



# Cetana

“awareness”

New York Sector

Women's Welfare Department Sectorial Newsletter

May 2013

***"THERE IS YET ANOTHER TYPE OF DEVOTION, WHICH IS FREE FROM EVEN THIS TINGE OF SELFISHNESS. IT IS [THE HIGHEST KIND OF] KEVALĀ BHAKTĪ, [THE HIGHEST KIND OF] NON-ATTRIBUTIONAL DEVOTION. HERE THE DEVOTEE SAYS, "I SERVE HIM, I WORSHIP HIM, BECAUSE I WANT HIM TO GET BLISS FROM MY DEVOTION OR SERVICE OR WORSHIP. I DON'T WANT ANYTHING FOR MYSELF. I WANT HIM TO ENJOY THE BLISS." THIS TYPE OF DEVOTION IS CALLED RĀGĀTMIKĀ BHAKTĪ, AND THE TYPE OF DEVOTEE HAVING THIS SORT OF NON-ATTRIBUTIONAL DEVOTION IS CALLED A GOPA/GOPII.***

***ACTUALLY, GOPĀYATE YAH SA GOPAH – IN SANSKRIT, THE WORD GOPĀYATE MEANS TO GIVE PLEASURE – "A GOPA IS ONE WHO GIVES PLEASURE TO PARAMA PURUŠ'A, ONE WHOSE VERY NATURE IS TO GIVE PLEASURE TO PARAMA PURUŠ'A."***

*FROM "YOGA, TANTRA AND KEVALA BHAKTII"*



**Nagar Kiirtan in Cuernavaca, Morelos, MX**

# MEXICO

## CUERNAVACA

*REGULAR SOCIAL SERVICE ACTIVITIES AT LOCAL CHARITABLE INSTITUTION THAT HOST OLD PEOPLE. LOCAL MARGIIS NORMALLY VISIT THE PATIENTS, SING LOCAL SONGS FOR THEM AND BRINGS SNACKS AND HEALTHY FOOD.*



*Mass feeding program in Temixco: more then 150 kids benefitted*

*Namaskar all,*

*Last Sunday some of the margiis of Cuernavaca and myself, went to do Social Service to the community of Pueblo Viejo (in the state of Morelos). The program was mass feeding for children, so we brought sandwiches, orange juice and sweets. We could do all of this of course because of Baba, but he made it possible through the help of a margii sister who donated money especially for feeding poor children.*

*I contacted the DIF Desarrollo Integral de las Familias (Complete Development of Families) that is a governmental organization: DIF is in charge of kids, senior people and family, and have a lot of programs for poor children. This time DIF organized the event because on April 30th in México we celebrate the children's day: so since Saturday they went to some communities and gave toys and did activities with the childrens. Working with DIF, we went with them on Sunday to Pueblo Viejo and Ananda Marga gave food to 160 children. It was very nice, the kids were very happy because everything of that day was around them, so they enjoyed very much.*

*At the end of the program we introduced ourselves and we sang some kiirtan.*

*At first I was a little hesitant to sing but thanks to one margii who was insisting in singing Kiirtan, we did it, and it was great! The people of the DIF sang along with us, clapping and dancing too: there was a little girl from the public, of two year old, in front of me, she was sitting on the floor with her brother and sister and then she stand up and start to clap and dance. It was so cute and it made me happy.*

*Some of the Margiis and friends who could not partecipate to the event, gave their support giving donation and toys for this event and further activities. It was a good team effort.*

*Ananda Marga will now collaborate periodically with DIF and withother community services that were contacted by margiis during the feeding program event. In two week we are going to bring clothes and toys to children of a poor community so the Margiis and I are very happy that this event will bring us more and more social service!*

*We send a big Namaskar from México to all the readers.*

*LPT Anucarika*



*"For me, the Social Service was very important and positive because it gave me the possibility to forget my little personal drama (I was ill) trough selfless work, and contacting with children"*

*Sucismita'*

*Anucarika LPT*

*Pramila serving orange juice*



# MORELIA

*Spiritual Retreat in Morelia, organized by Devakii with the help of other sisters (Mayadevii, Maya, Damayantii and Arpana). 26 people attended, many of which initiated. Morelia is a new unit growing bigger and bigger thanks to the constant effort of the margiis living and working there.*



From bottom left: Madhava, Maniika, Devakii, Mayadevii, Tejasvinii, Satyadevii, Purus'ottama. Damayantii and Sucismita' in the middle line. Standing from left: Didi Kusum, Julia, Maria Ester, Santos'a, Maria Jesus, Dada Vimalashananda, Teresa, Dada Cirananda, Hiranamaya and Mahadeva.



Arpana



Devakii

Sister Mayadevii organized one service at DIF (Desarrollo Integrale de la Familia – Complete Development of the Family) and one at the “Rehabilitation Center for Drugs and Alcohol Addicted”. She is an active margiis and always ready to learn more and share even more!!



Mayadevii



SEVERAL OTHER SERVICE WERE DONE IN MORELIA: ONE AT THE CAPEC (EDUCATIONAL CENTER FOR KIDS WITH SPECIAL DEFICIENCIES) AND FEW AT CLUB CAMPESTRE WITH THE HELP OF DEVAKII.



Service at CAPEC (Centro de Educación especial para cerebro y debilidad visual)



Class at “Il Miooh SPA” organized by Arpana

# GUANAJUATO



*Didi Kusum at the University of Santa Fe*

SISTER RUKMINII IS A UNIVERSITY TEACHER LIVING IN GUANAJUATO AND SHE ORGANIZED 2 LECTURES (ONE AT THE UNIVERSITY OF SANTA FE AND ONE AT THE UNIVERSITY OF GUANAJUATO) FOR A TOTAL OF 130 STUDENTS THE STUDENTS AGE WENT FROM BETWEEN 17 TO 23 YEARS OLD. SOME OF THEM WERE REALLY INTERESTED IN MEDITATION AND SPIRITUAL PRACTICES AND WE ARE PLANNING TO HAVE MORE MEETINGS IN FUTURE.



*University of Guanajuato*



*Didi Kusum and Rukminii*

# CAMPECHE

THANKS TO THE HELP OF SISTER IISHVARI, WE MANAGED TO ORGANIZE A SOCIAL SERVICE ACTIVITY AT THE "CENTER FOR WOMEN AND KIDS BRUTALLY ABUSED" LOCATED IN THE SURROUNDINGS OF CAMPECHE. AT THE CENTER SEVERAL WOMEN WITH THEIR KIDS LIVE FOR THE FIRST 3 MONTHS AFTER LEAVING THEIR HOUSE. THE WOMEN ARE EMOTIONALLY PROVED AND WITH THEIR KIDS LIVE IN FEAR OF BEING KIDNAPPED OR KILLED BY THEIR HUSBANDS OR BY THE CLANS THEIR HUSBANDS WORK FOR. WE WENT WITH CETANA' (WHO DID A REALLY NICE ACTIVITY CLASS WITH WARM UP, GAMES, YOGA POSTURES ETC) AND IISHVARI. NOW THERE ARE WEEKLY YOGA CLASSES AND EXTRA SUPPORT FOR THE WOMEN OF THE CENTER.



*"Center for Women and kids brutally abused"*



*PaincaJanya at the beach*



*Iishvarii*

*"Today we went back to do service to the "Center of Women and Kids brutally abused" and was the birthday of one of the girls. We had a cake and sing "Las Mañanitas" (Happy Birthday) all together. She was smiling a lot, at the end all of us were playing, full of candies!! Leo (the kid of one of the woman living there) is very affectionate and intelligent, he did all the class with us perfectly. Right now he is going through a difficult time, because he was diagnose with a cyst on his testicle and he will have to be operated soon. Hopefully everything will be fine."*  
*Iishvarii*





## USA

**SWWS DIDI ANANDA HITAEASHANA:**  
YOGA AND MEDITATION CLASSES 3 TIMES A WEEK AT WWD OFFICE. EACH THURSDAY VEGETARIAN CLASSES FOLLOWING THE AYURVEDIC DIET. FOR THE DIIPAWALI CELEBRATION MARGIIS AND ACARYAS GATHERED TOGETHER AT THE WWD OFFICE: 28 PEOPLE WERE PRESENT (SEE PICTURES). SWWS DIDI IS ALSO TEACHING CLASS ONCE A MONTH AT THE MANHATTAN AYURVEDIC SCHOOL & SPA.



### Baba's Birthday Celebration:

On Baba's birthday, celebration were held all over the sectors. In WWD Office in NY many margiis participated to the evening event.

In San Antonio (TX) Master Unit, Didi Ananda Sutiirtha organized with the margiis a spiritual gathering.

*Didi Ananda Sutiirtha in San Antonio*



Talk in Manhattan, at the Naina Ayurvedic Center: 35 people attended.

### Celebrations at WWD NY Office



## GUATEMALA

**THE PRE-SCHOOL ANANDA MARGA IN GUATEMALA CELEBRATE ITS 25<sup>TH</sup> ANNIVERSARY THIS YEAR. CONGRATULATION!!!**  
LOCATED IN A VERY POOR AREA OF GUATEMALA CITY, KEEPING LOW RATES TO ALLOW KIDS OF THE AREA TO LEARN THE BASIC LESSONS, COUNTS MORE THEN 80 KIDS.



*Didi Kusum at Ananda Marga Pre-School in Guatemala City*



## Sucismita's Carrot Soup



### Ingredients (for two):

**4 carrots (big size)**  
**1 coup of coconut milk**  
**1/2 coup of milk cream**  
**12 almonds**  
**Grated cheese**  
**pinch of sea salt**

### Procedure:

**Chop and boil the carrots.**

**Mix carrots, coconut milk, milk cream, almonds, and salt in the blender.**

**Heat and serve adding the grated cheese.**

**Enjoy!**



*Congratulation to our LFT Anuradha that has spent the last 6 months working in India. She will be soon back to NY Sector!!*

## Fasting Days Chart in NY Sector

May 20 (Mon) Ekadashi  
May 24 (Fri) Purnima  
**Jun 03 (Mon) Ekadashi**  
Jun 07 (Fri) Amavasya  
Jun 18 (Tue) Ekadashi  
Jun 22 (Sat) Purnima  
**Jul 02 (Tue) Ekadashi**  
Jul 07 (Sun) Amavasya  
Jul 18 (Thu) Ekadashi  
Jul 21 (Sun) Purnima  
**Aug 01 (Thu) Ekadashi**  
Aug 05 (Mon) Amavasya  
Aug 16 (Fri) Ekadashi  
Aug 20 (Tue) Purnima  
Aug 31 (Sat) Ekadashi  
**Sep 04 (Wed) Amavasya**  
Sep 14 (Sat) Ekadashi  
Sep 18 (Wed) Purnima  
Sep 29 (Sun) Ekadashi  
**Oct 04 (Fri) Amavasya**  
Oct 14 (Mon) Ekadashi  
Oct 17 (Thu) Purnima  
Oct 29 (Tue) Ekadashi  
**Nov 02 (Sat) Amavasya**  
Nov 12 (Tue) Ekadashi  
Nov 16 (Sat) Purnima  
Nov 28 (Thu) Ekadashi  
**Dec 02 (Mon) Amavasya**  
Dec 12 (Thu) Ekadashi  
Dec 16 (Mon) Purnima  
Dec 27 (Fri) Ekadashi  
Dec 31 (Tue) Amavasya

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Edited by Brcii Kusum Acarya

Welcome to the second WWD Newsletter of New York Sector. Many thanks goes to the people who shared their experiences and social service activities. As of this writing, the celebrations for Baba's birthday are starting all over the world. Let us celebrate all together!! Here in Mexico the Summer Vacation are starting soon, and so the LFT Training for Sisters in Allende. If you are interested please see the below information.

Emails to the editor, comments and other contribution to the newsletter (next one in Dec 2013) can be send to [wwd.ny.office@gmail.com](mailto:wwd.ny.office@gmail.com)