

Rasa Va'nii

阿南達瑪迦通訊 台灣

Newsletter of Ananda Marga Taiwan

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Baba 說：“將你們活動的速度增加數千倍，將你們現在的活動增加無數倍，並完成你們的工作。在上主無限的大能裡及永恆的速度中工作。勝利肯定是你們的。”

在台灣阿南達瑪迦的歷史上，2010年是最美好的一年；我們有這麼多的活動！有如此多的不間斷靈性頌舞，有在Baba行館舉行的72小時長靈性頌舞、15天的台灣環島長靈性頌舞（首次在台灣舉辦）、學生營、地區性全日工作訓練營（其產生了多位地區性工作者及全日工作者）、Baba理念研習營、靜坐營、社會服務等。這些活動讓我們更接近Baba，與宇宙大家庭更親密。我們地區性的通訊Rasa Vanii見證了所有的活動。在台北地區瑪琪及典範師們非常努力工作並展現其對Baba的虔誠，及從事祂的使命。成果是瑪琪們對Baba的信念，越來越堅定、越來越虔誠。

2011年會更加精彩，活動滿滿 - 有這麼多的活動！最重要的是10月DMS大法會，屆時 Purodha Pramukh Dada會到訪，並祝福整個香港區 - 包括對所有的瑪琪及出家人。可預見在瑪琪及典範師們熱忱地努力下將會創造出香港區2011年新史頁。個人向 Rasa Vanii 台灣通訊之主編者 Ac Karunamaya Brc 致上最深之祝願，他讓本通訊有如此豐富多彩的照片及最新消息。每一位讀者皆應將此通訊與瑪琪及其朋友們分享。

Ac. Shubhaniryananda Avt.
香港區秘書



最新消息

Messages

Namaskar 大家好！

個人很高興為您介紹第三期的Rasa Vanii。所有的分享和文章清楚地反映了在這一年當中，真摯和虔誠地從事Baba在台灣的使命。

Baba教導我們，我們的修行就是要能夠確實地了解「實踐更加自覺的生活」之重要性，進而增進萬事萬物之福祉。祂自己也將此種子播在此綠色小島上，這些種子將在每個乾渴的心中萌芽，在祂的使命中成長。在今年2010年，Baba讓我們見證了祂的願望，一步步成為事實，透過我們個人的犧牲和服務精神，並集體付諸行動，實現了超乎想像的目標。

再次，個人謹致上最誠摯之謝忱，給所有成為Baba的工具者，他們以各種不同的方式，來幫助完成這份通訊，感謝您！

祝福大家在即將到來的幸運2011年，充滿了祂的祝福並生活在祂深深的信念中，以更臣服及誓願從事祂的使命。讓上主的波流透過你傳送祂的意願，當你將你所有之見聞行事皆沈浸於祂時！

以最深沈之祝福

Ac. Karunamaya Brc.

Namaskar dear all!

I'm very happy to present you the third edition of Rasa Vanii. All the sharing and articles clearly reflect a year of sincere and devotional engagement in Baba's mission in Taiwan. Baba teaches us that it is in our Sadhana that we can actually realize the importance of living a more conscious effort, in offering our everything for everyone's welfare. He Himself has sown the seeds that will sprout in every thirsty heart in this tiny green island and from which His Mission will grow. In this year 2010, Baba let us witness that His wish is steadily coming true, through our individual sacrifice and service spirit and our collective commitment to accomplish unimaginable targets. Once again, I would like to extend my heartfelt thanks to all those Baba's instrument, that in different ways, have been helping to materialize this newsletter. Thank you! I wish you all a blissful coming year 2011, full of His blessings and deepening faith to live His mission with more surrender and commitment. Let The Supreme Lord flow His wish through you, as you contemplate Him in all you see and do!

With best wishes,

Ac. Karunamaya Brc.

戰鬥是生命的本質，而Rasa是其美麗的波流。每一刻都是非常珍貴的，要積極並有效地運用它，為我們自己和身邊的人帶來美好的感覺。台灣從事無數的靈性工作及社會服務，已經是瑪迦的典範。讓我們繼續做更多，並將此巨大的正性波流傳至世界各角落。

Ac Krsna Kumar Brc
RS Taipei

Struggle is the essence of life and Rasa is the beautiful flow in it. Every moment is very precious and using it positively and fruitfully brings about a beautiful feeling for oneself and everyone around us. Taiwan has been and now more setting a good example in doing countless spiritual and service programs. Let us continue to do more and spread the tremendous positive vibrations to all around the world.

Ac Krsna Kumar Brc. - RS Taipei

Baba的好消息

Baba在20年前離開祂的肉身，但我喜歡想像著坐在祂身上的喜悅。祂應該已經收到過去六個月在台灣完成的工作的好消息。

Baba對於台灣瑪琪的虔誠與貢獻有很多直接的體驗，尤其是在祂拜訪台灣期間。所以祂並不驚訝於那延伸自純粹的虔誠，迷人的啟發性活動背後的理念活力，如環島Kiirtan之旅、社會服務，這些都讓我們的使命在靈性的連結有了全新的感受。Baba鼓勵我們，當看到多數人追逐著被現今唯物主義社會倡導的粗鈍行為時，不要覺得灰心。透過祂無私的示範，祂教我們如何用覺知的力量克服停滯不前，用真誠來消除誤解，用包容的心態超越狹隘的情感。

台灣是一個弘法復甦的光輝典範，因為這裡的理念成熟地結合了先人的智慧，創造出置整體福利於個人利益之上的天性。在台灣的瑪琪們與典範師們就像是Baba使命的雙翼，同步拍動著，帶領瑪迦在個人與集體生命心中重塑意識的必然命運。沒有什麼比這些能讓Baba笑得更開心。

Acarya Ganadevananda Avadhuta - PRS Hong Kong Sector

Baba's Good News

Baba left His physical body twenty years ago but I like to imagine how happily, sitting on His coat, He would have received the good news of the work done during the last six months in Taiwan. Baba had many direct experiences of Taiwanese Margiis's devotion and dedication, especially during His visit to Taiwan, so He wouldn't be surprised by the ideological vitality that is behind the buzzing of inspiring activities, ranging from purely devotional, like the Kirtan Parikrama, to social service to the needy, which have vibrated our Mission with a renewed sense of spiritual relevance. Baba encouraged us not to feel disheartened when seeing the majority of people running after the crude propensities that are championed by the current materialist society. Through His selfless example he showed us the way to overcome static tendencies with sentient dynamism, to clear misunderstandings with sincerity of purpose, to rise above narrow sentiments with magnanimity of mind. Taiwan is a shining example of such missionary renaissance because here ideological maturity has blended with ancient wisdom, creating a natural predisposition for collective welfare above personal interests. Margiis and Acaryas in Taiwan are like the wings of Baba's Mission, flapping in synchrony to lead Ananda Marga to its inevitable destiny of reestablishing consciousness at the heart of both individual and collective life. Nothing could make Baba smile more.

Ac. Ganadevananda Avt., PRS Hong Kong Sector

Baba said: "Increase the speed of your activities thousands of times, countless times more than it is now, and accomplish your work. Work with the infinite power of God and with infinite speed. Victory is surely yours." The year 2010 was a most wonderful year in the history of AM in Taiwan: we had so many activities! So many Akhanda Kiirtans in all the different units, 72 hours Akhanda Kiirtan in Baba's Quarter, 15 days Taiwan Kiirtan Parikrama (the first time in Taiwan), Student Camps, LFT trainings and creation of LFTs and WTs, Ideological training, Sadhana camps, Social Services etc. These activities have brought us very much closer to Baba and our universal family. Our regional newsletter Rasa Vanii is witness of all these activities. Margiis and Acaryas have worked very hard and shown their true devotion to Baba and His mission in Taipei Region. The result is that Margiis are becoming more ideological and devotional to Baba. The year 2011 is going to be even more wonderful, full of programs - so many activities! The most important is the DMS where PP Dada will come to see us and bless the whole Hong Kong Sector - including workers and margiis. The future shall see that new history will be created by the sincerity and efforts of Margiis and Acaryas in HKS in 2011. I extend my thanks and best wishes to editor Ac Karunamaya Brc for publishing Rasa Vanii, Taiwan's newsletter with so much colorful photos and news. It is the duty of every reader to share this newsletter with all of his or her margiis and friends.

Ac Shubhaniryananda Avt - SS Hong Kong Sector

來自 Baba...

靈性修持是將二合而為一 -- 將內在的「我」與外在的「我」合而為一。雙重性格在同一個人的身上是一種疾病。這兩個「我」的差距越大，心理的折磨就越大。你必須記住，20世紀的人在20世紀後半，這兩個「我」的差距更大。為調整這兩個「我」，精神疾病增加了，這是20世紀最大的疾病。那麼，至上意識有沒有雙重人格呢？至上意識祂蘊含所有的萬物，整個世界皆在祂之內。

至上意識是偉大的魔術師，祂用祂的魔棒創造了一切，並隱身在祂的創造物裡。如果你要知道祂的創造，唯有你加入祂及祂的派對才能知道此魔法。

1967年7月 DMC, Jaipur (靈性科學集成 卷19)



Sādhana, therefore, is to unify the two into one – the internal “I” and the external “I”. Two-ness in a single personality is a disease. The more the gap between these two “I’s”, the more you will undergo psychic torment. You must remember that in this second half of the 20th Century people are feeling much gap in between their internal “I” and external “I”. Because of the trouble in adjusting these two “I’s” there is an increase in mental illnesses.

This is the greatest disease in the 20th century. As regards Parama Puruṣa there is no double personality. Everything is internal. The entire world is internal for Him. God is a master magician who, by His magic spell, has created all and has hidden Himself inside His creation. If at all you want to know the creation, the trick of the magician, that can only be done when you join Him and His party. July 1967 DMC, Jaipur SS Part 19

台灣15天環島長靈性頌舞活動

(各地的虔誠者之靈性頌舞活動)

2011年1月8日到 23日

我們都體驗到了上次的環島長靈性頌舞中，在全島由各單位所運化出的幸福波流，它為我們每個人的靈性旅程，帶來了如家人般的情感之鼓舞與力量。

如同前次，我們每天會有一場3小時的長靈性頌舞，元月8日從台北SDM啟航，然後在台北各道場及大安森林公園的戶外長靈性頌舞後，我們會在全台各道場輪流舉行。環島長靈性頌舞活動，最後將在玉井示範村Baba行館內。

“ 15 Days Taiwan Kiirtan Parikrama’ 2011 “
8 - 23 January 2011

We all experienced the blissful wave the last Taiwan Kiirtan Parikrama generated in all units on the island, bringing a special family feeling among everyone as well as inspiration and strength for our spiritual journey.

As before, there will be daily 3 hours Akhanda Kiirtan, starting from Taipei SDM on 8 January. After completing all units in Taipei including an outdoor Akhanda Kiirtan in Daan Park, we will cover all units in Taiwan. The Kiirtan Parikrama will finish at Ananda Suruci MU with 12 hours Akhanda Kiirtan in Baba’s Quarter.

Baba Nam Kevalam

“靈性頌舞能幫助一位虔誠者加速前往宇宙的核心” Shrii Shrii Anandamu’rti



台灣15天環島長靈性頌舞(KIIRTAN)

2011年1月8日到23日 各地的虔誠者之靈性

曙光之歌節

台北2010年曙光之歌日慶祝活動

來自不同單位的瑪琪們，各自從台北和其他地區蒞臨台灣區阿南達瑪迦推廣總會 (AMPS) 台北瑜珈屋，這個被美麗妝點的活動場地。花朵布置以及多彩的、激勵人心的曙光之歌歌詞展覽，點綴著入口大廳和室內空間。瑪琪們滿懷期待地走入靜坐大廳，第28屆曙光之歌節慶祝活動正以團體靜坐作為活動開端。



遠東地區第一次舉行的9小時連續曙光之歌開始唱頌，新人瑪琪和老瑪琪們，典範師們，或以獨唱、或以合唱的方式，輪流唱頌和分享Baba創作的歌曲。一首接著一首地唱頌著，在場的虔誠者們的心靈被觸動著，漸漸地靜坐



大廳的波流改變了。隨著唱頌的時間增長，吸引的力量越強烈，虔誠者們都籠罩在祂的愛之中。有些人因為無法全程參與，在過程中必須先行離開，隨後又有一些人抵達加入，但沒有人不受此氣氛感染。在最後一個小時，由SS Dada引領大家合唱，讓活動進入最高潮。每個人都唱頌著Baba甜美的歌曲，心靈充滿著虔誠，一起從內心深處表達對祂的愛與渴望。

在如此動人的節目之後，唯有唱頌Kiirtan。所有的人高舉雙手，所有的聲音合而為一，只有唱頌著祂的聖名。接著的靜坐悄然無聲，虔誠者汲取空氣中滿滿的神性與愛的波流。隨後，瑪琪們和典範師們感激地分享著對於這個特殊節日的感想。

願曙光之歌的波動持續被創造、增長和散播至台灣和遠東地區的每個角落。如此一來，所有的人都能藉由曙光之歌感受祂甜美的神性的碰觸。



最後，我由衷地感謝所有參與籌畫和蒞臨這次值得紀念的2010年曙光之歌節的人。瑪琪兄弟和姊妹們數個月來付出許多時間。他們協助製作曙光之歌紀念專輯，裡面收錄一些新翻譯成中文的歌曲；在瑜珈屋的牆面上精心安排曙光之歌歌詞展覽和主題展示。他們在活動前先到瑜珈屋打掃清潔和布置場地。他們為當天參加節目約50個人準備午餐、晚餐、和供應Baba的甜點。他們投注無比的熱情和團隊合作的精神，以及為籌劃節目所作的努力，從一開始即為此節日創造了好的波流。



Celebration of Prabhat Samgiita Day 2010, Taipei

Margiis from all units in Taipei and beyond arrived at the beautifully decorated AMPS jagrti in Taipei. Flowers and colourful displays of inspiring Prabhat Sam'giita lyrics adorn the entrance hall and rooms. Full of expectation more than 50 margiis attending throughout the day proceed to the meditation room, where the celebration of the 28th anniversary of Prabhat Sam'giita starts with collective Dharma Cakra.

The first 9-hour Akhanda Prabhat Sam'giita of Hong Kong Sector takes off. Margiis, new and old, and Acaryas take turns to sing and share Baba's songs solo or collectively. Slowly the vibration in the DC hall is changing as song after song after song touch the hearts of the devotees who gathered. As the hours pass so grows the attracting force, drawing the devotees together in His Love. Some have to leave in the course of the day, others join at a later moment, but no one remains unchanged. The last hour of collective songs lead by SS Dada was the culmination of all the hours prior. Minds full of devotion, everyone joined in the expression of Baba's sublime songs, collectively expressing from the depths of their hearts the longing and love for Him.

Only kiirtan could possibly follow such a program. All hands raised, all voices one. Only His Name. The silence of the sadhana that followed allowed the divine love vibrant in the air be absorbed in the hearts of the devotees. Afterwards, margiis and Acaryas gratefully share their experience of this unique program.

May the wave of Prabhat Sa'mgiita created continue to grow and spread to all corners of Taiwan and Hong Kong Sector so that all may feel His sublime mystical touch contained within them!

The program has been arranged by SS Dada with the sincere efforts and cooperation of Lokatiita' and Tus'ita', and the support of several Margiis and Didi Ananda Rashmika. Margii brothers and sisters have been giving a lot of time helping to make the Prabhat Samgiita souvenir with newly translated songs, the exhibition and decoration of lyrics and meanings displayed on the jagrti walls.

Prabhat Samgiita Day

Prabhata Samgiita

E kii ucchal jyoti sarita'
E kii caincala madhurata'
E kii haras'e tat'ini vege dhay
Ja'r paras'e ka'lima' dhuye ja'y
E kii cinmaya cetanata'
E kii taraunga rodhi na'hi ma'ne
Cale kurunga sama vane svanane
E kii madhumaya ma'dakata'

無限的光明如泉水般湧出
給予無盡的甜美與喜悅
只要接觸到的人
就可去除了無明與黑暗
意識得以開悟
這波動去除我的一切障礙
就像森林裡輕聲奔跑的小鹿
多麼令人陶醉的甜美波動啊

What overflowing fountain of effulgence!
What restless sweetness!
With what a joy does the stream rush!
With what a touch was darkness washed off!
What enlightenment of consciousness!
What obstruction defying wave!
Running like a deer in the murmur of my forest,
What sweet intoxication is this?

9月14日曙光之歌節後已經過了2個多月，對我來說，節日所帶來的感動還在持續中。

在連續9小時裡，唱頌超過80首的曙光之歌，雖然相較於Baba完成的5,018首，還不到百分之二，但是在個人小小的腦袋裡對曙光之歌的認識可是一下子增加許多。而且當天所唱的歌，都是由唱頌者挑選自己最喜愛的曲子，用虔誠的態度唱頌著，這些虔誠的波動觸動在場所有人的內心。

當天SS Dada唱頌其中一首編號第1440首曙光之歌，「月兒啊！你為何那樣看著我，想把你忘懷，你卻依然這樣看著我」這是一首印度古典曲調的歌曲，描寫上主（月兒）與他所一直親密注視的對象（虔誠者）之間的深情關係。令人深受感動，後來我也試著學習這首歌，有時在靜坐觀想或是日常生活中，這首歌曲會自心中浮現，再次感受Baba甜美的注視。很高興能多認識曙光之歌，感受到Baba給予靈性道上的指引以及其中所散發的甜美波流。

Lokatiita

在曙光之歌節這天，我終於體會到，每一個時刻都是如此的珍貴。

Baba是充盈整個宇宙，透過祂的詩詞，祂的愛是如此的純潔。

現在，歌曲還是不斷在我心中迴盪，就像祂的愛亦是如此一迴盪在整個宇宙。

Sukhamaya

Today, I realized that it said every moment is so special. And Baba is within everywhere. It is through His songs & words that I know it's a pure love to everyone. Now the songs repeat & repeat in my heart, and His love is the whole universe.



Although it has been 2 months since Prabhāta Sam'giita Day, I still feel the sweet touching vibration continuously.

In 9 hours of Akhan'dā Prabhāta Sam'giita, more than 80 songs were sung. That seems a lot, but it is less than 2 percent of Baba's 5018 songs! However, in my limited mind, it increases my knowledge of Prabhāta Sam'giita a lot in one day. All the songs were chosen by singers themselves as they sang their favorite songs for Baba with devotion, touching all hearts.

One of the songs chosen by SS Dada was Prabhāta Sam'giita No. 1440, "Cāpd Tumi Āmāra Pāne, Aman Kore Kena Cāo, Buliyā Thākite Cāhi, Tabuo Takāo..." ("Oh moon, why do you look at me in that manner? I want to forget, yet you look at me"). This song has an Indian classical tune and expresses the deep relationship between the Lord (the moon) and His devotee. After Dada's inspiration, I tried to learn this song. Sometimes this song comes to my mind, and let me feel Baba's sweet looking. I am very happy to know Prabhāta Sam'giita more, and get the guideline from Baba in the path of sādhanā and feel the sweet flow spreading.

Lokatiita



阿南達瑪迦節日

Ananda Marga Festivals

光明節

今年的11月5日，在台北汀洲路的瑜伽屋舉辦了一場明亮、溫馨及啟發人心的光明節。走近瑜伽屋，看到路上盡是燭光，牆上更吊兩盞很有味道的吊燈！這些溫暖的燭火照亮了昏暗的小路並指引我們前進的路。

在屋裡已有許多的瑪琪到了，遇見每位瑪琪時互問Namaskar，心裡一股溫馨的親切感油然而生，這裡如同我們的家一樣的親密。

大約六點三十分時，由瑜伽屋的音樂俱樂部(Music club)帶著大家唱頌曙光之歌(Prabhat samgiita)，歌編號63 Diipavalii，大家已相當熟悉這首歌及意義，所以唱頌時的歌聲中所傳達出來的情感很令人感動！

之後，由Dada為大家解說光明節這天是這年最黑暗的一天，也就是為何我們點了這麼多的燈火來照亮不只是外在的黑暗，同時也要驅逐心中無明帶來的黑暗，Dada提醒我們要每天都點亮自己心中的靈性之光，而不是一年才作一次，也就是每天要作靈性修持。



最後，由SS Dada敲著鼓再帶著大家一起唱頌 Diipavalii 將今天的活動帶到最高潮並劃下完美的句點！願每個人心中都能時時記住，點亮自己心中那盞靈性之光！Baba Nam Kevalam！

Jiivanesha



Diipavalii

On 5 November there was a warming and inspiring Diipavalii celebration in the Taipei Jagrti. As I was approaching the jagrti I saw many candles on the road and 2 special lamps on the wall. Their flames were lighting the path and guiding us to the jagrti.

In the Jagrti many had gathered. As we said Namaskar to each other as we met I felt the warmest feeling from my heart like I were at home.

Around 6:30 pm the Music club lead everyone to sing the Diipavalii Prabhat Samgiita song. Its lyrics match the Diipavalii day perfectly.

Then Dada explained to us this day is the darkest day of the year. That is why we light so many candles and lamps to brighten not only the darkness outside, but also to remove our darkness of avidya inside. Dada also reminded us to light our spiritual light every day instead of once a year.

At the end of the evening, SS Dada played the drum and led us to sing Diipavalii Prabhat Samgiita again. It was a high and perfect ending to the occasion.

I hope everyone can keep in mind every moment to light their spiritual light everywhere.

by Jiivanesha

兄弟節

不同於以往的星期天，幾位熱心的姐妹一早就在廚房忙碌著，精心準備各式美味的料理，等著款待我們親愛的兄弟們！慶祝活動從Kiirtan開始；團體靜坐之後，在場每位姐妹輪流用最真誠的心持頌著三遍“Bhra'ta me cira'yurbhavatu”，祝福兄弟們長命百歲。兄弟們也大方地分享感言，並且把最深沈的祝福回饋給姐妹們！在BABA的恩典下，我們是一個充滿愛的大家庭，不分彼此、相互扶持著，一起朝向我們共同的目標前進！因為心裡有了這份溫暖，我們得以勇敢地面對一切的挑戰！

午餐時間，大家盡情享用美味的佳餚，個個臉上都掛著幸福的笑容，彷彿BABA也滿意地笑著！

Maungala



Brothers Day

Unlike the previous Sunday, a few enthusiastic sisters were busy in the kitchen from early morning to prepare many kinds of delicious dishes carefully, waiting to welcome our beloved brothers! Celebrations started from Kiirtan; after collective meditation each sister read “Bhra'ta me cira'yurbhavatu” 3 times in turn sincerely, blessing our brothers to have long lives. Next Brothers and Dadas shared their reflections generously, giving the deepest blessing to sisters too. Under BABA's Grace, we are a loving big family without distinctions, moving toward our common goal together with mutual support. With this warmth in mind, we are able to confront all the challenges!

During lunch time, everyone enjoyed the delicious cuisine with smiling faces, as if BABA was also smiling with satisfaction.

社會功能

Social Functions

社會功能在阿南達瑪迦扮演了重要之角色，讓我們能夠在除了俗世的場合外，有機會如同一家人般的聚在一起反映靈性的意義。梵咒使用於所有的活動中，在我們所有的聚會、見面，並交會出最大之利益及靈性的成長。

在嬰兒命名時，我們歡迎孩子加入我們的大家庭，所有的成員允諾，將在各方面照顧此孩兒之福祉。

Social functions play an important role in Ananda Marga. They give us the chance to come together as a family and reflect on the spiritual significance of otherwise worldly occasions. The mantra used in any of these functions expresses that all we meet, see and interact with may be for the best interest of our allround and true spiritual progress. During the baby naming the child is welcomed into the society and the members of the society promise to take care of the child in all respects.

10月17日這天在Gargii姊妹中壢的新房子舉辦了入屋儀式，有多位中壢瑪琪及Dada Karunamaya參加，還有Didi Ananda Rashmika，她依Carya Carya主持此儀式。每個人都給予Gargii良好的祝願！儀式結束後，我們一起前往中壢瑜伽屋團體靜坐，路途中自然地跳起了Nagar Kiirtan。

On 17 October a house entry ceremony was organized in Gargii's new house in Chong Li, with the participation of several Margiis from Chong Li, Dada Karunamaya and Didi Ananda Rashmika who actually conducted the ceremony as per Carya Carya. Everyone extended their best wishes to Gargii! After the ceremony, we all went to the jagrti for Dharma Cakra with a spontaneous Nagar Kiirtan in the streets.



嬰兒命名

11月20日有一場甜美的嬰兒命名儀式在SDM舉行。

由Didi Ananda Rashmika進行命名，透過此儀式，Anandii得到了Baba的祝福，在場還有多位瑪琪及典範師給予關愛及深沈的祝願。

滿足的喜悅—暖屋記



十一月二十日宜蘭Sumatii新屋暖屋，Dada Karunamaya開車載著腳傷遠從高雄趕來的SS Dada 與三位台北瑪琪專程前來，另有約九位台北瑪琪，一位花蓮瑪琪，與宜蘭當地四位瑪琪與基石高中教師群與會，不克前來的兩位農夫瑪琪亦捐贈自種的米給大家享用，我從今年初生活衝擊開始到購屋，裝潢及準備暖屋的過程中，受到許多Dada、Didi、瑪琪與朋友的協助，深刻感受到瑪迦團隊的力量與Baba透過許多人給我支持的恩典，使我欲改變環境展開新生活與協助團體靜坐的場地之小心願如願以償，從去年底推動宜蘭團體靜坐遭遇家庭阻力、沒信心與場地生變等諸多阻力迄今，發現只要往前走一小步，Baba會幫我們跨一大步的！

Sumatii

The joy of satisfaction - House Warming

The house warming ceremony of Sumatii in Yilan was held on 20 November. Dada Karunamaya drove from Taipei with SS Dada and three margiis together. Another nine margiis from Taipei, one from Hualien and four local from Yilan as well as colleague high school teachers attended the ceremony. Two margiis donated rice they had grown themselves to share with all. From the process of life's clash, buying the house, its renovation, decoration and preparation for the house warming I received so much help from many Acaryas, margiis and friends. I feel deeply the strength of the Ananda Marga team and Baba's Grace to give me support through many people and fulfilling my little wish. When I take only a little step towards Him and Baba will help me with a big step.



Baby naming

A sweet Baby naming ceremony was held in SDM, on November 20.

Anandii has gotten Baba's blessing through this ceremony which was conducted by Didi Ananda Rashmika, with the loving care and best wishes of several Margiis and Acaryas present on that occasion. Welcome Anandii!

與詩相遇在虔誠夜

Devotional Poetry Night

2010年11月12日(星期五)晚上七點到九點,在台北法性弘揚部門所舉行的虔誠詩會—「與詩相遇在虔誠夜」十分圓滿,我很榮幸在此和大家分享並簡述當天的情形。



超過三十位瑪琪,各自從台北、桃園、花蓮等地方前來法性弘揚部門(SDM),共同體驗了一場喜悅的虔誠分享晚會。我們將蕾絲巾化為圓池,許多小燭光、粉紅及黃色蓮花含苞微綻,點綴其間,周圍張貼著Baba的喜悅訊息及怡人詩文,再加上Krtiya姊妹以精緻的茶具,優雅地在會場一角調泡花茶,整個會場洋溢著芬芳飄逸的文藝氣息。瑪琪們以輕鬆的心情,期待滿懷地陸續步入大廳,圍坐成圓,第一次的虔誠詩會分享活動以靈性舞樂喜悅開場。

第一次舉行的詩歌分享,我們以Baba的話語與創作開始,新瑪琪、老瑪琪、教範師,輪流誦讀喜悅訊息及曙光之歌。一首接著一首地誦讀著,布幕上放映著自然美景以及翻譯詩文,配上輕柔的音樂,周遭營造出甜美、祥和的波流,在場所有人的心靈被激盪著,沉浸在祂愛的喜悅中。

在一小段Kiirtan後,接下來是瑪琪及教範師分享最喜愛的詩或是自己的創作。每一件作品都表達了自己的靈修體驗,所有的分享都散播出強力的虔誠波流。最後我們以1985年喜悅望月日喜悅訊息做為詩歌分享的結束。在清亮的二胡樂曲之後,瑪琪們和教範師們心情激動地分享著對於這次虔誠詩會的感受。

Supriiti: 喜歡用這種安靜的方式來分享、感受,更希望每個人寫出自己的心聲來發表,激起創作力量,可以提

升彼此心靈,彼此共鳴。產出更多小詩人、小文學家。

Mangala: 我們生命是有限的,Baba給我們的愛是無限的,我們沒辦法用有限愛無限,但可以在這裡享受他無限的愛。很高興,希望能再聚一次。

Mangal: 在SDM,知識瑜伽的課程有很多,但能夠觸及內心深處對上主虔誠感的活動較少,這種分享是一種心靈激盪,對上主的愛與渴望引起共鳴,希望大家有機會多參與。

Keshava: 很高興參加這個活動,感謝籌畫者的用心安排。Baba曾說詩詞是幫助我們心靈導向靈性的非常有力量,Dada寫的詩讓我很感動,意境難以用語言形容,Dada卻能以詩表達出那種難以表述的意境,詩還讓我們在心靈不斷昇華、拓展,難怪Baba說透過藝術,透過詩詞,可以讓我們更接近至上。

Tapeshvara: 與詩相遇是第一次嘗



The Devotional Poetry Evening (DPE) held at SDM on 12 November was very successful. More than thirty Margiis, from Taipei, Taoyuan and Hualien came to SDM and experienced a blissful devotional sharing party. Candlelight, pink and yellow Lotus flowers, blissful messages from Baba and delightful poems. Moreover, Sister Krtiya prepared flower tea for margiis with an exquisite tea set; suddenly the place was full of a sweet, elegant and artistic atmosphere.

Held for the first time, the DPE started with Baba's words and works. New Margiis, old Margiis, and Dada took turns reading A'nanda Va'nii and Prabha'ta Sam'giita. One after another, reading aloud, the beautiful nature scenery and translated poetry were showed on the power point. With soft music, it created a sweet and peaceful flow that touched all people immersing into the bliss of BaBa's love.

After a short period of Kiirtan, Margiis and Dada shared their favorite poems or their own creations. The favorite poems included ancient magnificent Chinese poems, overseas meaningful prose, familiar modern songs, and Prabha'ta Sam'giita. All the sharing awakened a strong devotional flow.

試,今天實際參與才知道詩的美,最讓我感動的是Supriiti的詩。因為有祢,我們才顯得有生存的價值;因為有祢,才顯得祢的偉大如此動人。



Rainjana: 三十幾年前Baba來台灣時,我正懷孕,對Baba的認識還在摸索,甚至是一片空白。這三十幾年來透過靜坐靈修和上主慢慢親近,今天來到這裡,遇見這些詩歌,也是一種震盪,從沒有用過這種方式表達對上主的愛,非常感動。

最後,由衷地感謝Giita'有機會和Dada Karunamaya共同籌畫完成這次虔誠詩會。以及瑪琪們用各種方式參與協助,並且提供美麗詩歌在晚會中真誠分享。大家所投注的努力,讓我們創造了真實而感動彼此的虔誠波流。

「生命是理念的波流」我們從各個角落懷著不同的心情前來,而以相同的虔誠的心,成就了這次的喜悅分享!

Giita

We ended with a sweet A'nanda Va'nii. After Chinese music, Margiis and Dada were excited to share their feelings on this devotional event.

Supriiti: I enjoy this quiet way to share, to feel with others, and moreover, I wish everyone tries to express and excite the power of creation.

Maungala: Our life is limited, Baba gives us infinite love. We couldn't use limitation to love infinite, but here we can enjoy his infinite love. I'm very happy and hopefully we can get together next time.

Mangal: In SDM there are many classes on Jinana yoga, but activities that enable us to have more devotional feelings on Supreme Consciousness are relatively a few. The sharing of devotional poetry is a kind of spiritual stirring to draw attention to Margiis for loving and longing to Supreme Consciousness. I hope that we will have more opportunities to share.

Keshava: I'm glad to participate in this activity thanks to the arrangement of the organizers. Baba has mentioned that poetry is a very powerful force to help our mind orient towards spirituality. I was especially touched by the poem made by Dada Karunamaya.

香港區大避靜

Sectorial Conference



香港區2010年10月秋季大避靜

香港區秋季大避靜，剛在台灣南部的喜悅美麗示範村舉辦完畢，但其鼓舞人心的波流，依舊迴盪在參加瑪琪們的心靈及胸懷。這次大避靜的主題是“精進-創新局”。不管在個人及集體的靈性進步道路上有任何之障礙，我們依然可以感受到一股強烈鼓舞人心的波流湧動著。這一次由台南和玉井的瑪琪們負責籌劃此次的大避靜，他們盡最大的努力，以期此次大避靜能夠圓滿成功。

有多場演講及工作坊，包括 SS Dada 的演講：有原則的生活及對靈性目標堅定的信念之重要性，以領導社會朝向它命定之光明。所有的工作坊和演講的目的是為了運生出新的波流，竭誠遵循密宗之靈性生活方式後，不僅在個人的生活上，也在廣泛的社會領域上，克服其挑戰與險阻。Didi Ananda Rashmika 帶領的工作坊，幫助瑪琪們了解到明確設定日常目標的重要性，如此，每一天皆可成為完美的心靈之日。思考性遊戲的小組競賽非常有趣並建立起團隊精神。還有一個密宗修行講座由 Dada Citarainjanananda 主講，他點出了密宗實際問題及其與現代社會之關聯越來越密切。Dada Dhiirendra 及 Dada Ganadevananda 提交了一份新的弘法方案，其已成功地應用於俄羅斯及日本，並伴隨一個集體的腦力激盪新計劃，以實現Baba在台灣的夢想。此次受祝福的虔誠之夜節目，由許多人訴說Baba的生活，此節目是由來自蒙古的 Dada Shubhadhyana 提供，他負責監督我們在蒙古的AMURT計劃。RAWA之夜，確實是非常令人印象深刻，此次台灣傳統鼓樂表演，著實憾動了每個人，長笛演奏者賦予迷人音樂之聲新的意義。許多瑪琪分享他們對精緻藝術的愛好，並感動了觀眾們的心房。

在閉幕式上，幾位來自日本、韓國、紐西蘭、瓜地馬拉，當然還有台灣的瑪琪，分享了他們的想法和體驗，有時候，他們無法忍住快樂的淚水，表達了他們的感激之情，能有此良機可與他們靈性上的兄弟姐妹們生活在一起，雖然僅有短短的三天。

The fall Sectorial Conference at the Ananda Suruci Master Unit in the south of Taiwan took place in October 8-10. The theme of the conference was "A New Era through Dynamic Spirituality" and indeed one could feel a strong wave of inspiration to move ahead despite whatever obstacles on the path of individual and collective spiritual progress. That time the Tainan and Yuching Margiis were in-charge for the organization of the conference, who did their best of capacity for a successful conference.

Various lectures and workshops were given, including a lecture by SS Dada on the importance of principled living and unwavering faith in the spiritual goal to lead society towards its bright destiny. All the workshops and lectures were designed to encourage a new flow of dedication to spiritual life following the Tantric approach of challenging obstacles not only in personal life but also in the wider field of society. Didi Ananda Rashmika led Margiis in a workshop that helped all realize the importance of setting clear daily goals so that every day could become a perfect spiritual day. Small groups competed in the ideological game with great fun and team building spirit. There was also a lecture on Tantra Sadhana given by Dada Citarainjanananda who highlighted the practical aspects of Tantra and its increasing relevance in modern society. Dada Dhiirendra and Dada Ganadevananda presented a report on new prakar methods successfully utilized in Russia and Japan, which was followed by a collective brainstorming on a new plan to help materialize Baba's dream for Taiwan. This time the devotional night program was blessed by many personal accounts of Baba's life offered by Dada Shubhadhyana, who came from Mongolia where he supervises our AMURT projects there. The RAWA cultural night was very impressive indeed, this time with the performance of Taiwanese traditional drumming that truly vibrated everyone, and a flute virtuoso who gave a new meaning to the enchanting voice of music. Many Margiis shared their love for subtle arts and touched the audience's heart. During the closing ceremony several Margiis from Japan, Korea, New Zealand, Guatemala and of course Taiwan, shared their thoughts and experiences, and in some cases they couldn't hold their tears of happiness while expressing their gratitude for the opportunity to live together with their spiritual brothers and sisters even if for just three days.



Conception is difficult to describe by language; however, Dada is able to express the elusive conception through poems. Poetry expands our heart and enhances our mind, that's why Baba has said poetry can let us be closer to Supreme Consciousness.

Tapeshvara: This is our first time to have DPE. I know the beauty of poetry after my participation today. I was especially touched by Supritii's poem- Because of You, we got the value of being alive; because of You, it shows You're all mighty.

Rainjana: Around 30 years ago, Baba visited Taiwan. At that time, I was pregnant and didn't know much about Baba. These 30 years, through meditation I could get closer to Supreme Consciousness. Today I found that poems are also a way to express our love for Supreme Consciousness. It's very touching.

And finally, I give my sincere thanks to have had this opportunity to work with Dada Karunamaya and organize this DPE. I also extend my thanks to the Margiis who provided and shared their beautiful poems. Life is a flow of ideation. We are from every corner with a different mood, but we all share the bliss with same devotional heart!

示範村

阿南達瑪迦美濃示範村 Ananda Matrika, Meinong



生機蓬勃的農園：美濃示範村開始將一小塊的土地免費出借給鎮上的居民，讓他們前來購買種子和種植作物，當作物成熟時，人們也將收穫與示範村分享。當地居民的熱情參與，使這個最近才開始的計畫正在成形，也使示範村有了極佳的機會，能夠更貼近社會。

在經歷了第一次的雨季之後，新的農地需要增加排水系統。同時，示範村的義工們也藉著這個機會，讓地貌有了更多更美麗的改變！

前來參訪的學校：由森林小學的2位教師，帶領12位一年級和二年級的學生們，在本地田園協會義工的幫助

之下，在示範村種植作物，並認識自然生態。在12月15日

示範村將舉行一場深耕20年的戶外音樂會，著名的客家歌手林生祥、Carushiila 和Dada Dyutimaya將將參與演出，這是一場免費的表演，歡迎大家共襄盛舉！

Rainjana的努力，讓每週都有麵包出爐，越多越多人知道天然發酵麵包的美名，訂單來自全台各地，甚至有高雄人遠道前來購買！如果您想一嚐美味，或分享給您的家人和同事，也歡迎與示範村或直接跟Rainjana聯繫！

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- To avoid freight charges, please order more than 15 loaves
- ATM transfers to account: (700)00019380003237

Active Vegetable Garden: On Meinong MU soil we have started to rent for free small pieces land to people of the community. They buy the seeds, come to plant them and after growing and nurturing the plants they will share the crop with the master unit. This program has just recently started but is taking shape with enthusiastic participation from local people. It proves to be a nice opportunity to bring the master unit closer to be part of the society. After the first rainy season of our newly landscaped garden, some improvements were made to the drainage system of the vegetable garden. At the same time the workers brought some more changes to the garden it is more beautiful than ever!

Visiting School Program: A group of 12 kids (1st and 2nd grade) and 2 teachers came from a school in Taipei Sen Lin Shao Shue. They learned about nature and the earth as they planted new plants and vegetable with the help and supervision of volunteer neighbours of the "Farmer/Garden social service" association.

On 15 December the master unit will host an outdoor concert to celebrate the 20th anniversary of the master unit. A famous Hakka singer, our sister Carushiila and Dada Dyutimaya will perform. Admission is free and all are welcome!

Rainjana is making bread several times a week, and the reputation of her sourdough loaves is growing! The bread is sent to different places in Taiwan to be sold and people come from as far as Kaohsiung to pick up their bread themselves! If you want to taste it for yourself or share it at your home or workplace, please call the master unit or Rainjana directly!



Though this green island is indeed tiny, it is overflowing with the sweet grace of the Lord. Gratitude overwhelms me to have the opportunity to serve Baba as an LFT at Taiwan's Master Unit (Ananda Suruci) in Yujing.

In my life as an LFT I have observed that as we Ananda Margiis are showered by Baba's grace, we bring positive vibrations to our surroundings. Therefore our practices have dire benefits to both our environment and ourselves. I feel that all of Taiwan has benefited from Ananda Margas vigorous presence on the island. How fortunate we are to have heard the clarion call, realized it to be the true command of the Lord, and summoned the courage to surrender to our Tantric Guru.

For your Satsaunga and your service, I extend my humble respect and thanks to the sincere Margiis of Taiwan and the devoted Acaryas who serve here.

At Baba's Lotus Feet,
Brother Pavitra

Master Units

阿南達瑪迦玉井示範村

Ananda Suruci, Yujing



玉井此地涼爽的氣候讓大家都樂在其中，尤其是在田裡和花園裡戶外工作的時候。雨季過後，萬事萬物看起來是如此的蒼翠繁茂。這裡是如此的美麗，置身其間並享受其舒適的環境及深沈的靜坐等。

個人非常感謝台南和玉井的瑪琪們，協助籌辦了在十月所舉行的，非常圓滿的遠東區大避靜，尤其是這次令人驚艷的文藝晚會。有多位瑪

琪對此次大避靜期間所運化出的靈性氛圍表達其感激之情。

玉井生態村的斷食營愈來愈成功。除了原有計畫的營隊，我們還舉辦幾個額外的斷食營，原因是已經參加過的學員想帶朋友或同事來體驗斷食的益處。例如：快樂麗康企業的王董事長上個月安排了18個人來參加斷食營，並表示明年想帶100個人來參加5個斷食營！台北弟兄Candreshvara熊醫師也一直鼓勵許多朋友和認識的人來參加斷食營，我們非常感謝所有人的幫助。

最近我們一直努力建立我們的有機蔬果花園，目前種植的有鳳梨、蕃茄、豆類、蘿蔔、甘藍菜、花椰菜、秋葵以及其它蔬果。我們的目標是自給自足，並儘可能種植更多有益健康的有機蔬果。

您可能已經知道，我們將在2011年2月14日~28日，舉辦樸門設計課程。這是個絕佳的機會來學習，如何遵循更永續的生活方式、減少對環境的傷害等等。如今樸門農藝愈來愈普遍，這是個很棒的方法，以之提倡更符合進步利用論，以及環保的生活方式。每一位參加過此課程的學員，都因為得到實際的知識和經驗而有所激勵。這就是為什麼在全球各地都有瑪琪和典範師們在其生態村內參加或舉辦樸門設計課程。

請大家協助推廣這個課程。各地道場皆可取得傳單，或是在生態村網站取得更詳細的資訊：<http://www.anandasuruci.org/permaculture.html>

謝謝！ Dada Yogananda 阿南達瑪迦玉井示範村代理主任

縱然這個綠色島嶼確實微小，卻充盈了上主甜美的恩典。滿懷感恩能有這個機會在台灣玉井的示範村(喜悅美麗示範村)成為當地全日工作者來為Baba服務。

在當地全日工作者的生活中，我觀察到瑪琪們正沐浴著Baba的恩典，我們為週遭帶來正性的波流。因此，我們的鍛鍊對環境與自身有極大的好處。我覺得整個台灣因為阿南達瑪迦在這個島上的興盛而受惠。我們多麼幸運能聽到號角響起，意識到這是來自上主的真實命令，召喚我們勇於向密宗上師臣服。

我對台灣認真的瑪琪們與在此服務的典範師們，謙卑地致上敬意與感激，謝謝你們的善知識與服務。

在Baba蓮足下

Pavitra兄弟拜上

We are all enjoying the cooler weather here in Yujing, especially when working outside in the farm and gardens. Everything looks so lush and green after the rainy season. This is such a beautiful place to be and enjoy the healthy environment and blissful meditation etc.

I am very grateful to Tainan and Yujing Margiis for their help in organizing a very successful Sectorial Conference in October. The RAWA concert was especially entertaining this time. Several Margiis expressed their appreciation of the spiritual atmosphere that was generated during the conference.

Our Fasting camps are becoming more and more successful. We are now holding several extra camps for those people who have attended our camps and want to bring their friends or colleagues to experience the benefits of fasting. For example Mr Wu, a president of a health and beauty company arranged 18 people to attend a camp last month and said that he would like to bring 100 people to attend 5 camps next year! Brother Candreshvara from Taipei is also inspiring many of his friends and contacts to attend the camps and we very much appreciate all the help we receive.

Recently we have been working hard to establish our organic vegetable garden and have planted pineapple, tomatoes, beans, radish, cabbage, cauliflower, lady's fingers and more. Our goal is to become self-sufficient and grow as much healthy organic fruit and vegetables as possible.

As you may know, we will be hosting a PDC (Permaculture Design Course) next February 14-28, 2011. This is an excellent opportunity to learn how we can follow a more sustainable lifestyle, which is less harmful to the environment etc. Permaculture courses are becoming very popular these days. They are a great way to promote a more proutistic and eco-friendly way of life. Everyone who attends these courses are inspired by the knowledge and practical experience that they gain. This is why several Margiis and Acaryas around the globe are either attending or hosting PDCs in their Master Units etc.

Please help us to promote the program. Leaflets are available in most Jagrits. More information is also available at our Master Unit website: <http://www.anandasuruci.org/permaculture.html>

Thank you,

Dada Yogananda

Acting Rector, Ananda Suruci MU



RAWA

藝術是為了服務



2010年RAWA新文藝復興演出活動~

阿南達瑪迦藝術家作家文藝復興協會(RAWA)2010年度公演，於11月28日下午2:00~4:00在台北市青少年育樂中心演出，當天吸引了超過300位觀眾，共同享受藝術所帶來的靈性波流，正符合了公演目的-「藝術是為了服務與帶來喜悅」。

SS Dada 多年來在台灣推廣RAWA，鼓勵瑪琪們在全島舉辦不同之公開表演活動。在本公演時致詞時，強調RAWA的重要性，RAWA是由師利·普羅巴·阮將·沙卡先生在1958年所創立的，為的是要透過精細的藝術來喚醒人類的靈性意識與帶領社會大眾走向更精細的生命形態。



今年度RAWA公演十分多元化，令人耳目一新。是由 Carushiila 雲力思籌劃，並與多位瑪琪通力合作，大家盡其所將節目得以成功。

演出者透過曙光之歌、臺灣原住民泰雅古調、臺灣南管古曲等音樂的形式，配合塔不拉鼓、西塔琴、琵琶、洞簫等樂器，訴說出生命對至上的渴望、唱出內心深層的悸動。另外，中印古樂的即興合奏，難得一見。

透過現代舞方式所編排的「萬物循環史」，舞者們舞出人類持續探索生命的意義，最初受到無明力量的束縛，透過不斷的淬鍊，直到意識到至上意識的無所不在。而靈性頌舞-祈爾坦舞及高士基舞更是阿南達瑪迦修行鍛鍊的重要法門；以大河之舞音樂配樂，瑪琪們跳出不同風貌的高士基舞，同樣開啟身心靈，最後輔以各式體位法，充份展現瑜迦能量。還有印度最古老及最具代表性的古典印度舞蹈-婆羅多舞，表演者表現出對神的祈禱，一群身障舞者所組成的舞團演出光明之舞及求雨之舞，在在表現出對造物者的虔誠及其對造物者的祈求敬意。



為推廣靈性瑜迦，現場抽出幸運觀眾十名，可以免費參加由法性弘揚部門所提供的靈性瑜迦課一期，更掀起了與觀眾的互動高潮。演出最後，由瑪琪們親自創作的歌謠「動物之歌」一倡導不吃動物的新人道主義；透過小小瑪琪們、所有演出者與現場觀眾的共同合唱，大家快樂喜悅地見證了「藝術是為了服務與帶來喜悅」。



台北阿南達瑪迦藝術家作家文藝復興協會(RAWA)，衷心感謝所有藝術家、瑪琪們及典範師的精心努力以推廣在台灣之RAWA。特別感謝台北SDM負責票務與宣傳、南京道場的現場接待與台北瑜伽屋的統籌執行。



與帶來喜悅

Art for Service & Blessedness



Ananda Marga Renaissance Artists and Writers Association (RAWA) 2010 annual performance was held at Taipei Youth Recreation Centre on November 28, from 2pm to 4pm. More than 300 audience members shared the spiritual flow of the art performances, fitting the program theme – "Art for Service and Blessedness".

SS Dada, who encouraged the propagation of RAWA in Taiwan since many years, inspiring the Margiis to organize different public events through out the Island, addressed the audience during the concert stressing the importance of RAWA, which was founded by Prabhat Rainjan Sarkar in India in 1958 in order to restore art to its true role as an instrument for social and spiritual awakening.

This year's RAWA performance was diverse and refreshing, organized by Carushila with the sincere cooperation of many other Margiis who gave their best for the success of the event.

Through Prabhat Samgiita, Taiwanese aboriginal Atayal folk songs, Taiwanese Nanguan classical music, combined with Tabla, Sitar, Pipa, and Xiao musical instruments, performers express their desire for Supreme Consciousness and a deep feeling from the heart. In addition, it's rare to see a combination of Chinese and Indian classical instrumental ensemble.

In the dance performance "Brahma Cakra" dancers present human's being's continuous exploration of the meaning of life, initially under the bondage of Avidya Maya, through constant spiritual practice, until the realization of the omnipresent Supreme Consciousness.

Kiirtan and Kaoshikii are both very important to Ananda Marga spiritual practice. The dancers coreographed Using a combination of River Dance music and Kaoshikii, Margiis showcased a unique style of the Yoga dance. Margiis also performed Asanas in demonstration of this energetic yoga form. Moreover, India's oldest and most representative classical dance was performed showing a physical representation of devotional flow. A group of disabled dancers performed Diipavalli Dance and Pray for Rain Dance, further emphasizing devotion to the creator.

In promotion of yoga, 10 lucky audience members won a raffle prize to participate in SDM spiritual yoga class free of charge. This heightened the level of interaction with and enthusiasm of the audience. Finally, the Margiis performed Song of Animal-advocating vegetarian, NeoHumanist values. Written by Margiis, the song was blissfully sung with the participation of everyone present, recalling the RAWA slogan "Art for Service and Blessedness".

RAWA Taipei heartily thanks all Artists, Margiis and Acaryas for their sincere efforts to promote RAWA in Taiwan. Additionally a sincere thank you is extended to SDM for their promotional efforts, Nanjing Center for reception and the Taipei Jagrti for the coordination of the event, all coming together making this RAWA concert a true success and an event to be remembered!!!



RAWA

Renaissance Artists

& Writers Association

藝術家及作家文藝復興協會

ERAWS 社會服務活動



在台北地區，瑪琪及典範師們以熱忱及定期的參訪，結束了2010年的社會服務，所有的校長、院長見證了我們的熱情，我們參訪的各個中心也特別對我們致上溫馨的謝忱。



一如往常，在我們參訪的老人安養中心及啟智學校裡，我們將愛的波流散播給在場的每一個人。



在九月和十月份，我們的服務涵蓋了4家在台北的老人安養中心，我們

分別到訪愛愛、兆如、興隆和信義安養中心，有超過 100名長者受惠於Kiirtan、暖身、及瑪琪和本地典範師的誠摯關懷。

在林口啟智學校，上學年有30多位孩子畢業，我們歡迎新加入的孩子們，他們都非常熱情，並且愉悅地向老師和助教們學習。孩子們有顯著的進步，他們能夠更遵照老師們的教導，並更了解此瑜伽之練習對他們各方面的發展及健康有是很重要的。



11月在SDM伊通道場，有9位林口啟智學校的畢業生一起參加了早晨的kiirtan、心得分享並共進午餐。他們都非常高興並感謝能有此寶貴的機會，期待不久的將來能再辦下一次。

有六位瑪琪為一組，持續定期探訪八德市的景仁殘障教養院。令人驚訝的是，院生們開始認得了kiirtan及這些定期到訪的瑪琪們，院生們都非常的積極與熱情的回應。瑪琪們與他們共同經歷了非常特別的時刻，用最單純及微妙的方式交流，分享愛及宇宙一家的感覺。

如欲知及參加，相關社會服務的日期和時間，請與Dada Karunamaya:0975327371或Kamalika連絡(0960632906/kamalika01@hotmail.com)



In Taipei, we have concluded the Year 2010 with our regular Service Activities with the sincere and regular input of Margiis and Acaryas, having the recognition of all principals and especially the warm thanks from all those whom we meet in different centers.

As always, it has been a loving wave of giving to everyone we met in the Elderly Care Centers and Mentally Challenged Schools.

We have covered the 4 Elderly Care centers in Taipei, visiting the Ai Ai, Zao Ru, Xing Long and Xing Yi centers respectively once every second month, where more than 100 elderly got benefited by Kiirtan, warm ups and sincere care from Margiis and local Acaryas.

In Lin Kou we have welcomed new children to the group we had, as more than 30 kids graduated last semester. The newcomers are very enthusiastic and willing to learn what the teachers and assistants share with them.

There has been a remarkable improvement in the children, where they are able to follow the teachers directions in a better way and understand by now that this Yoga practices are indeed very important for their all around development and welfare.

During the month of November, in SDM I-Tong, a morning program with kiirtan, sharing and collective lunch has been arranged for 9 of the Lin Kou graduated children. They were all very happy and thankful to have this precious opportunity, looking forward to be repeated in near future.

A group of 6 Margiis continue with regular visit to the Zin Wen Institute for the Mentally Challenged in Ba Der.

Surprisingly the children started to recognized the kiirtan and presence of those margiis going with regularity, responding very positively and enthusiastic with the general flow. We have experienced very special moments with them all, in the most simple and subtle exchange, of sharing love and universal family feeling connection.

For information on these service activities or if you would like to join, please contact Kamalika (kamalika01@gmail.com - phone number: 0960632906) or Dada Karunamaya (0975327371).



服務團隊期待明年能有更多的瑪琪來參與這個“付出的波流”，在這裡每個人都得到了全能的Baba的祝福，從事並體現祂深沈的希望，照顧到大眾之福祉。

The Service Team looks forward to see the next year more Margiis coming along in this "giving wave", where everyone gets blessed by Almighty Baba, in the doing and reflecting His very wish of welfare for one and all.

Active in Service

樂生服務記

9月22日中秋節，共有2位 Dada、Didi及20多位瑪琪參與這次活動。我們帶著應景的月餅、柚子及好吃的悅性食物與樂生的院民一起歡度中秋佳節。用餐後大家一起高聲歡唱。在唱完‘祝福歌’後，才依依不捨的以kiirtan結束快樂的服務。下次再見囉！

Urmila

需要更多資訊請洽Urmila姊妹：
0922295593 / urmila@gogo.net.tw

Lo-Sheng Sanatorium Hospital

On September 22, during the Chinese Moon Festival, two Dadas, Didi and more than 20 Margiis participated in this activity. We brought the occasional moon cakes, grapefruit and delicious sentient foods to celebrate with the Lo-Sheng people for Moon Festival. After the meal we sang loudly together. After the 'Blessing song', we ended with kiirtan concluding this happy service. See you next time!

Urmila

For more information contact Urmila: 0922295593 / urmila@gogo.net.tw



有四位瑪琪為一組，持續定期探訪台北少年觀護所。兩個班級各別50分鐘的課程中，內容包括：因果業力、文學、藝術、養生、時事、靈性舞蹈、靜坐...等。瑪琪們將Baba愛的波流帶給那裡的每一個人。

服務時間：每週四下午2到4點。

需要更多資訊請洽Ragiiii姊妹：

0935024696/kp0935@yahoo.com.tw

A group of 4 Margiis continue to make regular visits to Taipei Juvenile Detention House. There are two classes each 50 minutes. Contents inclusive: Samskara, literature, art, health caring, current events, kiirtan and Meditation...etc. Margiis bring Baba's love flow to everyone in there.

Service hours are every Thursday afternoon, 2 to 4 pm.

For more information please contact sister Ragiiii on 0935024696 / kp0935@yahoo.com.tw.

以上之所有社會服務活動由阿南達瑪迦各部門之瑪琪及典範師共同參與合作，並由阿南達瑪迦公益基金會所支持及配合。

熱烈讚賞所有奉獻出時間與精力，參與此定期服務的瑪琪和典範師們，將最好的服務推展至各地，請繼續努力！歡迎所有的瑪琪加入此社會服務的浪潮！

ERAWS: 阿南達瑪迦之教育、救濟和福利部

All Service activities are being run and coordinated by the sincere efforts of Margiis and Acaryas of all Ananda Marga Departments with the support and cooperation of Ananda Marga Foundation. A warm appreciation for all Margiis and Acaryas who dedicate their time and inspiration to coordinate and attend regularly the service activities, giving their best for those whom we approach and serve in each place. Keep it up!! All Margiis are welcome to join this Social Service wave!

ERAWS stands for the Education, Relief and Welfare Section of Ananda Marga

Mahaprayan 紀念日

有相當多的瑪琪及典範師齊聚在台北瑜伽屋，一起做五時晨間靜坐，有一小時的kiirtan，靜坐及Katha Kiirtan (Ba' ba' 的故事及分享)。當天下午，在台北的SDM道場舉行了3小時不間斷長靈性頌舞，有相當多的瑪琪參加，並感受到Baba真實地與我們同在！

為這一天所舉行之相關服務活動，依照Ba' ba' 的願望，我們要一直為有需要的人提供服務。在靠近龍山寺的台北市政府社會局萬華社會福利服務中心，我們再次派發了超過220個飯盒給無家可歸的人！各部門之瑪琪會同本地典範師烹煮好吃的食物，並協助分發。拿到飯盒的人非常感激我們所提供的食物及照顧，甚至也感激我們的靈性頌舞！政府社會福利局之工作人員，對此次我們能集合更多瑪琪及典範師之服務團隊，舉辦這樣的活動並服務台北市有需要的人，表達了他們的感謝之情。



In commemoration of Mahaprayan Divas, a good number of margiis and Acaryas gathered in Taipei Jagrti for collective Paincajanya, with an hour kiirtan, long meditation and Katha Kiirtan (Baba's Stories and sharing).

In the afternoon, a 3-hours Akhanda Kiirtan was held in SDM Taipei, with good participation and a feeling that Baba is truly with us!

Service activities took place in relation to this day, as per Baba's wish to always organize service for the needy. In the Taipei Social Welfare Building near Long Shan Temple, once again, we distributed more than 220 lunchboxes to the homeless!! Margiis from all departments together with local Acaryas in Taipei cooked delicious food and helped in the distribution. The people who came greatly appreciated the food, care and even the kiirtan! Governmental Social Welfare workers extended their thanks to the large team of Margiis and Acaryas for organizing such an event and to do something for the needy people in Taipei.

WWD 姊妹的力量

Sisters Strength

姐妹避靜

主題定為「與自我、他人及內在無限的溝通」，今年秋季的姐妹避靜於11月27、28日在新店山區舉行。參與的25位姐妹們不僅從基本實修中，得到極為深刻的內在體驗，兩個工作坊也令她們獲益良多。藉著生物心理學，學習到更多巴巴對女性身心靈的觀點，了解這個小宇宙身體運作的原理。

藉著下午工作坊中進行的遊戲，姐妹們了解到並且去體驗思考的侷限，以及這思維影響了過去的習慣。當一個人意識到他可以改變，可以在生命中的各種層面，有建設性的去運用心靈的無限潛能，而更加進步。

透過理念的理解與經驗的情境這兩種方式，心靈更加擴展。而虔誠之夜則是畫龍點睛，在知識與經驗學習之餘，在這一天讓人們得到了真實的感受。

在這次的姐妹避靜中，參與的人都感受到十分不同的精細波流，向內在走得更深，也看到更不同的視界。

WWD的協會的年度會員大會及新年度理監事的選舉，也在避靜中完成。願此新的階段帶領WWD向前邁進！

心靈繪畫工作坊

2010年的夏天，由Karuna姐妹（郭淑玲）在台北婦女部帶領的「真愛無限——心靈繪畫工作坊」，以「聽身體說話、聽心說話、聽人說話、聽社會說話、內在的聲音，和宇宙的召喚」六個主題漸次展開。課程結束後，學員們欲罷不能，再度相約聚會，分享平日的畫作，她們都在問：「老師，下一期的繪畫課什麼時候開始？」



阿南達 幼兒園及安親班

能為Baba傳遞新人道教育的工作是很殊喜的！Baba曾說：凡事只想光明的一面；所以當我遇到困難時，我經常想起這句話語，鼓勵我自己向前邁進，轉化我的心境！

Baba Nam Kevalam 愛無所不在！在新人道教育裡我們教導幼兒散播愛～於是我們帶著幼兒們拜訪附近的興隆老人院。在拜訪老人院之前夕，老師告訴他們有關老人的事蹟與年輕時對家庭和社會之貢獻，現在已年邁衰弱；我們去拜訪老人是要帶給他們歡樂傳播愛心給他們。孩子們抱著期待愉悅的心情拜訪老人院。孩子們集體創作一張卡片送給爺爺奶奶們，希望爺爺奶奶每一天都很快樂，身體永遠健康。當我們走進老人院，奶奶一見面拉著小朋友的手很開心的說：好可愛哦！你真像我家的小孫子！又有奶奶說：你真像我兒子小時候之模樣！

隨著Dada彈著kiirtan樂符 響起～幼兒們舉手投足認真的歌唱 kiirtan接著跟著春玉姐姐帶著爺爺奶奶們一起身體動一動。最後，幼兒們又唱了兩首歌曲[愛我們的家]與 Prabhat Samgiita no. 68 I love this tiny green island 獻給爺爺奶奶們。

這一次的社會服務，帶給幼兒們無限的喜悅，幼兒們回來時都很開心，在他們幼小的心靈裡種下一顆正在萌芽的愛的種子。 Sumana



法性弘揚部

SDM

"Communication with oneself, others and the infinite within" was the theme of the Autumn sister retreat held in Xindian on 27 & 28 November. Twenty-five sisters attended and not only had deep experiences from sadhana, but also learned a lot from the two workshops. Through the biopsychology class, they learned about the female body, mind and spirit in Baba's words and understand how this mini universe works.

Through the games of the workshop in the afternoon sisters realized and experienced the limitation of thinking and the influence of past habits. When one is conscious about these one can make changes towards more constructive utilization of the mind's infinite potential in all spheres of life and progress.

Through this combination of understanding the ideology and having the experience, the minds are expanded. The devotional night was the cherry on the cake, adding feeling to the knowledge and experienced gained during the day.

Sisters all felt the subtle flow which was very unique in this retreat. They went deeply inside and expanded their vision outside.

During the retreat the Annual General Meeting of the WWD Association was held and the new board was elected. Best wishes for the new phase of taking WWD forward!

Art Course: Infinite Love

An art courses named "Infinite Love" was held in WWD Taipei Office. Sister Karuna lead the sisters through 6 different themes: "Listening to my body, mind, people, society, the inner voice, and the calling from Cosmic." After six weeks the sisters did not want the course to end. Rather they asked when the next course will start!

I am extremely happy that I can transmit the neo-humanistic education (NHE) for Baba. Baba said: See the bright side of everything. I remember His words very often when I encounter difficulties; it encourages me to forge ahead, and transforms my mood.

Baba Nam Kevalam, love is all there is. In NHE we teach young children to spread love, so we took them to visit the Xinglong nursing home, which is nearby our kindergarten. The day before we visited the nursing home, teachers told them stories about the elderly people, such as their contributions to their families and the society. Now they are old so our visiting is to bring them happiness and spread love to them. Children were looking forward to visit the nursing home with pleasure. Children created a card collectively for those grandparents, wishing them happy everyday and healthy forever.

As soon as we entered the nursing home, one grandmother held one child's hands happily and said: You're so cute! You look like my little grandson! Another grandmother said: You really look like the appearance of my son's childhood!

While Dada was playing kiirtan, children raised their hands, moved their feet, and sang kiirtan sincerely. Then, they followed sister ChunYu leading those grandparents to do some simple exercise. In the end, children sang two songs for them: "Love our home" and "Prabha't Samgiita No. 68: I love this tiny green island." This time, the social service brought the infinite joy to children; they were so happy after they came back, and sprouting seeds of love were planted in their young minds.



課,目前仍有名額,歡迎有興趣的瑪琪,踴躍參加。

2) 博伽梵歌講座 《博伽梵歌》與西方的聖經、中國的道德經及易經並列為世界四大名著之一,目前已被譯成數十種語言在上百個國家流通。為了讓更多人更清楚瞭解此經典, Keshava從梵文原文直接翻譯,輔以靈性意義的解釋,在今年十月出版了博伽梵歌靈性釋義一書,並於11月20日在SDM舉辦了第一場博伽梵歌的講座,吸引了包括阿南達瑪迦瑪琪在內大約120人左右的愛好者參與,在本場演講中, Keshava言簡意賅的語言,喚起了所有與會人士對靈性修持的渴望,也進一步瞭解到靈性修持的內在真正意涵。第二場講座預計在明年3月4日起連續三週的星期五晚上7:10-9:30,若有興趣者,歡迎與SDM秘書組聯絡報名。

3) 道德經講座 老子道德經是中國談論宇宙造化及處世法則的重要哲學經典,也是目前西方及印度瑜珈界非常推崇的典籍。SDM將於今年12月3日星期五晚上7:00-9:30開始連續六週,用阿南達瑪迦瑜珈哲學的角度,重新詮釋此經,內容精彩,歡迎報名。

4) 為增進瑪琪之間的心靈觸動,自八月份起SDM有了新的活動,即每個月一次的心與靈的對話 -- 下午茶時間,在星期六下午14:00 ~ 16:30,由Yamuna及Mangal籌劃,每個月有不同的主講人。

前三個月各有超過20人參加,一同享受靈性之波流、了解彼此靈修之路程、感動到內心之最深處且對摯愛的Baba更加虔敬,參加人數越來越增加。

1) Dada 梵文課 梵文是世界上最奇妙的語言,因為它是直接源自於人體不同脈輪上不同vrttis的波動,在這世界上,僅只有少數人真正精通此古老的文字,而SDM的Dada Candresvarananda 就是這少數人之一。去年Dada已經開過一期梵文課,因為反應很好,所以今年他再次應瑪琪的要求,特地在百忙之中,於11/25晚上7:00在伊通道場開第二期梵文



1) Sanskrit is the most wonderful language, it is directly derived from the sounds created by the different chakras in the human body. Few people really master this language. Since last year Dada Candresvarananda gave several sanskrit classes to the Margiis and was recently asked to continue giving classes. All margiis are welcome to come participate.

2) "Bhagavad Gita", the Bible, the Tao Te Ching and the I Ching, listed as the world's four masterpieces, have been translated into dozens of languages and put into circulation the world over. To enable more people to have a better understanding of this classic, Keshava published a new spiritual interpretation of the Bhagavad Gita in October of this year. On November 20 there was a Bhagavad Gita lecture, which attracted about 120 people. Keshava's lecture evoked the participants desire to further understand the real meaning of spiritual practice.

3) Lao Zi's Tao Te Ching reflects on the laws of the universe, good fortune, and life skills. It is one of the world's most important philosophical classics. Starting Friday, December 3, SDM will give a six-week course, which examines the Chinese classic from the standpoint of Ananda Marga Yoga philosophy. All are welcome to apply.

4) Since August SDM began the new program: Spiritual Conversation - tea time on Saturday afternoon 14:00 ~ 16:30, once a month. Coordinated by Yamuna and Mangal, and one Margii is in charge of sharing. The beginning three months of sharing, each day over 20 people enjoyed the deep spiritual flow, sharing each others experiences with sadhana, touching the bottom of hearts and creating more devotion for dear Baba.

來自各地區的消息

台北 Taipei

台北瑜伽屋

每週兩次, Tattvika Liila給新人靜坐課, 及靜坐之專題介紹、Kiirtan及密宗瑜伽相關之主題。也有團體的kiirtan、靜坐及參加者之分享。許多新人學習了靜坐並定期參加聚會。

瑜伽屋是Baba所成立之各部門, 共同從事各式活動之場所。每個星期瑪琪們有農夫俱樂部及RAWA之聚會活動。最近, 農夫俱樂部之成員將瑜伽屋前之植物和花卉整理的非常美麗, 而音樂俱樂部參加了多場RAWA的表演, 將其虔誠以曙光之歌及虔誠之歌呈現出來, 歡迎大家一起來參加這些活動。

Urmila在台北瑜伽屋定期舉行烹飪課程, 她教授如何準備各國之美味佳餚, 包括義大利、印度、台灣及其他。參加者歡欣地學習素食料理之藝術, 同時將其帶給他們的親人。

每個月一次4, 5小時的長靜坐在瑜伽屋舉行。約有10至12位瑪琪在每月第四個星期天聚會, 以此深化他們的靈修並處於kiirta的神奇的力量之下。大家一起享用午餐並交換心得。邀請您同來參與。



been taking care of the front of the jagrti, arranging the plants and flowers very beautifully, whereas the Music Club members took part in several RAWA performances, with their devotional expression of Prabhata Saungita and bhajans. All are welcome to join these activities! Regular cooking classes have been given by Urmila in Taipei Jagrti. She taught how to prepare delicious dishes from different countries, including Italy, India and Taiwan and others. Participants rejoice in the learning the art of vegetarian cuisine and bringing the same to their loved ones. Once a month a 4.5 hours Sadhana Shrivir is being held in Taipei Jagrti. Around 10 to 12 margiis gather on the 4th Sunday of the month, to deepen their sadhana and live the magic of kiirtan. Everyone usually enjoys collective lunch and satsanga afterwards. You are invited to come!

泛宇救難隊義賣

AMPS AMURT 每年至少一次的義賣會在10/3-10/5舉行, 很多瑪琪捐助各類物品約百件以上。在這三天中有許多瑪琪來熱情捧場, 將所有物品賣出約九成(剩餘未出清物品由Didi house 繼續義賣)。此次共有\$32,500元收入。在此感謝所有的支持者。



AMPS AMURT charity bazaar (flea market)

At least once a year, AMPS AMURT in Taipei organized a charity bazaar held in 10/3 - 10/5. Many margiis contributed over hundred items with various materials. During these days, several margiis enthusiastically joined this activity. About 90% of the items were sold (remains items in Didi house). A total of NT\$32,500 as income. Many thanks to all the supporters!!

Taipei Jagrti

Twice a week, Tattvika Liila gives meditation classes to newcomers, with introductory topics on Meditation, Kiirtan and various subjects related to Tantra Yoga. There is also collective kiirtan, Meditation and sharing from the participants. Many of these newcomers learn meditation and keep on practicing in regular basis. The Jagrti is the venue of different activities related to the various departments Baba has given. Every week, margiis gather together for Farming Club and RAWA activities. Lately, the Farmer's club members have



中研院

中央研究院阿南達社成立於1994年, 屬於院內康樂會的社團之一。每星期三中午Dada在近史所地下一樓教授瑜伽課程, 活動時間為一個半小時, 至今學過瑜伽的學員約六、七百人, 包括世界各國來訪問的學者們。這期間, 我們曾辦過素食餐會, 2004年在活動中心舉辦文藝表演。阿南達社推廣瑜伽的健康生活, 在kiirtan美妙音樂中, 體會愛無所不在。

Hemavatii

SINICA Class

The Academia Sinica Ananda club, established in 1994, belongs to the Academia Sinica Employees Recreation Club. Every Wednesday noon Dada teaches yoga in the Institute of Modern History building. Until now the club has served approximately 600-700 people, including visiting scholars of various countries. In this period we once had a vegetarian meal meeting and Indian Fantasy performance in the Activity Center. Ananda club promotes the yoga lifestyle. In the wonderful music of kiirtan we realize that love is everywhere.

在台北地區又有一新的道場產生了! Sumatii姊妹在過去幾年, 一直在宜蘭從事弘法工作, 如今加入了Shubha和Mohan Deva, 他們最近也搬到了宜蘭。現在開始以新的能量與鼓舞, 在每週三晚上定期舉辦團體靜坐。LFT Tusita姊妹及本地典範師也都和當地的瑪琪共同參與。邀請大家一起來參加團體靜坐, 我們期待著宜蘭道場的發展和即將在那裡舉行的弘法活動!

From around the Region

南京瑜伽中心

七月南京瑜伽中心由Candreshvar、Cidatma、Santosh及其他瑪琪主導而成立。每個星期天上午舉行團體靜坐，每週有各班的瑜伽體位法課程以及哲學課，每個月一次長靈性頌舞。

有多位新人參加，他們熱誠地學習密宗瑜伽和Baba所給予的完善生活哲學。有好幾位兄弟及姊妹在最近幾個月裡接受啟蒙，有一場精彩的2天之研討會，由Dada Shambhushivanandaji主講，一共50多人參加。



Last July the Nanjin East Rd center open on the initiatives of Candreshvar, Cidatma, Santosh and other Margiis. Dharma Cakra is being held every Sunday morning, several asana classes are held each week as well as philosophy classes and once a month Akhanda Kiirtan. There is a good participation of newcomers who are keen to learn Tantra Yoga practices and the complete philosophy of life Baba has given. Several brothers and sisters were initiated in these last months, and a special highlight was the 2-day workshop by Dada Shambhushivanandaji with more than 50 people attending.



十一月6~7日秋季靜坐精進營

11月6日至7日，台北南京瑜伽中心舉辦一天半的瑜伽靜坐精進營。雖然因地限制，採取限額報名，但當天有五十多人參加，這是一次深入實踐修行的靜坐營，法性喜悅充滿著整個南京瑜伽中心！

這次活動我們很榮幸邀請到金剛典範師三菩希瓦難陀（簡稱達達吉）蒞臨。達達吉在演講中特別強調，今年初來台時知道南京瑜伽中心預定成立的消息，這次能在新完成的瑜伽中心和大家見面，顯示大家對法性的虔誠與行動力。尤其我們偉大的上師Baba在世時，曾經在台灣停留三週，是上師在印度以外其他國家停留時間最長的地方，可見上師對台灣的喜愛和期許。未來，希望在台灣所有瑪琪的共同努力下，能使台灣成為亞洲、甚至是全球阿南達瑪迦瑜伽的推廣中心和典範。

一天半靈性演講、團體靜坐及靜坐法門開示，很快就過去了，活動最後在達達吉對我們的鼓勵與高度啟發的對話中結束，這些分享都將使我們在靈性修持的道路上更加努力與精進。大家也期待新成立的南京瑜伽中心未來多多辦理靜坐營，讓更多的人有機會體驗、走向法性喜悅的正道。

宜蘭 Yilan

Taipei Diocese has yet another new unit coming up! Sister Sumatii has been doing pracar in Yilan the last few years and is now joined by Shubha and Mohan Deva who moved to Yilan recently. With renewed energy and inspiration regular Dharma Cakra has now started on Wednesday evening. The local margiis are regularly joined by LFT sister Tusita and local Acaryas. Everyone is invited to join the Dharma Cakra and to we look forward for the development of Yilan Unit and the upcoming of Pracar activities over there!

On November 6, 7, in Taipei Nanjing center, held one and a half day Sadhana Camp. Although due to the space which limits to enrollment, there are fifty persons attended. This activity was in deep practical Sadhana, full of bliss flow in whole Nanjing center.

For this activity we are honored to have Dada Shambhushivanandaji here. In his speech, Dada emphasized in the beginning of this year he came to Taiwan, knew Nanjing center going to be established. This time come meet everyone in this new center, shown ours devotion and mobility of Dharma. Especially, when our great Guru Baba came to Taiwan stayed for three weeks, which was the longest time except India in this world. From this can learn Baba's loves and expectations of Taiwan. In the future, hope with the efforts of all Taiwan margiis, to make Taiwan as Asia, even the world promotion center and model of Ananda Marga.

One and half day spiritual lecture, collective meditation and Dharma Shastra were given. At the last of this activity, ended with Dada's encouragement and high inspiring. All these sharings let us in this sadhana path with more efforts and niyama. We also look forward to hold more and more sadhana camp in new Nanjing center, let more new people to experience, walk into Dharma blissful road.

來自各地區的消息

新竹 Hsinchu

阿南達瑪迦出版社

阿南達出版社工作同仁在 Sanjayaji 的帶領下一起努力付出，近日已經出版了下列本書籍：

一 上師無盡的愛

如各位有需要的話，可以與您當地的瑜伽屋聯繫購書事宜。



Ananda Marga Publications

With sincere efforts from the publication team, guided by brother Sanjayaji, the following book has been recently published:

Baba Loves all

You can contact your local jagrti or office to get your copy.

On November 18th, Didi Ananda Rashmika gave a speech on "Yoga for Peace in Self and Service", for almost 20 nurses who work in the hospice at the Mennonite Christian Hospital. The nurses who work in this unit have the same busyness and hardship as all nurses have, such as the night shift that required an arduous burden on the body. But in addition, they constantly deal with pain and death of the dying patients. The pressure might be inconceivable by the normal public. Didi, in her speech, suggested the importance of recharge one's inner-self; if one often links the mind with the infinite inside, one will have the inner strength to deal with all kinds of hardships and challenges. Didi then introduced the different parts of yoga practice: asana, meditation, kiirtan and service, and explained how they can help us to connect the infinite inside ourselves. At the end, Didi lead the group to the meditation experience. In their daily busy workplace, with the Kiirtan music playing, everyone closed their eyes, experienced the peace inside, and the power of "love is everywhere".

On the second day, morning and afternoon, four nurses and one patient's family member signed up for personal meetings. The closer interactions helped them to feel more safe and comfortable to talk about daily problems. Didi listen attentively, as a family member would, also gave practical suggestions, and reminded them again the importance of connecting ourselves with the infinite inside.

The speech and the meetings carried such kind and care feeling to the hospice, which gave the nurses warm recollections and the strength to work toward spiritual progress.

花蓮 Hualien

11月18日, Didi Ananda Rashmika 赴門諾醫院為安寧病房十幾位護理人員演講，題目為“瑜伽之內在寧靜與擴展”。在此服務的工作人員除了有一般護士的辛苦和忙綠，像是上夜班時身體的吃力負荷，加上面對臨終者的病痛和死亡，所承受的身心壓力可能不是一般人可以想像的。Didi 在演講中提醒大家內在充電的重要，而如果常常與“內在的永恆”做連結，就能讓自己內在充滿力量，以面對各種辛苦和挑戰。Didi 接著介紹瑜伽的各項鍛鍊：體位法，靜坐，靈性舞頌，服務，並解釋它們如何幫助我們與內在的永恆做連結。最後，Didi 帶領大家體驗靜坐。在這平時忙碌的工作場域裡，大家閉上眼睛，在Kiirtan的音樂中體驗心靈的寧靜，與“愛無所不在”的力量。

第二天的早上與下午，四位護理和一位為病人家屬報名了個人會面。近距離的互動，讓他們更安心地談生活的問題。Didi 如家人般的傾聽與陪伴，並提出具體的改善方法，和再次提醒與內在永恆連結的重要。

相信這次貼心的服務帶給安寧病房十幾位醫理許多溫馨的回憶和朝著靈性進步的力量。



台中 Taichung

在台中瑜伽屋舉辦了多場弘法之活動，向新人推廣阿南達瑪迦。其中有Vikashini的12週瑜伽基礎班，有12位學員。Vikashinii和Upashatii一同教授基礎體位法課程，有8位學員。Arunima姊妹從台北來教授兒童瑜伽教師培訓課，有8位學員參加。

來自Baba

一個無法愛至上意識的人，也無法愛整個世界。他的生命將充滿挫折。

One who cannot love Parama Purusa cannot love the world either. Life becomes filled with frustration. (Namami Krsna Sundaram)

星期六由多位瑪琪籌辦新人靜坐課程，15位熱忱的新人在瑜伽屋學習古人之智慧，找到他們內在之寧靜。在新人課程之後，即開始團體靜坐。

同時，新舊瑪琪定期在瑜伽屋舉行讀書會。台中現已有新成立的台中地區委員會，由BP Laksman所帶領。瑪琪們各司其職，期待更多當地瑪琪的參與，共同推展台中道場，為Baba的使命，產生積極之波流。

In Taichung Jagrti several pracar activities have been organized, to promote Ananda Marga and attract new people.

Among some of those activities, there has been a 12 weeks Beginners Yoga class given by Vikashini with a total of 12 attendants. Vikashinii also, together with Upashatii taught a beginners asana class for 8 people. Sister Arunima from Taipei gave a Yoga for Kids teachers training with 8 participants.

On Saturdays a new people's meditation course was coordinated by several Margiis. Fifteen new spiritual aspirants made their way to the jagrti to learn more about the ancient wisdom to find their inner happiness. After the course a new people's dharma cakra started.

In the meantime, a regular study circle is going on in Jagrti for margiis old and new.

Taichung now has its newly-formed Taichung Bhukti Committee under the guidance of BP Laksman. Margiis got different responsibilities, and look forward to develop Taichung Unit through more participation from local Margiis and activities that can generate a positive flow for Baba's mission.

From around the Region

台南 Tainan



國立臺南藝術大學
的瑜珈社

瑜珈社在停辦
五年之後重新開始
了。當地全日工作者
Pavitra兄弟與Dada
Dyutimaya在每星

期四下午4點到8點教2堂課，包含
暖身、體位法、Kaosiiki、Kiirtan與
laliita marmika舞，還介紹了健康的
生活方式、瑜珈飲食、斷食、生物心
理學，以及靜坐。從一開始就有40位
學生與5位教師參與，Didi Kusum曾
2次來社並教導6位姐妹個人靜坐。
社員們也在他們之中選了一位代表
(Dada Dyutimaya)及秘書，藉由參
與學校舉辦的各種活動來宣傳瑜珈
社。

Yoga Club in Tainan National University of the Art

The Yoga Club had been closed for the last five years but has now started again. LFT brother Pavitra and Dada Dyutimaya give two classes every Thursday from 4-8 p.m. including both warm-ups, asanas, kaosiiki dance and kiirtana with laliita marmika dance as well as introduction to healthy lifestyle, yogic diet, fasting, biopsychology and meditation. Since beginning 40 students and 5 teachers have attended the classes and Didi Kusum has visited the club two times teaching six sisters individual meditation. The club members have also selected a club representative (Dada Dyutimaya) and secretary among themselves which help to propagate the club and participate in various activities organized by the school.

高雄 Kaohsiung

在11月21日，高雄瑪琪與Dada Priyabodhananda及其他各道場典範師的
支援，舉辦了一場成功的素食餐會，為高雄瑜珈屋募款。

此活動令人非常鼓舞，還有RAWA之表演，包括虔誠之歌、舞蹈、體位法
示範及戲劇表演。高雄副市長也上台致詞。

食物非常美味，是由大家一起準備的中國菜及印度菜。無疑的，在大家通力
合作下食物變得更加可口。

共募得了新台幣42,000元。感謝所有參與本活動的支持者，推廣阿南達瑪迦
和素食！

在高雄，10月31日成立了地區委員會。由 Cirasmita擔任總 Bhukti
Pradhan, Sumitra擔任辦公室秘書，以及Dharma Deva 擔任弘法秘書。其
他瑪琪各擔任不同之任務，共同在高雄推展阿南達瑪迦。



On November 21, Kaohsiung Margiis, along with Dada Priyabodhananda and the support of Acaryas and Margiis from different units, organized a successful vegetarian party in order to raise funds for Kaohsiung Jagrti.

It was a very inspiring occasion, with RAWA performances, including bhajans, dance, Asanas demonstration and drama. The second mayor of Kaohsiung also got on stage to express his gratitude for the event.

The meal was delicious, with traditional Chinese and Indian dishes prepared by everyone together. Surely the working together added the extra flavor to the food!

A total of 42,000 NTS was raised. Thank you to all those who supported the event, promoting Ananda Marga and vegetarianism!

Earlier in Kaohsiung, on 31 October the Bhukti Committee was formed. Cirasmita has been the General Bhukti Pradhan joined by Sumitra as office secretary and Dharma Deva as Dharma Pracar Secretary. Other Margiis took various responsibilities and commitment to work for the development of Ananda Marga in Kaohsiung.

來自Baba

生命唯一的目標是要達到至上意識。無論你在從事什麼事，你都需
將你的目光瞄準此一目標。你來到這個地球上，就是要執行祂指定
給你的任務。你需一直謹記在心：「我會在執行這些任務時死去
即使我將死，我還是會繼續從事祂的工作。」

靈性科學集成 卷12
Ananda Purnima 1979 DMC

The only goal of living beings is to attain Parama Puruṣa. Whatever you do, you should do keeping your vision fixed on that Goal. Only to perform His allotted tasks have you come onto this earth. You should always think, "I will die while doing those tasks – even while dying I will continue to do His work."



學生營

Student Camp



24屆瑜伽靜坐體驗營結束後，青年發展組持續地關懷各地的學員，鼓勵他們能夠定期參加各地道場的團體靜坐。由於24屆學生營舉辦非常成功，再加上後續青年發展組對於新人的熱心協助，現在仍有固定參加團體靜坐的學員比以往還要多很多。另外我們也邀請24屆學員進入這次學生營的籌備小組，並且安排重要職務，希望讓學生營優良的團隊精神持續不斷。目前全省所有學生每月聚會一次，除開始籌辦第25屆學生營外，也規劃每月一次的學習活動，藉此擴大學生們對阿南達瑪迦的了解。

Diipak

After the 24th Yoga and Meditation Camp (or named student camp), Youth Development Group (YDG) takes care of students in each region continuously. Owing to the significant success in 24th student camp and YDG's follow-up helping for new margiis ardently, the number of students participating in DC regularly is much more than before. Besides, we have invited 24th students joining in 25th student camp preparation group and they are in charge of some important works. We hope that the excellent team spirit of student camp will be forever. Recently, students from entire Taiwan meet together every month. In addition to prepare 25th student camp, we also plan learning activities every month. It develops students' understanding for Ananda Marga.



食譜：銀芽三絲

素肉絲	60公克
青椒	1/2個
銀芽	60公克
紅蘿蔔	1/3個

1.素肉絲泡水至軟，擠乾水份，加入1大匙醬油、1茶匙糖醃10分鐘，之後加入少許太白粉，入冷油鍋中拌炒均勻。

2.青椒、紅蘿蔔均切絲備用。

3.另鍋熱油炒青椒、紅蘿蔔絲及銀芽，最後加入素肉絲及鹽調味。

Bean Sprouts with Sliced vegetables

60 g Vegetarian shredded pork, 1/2 Green pepper, 60 g Bean sprouts, 1/3 Carrot

1. Vegetarian shredded pork soak in water till soft, squeeze water out, put 1 spoon soy sauce and 1 tea spoon sugar, marinate for 10 minutes; then add a little cornstarch, stir-fry in a cold pan.

2. Shred green pepper and carrot.

3. Stir-fry green pepper, carrot, and bean sprouts in another hot pan, then put the vegetarian shredded port and salt in.

若有欲刊登於下期通訊的消息，請寄給：

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台北市汀州路四段99-1號

電話：02-2933-3036 / 0975 327 371

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Tel.: 02-2933 3036 / 0975 327 371

道場地址

台北瑜伽屋 (Taipei Jagrti)
台北市文山區汀州路四段99-1號
02 - 2933 3035

台北法性弘揚部 SDM (SDM Taipei)
台北市忠孝東路四段295號8樓
02 - 2771 3559

台北進步利用論道場 (PROUT Taipei)
台北市萬華區康定路348號10樓
(近萬華車站)
02 - 2302 1167

台北婦女福利部辦公室 (WWD Taipei)
台北市金門街12巷2之1號2樓
02 - 23 654 913 / 919

法性弘揚部門辦公室 (SDM Office)
台北市伊通街63號 4樓
02 - 2506 3749

南京道場 (Nanjing Center)
台北市南京東路四段150號5樓
02 - 2570 3083

中壢瑜伽道場 (Chongli Jagrti)
桃園縣平鎮市復旦二路117巷27 弄6街2號
03 - 494 6346

新竹瑜伽道場 (Hsinchu Jagrti)
新竹市長春街59號1樓
03 - 567 9305

花蓮瑜伽道場 (Hualien Jagrti)
花蓮市中正路119巷 1弄8-2號 3樓
03 - 8362321

台中瑜伽屋 (Taichung Jagrti)
台中市忠太西路40巷18-4號
04 - 2202 4539

台南瑜伽屋 (Tainan Jagrti)
台南市前鋒路293號3樓
06 - 209 1460

玉井生態村 (Ananda Suruci MU)
台南縣玉井鄉沙田村56-4號
06 - 57419 65/28

美濃示範村 (Ananda Matrika MU)
高雄縣美濃鎮福美路582巷6號
07 - 6817876

高雄瑜伽屋 (Kaohsiung Jagrti)
高雄縣鳳山市平等路154號4樓之1
07 - 743 5342

活動預告

Upcoming Events

台灣環島長靈性頌舞 1月8日 - 23日

Taiwan Kiirtan Parikrama

學生營 1月27 - 31日

Student Camp

美濃小避靜 2月

Meinong family retreat

藍喉節 2月12日

Nilakantha Divas

台北地區研討會 2月12日

Seminar in Taipei

樸門設計課程 2月14 - 28日

Permaculture Design Course

台北靜坐營 2月25日 - 28日

Sadhana Camp in Taipei

Seva Dal 營 3月18日 - 20日

Seva Dal Camp

阿南達瑪迦座談會 3月27日

Ananda Marga Symposium

春季大避靜 4月8日 - 10日

Sectorial Conference

喜悅滿月日 (Baba生日) 5月17日

Ananda Purnima

“本通訊獻給我們摯愛的Baba，讓我們生活在祂的鼓舞中。”

“ This newsletter is offered to our Beloved Baba, by Whose inspiration we live “

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美編 Layout : Didi Ananda Rashmika

斷食日 Fasting Days

1月3日星期一 Amavasya

1月14日星期五 Ekadashii

1月18日星期二 Purnima

1月29日星期六 Ekadashii

2月1日星期二 Amavasya

2月13日星期日 Ekadashii

2月17日星期四 Purnima

2月27日星期日 Ekadashii

3月3日星期四 Amavasya

3月15日星期二 Ekadashii

3月18日星期五 Purnima

3月29日星期二 Ekadashii

4月2日星期六 Amavasya

4月13日星期三 Ekadashii

4月17日星期日 Purnima

4月27日星期三 Ekadashii

7天連續靈性頌舞

2011年10月2日星期日~9日星期日

整整七天Baba行館會浸潤在連續靈性頌舞之波流中，來自香港區及各地之虔誠者為祂唱誦和舞蹈，為即將來臨之DMS大法會營造靈性力量。

5天的工作坊

2011年10月3日星期一~7日星期五

本區和全世界之瑪琪們以及全日工作者，有此一難得的良機可共聚一堂，一同學習Baba的教誨及實修方法。因此，每天將有不同主題的工作坊：

- 10月3日星期一 瑜伽
實用之智慧
- 10月4日星期二 阿南達瑪迦之建設
Baba怎麼做
- 10月5日星期三 有覺知地生活
生命的光明面
- 10月6日星期四 RAWA
藝術是為了服務與靈性的喜悅
- 10月7日星期五 學生營
行動中的理念

詳情請參照：www.dms.hks.amps.org

7 Days Akhanda Kiirtan, 2 - 9 Oct 2011

5 Days Workshops, 3 - 7 Oct 2011

DMS 8 - 9 Oct 2011

For more information visit www.dms.hks.org

Dharma Mahá Sammelan

2011年10月8日星期六 和 9日星期日

Dharma Maha Sammelan (大法會)是每位瑪琪生命中最珍貴的活動，因其在個人及團體上有無比的效益。

DMS大法會的重要活動有：來自中央的鼓舞-- Rev. Purodha Pramukha Dada 的靈性演講、各地區的RAWA文藝表演、社會建設方案Nagar靈性頌舞、及播放Baba錄影帶。此外還有Purodha Pramukha Dada和BP們及學生、瑪琪的會議與個別接見。

