



Cetana

“awareness”

WWD Newsletter
New York Sector, January 2014



Ananda Vanii, Jan 2014

“Oh human being! Remember, Parama Purus’a is your closest friend. You are never alone. He cannot be indifferent to your sufferings. He feels your pain. Act as per His biddings and get free from your sufferings”.

Báá

The Supreme Sun

Shrii Shrii Anandamurtii

Each and every human being sees with the help of the sun. The sun is the eye of all human beings. If, due to a defect on one’s eye, one cannot see, the sun cannot be held responsible for it.

Paramátmá is the Soul of all souls in the Universe. They receive energy from Paramátmá. The ownership of anything is not yours; it is His. Everything comes from Him and ultimately goes to Him. You cannot create any original object; objects come from Him. If you misuse your articles, Paramátmá cannot be held responsible for that; you will have to undergo punishment and suffering.

He is your Supreme Friend. You are never alone. He can never remain neutral, seeing your sacrifice. Move according to His wishes and you will be relieved of all sufferings.

8 August 1978, Patna

Published in:

Ánanda Vacanámrtam Part 1

Welcome to the 3rd edition of the WWD Nesletter of New York Sector and Happy New Year!

The last six months have been full of activities in many part of the sector: from New York, to Denver, Penn Valley, the Bay Area, Mexico, Guatemala, Canada etc.

A special thanks to all the Margiis and Acaryas who sent their news and inspirational sharing for the edition of this news letter.

Wishing to all of you a blissfull New Year.

Baba Nam Kevalam

Brcii Kusum Acarya



New Year is not about changing the Dates but Direction;
 It's not about changing the Calendar but Commitment;
 It's not about changing the Actions but Attitude;
 It's not about changing the Fruit but Faith;
 May you Commit and Create the Happiness, Success
 and filled with Peace,
 Hope & Togetherness in the Universe
 HAPPY NEW YEAR 2014
 Avadhutika Ananda Hitaesana Acarya
 SWWS NY

New York, U.S.A.



SWWS Avdtk Ananda Hitaesana is taking care of the WWD Office in New York City (Queens area). Monthly Akhanda Kiirtan is held at the office, as well as Sister's Yoga Classes, from September to November.

Yoga Classes were held at a Yoga Studio in Manhattan as well.

A Yoga talk was given in Manhattan at Wall Street on how to develop intuition.



SWWS wrote: "This year, during the last Sandy hurricane, the newly installed fence surrounding the WWD's property was heavily damaged: it was on ground for several months. I needed \$2000 in order to reinstall which was not possible. In August, combined with the help of Dada Divyalokeshananda and Arun Jain (from New Jersey), the fence was reinstalled without paying any money."

New Year's Program at WWD Office:



There was a day long program of devotional music at WWD New York Office. A classical singer went to sing Bhajans and Margiis sung Prabhat Saungiit. After that, they had Katha Kiirtan (devotional stories and personal experiences followed by Kiirtan): new Margiis were very inspired after listening the experiences from senior Margiis. During the evening Dharma-chakra, the DC hall was completely full of Margiis; afterwards they had Akhanda Kiirtan from 9 pm to 12 am. Everyone enjoyed the bliss (34 Margiis attended).

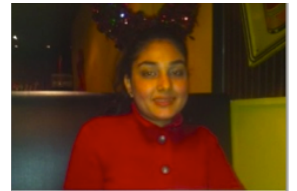
"The huge tree in the back yard in WWD Office was dead and needed to be removed immediately otherwise it put the whole house at risk as it could have fallen at any-time. Vital (a recently initiate Margii from Meditation class) removed the huge tree himself. His help was worth about \$1800. Not only did he help to remove the tree, he also donated tools worth \$500."



I felt very honored looking at the video with those beautiful children, they showed so much appreciation and love. The video inspired me to continue serving those suffering within humanity.

Thank you."

Viddhya



"I was blessed to have the opportunity not once but twice to assist Didi in giving meditation/yoga classes. What made me most happy was seeing the understanding of the lessons in other people's eyes and minds and being a witness to how inspired the students were to make big changes toward living more sentient lives. Before initiation, I would dream about the kind of work I could do in the future to help serve humanity in some way. After initiation, I find myself happily taking all the steps necessary towards progress and fulfilling this goal now and not in the future. I'm very grateful to have come face to face with (Baba's) Ananda Marga's philosophy and look forward to going deeper in my understanding. I feel so guided and supported in pursuing my future projects with love."

Lakshita



"After working hard, the back yard was finally ready to plant veggies. This whole summer the vegetable garden not only gave more than enough vegetables for WWD Office but the neighbors also benefited. This Year the pear tree in WWD Jagriti gave a huge amount of pears. This is the first time the pears were utilized for fundraising. 49 bottles of pear jam were made. \$300 was raised to maintain WWD Jagrtii." (comments by SWWS)



"Namaskar,

A desire of mine for a very long time was to give back and help those who are less fortunate. Although I don't have much, I thank the Supreme Father everyday for life. For my 31st birthday my wish was to give money to feed hungry children. I am very thankful to Didi Ananda Hitaesana for making this opportunity possible: I was able to send \$300 to help feed children in Mexico.



Denver, U.S.A.



Floods hit Boulder county in Denver, bringing so much rain, reaching the average annual precipitation in just 5 days. Many towns were badly hit.

The Amurt/Amurtel team went to Lyons, where the river changed its course and ran through the houses, time and again, during those days. The floods carried things out of the houses, many of them got buried under the mud, including cars. The road was swept away. Now the people there have no electricity: they are facing a long process of recovering what little is left from their belongings. Our team split in order to work in 2 houses. It's hard to describe the scale of the destruction. We felt our presence there brought a little bit of hope to the local people.



With Ann, the aunt of the kids living in this house. We took this photo to send to the kids who are away, so that after losing so many of their belongings, they can be happy, knowing their sledge was saved.



Digging out the children's sledge



CALIFORNIA, U.S.A.

During the last semester, the New York Sector was glad to welcome 2 Didis: Brcii Anudhyana Acarya and Avdk Ananda Tapomaya. Didi Anudhyana is posted as RSL Boston and Didi Ananda Tapomaya is PWSA. After the first period of adjustment in the sector, they went to work at Ananda Dhiira Master Unit in Penn Valley, CA.

During this time they both had the chance to meet margiis from the Bay Area, enjoying the monthly Akhanda Kiirtan, do some food collection for the gathering and for the Master Unit as well. Didi Ananda Tapomaya collected 3 bukets of olives from the MU olive trees to fund raise and gave several workshops in the local area.

The family atmosphere was very nice and they all enjoyed their holidays and the good satsaunga. Food donation from the Bay Area was brought to the Master Unit and a sister volunteer visiting

Didi for several days helped her with the winter storage. Didi Anudhyana is welcoming any Margii who wants to help the MU or spend time there and enjoy the beautiful surrounding with walks in the nearby Natural Park,

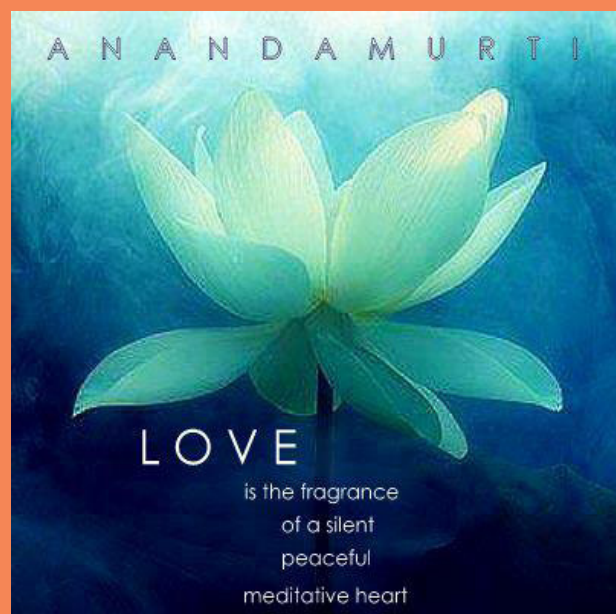


Didi Anudhyana reached Ananda Dhiira Master Unit in October of 2013. At the beginning Didi Ananda Tapomaya was there too, until December. At their arrival, the MU condition was good : the garden and the trees were in good condition thanks to a brother who took care of them during the summer.

With the arrival of winter, Didi Anudhyana started to collect and chop wood for heating: this is the main job right now, because during winter the garden is not utilized and the main activity is going on indoors, like the maintenance of the house. In December the temperture dropped down drastically (reaching -13C/8F) and causing the breaking of water pipes around the house. Luckily Didi was there and she was able to fix the damage immediately.

After a few days, for new year, Didi invited several Margiis with their families to spend some days together at the MU.

visits to the creek, animal sightseeing, and deeper meditation.



AMURTEL MEXICO



On 15th December, AMURTEL Mexico and the Cuernavaca Unit organized a breakfast for kids in a poor area of Cuernavaca. Sister Viddhya from New York, on her birthday, donated several hundred dollars for a social service activity for poor kids in Mexico. Malatii found the best location in the area called Patio Estación and with the help of 20 margiis we organized a vegetarian breakfast with party for more then 272 kids.

Several teams of margiis prepared the different items of the meal like natural homemade yogurt with honey and amaranto (that is a local cereal full of iron and good for growth), some mexican speciality such as atole (a warm nutritious drink made with the dough of tortilla), tacos dorados (tortillas filled with smashed potatoes) and vegetables. Together with the 272 kids, more then 10 families benefited from the left over food. At the end of the meal, we also organized a piñata that is a typical entertainment at this time of the year: we had 5 piñatas that were shared amongst the kids of the different ages present at the event.

Thanks to all the margiis who gave their time and love for the success of the activity: Arunii for the tasty alote, Sudhama for his moral and physical support, the tireless Yogendra, his son Prabhat and Devadiip, Karuna, Anucarka and Sai, Kalyanii for the

tasteful homemade yogurt, the ever present Pavan, Radha, Madhumita, Ajiit, Pramila, Krsnakanta with the tasty green tomatoes sauce, Aratii and Ashisha for their savory cabbage.





the piñata full of sweets



The Unit of Cuernavaca making tacos dorados



At the begining of August, Sucismita organized an activity with the kids of an orphanage and some of her students (she is the director of the Theater at the School of Arts of Morelos).

She wrote about: *"The exchange with the kids was a glad experience for all. During the 2 hours of activity we shared interactive games that included "globoflexia" (making animals and dolls shapes with ballons), imaginative maquillage, exchange of songs, poetry and stories and a short theatral fiction done with puppets and characters invented by the young actors. The*

childrens were very happy and involved: they were asking our attention all the times! It was really nice for us to be able to bring a little warm into the hearts of the kids thru the theater."

Around 35 kids from the Orphanage of Salvation Army from Cuernavaca benefited: Sucismita and more students are planning to do it again soon!





In the summer, Karuna and Anucarika organized a social service activity

with the DIF (Center of Development of Families) in the area of Temixco. The scope of the activity was to promote team games and physical activity. The kids enjoyed very much the challenges of working together, sharing ideas and techniques for the success of the team. About 35 kids benefited.

Karuna shared her experience:

"We are trying to keep the mind of the kids occupied in the game and learn how to work in group, as well as share ideas. I like to spend time with kids and they appreciate very much our time spent for them and our care. Plus I like to teach kids to be better person for their future, because they have a big heart and they always smile".



Many leaflets were given, students were curious to know about Ananda Marga and many contacts were taken. Didi Kusum and Dada Ragatmananda were there too and many students got interested to know more about the monk's life style. For the whole event there were more than 500 students.



In June, Karuna also organized a cloth and candies distribution to kids in a Center for Children. The margiis of Cuernavaca decided to do some service to kids since in the last 1/2 year a lot of activities were done for old people. Dada Ragatmananda, Anucarika, Karuna, Devadiip, Loliita, Anirvan (from Norway) and Yogendra were present. No pictures of the kids were allowed for privacy reasons, but more then 35 kids participated between 5 and 12 years old.

Anucarika shared her experience:

"It was one of my last service as LPT. I liked it very much, cause I really enjoy to be sorrouned by kids. This place where we were is a good place to do service cause many of the kids involved are kids that don't have family and had suffering a lot.

After we sung some kiirtan with the kids, Dada Ragatmananda played the citar: all the kids were intrigued by Dada unusual instrument, so of the sat down rounding listen and the citar. told them their ears instru- to feel the tion of the They love



and his instru- most children sor- Dada to to touch Dada to put on the ment vibra- sound. it."

Another activity organized by Karuna was at the University of Morelos Estate (UAEM): on the day of the beginning of the year (end of August). Karuna organized a stand and with the help of Anucarika and Loliita they promoted the Yoga classes and the philosophical classes at the jagrtii as well as encouraging a vegetarian and sentient diet.



Thanks to the help of sister Kalyanii, Didi Kusum organized few classes in Temixco for senior women. We had more than 4 classes with different groups of people. Introducing the meditation technique of Baba Nam Kevalam, talking of the benefits of a vegetarian diet and giving personal suggestions to live a healthier life style.

On one occasion, Karuna and Loliita came to help and Karuna talked about the physical and mental benefits of a balanced diet for spiritual upliftment. More than

30 people attended the class.



"The experience between the 2 classes was really different: in the class with the women who are experiencing violence on a daily base, the atmosphere was intense, you could feel the extreme difficult for them to open up, to share, to feel at ease, while in the class at the university the knowledge about violence on women was much more discuss, aknowledge in the subtle level of the mind and in few cases even steps were taken. I could see the big cultural and educational gap between people belonging to different social stratas".



The 25th of November was the International Day against violence towards women and the State of Morelos organized several initiatives, including the city of Cuernavaca.

Didi Kusum organized 2 talks on this day with the help of 2 margii sisters: with Sucismita (the director of the Theater Section in the School of Arts of Morelos) a class for students about Women's Rights was organized during the school time. 15 people attended amongst students and teachers.

With Malatii, a class for women living in a poor and dangerous area of Cuernavaca was held. More than 30 women shared their daily difficulties living with abusive and violent husbands.

Didi Kusum shared her experience:

"I spent the last 1 year and 1/2 working in Mexico and I met many women that have experienced violence in their daily lives: economical exploitation, sexual abuse, violnce in the house, rape, etc. The situation of the majority of women in Mexico concerns me a lot and I was glad that Baba gave me the opportunity to do something for them."



MEXICO IN HELP OF PHILIPPINES

On the 7th of November 2013 the Haiyan typhoon (the strongest typhoon ever recorded in terms of wind speed) struck down on Philippines: in a few days there were almost 5000 deaths, thousands missing, completely destroyed houses, and a big part of the country was on its knees.

"It has been more then 2 months since the typhoon Yolanda/Haiyan struck the coastal areas of central Philippines. A casual observer looking down a main street might get the impression life begins to regain a semblance of normality. Streets are mostly cleared of rubble; a few areas even have electricity. Shops and businesses reopen – a lucky few can even enjoy their favourite fast foods or an ice cream again. The more fortunate minority resume their work and have the means to avail of what the market offers – despite the inflated prices.

But for most their homes, schools, churches, markets, communities and livelihood remain devastated and destroyed for the foreseeable future. The piled rubble and ruins remind all of what so recently was lost. To many, their existence seems dependent upon the compassion and offerings of others.

In light of this harsh material and financial reality however their resilient spirits soar. Several simple handwritten signboards so nicely assert: "Homeless or Roofless, but not Hopeless!"

The Filipino people are widely known for their gentle, caring and cheerful nature. It's such a pleasure to work here, to be partners with our newly made friends in the process of their own self recovery and renewal."
From Yolanda Update 1st Jan 2014

In Mexico, after the news of destruction in Philippines, AMURTEL started an extensive fund raise



Didi Kusum giving a presentation on AMURTEL/AMURT's work to the students and parents of a Secondary School in Temixco.

activity in the city of Cuernavaca. First, in Parque Solidaridad, a street collection was organized during the weekend: for this occasion 10 Margiis, organized in shifts, covered the whole area with the slogan "1 Peso for Philippines". The response was positive but we got a strong negative reaction from the shop keepers

working in the park (we became a sort of competitor for them). After that, we decided to change the way to fundraise.

A vegetarian meal in a Secondary School of Temixco was organized by Loliita and Anucarika: they cooked for 35 students a tasty and healthy vegetarian meal that was highly appreciated.

Sister Patricia donated 50 hand-made bags for Christmas to sell as fundraise: Sucismita helped to sell some of them at her school and at the end all bags were sold.

Anucarika and Loliita organized the selling of sweets and cakes in a Yoga Studio in Temixco, and subsequently Sunanda and some friends decided to sell sweets in the street to raise more funds.

Private donations from margiis were also collected and at the middle of December a total of 270\$ was sent to Philippines' AMURT. 270\$ it's a big amount for Mexico! It was the first street collection ever organized in this country by Ananda Marga.



Tepotzotlán

For the event “Week of Health” in Tepotzotlán, Didi Kusum was invited to participate to several public speeches and interviews. The organizer of the public speeches was Punyatman: he has several contacts around the city and he managed to organize classes at a Secondary school, in a college, and in one institute.



The attendance was impressive! At the first 2 talks at the Secondary School there was a total of 400 students: there was an introduction on the benefits of meditation on the physical, mental and spiritual level (with a power point presentation), followed by the practice of meditation. All the students were very much attentive and curious, and full of questions. The mantra of Baba Nam Kevalam was sung aloud and a great peace followed both classes. The age of the students was between 15 and 18 years old.



Then we had 2 classes at the College Mount Rushmore where the age of the students ranged between 1 to 12 years old. Some of the parents were present too. The small kids just love to sing Kiirtan: they could not stop singing and clapping! Then in spite of the young age we had few minutes of silence and peaceful meditation with all of them participating. 230 students attending to the classes, plus the teachers and the parents.



At the Institute Rafael Haller we had a total of 120 people attending: during this public speech some deeper themes were presented related to meditation, moral code of living, benefits of vegetarian diet, etc.



Out of these public speeches 16 sisters were initiated: a weekly meditation has started thanks to the help of Punyatman and Melina. Also a few more people are interested in beginning a spiritual life style.



GUATEMALA



Yuktatman organized the Closing Ceremony of the year 2013 at the Ananda Marga school and he shared his experience:

"The Closing Ceremony of AM School was great. We gave the diplomas, medals and recognitions at the beginning and then the kids did their performances. They were really happy to sing dance and act. There were about 50 children in total: 30 from kindergarten (5 years old) and 20 from primary (6 years old). I guess there were more than 100 people around. Vireshwar and Citra came too and they like it a lot: they are both initiated recently and eventually they will become real margiis, by Babás Grace.

Baba Himself was the one to ask for the schools 25 years ago. He asked for 3 of them and we did. Two were in the city and another one in Santo Domingo Xenacoj, Sacatepequez, were the Brothers Sectorial MU is now. La Limonada AM PreSchool remains until now, regardless the fact that there are a lots of problems: but we will continue, because Baba likes it, and also because it is the only service we are doing here. To tell the truth, it is a very important and revolutionary concept and we should try our best not only to continue, but also to propagate it around the country. There are very few preschools in this country: most of them are private schools so most of the people can not afford them. The public schools are very few so in that way people do not get education since the beginning so they will become cheap labor for the system. Now I am trying to organize a retreat for the new margiis and for the teachers of the school".



From CANADA

Sister Sudharshana lives in Kamloops, Canada and wrote:

"Baba said sustainable energy will be the future of humanity.

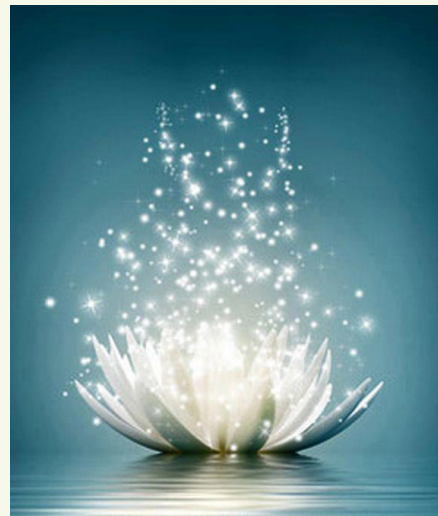
Since when I left Denmark in 2012, I have been studying MBA in Sustainable Business. I wrote my term paper "Wind Power: An Engineering-Economic Perspective" for my course in Sustainable Technologies. This term paper has some thoughts on a proposal building wind power on the First National Land of Kamloops in Canada. We even visited their chief offices to explore this possibility. The native Indian people in North America have huge land for their own use, most of which is idling. However, many of them are conducting a tamasic life style, smoking and drinking, going to the casinos, getting social security from government, and feeling down because of the political and economic situations they are facing. I am wondering what will happen if a Dada or a Didi will be posted there, to build Ananda Marga Schools and start a sustainable Living Community with alternative energy (such as solar mountains, windmills, etc) and help them and ourselves to resume our basic right of earth, fire, air and water."

Fasting Chart

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

Jan 11 (Sat) Ekadashi
Jan 15 (Wed) Purnima
Jan 27 (Mon) Ekadashi
Jan 30 (Thu) Amavasya
Feb 09 (Sun) Ekadashi
Feb 14 (Fri) Purnima
Feb 25 (Tue) Ekadashi
Feb 28 (Fri) Amavasya
Mar 11 (Tue) Ekadashi
Mar 15 (Sat) Purnima
Mar 26 (Wed) Ekadashi
Mar 30 (Sun) Amavasya

Apr 10 (Thu) Ekadashi
Apr 14 (Mon) Purnima
Apr 24 (Thu) Ekadashi
Apr 28 (Mon) Amavasya
May 10 (Sat) Ekadashi
May 14 (Wed) Purnima
May 24 (Sat) Ekadashi
May 28 (Wed) Amavasya



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