



**INTERNATIONAL MUSIC  
MEDITATION FESTIVAL  
JEJU ISLAND, KOREA**



**20TH ANNIVERSARY  
LOTUS CHILDREN'S  
HOME IN MONGOLIA**



**CELEBRATION OF  
GOLDEN JUBILEE OF  
AMURT AND WWD**



**RAWA HIGHLIGHTS  
AROUND THE SECTOR**

# MAHAVISHVA

**Ananda Marga Pracaraka Samgha  
Hong Kong Sector Newsletter Souvenir 2015**

## **New Yaogika Cikitsá Kendram in Taiwan**

By the Grace of Baba, Ananda Suruci MU in Taiwan has seen a lot of development in 2015. The construction of the new Yaogika Cikitsá Kendram (Yoga Wellness Center) was officially opened on August 16th. It has already started hosting the twice monthly fasting camps which are always fully attended with bookings six months in advance. The Wellness Centre has accommodation for 60 people in ten rooms each with en-suite toilet and bathroom.



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## Messages

Dear Brothers and Sisters  
Namaskar !

It gives me immense pleasure to give you my warm regards through our Mahavishva Sectorial Newsletter of Hong Kong Sector, Jan 2016. I'm sure last year our Mahavishva must have given you a lot of enjoyment when you read it. Year 2015, because of the hard work of our dedicated margiis and workers, you will not only find bliss but also see new development and progress in all the countries of the sector in this issue. I am sure this issue will benefit your work and every sphere of your life once you read through it.

Among all the sectors of the world, Hong Kong Sector has the biggest population, covers the widest area, and contains the most complicated cultures. Thus, we face all different kinds of challenges when we try to carry out Baba's ideology. However, we are still able to transform all these differences into a multi-dimensional ideology, Renaissance, bringing it to all walks of life, even extending it to all the creatures, including animals and plants. With Baba's teachings, surely we will bring new inspiration, happiness, harmony and peace around the world.

I'm grateful for all margiis and workers, who work ceaselessly for the suffering humanity. I also want to express my thank to all margiis & workers with special appreciation to our editor, Ac Shilabhadrananda Avadhuta, PRS Dada, who worked very hard for this magazine, making it colorful and educative.

Baba's mission is a subjective approach through objective adjustment. His mission is a man-making mission. He used to love hearing people say, "I will do it," rather than "I will try it." When one says, "I will do it," that person's firm faith is expressed through his words, and Guru will provide Guru Shakti to help that person to achieve it.

Wish you all good health and full of Baba's faith. Let's move on, move on, and move on together. Thank you. Wishing you all a very Happy New Year.

Let this new year bring more success, prosperity and coordinating team spirit.

In Him, Yours  
Ac Shubhaniryananda Avt  
Sectorial Secretary Hong Sector

I feel great pleasure to remind you that this year 2015 is the Golden Jubilee year of WWD and AMURT/EL which were started by the founder of ANANDA MARGA PRACARAKA SAMGHA Shrii Shrii Anandamurti ji. Hong Kong Sector celebrated the 50th year Golden Jubilee of WWD and AMURT/EL at its Autumn Conference in Taiwan. Other WWD activities were observed during the year to commemorate this joyous occasion. The Propounder of Women's Welfare Department Shrii Shrii Anandamurti ji's advice for women is

" YOU AS THE MOST DIGNIFIED  
SECTION OF HUMAN SOCIETY, DO  
SOMETHING FOR THE UNIVERSAL  
HUMAN BEING ".

And through AMURT/EL work we can establish the cosmic brotherhood. May Baba's Blessings be always with us all.

Avtk. Ánanda Kalyáñashrii Ác.  
Sectorial Womens Welfare Secretary  
Hong Kong Sector

—————

*"I am the Mission and the Mission is me.  
Whoever loves my Mission loves me." - Baba*

Baba used to say while undergoing His long fast in Bankipore Patna Prison that newsletters were His "food". I hope the wonderful news generated by the hard work of the WT's and Margiis of Hong Kong Sector this year will provide you with plenty of nourishment to inspire you to attain even greater achievements in the year ahead.

The world is waiting for our service. Let us offer it to all human beings, animals and plants from the core of our hearts.

In His Service,

Ác. Shiilabhadrananda Avt.  
Public Relations Secretary  
Hong Kong Sector

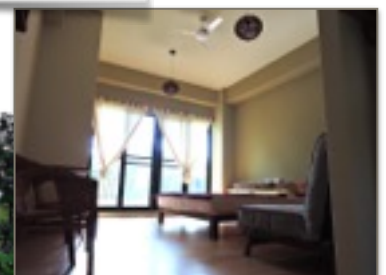
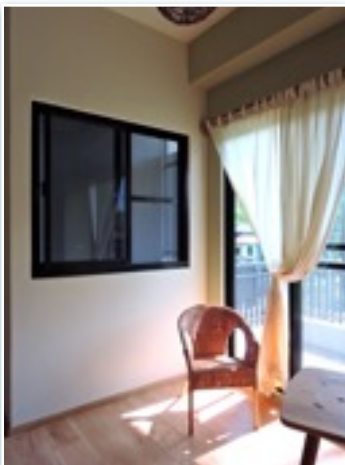


## Construction of Yogic Cikitsa Kendram continued...

Additional buildings include a large dining room and kitchen, and a meditation hall. The recently completed landscaping has created an ambience of comfort and beauty that will serve thousands of Taiwanese people and the Margiis of Taiwan and Hong Kong Sector for years to come. A new Rector's office was also constructed and officially opened on March 28th.

Apart from the office for the Rector, the building has four other rooms to accommodate staff, and visitors from Taiwan and around the world. The old 'cow shed' in the MU was recently renovated and transformed into a carpentry workshop, where brother Lokanath will make furniture and teach carpentry.

The new accommodation in Ananda Suruci now permits concurrent activities to be held at the same time, so 2016 promises to be full of different retreats, courses and seminars for Margiis and the general public on topics related to health and spiritual growth.



## News from Around the Sector

### Vladivostok Region

This year saw the maximum utilization of the Ananda Shivanii Master Unit following the successful DMS conducted there last summer. Dada Sadananda spent the majority of his time in the Master Unit where various activities were offered as services to Margiis and non-Margiis especially during the warm summer months.

Big summer retreat in Ananda Shivanii MU, Vladivostok, July 25 - August 2, 2015. 180 participants



A total of nine retreats/camps were held in Ananda Shivanii attended by 891 people. Of those attending 452 were Margiis at 5 programs and 439 were non-Margiis at 4 programs.

The biggest gathering of Margiis were for the Summer Retreat, July 25-August 2 (180 people) and the New Year's Akhanda Kiirtan, January 3-8 (150 attending).

Other camps for Margiis included the spring retreat May 1-4 with 100 participants, and two asana camps in February and November attended by 15 and 7 people respectively.



Big spring retreat for margiis, May 1 - 4, 2015 (100 participants) and Retreat for novices, May 8 - 10, 2015 (20 participants) Ananda Shivanii MU

Four hundred non-Margiis enjoyed our first ever RAWA Yoga Art Festival from July 9-12 wherein 60 artists from around Russia performed. Other artist groups are requesting RAWA to hold similar programs for their communities. Seven participants joined the "Creativity within Me" seminar from November 6-8 led by Brother Santosh. A Spring Retreat from May 8-10 was attended by twenty new people. Ananda Shivanii's first cooking retreat from September 25-27 drew 12 new people.

Dada has led the way in using the new media opportunities offered by the internet to spread Ananda Marga teachings throughout Russia. His You Tube channel has over 100 videos on the various aspects of Ananda Marga's teachings. With 12,000 subscribers it is the second most popular





yoga channel in the country. With 3-4000 views every day and 18 people every minute watching his videos Dada has revolutionized the Pracar mode and set a good example for others to follow. Five thousand students have already taken his five week online meditation course as a result of which twenty people were initiated by Dada and other acaryas touring the Region. Some travelled thousands of miles from Moscow and Kalingrad to Ananda Shivanii to learn Ananda Marga meditation! Positive comments such as “this course has changed my life” or “these are the best videos on meditation I have ever seen” are posted on Dada’s website where all nine courses are promoted.

Art & Yoga Festival “RAWA” in Ananda Shivanii MB  
Three days of art, dance, meditations, non-stop yoga practices, music classes, lectures and concerts of musicians from different parts of the country.  
July 9 – 12, 2015  
400 participants



from March 4-April 25 drawing between 50-100 people in each place.

LFT brothers Abhijay, Advaita and LFT Sister Rukmini have visited different units in Russia giving lectures and inspiring margiis through their practical examples. Many Margiis are developing their Pracar skills after they attended the weekly public speaking classes in five Siberian units using the sutras in Chapter 3 of Ananda Sutram as their reference.

In a dramatic turn to a very eventful year, the most important building of Ananda Shivanii, the banya, burnt down! In the true spirit of Russian endurance and struggle against hardship, Dada and his team have started constructing a new banya in the sub-zero temperatures of the Siberian winter, in order to have it ready for the expected arrival of 150 Margiis for the New Year’s Akhanda Kiirtan.

### Ananda Annapurna Master Unit Progresses Well

Dada Devajinana has demonstrated resilience and creativity in almost single handedly developing the Ananda Annapurna Master Unit near Tayoshka. A concrete road was

Constructing of the new winter sauna has been started.  
December 2015



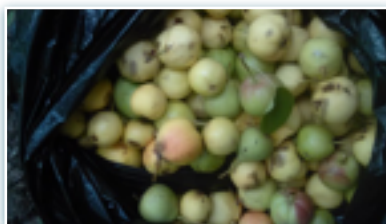
completed linking the main building to the DC Hall, bringing much ease to the participants at the two retreats held in August and November. The entire building is now insulated so that winter programs can be enjoyed in comfort.

Dada also conducted a tour of East Russia and organized a first ever retreat in Blagoveshensk with four margiis and six new people.



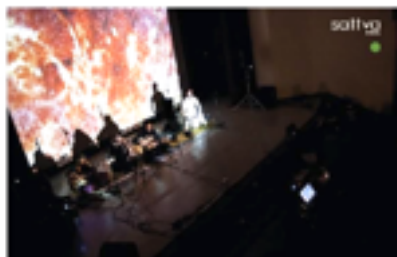
### Rich Harvest at WWD Master Unit

The new WWD Master Unit, Ananda Shailaduhita near Makaryevka, Altaysky Region now has a total of five hectares with the recent purchase of another 2 hectares in November. In summer Didi Ananda Sainjana and the Margiis harvested the apples and pears, and made apple juice and pear jam from the fruits for consumption.



Big spring retreat for margiis, May 1 – 4, 2015 (100 participants)  
and  
Retreat for novices, May 8 – 10, 2015 (20 participants)  
Ananda Shivaaji, MU

Concert one of margiis's musical project "Cosmic Love" (ananta music, Prabhakata Samgita, author's spiritual songs)  
amongst Siberian cities,  
March 4 – April 25, 2015  
Audience from 50 to 900 people.





## Ulaanbaatar Region

The service programs for impoverished families in the Ger Districts (shanty towns) of northern Ulaan Bataar continues with Dada

Shubhadhyananda,

Divyalokeshananda and the core team of dedicated Margiis.

During the frigid winter months two medical camps were held benefiting 55 families (about



400 people). Distribution of basic foodstuffs was done at the hospital for the mentally challenged. Fifty people benefit weekly from the basic commodities distribution at which baby food, oil, rice, pasta, sugar and blankets are offered to those in need.

## Lotus Children's Home

The Lotus Children's Centre in Mongolia which has been running for 20 years celebrated its anniversary in August of this year.

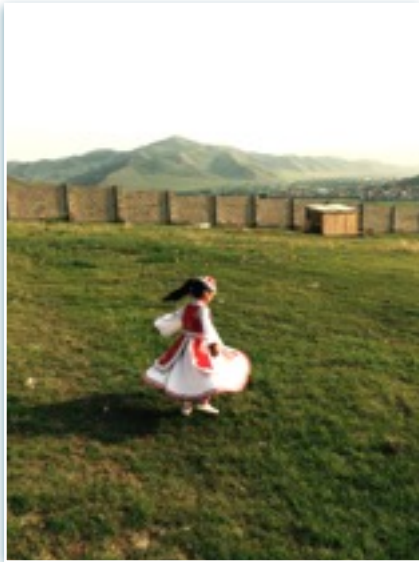
The festivities included cultural programs by the children with Mongolian and Prabhat



Samgiita dances and other presentations. All children and visitors participated in the Mongolian traditional games such as archery and wrestling.

On the occasion, Didi Ananda Kalika and members of staff received medals from the city government for their tremendous service to these disadvantaged children. Among the 300 attendees were the Australian consul, government officials, supporters and donors as well as young people who grew up in the children's home over the last 20 years. It is inspiring to see how these children, who had a rough start in life, have been able to change their lives around through the Lotus Centre and its support.





The Centre also got a new bakery, sponsored with the help of a head chef from Australia. He raised the funds, bought the equipment and trained 20 of the teenagers baking skills. He returned a few months later with a nutritionist to improve the kitchen facilities. Other well-wishers donated new playground equipment.



The children are doing well and growing up with good prospects for their lives. This year, seven of the children are studying at universities in courses such as accounting, business, engineering and environmental protection. Three other children study in technical schools such as construction.

National TV also covers Lotus regularly, the last time with one of the youngest girls singing the "I love this tiny green island" Prabhat Samgiita song.



## Hong Kong Region

In one of the most difficult parts of Hong Kong Sector to do Pracar because of the extreme stress and fast pace of life in one of the world's busiest cities, Dada Krsnamayananda has made remarkable progress this year. His dedicated efforts are living up to the name given by Baba for the Far East which is of course, Hong Kong Sector!



A new building was rented in the city (in spite of extremely high rental costs) where regular collective

meditation is held as well as one day courses on stress management, healthy lifestyle,

overcoming mental depression and similar workshops on creative development.



Hong Kong is a busy route for international travelers. Our acaryas are no different since they regularly must exit their countries of the Sector and Hong Kong is a favorite destination. So Dada manages to utilize the brief visits of numerous acaryas to inspire Margiis with their classes and lessons on different subjects.

The Master Unit continues to show steady progress as banana trees planted last year begin to bear fruit and the upgrading of the old building making it a very comfortable retreat from the hectic life of the main island.



Ambitious plans for next year include hosting our first ever Sectorial Conference for Ananda Margiis and the Sectorial RDS (Review, Defect, Solution Meeting) in October. With the excellent cooperation demonstrated by Dada and Dada Citarainjananda we expect to hear much more positive news coming out of Hong Kong in the year approaching.





## Seoul Region

We were invited to two fairs this year in Korea—one international and the other national.

### Ananda Karnika Master Unit

#### International Music Meditation Festival, Jeju Island

Over 45 people including 8 Acaryas, and 20 Margiis attended the Meditation Music Festival in Jeju Stone Park in Jeju island, South Korea May 15-17. The program included Nagar Kiirtan and RAWA performances with bhajans and prabhat samgiita songs and dance.



There were also 2 public lectures, sadhana shivir, akhanda kiirtan and

demonstrations of kaosikii, tandava and lalita marmika dance.

Thanks to all the

hard work of sisters Janaki, Nirmala & Nandiita, brother Himanshu, and other Korean Margiis and the participating Acaryas. Everyone enjoyed and the program very much and 20 people were inspired to learn meditation, including 11 high school students. We were invited back by the organiser for next year's program.



### Integrative Medicine Fair 2015

Thousands of people attended the Integrative Medicine Fair 2015 from July 31 to August 6 in Jeongnamjin, Jangheung, South Korea. Four hundred of them learned meditation and yoga asanas from yoga teachers of Ananda Marga.

The 2015 Fair kicked off with opening ceremony by the state Governor Nak Yeon Lee on Friday, July 31. The South Korean government organized the event to promote alternative medicines. They invite





Avadhuta (Dada), and thanked him and the members of Ananda Marga South Korea for their support.

"I am happy with your presence and promoting integrative health awareness through yoga," Governor Lee said to Dada. "I invite you for the 2016 Integrative Medicine Fair."

### Ananda Karnika Master Unit

From September 19-20th the summer Retreat in Ananda Karnika Master unit was attended by 15 margiis. In the retreat Margiis harvested about 50 kg bitter melon due to the strenuous efforts of Dada Priyabodhananda and the excellent cooperation of BP Indradeva.

Ananda Marga Korea along with other organizations every year to promote yoga in the country. Ananda Marga yoga teachers and members supported the 2015 event by teaching asanas (yoga positions) and meditation to the attendees.

Governor Nak Yeon Lee met with Acarya Shubhacetananda





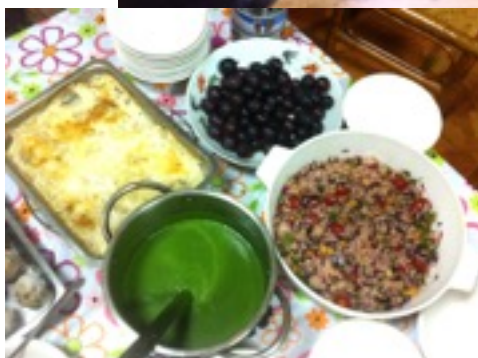
A new greenhouse has been constructed to dry the soybean harvest and to use for cultivation in the cooler months.

Our autumn retreat was held from November 14-15th attended by 25 Margiis and Acaryas. There were four initiations (one brother and three sisters). The program included three hours Akhanda Kiirtan, philosophy classes and harvest of the 1/4 acre of soybeans.



### **Fasting Camps Also Popular in Korea**

Dada Citarainjanananda has conducted over 10 fasting camps in various parts of Korea this year. The five day camps introduce the various aspects of Ananda Marga practices which create long life and excellent health. Average attendance is between 11-15 people. The couple organizing the camps have started attending our monthly meeting for new people in Daejon.



## Tokyo Region

A series of gatherings took place this year under the guidance of Dada Vijitatmananda.

In March a weekend seminar and vegetarian lunch was attended by 10 people in Okinawa. A similar event took place in November in Tokyo where 9 people attended. Three retreats were conducted this year, including two at our centre in Ijima, near Osaka in May and September attended by 14 and 13 people respectively while the one in Wakayama in October had 8 participants.





## Taipei Region

### Taipei

Service activities continued regularly this year. Sisters Kamalika and Sumana visited different homes for senior citizens in Taipei twice per month as well as visiting the centre for physically and mentally challenged in Linkou. Margiis from SDM continue with a wide range of service activities grouped into different teams. These services include visits to the Taipei Prison, Juvenile Centre for Drug Abuse, Centre for the physically and mentally challenged and senior citizens. Dada Candreshvarananda participates in the programs visiting 5 different venues every month.

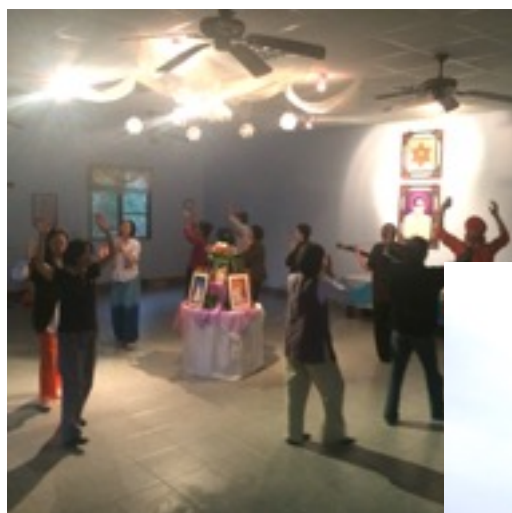
Annual service programs for the Homeless Persons on Nilakantha Divas and Baba's Birthday, Leprosy Centre on the occasion of Shravanii Purnima benefitted about 300 persons.



### Taiwan Kiirtan Parikrama

Since 2010 each new year in Taiwan has been vibrated with lots of kiirtan through the annual "15-days Taiwan Kiirtan Parikrama" (TKP for short) held in January. The 6<sup>th</sup> welcomed participants from China alongside the Taiwanese margiis and Acaryas.

As every year, the Akhanda Kiirtan kicked off in "SDM", followed by Taipei jagrti and Daan Park (we were blessed with good weather) before continuing to cover all the units in Taipei diocese, the east coast and up again on the west side. In Taitung the Akhanda Kiirtan was held at Jaganath & Shubhra's house and the TKP troupe stayed at a local temple. Also, as every year, the TKP was concluded with an overnight 12 hours Akhanda Kiirtan in Baba's Quarter in Yujing, the finale to yet another TKP that combined the best vibes of kiirtan with the beauty of the Formosa island!





## 2<sup>nd</sup> “Beyond Borders” Service Tour to Ananda Nagar

The “Beyond Borders Service Tour” was initiated with 2 objectives in mind:

One – to provide help to the poorest of the poor.

Two – to let young people from Taiwan experience a very different world, away from their usual comforts, serving those less fortunate than themselves and in that way expand their horizons.

In February 2015, Didi Ananda Rashmika, with the help of brother Sukhamaya especially - a veteran from the first such tour in 2013 - led a young group (3 teenagers, 4 in their early 20s and only 2 sisters of over 30 years old) to Ananda Nagar to provide assistance to the village schools that have been supported by Hong Kong Sector for many years. Apart from providing stationary and school uniforms, they played games with the children and taught the teachers how to do these easy games. No expensive materials were needed to play the games, yet they create joy and cooperation between the students. They also distributed food and clothing in the most needy areas, and financed renovations and construction for several schools, children’s home and a hostel.

## 33<sup>rd</sup> Student Meditation & Yoga Camp

The Youth Meditation & Yoga Experience Camp - in short known as “The Student Camp” - saw its 33<sup>rd</sup> edition in the summer of 2015.

With 21 participants the camp was surely one of the smoothest ones for the volunteers, mainly due to a new approach in the management of the activities it By the end of the week the students who had quite silently and shyly arrived just days earlier were sharing, laughing and talking as if they had known each other for ages. Kiirtan, meditation, kaoshikii and asanas of course were practiced every day, interspersed with classes on spirituality, food and the change that society needs and in which these young people can have an important role to play. The students got guidance on how to handle any changes they wish to make, how to balance new habits with the old and how to keep moving on the spiritual path.



## International Yoga Day

Ananda Marga participated in the first International Yoga Day on June 21 at National Taiwan University (TAITA). Margiis from SDM and the acaryas introduced kiirtan and Kaoshikii on the main stage for 3000 people. Our stall distributed 1000 leaflets; seven acaryas were given special seats at the event.



## Fundraising Lunch for Ananda Nagar Village Schools

Around \$NT170,000 was raised for Ananda Nagar school construction when 110 people attended the vegetarian lunch organized by SS Dada on August 16 in the Taipei Jagrti. In spite of the severest typhoon in ten years that struck just one day before the response from the public was extraordinary and enabled hundreds of children to receive the benefit of primary education.



### RAWA Taipei Organizes Two Public Events

Two successful RAWA events were organized in September and November by SS Dada assisted by the capable RAWA team of Hemaprabha, Lokatiita and other Taipei Jagrti Margiis.



A three hour National Symposium of Prabhat Sangeet on September 13 at National Taiwan University (TAITA) had 92 participants attending. Performers included Umashaunkar, Taipei Jagrti and Carushiila. Talks were given by Dada Shiilabhadrananda and Ac. Liila on different aspects of Prabhat Sangeet. A one hour film was prepared of the event.

A larger program was organized at the Muzha Centre for Performing Arts on November 22 which was attended by 98 people. Sixty artists participated in the 3 hour event which was greatly appreciated by the audience. The presentation of ancient Chinese poetry, drum performances by Brother Caetanya's group and traditional Taiwanese folk music by Jaganath were particularly noteworthy items in the program.



### Taichung Unit Combines Knowledge with Action

For the past three years Dada Caetanyananda, working in Taichung, has been working on understanding and developing intuitive intelligence. Intuitive intelligence is hardly used in our mundane world. But it is part of human evolution and the time has come to begin developing it. Understanding it requires looking at spirituality with a new perspective, one which provides practical solutions to our daily life's problems. Classes and workshops are already going on in Taichung. The Taichung Margiis and Dadaji also visit the home for the physically disabled twice per month to share their care and warmth. Our October Sectorial Conference was capably managed by the Taichung Unit which saw a good revival in 2015.



### University Club Officially Registered in Tainan

Classes for students in Chongkan University, Tainan opened in April with 35 students under the guidance of Dada Kovid. Twenty students are members while 10 have taken initiation. Our club is now officially registered at the University after a one year trial. Classes continue twice weekly and they are advertised on campus by our members.



### Ananda Matrika Master Unit, Meinong

The WWD Master Unit (MU) in Meinong, south Taiwan, has been furthering its mission to not only propagate spiritual practices and host service programs, but to also provide education to both adults and children on holistic ways of living and being. Towards these efforts the MU held regular weekend fasting programs with the aim of getting people to fast 2x per month (and many of them now do!).



A few times a year there were mothers & kids camps to strengthen their bond and offer an opportunity for mothers to do asanas and meditation while their kids are looked after.







Twice a month a group of mentally challenged young adults come for asanas and relaxation practice. They are very keen to attend, very disciplined in the class, as well as before and after, when they prepare and clean the room themselves as part of their ongoing training.

This year also was the start of the fruit-drying project. By drying fruits farmers' efforts are rewarded and no food is wasted. The resultant healthy dried fruits (no additives, no sugar) are popular with the health-conscious public, and in the process the MU has created some income to sustain itself.

### **Kaohsiung Pracar**

Pracar in downtown Kaohsiung was revived in recent years and now there are weekly classes for asanas, meditation and philosophy as well as tailor-made classes for young mothers and a group of teenage girls from a Christian community. Through the classes and occasional local events, slowly a community of sadhakas is growing.

### **Golden Jubilees of AMURT, WWD Celebrated**

This year was the 50th anniversary of the founding of two important departments of Ananda Marga, AMURT and WWD. Hong Kong Sector observed these anniversaries at the October Sectorial Conference in Ananda Suruci Master Unit.



A large contribution of AMURT/AMURTEL work in Hong Kong Sector and globally has been through the Ananda Marga Social Welfare Foundation of Taiwan. It has provided much needed funds to service projects in Mongolia and Russia as well as to Ananda Nagar village schools (see further down) and several projects in Africa. AMURT/AMURTEL emergency relief efforts in Nepal, Indonesia, Philippines, Syria and many other places received timely support in times of need from the Foundation since many years.



A slideshow on activities and projects of WWD in HK Sector was presented at the October Conference which showed the progress that the department has made over the years and how it remains active in all regions. A workshop on the scope of WWD included an introduction to all trades within WWD. In small groups representing the trades, sisters, lead by an Acarya studied the objectives and scope of that trade and how it is meant to contribute to improve the current situation of women globally.



Various materials were also printed to bring Baba's progressive and inspiring ideas to a greater audience. These included boxed cards with Baba's quotes for daily inspiration, posters and cards with Baba's quotes on true equality, and key chains with the reminder that "Humanity is one and indivisible."

Didis from HK Sector were inspired to increase the prakar for kaoshikii, through a compilation video from around the world that was consequently shared on various social media, and by printing kaoshikii music (21 minutes) on a carved wooden USB with a detailed instruction video included. May it be beneficial to many!





## Ananda Nagar Water Project

The check dam (Jiivesh Setu), sponsored by Ac. Shubhaniryananda Avt., SS Hong Kong and Acaryas and Margis of Hong Kong sector continues to provide invaluable service to the 48 villages in and around Ananda Nagar.

While the river running through Central Ananda Nagar used to dry up during the dry summer months, it is now full providing ample water during those crucial months of heat and dryness. Large areas of land previously barren because of the low water table, are now used to grow vegetables.



## Ananda Nagar Village Schools Project

The “Ananda Nagar Village Schools Project” continues to support 17 elementary schools, 39 teachers and over 1,000 students.

Amongst 17 schools, 10 of them have their own buildings, though they are not in a very good condition and were all constructed in a very simple way. There are no doors or windows, not to mention no lights, no blackboards, any chairs or desks, and students have to sit on the mats to study.

A successful vegetarian lunch in Taipei in August and the “Beyond Borders” student service tour in February helped to upgrade the standard of the schools and materials for teachers and students.

For more information, please visit:

<http://anandanagar.ws/projects/villages-schools>



## Margiis' Stories

### My First Spiritual Experience

In August, 1979, we invited Baba to hold DMC in Taiwan, and it was also my first time to see Baba. I was only a one-year-old Margii at that time, and I didn't know much about my Guru. During Baba's stay in Taiwan, I didn't have any special spiritual experience. It was not until the first time I left for Calcutta to attend DMC that I felt something special.

It was the time when Baba took his daily field walk. All the Margiis were singing Kiirtan and waiting in line on the both sides of the road. When Baba showed up in white, everybody passionately cried for His name. Baba folded his hands, with a big smile on His face, and greeting to the Margiis. I felt a little bit detached from where I was; then suddenly a sweet feeling that I'd never had before rushed into my heart, and my eyes were glued to Him. I felt everything was surrounded by His sweetness. Baba got in the car, and I started to run behind it. I ran, ran, and ran till I couldn't catch it anymore, and tears silently rolled down my cheeks.

It was my first spiritual experience, which made me understand how close the relationship between Baba and His disciples is.

*Tapeshvara, Taipei*

### The Way with Baba

From a baby to a child, it has been five years since Didi Ananda Amala initiated me at the end of 2010.

My life restarted, memories have always been fresh about my first year after learning meditation. I began to see the world in a new way, slowly understood the truth hidden behind the appearance; I suddenly realized that the word "wisdom" has come into my life.

First my mind, and then my daily life-- slowly and slowly my work, family and people around me all changed. Surroundings turned to be more humane, friendly and healthier. Kiirtan, meditation and Baba's grace made my soul purer, my thoughts more positive and my faith strengthen.

The most obvious improvement is my choice to be a vegetarian and my parents' attitude towards it. I had twice the experience of only having vegetables, which was during my senior school and my university. At the very beginning, I had vegetables only when I was alone. I got a lot of trouble to convince my parents of the benefits of meditation and vegetarianism. I even was forbidden to attend DC, and could not mention anything about Tantra Yoga.

The situation lasted for two years, until 2012, when I changed my work place, a place thousands of miles away from my hometown. This time Baba gave me more freedom to choose my lifestyle. And it is from this time that I became a true Ananda Margii. My Didi helped a lot for my progress. For some reason she could not see me for two years. However, from 2012, Baba sends her to train me several times every year! Every time, she brought sweet vibration, improved my meditation and she also cooks tasty food for me. She takes care of me just like a mother taking care of her new born baby. In my eyes, she is the most wonderful spiritual mother in the world!

Now with all my heart and love, I am trying to please Baba, help people and do good to society. The way with Baba is full of surprise, enjoyment and a little trouble. With devotion, self-realization and sacrifice, we will find the way to go home!

*Sudha*



<b>Hong Kong Sector Events 2016</b>		
72 hrs AK in Ananda Annapurna MU, Russia	Friday – Monday	January 1-4
7 days AK in Ananda Shivanii MU, Russia	Saturday – Saturday	January 2-9
Kiirtan Parikrama in Taiwan	Saturday 2 - Sunday 17	January 2-17
IRSS in Ananda Suruci MU	Sunday	January 17
1st Diocese Seminar in Taipei	Sunday	January 24
Students Camp in Ananda Suruci MU, Taiwan	Monday – Friday	January 25-29
Chinese New Year holidays	Sunday – Sunday	February 7-14
Sadhana Camp in Taipei	Tuesday – Sunday	February 9-14
Seminar in Kaohsiung	Sunday	February 28
Seminar in Taichung	Sunday	March 6
Seminar in Tainan	Sunday	March 13
Sectorial Conference in Ananda Suruci MU, Taiwan	Saturday – Monday	April 2-4
SEC & RDS	Monday – Friday	April 4-8
Regional Conference in South Korea	Friday – Sunday	April 24-26
Spiritual Conference in Jeju island, South Korea	Friday – Sunday	May 13-15
Regional Conference in Japan	Saturday – Saturday	May 21-22
IRSS & SEC in Taipei	Friday	June 10
1st Diocese Seminar in Taipei	Sunday	June 12
Seminar in Kaohsiung	Sunday	June 19
Seminar in Tainan	Sunday	June 26
72 hours Akhanda Kiirtan in Ananda Suruci MU	Thursday – Sunday	July 7-10
Sadhana Camp in Ananda Suruci MU, Taiwan	Sunday – Saturday	July 10-16
Regional Conference in Mongolia	Friday – Sunday	July ?
Regional Conference at Ananda Shivani, Russia	Monday 25 – Tuesday 2	July 25-August 2

<b>Hong Kong Sector Events 2016</b>		
Student Camp in Ananda Suruci MU, Taiwan	Thursday – Monday	July 28 – Aug 1
Spiritual Conference in Baikal	Friday – Sunday	August 5-7
Diocese Conference in Ananda Annapurna MU, Russia	Monday – Sunday	August 15-21
Spiritual Conference in Bishkek	Thursday – Thursday	September 4-11
RDS in Hong Kong	Thursday – Friday	September 29-30
Sectorial Conference in Hong Kong	Sunday Thursday	October 2-6
Regional Conference at Ananda Suruci MU, Taiwan	Saturday – Monday	October 8-10
Regional Conference in South Korea	Friday – Sunday	November 11-13
IRSS & SEC in Taipei	Thursday	December 1

<b>Fasting Dates 2016</b>	
Ekadasi	05/01/16
Amavasya	09/01/16
Ekadasi	19/01/16
Purnima	23/01/16
Ekadasi	05/02/16
Amavasya	08/02/16
Ekadasi	18/02/16
Purnima	22/02/16
Ekadasi	05/03/16
Amavasya	08/03/16
Ekadasi	18/03/16
Purnima	23/03/16
Ekadasi	03/04/16
Amavasya	06/04/16
Ekadasi	16/04/16
Purnima	21/04/16
Ekadasi	03/05/16



Fasting Dates 2016	
Amavasya	06/05/16
Ekadasi	16/05/16
Purnima	21/05/16
Ekadasi	01/06/16
Amavasya	04/06/16
Ekadasi	15/06/16
Purnima	19/06/16
Ekadasi	30/06/16
Amavasya	03/07/16
Ekadasi	15/07/16
Purnima	19/07/16
Ekadasi	29/07/16
Amavasya	02/08/16
Ekadasi	13/08/16
Purnima	17/08/16
Ekadasi	27/08/16
Amavasya	01/09/16
Ekadasi	12/09/16
Purnima	16/09/16
Ekadasi	26/09/16
Amavasya	30/09/16
Ekadasi	12/10/16
Purnima	15/10/16
Ekadasi	25/10/16
Amavasya	29/10/16
Ekadasi	10/11/16
Purnima	14/11/16
Ekadasi	24/11/16
Amavasya	28/11/16
Ekadasi	10/12/16
Purnima	13/12/16
Ekadasi	24/12/16

## Fasting Dates 2016

Amavasya	28/12/16
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## Ánanda Márga Festivals 2016

New Year's Day (International)	Friday 1st January
Nilakan't'h'a Divasa	Friday 12th February
Dadhiici Divasa	Saturday 5th March
Vasantotsava	Saturday 24th March
Navavars'a	Wednesday 13th April
Ánanda Pu'rnimá	Saturday, 21st May
Shrávanii Pu'rnimá	Thursday 18th August
Prabháta Sam'giita Divasa	Wednesday 14th September
Sharadotsava	7th-11th October (Friday to Tuesday)
Children's Day	Friday 7th October
Public Day	Saturday, 8th October
Fine Arts Day	Sunday, 9th October
Music Day	Monday, 10th October
Vijayotsava	Tuesday, 11th October
Diipávalii	Sunday, 30th October
Bhrátrdvitiyá	Tuesday 1st November
Navánna	Sunday, 15th January