

Good News from Ananda Marga Ghana (& Dada Pramananda)

Namaskar and once again heartfelt greetings to you, your family, and the loved ones around you.

It's been about one year since I last made a news update to share. And quite a year it has been – full of those wondrous ups and downs that keep our toes tapping and hearts beating in time to it all.

Last year I shared news of my travels in 2011 to Asia & USA, and the work in Ghana that followed. In June (2012), I returned to the enchanting forests of Smaland in Sweden, to the idyllic village of Ydrefors. Here lies the training centre where I became an Acarya or Dada in 1979. This is one of my spiritual homes. The meditative atmosphere of the centre, the silence and beauty of its surrounding forests is difficult to compare with anywhere else I've been.

AMURT arranged a three week intensive training program in Humanitarian Project Management. The trainers, our own dedicated staff and long time workers in Haiti; Dharma, Sarita and Paul, along with Dada Vishvarupanandaji, were amazing and so engaging. Each day was fun, highly participatory, challenging, intense and very educative. Dada Unmantranandaji organized the program and ensured the spiritual ambience of the venue permeated our daily routine. The trainees were not many but included many of the most experienced AMURT field workers in the world.

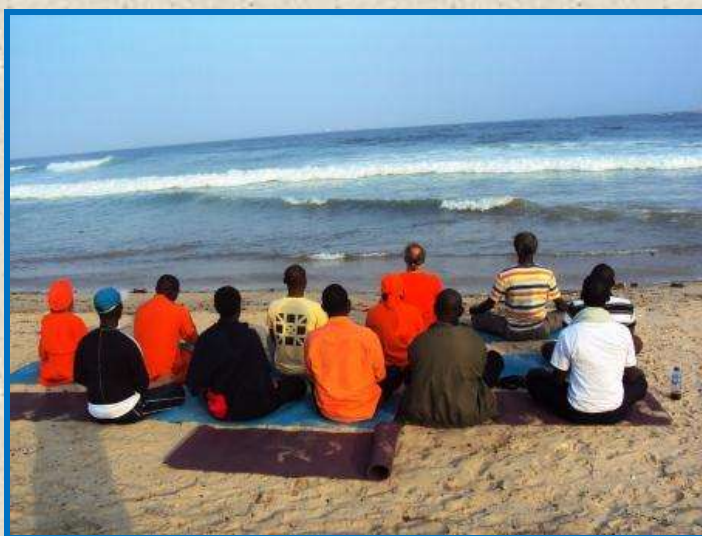


During the program we also joined and enjoyed the annual mid-summer Ananda Marga Regional Retreat.

I then stayed on for 3 more weeks of personal, intensive sadhana (meditation) time and the Gurukula Yoga Educators Conference. The last night of my stay was full on karma yoga through to sunrise with Dada Devajinanaji in the Stockholm Sattva Bageriet (bakery). As an iconic TV personality in USA use to say, "How sweet it is!"

My travel and participation in these programs (and other works) were made possible by supporters in Australia, Singapore, Sweden and USA.

I arrived back in Accra just in time to prepare for our W. Africa Yoga Teacher Training (YTT) part 2. Dada Vishvarupanandaji was the sole trainer this year. A small attrition rate allowed some other experienced local yogis and yoginiis to join the training. Five participants obtained their certificates and the others are in process.



At the Beach



On Safari!

Immediately after the YTT we all left for the principal annual event of W. Africa Ananda Marga – the UKK or summer conference, this time in Abidjan, Cote d'Ivoire. As usual the program was uplifting, inspiring and colourful.

At the RDS (organizational meetings and reporting) that followed we experienced a very challenging and unfortunate internal upset. The consequences of it however catalysed in many ways a deeper sense of community and understanding among the region's leading Ananda Marga members and the Acaryas or wholtimeer workers.

Subsequent related events, communications and meetings absorbed my time, energy heart and mind for the next month and more. It was only in late September and October I could again focus on projects and activities at hand.

About this time I was invited to Taiwan and Indonesia for the purpose of raising funds for the on-going work. Plans and preparations began in earnest through the new year.

The two projects that I've actively pursued are construction of our Neo-Humanist Kindergarten in Ho, Volta Region and further improvements at the Holistic Health and Lifestyle Centre and Madhu Shyam (meditation centre) in Accra.

Facebook pages were made for each:

www.facebook.com/AnandaMargaNeoHumanistKindergartenHo

<http://www.facebook.com/pages/Ananda-Marga-Holistic-Health-Lifestyle-Centre-Gnana/110466035668238?rref=ts>

And in case you are one who doesn't go near Facebook, photos are included below.

Ho Kindergarten

My flight landed in Taipei on 18th January, 2013. The next 4 weeks were hectic, inspiring and fruitful indeed. Along with all the loving care, great satsaunga and yummy food that I enjoyed, the project benefitted from a collection of over US\$14,000. The funds have already been sent to Ghana and construction has resumed. Donations mainly came from the public – individual sympathisers, friends of margiis and through various programs such as mini concerts with slides, collection among staff at a few companies and one hospital, and our favourite method; kiirtan (with a poster and leaflets) - during the Chinese New Year festival - just outside the gate of one of Taipei's most important temples:

<http://www.youtube.com/watch?v=WaA3PLpnerA&feature=youtu.be>

The injection of cash will raise all walls, complete the roof and more.



January, 2013



April 22nd, 2013

Our heartfelt 'Xie xie ni' (thank you) goes to the many margiis, Acaryas and their friends who assisted our efforts there; to everyone in Hualien, Koashiung, Taichung, Tainan, Taipei and Yuching.

The Ananda Marga Social Welfare Foundation in Taiwan formally accepted or adopted the project. This will provide opportunity for further and continued exposure to their growing network of over 6,000 supporters.

From Taipei I went to Malaysia and Singapore where another US\$1,200 was collected from individual donors. More news from there in the next edition!

Our target is to have the school open this September. Another US\$ 30,000 or so is needed to complete the building, boundary wall and gate, septic tank, etc. and arrange the furniture, office and kitchen equipment and classroom supplies!

Holistic Health & Lifestyle Centre / Madhu Shyam (Meditation Centre)

In past updates we've shared news of the on-going physical improvements at our M.G. 1/4s (Marga Guru Quarters or special meditation centre) in Accra. Late in 2012 we managed to replace another large 'window' in our main hall (made only of timber, security bars and mosquito netting) with a sliding one made from aluminium and glass. Now only 4 more such jumbo sized remain on the ground floor, another 4 smaller sized up above – and this is only the main hall!

A new flow of activity was initiated along with more physical upgrades mentioned below. Regular yoga classes have resumed on Saturday mornings. With Jitendraji as instructor participation was gradually increasing.

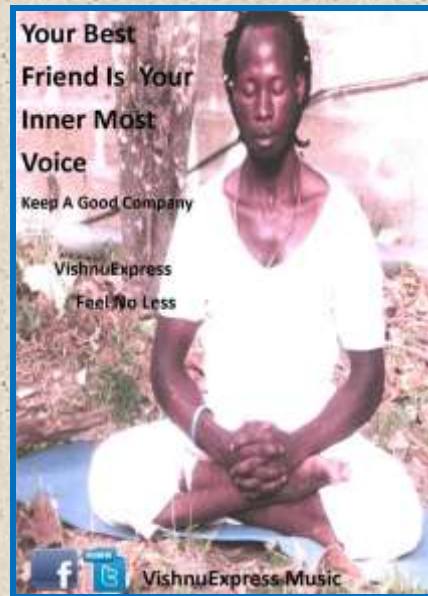


Saturday morning class (new window at right side!)

Our resident artist Vishnuji networked with Mihkele who coordinates a group called Legon Moms. Their regular classes for children shifted to our garden and main hall. Each Saturday afternoon the young ones enjoy an hour of arts & crafts, hour of yoga and an hour of drumming and dancing. It has brought a new life to our home.



Jitendraji



Vishnuji



Cakrasana for All – Young or Old, Big or Small!

Donors in Indonesia kindly sent us US\$5,000 which has been utilized to improve both the aesthetics and the infrastructure, especially of the Holistic Health & Lifestyle Centre. We created marked walkways, driveway and parking space and made new banners and sign board.



Ananda Marga **YOGA FOR HEALTH...**
Vitality, Flexibility, Relaxation, Inner Strength & Peace
Yoga Classes for All / Yoga for Children
Every Saturday
8:00 - 10:00am - Adults (All are Welcome)
3:00 - 4:00pm - Children (3 to 10 years)
No Previous Experience Required
← (0302) 950 875 (024) 683 4747

Ananda Marga **Holistic Health & Life Style Centre**
Top Class Massage & Reflexology
Massage for Women (by a woman)
Spinal Adjustment
Homeopathy
Infant Massage (Training for Parents)
Stress Management & Deep Relaxation
Steam Bath & Hydro-Therapies
Colema (Colonic Flush)
Yoga Exercise and Natural Detox Therapy
Health Shop (Food, Remedies, Books...)
(0302) 295 0875, (024) 683 4747 **→**
Avoid Disappointment, Make an Appointment !!

At the backside we've also added a much needed toilet/shower in which we will begin to offer various hydro-therapies such as steam bath, colemas (colon flushing), foot bath, etc. Before my departure to Asia the local management committee met with two main objectives; 1) to welcome our new manager Kuldiipji, a retired civil servant formerly with the Ministry of Health and 2) to assume more responsibility for the operation and development of the health centre. Though much work is needed we know the future is bright



Kuldiipji
(Manager)



Salifatu
(Receptionist)



Nyame
(Spinal Adjustment)

As I write you these words I am in Medan, Indonesia with my brother/friend and benefactor. In the weeks to come we hope to find more support for the above, and other projects and activities. Due to health issues and some rescheduling my Asia sojourn has been extended. At the end of May I'll be in USA and then back to Ghana in time for our summer programs and more of the Cosmic Dance, W. African style!

A deep and loving 'thank you' to all of you who have helped, in so many ways, with our efforts and activities.

With brotherly regards,

A handwritten signature in black ink on a white rectangular background. The signature reads "Dada Pismamanda" in a cursive, flowing script.