

# Suryaprabha'

## *Newsletter of Ananda Marga Algiers and Gibraltar Regions, Spring 2014*

We are starting this newsletter so that everyone can receive the news, inspiration, and information about upcoming events in the region. The name 'Suryaprabha' means 'bright light like the sun'. This being one of the sunniest and warmest parts of Europe, the name seemed appropriate. However, this sun is not only external, it also signifies the brilliant light of spirituality inside of each of us, which we have to take care of, develop, and share with others.

For practical purposes, Ananda Marga has divided the world into various sectors and regions. Europe is known as 'Berlin Sector'. Spain, Portugal, Gibraltar and Andorra are part of 'Gibraltar region.' Canary Islands, Algeria and Morocco are part of Algiers region. We haven't reached many of these places yet, but who knows what the future holds, perhaps from Canary Islands we will be able to jump across to Morocco...!

We hope you will enjoy this newsletter, and see you soon at some of our up and coming programs.



*He who illumines the external world, illumines all the stars and planets also. Besides Parama Puruśa, no other entity has light of its own. The light of all other entities is the mere reflection of His effulgence. Compared to that supreme source of effulgence, even the sun is enveloped in darkness – the shining face of the moon is covered with a black veil – the flashes of lightning are lost in the blinding darkness – what to speak of the glow of fire! All are lighted with His light; with His Radiance, all others are radiant, and in His effulgence all others become blessed. To this Supreme Entity, this Parama Puruśa, no one is negligible, no one is abominable. He is the focal point of all existence – He is the most resplendent entity in all. To make His dear children dance in joy and overflowing delight, He plays hide-and-seek with His little children.*

*One need not run about in the world to find Him who is contained within the jewel-case of one's existential feeling. One can easily attain Him if only one searches within. To forget the brightest jewel of the inner world and then vainly search for the source of light in the outer world – this is indeed a waste of time! Shiva says, Why should people waste their time in this way? Why should people throw the food from their hands and then beg for alms from door to door? His advice is: Proceed towards the inner world... deeper... still deeper... and still deeper.*

*(Namah Shivāya Shāntāya, 205)*

## Activities Around the Region

### MADRID

Classes are ongoing in Madrid. The jagrti is open every day for the public to participate in kiirtan and meditation. Dada has also been giving courses about 'Tantra Yoga' and other topics. He is providing organic food and healthy cakes and bread for affordable prices.

### BARCELONA

Margiis in Barcelona have been organising weekends seminars every few months. They have been making good efforts to develop our activities there.

### GRAN CANARIA

Many activities have been going on in Gran Canaria and Las Palmas!

-Dharmacakra as well as regular classes are going on every week in our new centre in the city.

-Half day program was held for margii sisters and new people in November, followed by Sa'dhana shiviir for all the margiis.

-Akhand kiirtan is happening once a month in various locations around the island.

-Margiis are going on hiking excursions together in the mountains and other natural places.

-Weekend seminar was successfully held in March with 15 people.

-There was a RAWA concert 'Mantras and Spiritual Music' in March, attended by 40 people. After the concert, there were many new students for our classes.

*Every sádhaná that aims at the attainment of the Supreme, irrespective of its religious affiliation, is definitely Tantra; for Tantra is not a religion, Tantra is simply the science of sádhaná – it is a principle. (Tantra and its Effect on Society)*



Tree-planting (pomegranate tree) in Valencia jagrti



Retreat in Gran Canaria

*One of the most exciting news from the region this winter was surely the snow in Gran Canaria! Since the average winter temperature is around 17 degrees, this was a special event! Perhaps Northern Europe, where it hardly snowed at all, had sent a gift....*





## TENERIFE

-Candrika is helping to organise activities in various places in Tenerife. She is doing a great job, giving classes a few times a week about asanas, meditation and kiirtan. Many sisters have taken initiation after coming in contact through her classes.

-In November, we had our first retreat in many years. 15 people attended and everyone enjoyed the program.

-In March, Didi Tejasvini visited and gave various classes about kiirtan, vegetarian cooking and spiritual philosophy.

## VALENCIA

-Valencia has been in Karma Yoga flow these days. All the walls of the large Dharmacakra hall have been repaired and repainted. Many thanks to everyone who helped to buy the paint and to come and paint! Our next step is to paint the outside of the building and cover the floor of the hall.

-We also had a tree-planting ceremony in February for our new pomegranate tree. Hopefully soon we will receive some flowers and fruits!

*Beginning*



*Middle*



*End  
Valencia Jagrti*



## LFT Training in Ireland

-LFT Training for sisters will be held in our Master Unit (Ecological Farm) in Ireland, with Didi Ananda Prama. It will begin after summer conference, from the 6<sup>th</sup> August until 6<sup>th</sup> September. The training is designed for those who want an experience of spiritual life style, with a routine of collective spiritual practice and philosophical classes everyday. This then opens the possibility of becoming LFT, which is someone who volunteers full-time to help develop the activities of Ananda Marga in a specific place. Someone can work as an LFT for as short or long time as they like, and it provides a great experience for personal and spiritual development.

-If you cannot join the whole training, there is also the option to participate in one week 'Ideological Training' any time during the program.

-For more information, contact: [tejasviniididi@gmail.com](mailto:tejasviniididi@gmail.com)

## How to Cook Aloe Vera

Aloe vera is commonly known as a medicine for the skin, to treat cuts, allergies, insect bites, etc. In some countries it is also used as a food. For example, in China, cubes of aloe vera gel are often found in drinks. It is also eaten in Rajasthan in India, and ayurvedic medicine mentions its healing properties. That said, it needs to be prepared properly, otherwise it will not be very tasty, and may have side-effects.



As there is no shortage of aloe vera in Spain, we hope you will be able to learn to enjoy this free and healthy food!

### Aloe vera syrup or jam

1. Take 3 large and fleshy aloe vera leaves. Cut the bottom. Hold them at a 45 degree angle for one minute. Some yellowish liquid may drip out.
2. Remove the skin with a knife. You should make sure that all the skin is removed, as the area around the skin is bitter and purgative. To remove the skin easily, first cut cut of the spines on the sides, then remove the skin from the flat side. Then with a spoon, scoop out the transparent gel.
3. Cut the gel into small cubes. Be careful, it is slippery!
4. Mix the aloe vera cubes in a pot with one cup brown sugar and juice of one lemon or lime. Boil on low, stirring occasionally. After some time, you will notice that the slime has gone. You can stop boiling at this stage, or continue a little longer, until most of the liquid has disappeared and it is more like jam.
5. Leave to cool. Eat mixed with yoghurt, juice, as a topping for ice-cream, or as a spread for toast.







*El Teide, Tenerife*

*While doing sáadhaná, the mind frequently runs after external things. It is very difficult to concentrate the mind, which is by nature restless, on a certain object or idea. Why is the mind fixed on a particular point in sáadhaná? Because that point is the veritable link between the relative world and the Absolute; the point exists where the relative world ends and the Absolute begins. This point is representative of the Cosmic Entity. Once this point is controlled, the attainment of the highest state of spirituality becomes easy. To control this point means to be one with Paramátmá.*

*Therefore to come out from the scope of the relative world, one must concentrate on this point.*

*(Ananda Vacanamrtam Part 33)*

## Ongoing and Upcoming events

### MADRID

Programs in Madrid are ongoing, and there is something happening everyday in the jagrti. For more information, contact Dada Tiirthadevananda (636413308/ 914201236). You can find information about all the programs at this website: <http://yogaholistico.blogspot.de/>

### GRAN CANARIA

Weekly classes are continuing in two locations in Las Palmas city centre. Weekly dharmacakra is continuing in our centre in the city. We are also planning one day seminar around the 18<sup>th</sup>/19<sup>th</sup> July. More information will be given soon.

For times and days of our activities in Las Palmas, please contact: 675022160/ 928676147 or 928261788.

### TENERIFE

-For information about ongoing classes, please contact: 922983651/ 644295013. Asanas class, kiirtan group and dharmacakra are happening at different locations around the island.

-Around 21<sup>st</sup> July, we are planning a very special program to climb El Teide and explore the national park. El Teide is the large (and still active!) volcano at the centre of Tenerife, and also the highest mountain in Europe. Anyone who would like to join (also from other countries) is most welcome. From there you can also join our group travelling together to sectorial conference in Poland. For more information, contact: [tejasviniididi@gmail.com](mailto:tejasviniididi@gmail.com)

### VALENCIA

Programs in Valencia will start again in August. For more information, contact: [tejasviniididi@gmail.com](mailto:tejasviniididi@gmail.com)

### MADEIRA, Portugal

There will be a four and half day retreat in Maderia, Portugal, from 6-10<sup>th</sup> June. Welcome to come and join us in this beautiful island paradise of green mountains with a view of the ocean on all sides!

*If you would like to organize anything where you live, please contact Didi Tejasvinii or Dada Tiirthadevananda.*



The moon smiled, the tides rose.  
The river water swelled overflowing  
the banks.  
The moon and ocean knew each other  
well.  
Both call each other by hand signal,  
since they want to pull each other.  
This divine sport is going on since  
time immemorial.  
The sea wonders, why it is pulling  
the moon.  
The moon too is ignorant of the  
answer to this question.

### Sectorial Conference in Poland

Our annual European Retreat will take place on our Master Unit in Poland. It is a beautiful location in the centre of the mountains, producing all its own organic fruits, vegetables, grains and milk. The dates of the program are 27<sup>th</sup> July- 2<sup>nd</sup> August. Normally there are around 250-300 people attending from all around Europe. It is a great chance to experience the vibration of collective meditation and long kiirtan in a large group, plus interesting classes, and the chance to meet and share experiences with others.

-For those travelling from Spain, there are direct flights to Wroclaw in Poland from Alicante and Barcelona (Girona). From there it is a short train ride to Jelenia Gora.

-The other possibility is to fly to Frankfurt from any main airport, and join our group travelling by train on the 26<sup>th</sup> July.

-From Gran Canaria you join our group flying via Valencia on the 23<sup>rd</sup> July. From Tenerife, there are direct flights to Frankfurt. If you want to travel in a group, you can join on the 23<sup>rd</sup> July.

For help with travel arrangements, you can contact [tejasviniididi@gmail.com](mailto:tejasviniididi@gmail.com), or Dada Tiirthadevananda if you will be travelling from Madrid (636413308/ 914201236).

