children dying of measles or diarrhoea and so much politics involved you can't get the food to the needy. Let's make a New Year's resolution that we will do something for the children. As Baba said, no one should need to suffer. Let us put our heads together, have the right intentions, and find some new ways to spread compassion all over the globe, as well as with our neighbours and loved ones. Wishing you all the best health and happiness in the New Year, Didi Ananda Prama"*



## LIVERPOOL DIOCESE

### Introductory Retreat

Wales

4th– 6th November, 2011

Manchester unit hosted its second introductory retreat this year in Wales. We had 22 participants and 4 organisers. There were 7 from Manchester, 4 from Liverpool, 3 from Worcester and 8 from Wales. The organisers were Dada Ravishekhara, Devesh, Jayapal and I. Kalyana came out to support us from London and it was very inspiring to have him at the retreat. He made the journey by train on Friday evening after work and travelled for about 7 hours. He led kiirtan a few times during the weekend and took charge of registration. Dada Ravishekhara was physically tired from giving service at the camps of the Occupy London movement but inspired us nonetheless if not more because of it.



Devesh, Jayapal and I worked very well together and there was a good flow throughout the retreat. Although a bit cold the weather was fantastic! The flow was good and all of the participants enjoyed the programme and the experience. As always there was much to learn from the retreat and we came away in-

spired and ready for the next one. The North is planning to host its next retreat during March next year at the same centre in Wales.

**Shubhra Daniels**



## LONDON DISTRICT

### Regular Events

Sunday, 4pm

**Dharma Cakra**

First Sunday of month, 1.45pm

**Akhanda Kiirtan**

Second Saturday of month, 2.30pm

**AM Open-Day**

*[For classes schedule check our website]*

### Jagrti Renovations

In October we started renovations of the jagrti hallway. The work had to be stalled as we realised that some work needed to be done on the ceiling of the shop first. Now that the shop ceiling has been redone, we look forward to seeing the hallway finished too. We would like to thank Vinayaka, Andy and Maciej for their dedication and generosity. Giitainjali and Sanjay will be taking care of the painting of the place. We would like to thank Paresh for fixing up the electricity in the DC room – the new spotlights give a warm feeling to the space.

### Shyamalii's Jatakarma

On the 30th of October we had the lovely baby naming ceremony of Shyamalii, daughter of Supriya and Shiveshvar. Supriya's relatives were present together with all the margiis, and everyone felt a very beautiful energy during the ceremony. The DC room was beautifully decorated with pink balloons and lots of green, and we had lovely cakes.

### Thank You, Caetanya!

American Caetanya Saxon arrived in mid-October out of immigration personal misfortune. He ended up in London and fast became an asset for our unit, helping out in more than one way, particularly with prakar. He has been leading classes at UCL helping out with renovations and work at the jagrti. He is a very mature 19 year old and we wish him well in his future plans.

### End of Year Celebs!

A lot of satsaunga in store! Daily Akhanda Kiirtan at margiis' homes. Contact Saradadevi for more information on 0208-259-0053.

### Classes: Jan 2012

We'd like to welcome Sanjay on our teachers' team who will be taking over the Saturday morning class and starting another one on Wednesday morning. Shriila will be starting a class on Tuesday night and Karmeshana is going to pilot a children's yoga class on Saturday afternoon at Didi's place. Please see our website for a complete schedule of events.

### Warming Up

Keep the 21st of January free and join us at Lakshmii and Praveda's housewarming in Richmond. Details on email.

### Loving Our Eyes

A dozen margiis attended the Bates Method taster session with Lizzie May at the jagrti on the 25th of October. The margiis appreciated Lizzie's insight on their respective eye issues. The Bates Method is a system of visual re-

education that helps people who have poor sight relearn the habits of good sight. Dr Bates maintained that the key to most visual problems was due to misuse of the visual system. By observing the habits of normally sighted people and understanding the characteristics of normal sight, he devised ways to help people with abnormal sight to relearn how to use their eyes naturally.

### Festival of Life

A dozen people attended Krsnadeva's workshop on kiirtan at the Festival of Life. One lady even wanted us to organise kiirtan at her home in south London. Dada's workshop on meditation was also well attended. This time at our stall we sold raw food products from Prem Hobden's Raw Ecstasy range. We made some profit from it!

### Introductory Retreat

Newmarket, Cambridgeshire  
4th-6th November

17 new participants, 5 organisers, a Didi and a Dada can only make for a brilliant introductory retreat! The highlight for most seemed to be the delicious food – in fact we were even requested to have a veggie and vegan cooking retreat! Aside from the wholesome food a great time was had by all by learning and participating in programmes covering everything from Mantra & Meditation, Kiirtan & Lalita Marmika, Baba Nama Kevalam, Pratiika, Kaosikii & Tandava, Asanas, Half Bath, Self Massage, Yama & Niyama and, of course, a yogic diet. Thanks to all who made the experience so successful and joyful!







## AMURT, PROUT & AM AT THE OCCUPY LONDON MOVEMENT

### Dada Jyotirupananda

In the Occupy London movement, centred around St. Paul's Cathedral and Finsbury Square, Ananda Marga has contributed in several distinct ways.

Early on Dada Krsnasevananda organised a tandava demonstration, in conjunction with another dance troupe doing their own performance. A leader of that troupe was quite intrigued by our tandava and attended one of our Kiirtan evenings at the jagriti.

Dada Ravishekhara, along with Kalyana, Rohit and other margiis has spent a lot of time there and largely with their energy we've had akhanda kiirtan, nagar kiirtan and various other kiirtan and meditation workshops.

The living situation there is quite difficult, as one can imagine in November and December. Cold, not much real privacy and a quite unpredictable life in some ways, partly because one is in a real sense, in the public all the time and not able to choose one's neighbours, partly because there are a number of homeless or dysfunctional people there who have naturally congregated there and have distinct, perhaps intense, needs.

The situation of the homeless people is one reason that AMURT in London has, for several weeks, been feeding the people there. We have been feeding from 120 – 250 people at a time, one evening a week.

There have also been talks on meditation and on PROUT, Baba's socio-economic philosophy.

Our service work there, partly spiritual and much of it for basic needs, is continuing, much to the credit of our people who are constantly attending to the needs, interests and aspirations of the local people

You can find updates of our work on this blog: <http://anandamarga.co.uk/occupylon-donsx/>

### Sunanda Almond

It's half past twelve at night, the wind is gently lifting the flaps of the gazebo and I'm snug and warm deep inside my sleeping bag, with three layers of clothes including my lovely warm PJ's! I'm on the Occupy London site at St. Pauls, sleepy, after a hectic evening promoting PROUT and Baba's ideology. The air is full of the noise of traffic and revellers out on the town, they say London never sleeps and tonight, that might include me!

I slowly drift off and as I do I think of the wonderful people that I've met on my first day. Two dedicated Buddhist brothers who talked of peace and change

and of their community in Devon, the Christian brothers who have sacrificed everything for the love of the way in which Jesus lived his life and the eccentric Catholic nun who carries an enormous crucifix wherever she goes and loves our Kiirtan. I'm suddenly awakened by the clanging of bells.... St. Pauls! Chiming the hour, the half hour and the quarter hour, now I know I'm not going to get any sleep. Still, I lay awake thinking about how lucky I am to be here, a part of something that is so very important.

Next morning, I'm up and out, after morning meditation, and off to the Food tent for breakfast with Rohit. As I enter, I hear the sound of Cook energetically chopping carrots and potatoes for



lunch, passing jovial comments as he bends to his work. Everything is slightly chaotic with packets piled, and vegetables stacked in haphazard ways but everyone involved is happy to be a part of something that is of great significance: CHANGE. The urgency is there, alongside the porridge, the bread, the beans and the tiny breakfast pastries all donated by well-wishers.

As we stand outside eating our breakfast, two officers of the law stroll up to the tent, "Here we go," I think, "trouble", but no! Two smiling faces and a cheery "good morning" as they pass by and on into the tent, laughing with Cook and his assistants! Perhaps they are after an early morning cup of tea! Sadly, the tea tent is closed so off they go. They seemed to care about their surroundings and the

people who are living here.

Breakfast done and what to do next? We open up the Gazebo and leave Rohit in charge while I go to the Bank of Ideas, with Kalyana, to work on some posters. I meet a wonderful sister who has been involved with the movement since the beginning, she coordinates the women and children's programme in the Yurt, to which Amurt has already donated a futon, making life more comfortable for those who are staying there.

We fall into conversation about the work she is doing and of how she would like things to progress. The space is specifically dedicated to the women and children of the camp, creating a safe environment for them to sleep in and take part in activities that are arranged for them. She would very much like to extend this facility to include a women's discussion group and support network as well as activities for the children. I mention the Child Friendly Spaces that AMURTEL has already set up in Haiti and Burma and the support networks and workshops specifically designed for women in need. She immediately becomes excited and says that she is already thinking along these lines herself, having already started the process albeit small and organic in its development.

As the majority of children visit the camp at the weekend, with only a few staying overnight, volunteers will also only be expected to work during the day on a Saturday or Sunday. Wouldn't it be a great service if Amurt/el could support such a programme. Activities could take place inside the Yurt on cold days or Arts and Crafts activities for the children and a forum for women, in an outside space on warmer days. Something to think about!

She also needs books, art and craft materials for the children as well as items that will make them feel more comfortable when they do stay overnight e.g. socks, warm clothing and blankets, she even pointed to the fleece inside my jacket and said "Something like this would be wonderful to line the inside of the Yurt with now it's getting so cold." I put these ideas to Karuna and she suggested Yoga classes for the children, maybe this could also be extended to the mothers. If children enjoy the activities that they take part in, then maybe it will encourage their parents and carers, the weekend supporters, to keep coming back and stay involved.

Many thanks to Kalyana and Rohit for making me feel so warmly welcomed and for taking good care of me for the duration of my stay. I look forward to returning in the near future.

**So much is going on with AMURT this autumn! The Romania tour took us by storm. I was amazed by Dada Rasat-makananda's dedication to the Romania programme – he eats, sleeps and breathes the programme and carries photos and a PowerPoint presentation with him to share everywhere he goes. We have dedicated a section of the newsletter for Romania. At the same time we have been looking at ways to support Nigeria and Haiti.**

**Karuna Collins**

## **Nigeria**

Dada Daneshananda is spearheading a maternal and infant healthcare programme and responding to the needs of mothers and babies in Nigeria's rural state of Ebonyi. Nigeria has the world's 9th highest maternal mortality rate and its 10th highest infant mortality rate. Mortality rates are even higher in the Ebonyi State than in the rest of the country (1,000 maternal deaths per 100,000 live births; 95 deaths before first birthday per 1,000 live births). The programme provides community health workers with the support they need in order to offer home-based care and is improving local health care facilities for high risk deliveries. Following delivery, the mother receives two further home visits, during which the health worker checks on her progress and that of her newborn. These postnatal visits play a crucial role in reducing infant mortality as the antenatal visits do in reducing maternal mortality.

Apart from the bids we are preparing to help raise funds for the clinics, Dada is looking to purchase 5 non-pneumatic anti-shock garments used to reduce post partum haemorrhage for the clinics. Each garment costs around USD\$ 295. We are committed to helping with this project so If you have time and can help by searching the internet to find cheaper versions perhaps manufactured in the developing world, do drop me a line on [grace.collins@amurt.org.uk](mailto:grace.collins@amurt.org.uk).

## **Haiti**

We are in the process of preparing a bid for the expansion of PwojeMikroKrediFanm-

yoViktim (MIKFAV), a microcredit scheme run by AMURTEL. Many of the one million people who were left homeless and destitute by the earthquake which struck Haiti in Jan 2010 have yet to be rehoused and remain dependent on aid from non-governmental organisations. If they are to rebuild their lives, they must find some way to earn a living. Employment opportunities are scarce, so small-scale enterprise represents the best chance of securing an income and achieving economic independence. However, setting up a business requires capital, which few people are able to access.

In response to the need for start-up capital, AMURTEL has developed MIKFAV. The scheme is based on a proven microcredit model and targeted at women, who can generally be relied upon to manage money wisely for the benefit of their families. It provides would-be entrepreneurs with not only the capital they need to purchase equipment and merchandise, but also business management training and ongoing support. Each woman participating in MIKFAV receives a small loan (currently £125) and is provided with a 12-month repayment plan. Over the course of the next year, she attends weekly meetings of a 'solidarity group', comprising around 10 women participating in the scheme. These meetings give her an opportunity to discuss her progress and receive support from her peers. After each meeting, a representative of the group makes a progress report to one of the local community mobilisers known as 'animatrices' whom AMURTEL employs to administer the project. An animatrice also meets with the group once a month to gather feedback and give advice. In this way, each participant receives the support she needs to start a profitable business, repay her loan and, most importantly, acquire the means to support herself and her family.

MIKFAV will be largely self-financing in the long term. The money given out in loans will be received back in loan repayments and used to make further loans, while the 2% interest charged on the loans will be used to subsidise the cost of the participants' business management training. There is very little likelihood of default: the 129 women who have received loans under the scheme since

its launch in December 2010 have made 100% of their scheduled loan repayments in full and on time. However, AMURTEL does not wish to wait until the end of the current project cycle, when costs will be recouped, to give more women the opportunity to benefit from the scheme. We are therefore seeking funding to facilitate its expansion.

In 2012, AMURTEL plans to increase the number of participants in MIKFAV by 100. If it is to support almost twice as many women as it does at present, it will require an injection of capital to provide loan finance and cover the cost of doubling the number of animatrices it employs from four to eight.

Expanding MIKFAV as planned will cost approximately £21,000. To find out more about the projects and ways to offer support please email me.

Wishing you all good health and happiness this festive season and in the New Year.

## **Food For All**

In October, Shiveshvar, who had been doing sterling work as FFA manager for about 2 years, stepped down, as he and his family went traveling to South America for a few months. In his place we now have Pundarika and Roshnii Chou who, with sincerity, enthusiasm and experience, continue to move FFA forward in various ways.

Besides providing good, affordable food, FFA also continues to provide a good venue for the public to find out about our AMURT work and about our meditation courses. In fact, FFA helped a lot to publicise our Romanian Quiz night at the jagrti on Nov 18th, to raise awareness of our service work in Romania. CDs are also being sold in the shop to raise money for our AMURT work.

The shop now has a great new look, thanks to Karun and his worker bees who raised the ceiling and installed many new, bright lights (not of the Xmas kind!). The shop now feels bigger, more spacious and more inviting.





## Staff

We sadly had to say goodbye to Kavita who left the country in July. Jake is now working with us four days a week. Giitainjali will be leaving Sunrise at the end of this term. Karmeshana will take over. Cetana has been replaced temporarily by Shikhawho will hand over to Rita next term.

## Summer Camp in Epping Forest

As the summer holidays drew to a close, the Sunrise family set up camp in Epping Forest on the beautiful sunny Saturday of September 4th. Sunrise thank Vicky for organising the magic. Amazing food was shared (including some delights from the new 'Sunrise Vegetarian Cookbook'), songs were sung around the camp fire and new friends were made. Sunrise is looking forward to making this an annual event!



## Garden Day and Bonfire

Sunrise would like to give a big thank you to all the diggers, pruners, waterers and weeders who came to help out on the 5th of November! With the weather holding up despite the meteorological warnings, the garden was given its winter make-over. Trees were trimmed back, beds were weeded, equipment mended and hurrah – the shed floor can be seen again!

As the sun set we had a beautiful tree planting ceremony and a blessing sung in Sanskrit by Meeta. While the green-fingered were at work, so too were the elves in the kitchen who cooked up some great food for all and oh how good it always tastes after a day outdoors.

To bring the day to a fitting close, being Guy Fawkes, Sunrise had a bonfire and fireworks. It was lovely to see the children singing with their beautiful faces glowing in the light of the fire. It was also lovely to see so many old faces of pupils and parents back. If only every day's work could feel that good!

## News of our Minibus

It is time to get ourselves a new minibus! Devsha managed to sell our old one in Manchester for £1600. We need to get at least a 12-seater which costs £8,000 - £10,000. We have raised about £2,500 pounds so far but we need more funds. Let us know if you can help us in any way. The Ananda Marga unit will benefit from it as well.



## Xmas Carolling for the Minibus!

We managed to raise **£1,000** with our busking at Westminster and Highbury and Islington tube stations on the 2nd and 5th of December!

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

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



## 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 Nama Kevalam:** Universal mantra, meaning 'Only the Name of the Beloved'

**Bhágavata, Manava and Sanatana dharma:** Qualities of intrinsic nature

**Brahman:** Person of upper caste

**Dada:** Respected brother

**Dharma Cakra:** chanting and meditation session

**DP, Dharma Pracar:** Ideological propagation

**Didi:** Respected sister

**Ida and Piungala Nadis:** pathways of vital energy

**Jagrti:** house of spiritual awakening

**Lalita Marmika:** Dance to accompany kiirtan

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

**Kiirtan:** devotional chant

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

**Namaskar:** I salute the divinity within you with

## FASTING DAYS

Dec			20 <sup>th</sup>	24 <sup>th</sup>
Jan	3 <sup>rd</sup>	8 <sup>th</sup>	18 <sup>th</sup>	22 <sup>nd</sup>
Feb	2 <sup>nd</sup>	6 <sup>th</sup>	17 <sup>th</sup>	20 <sup>th</sup>
Mar	3 <sup>rd</sup>	7 <sup>th</sup>	17 <sup>th</sup>	21 <sup>st</sup>

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

the charms of my mind and the benevolence of my heart

**Parama Purus'a:** Supreme Consciousness

**Pratiika:** Emblem of AM

**PROUT:** PROgressive Utilisation Theory

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

**samskaras:** Reactive momenta

**Satsaunga:** spiritual company

**Shúdra:** Labourer

**Susumna:** inner pathway of vital energy

**Tandava:** Cosmic dance of Shiva

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

## CALENDAR

January 9th

*Classes resume in London centre*

February 12th

**Nilakantha Divas**

February 24th - 26th

**Intro Retreat, Newmarket**

March 5th

**Dadichi Divas**

March 11th

**Vasantotsava**

April 6th - 9th

**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 cater nicely for margiis. If you come across any worth mentioning, please write to us, wherever they are in the region!*

**Tibits (Heddon Str, London) [www.tibits.co.uk](http://www.tibits.co.uk)**

A favourite of many London margiis. The atmosphere and ambiance at Tibits are lovely and the staff is warm and friendly. The delicious food is all vegetarian and it is labelled with little symbols for onions, garlic, nuts, wheat, milk, eggs etc. The food is all laid out in a beautiful buffet boat in the middle of the ground floor space. Once you have filled your plate you take it to the bar where they weigh it for you and you pay accordingly. At the counter you can also order delicious fruit juices, herbal teas, etc. And, if you have never had their mocha, it's to die for!

## 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: £1 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.*