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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。在上帝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年是最理想的一年，我們有這麼多的活動，有如此多的活動！在Baba行館舉行的72小時長靈性頌唱，15天的台灣環島長靈性頌唱（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 Va'nniì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呈現其對Baba的虔誠，及從事祂的使命。成果是瑪琪對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的努力下，將會創造出香港區2011年的新史頁。個人向Rasa Va'nniì台灣通訊之編輯者Ac Karunamaya Brc 致上最深之祝福，也感謝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. Shubhamiryaasamanda Avt.
香港區秘書
Namaskar! 大家好！

個人很高興為你介紹第二期的 Rasa Va'ni. 所有的分享和文章清楚地反映了在這一年當中，真誠和虔誠地從事Baba在台灣的使命。

Baba教導我們，我們的修行就是要能夠真實地了解「實踐更為自覺的生命」之重要性，進而創造更為圓滿的福祉。祂自己也將此種種播在綠色島上，這些種子將在每個乾渴的熱中萌芽，在祂的使命中成長。在2010年，Baba讓人們見到了祂的願望。一步一步成為事實，透過我們個人的獻身和服務精神，並集體付諸行動，實現了超乎想像的目標。

再次，個人謹致上誠摯的謝忱，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，以更能臣服在祂的使命。讓上主的波流透過你傳遞祂的意願，當你將所有之見聞行事皆浸潤於祂時！

以最深沉的祝福

Ac. Karunamaya Brc.

Namaskar dear all!

I'm very happy to present you the third edition of Rasa Va'ni. 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 something for everyone's welfare. He himself sows seeds that will sprout in every fertile 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 manageable goals. Once again, I would like to extend my heartfelt greetings 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, so you contemplate Him in all you see and do!

With best wishes,

Ac. Karunamaya Brc.

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 have no more activity now. So many Akhandhas have arrived in all the different units, 72 hours Akhandha Kirtan in Baba’s Quarter, 15 days Taiwan Kirtan Parkrama (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 Va'ni is witness of all these activities. Margis and Acaryas have worked very hard and shown their true devotion to Baba and His mission in Taiwan Region. The result is that Margis 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 margins. The future shall see that new history will be created by the sincerity and efforts of Margis and Acaryas in HKS in 2011. I extend my thanks and best wishes to editor Ac Karunamaya Brc for publishing Rasa Va'ni, 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 margins and friends.

Ac. Shubhamanivasan Awt - 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，精神的折磨就越大。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。

如果你想要知道祂的創造，唯有你加入祂及祂的派對才能知道祂的魔法。

1967年7月 DMC·Jaipur (靈性科學集成 卷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 Sunucu MU with 12 hours Akhanda Kiirtan in Baba's Quarter.
曙光之歌節

台北2010年曙光之歌節慶祝活動

來自不同單位的瑪琪們，各自從台北和其他地區搭乘台灣區阿南達馬達推廣總會(AMPS)台北瑜珈屋，這裡被美麗裝點的活動場地，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小時連續曙光之歌唱始唱頌，新人瑪琪和老瑪琪們、典禮師們，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。最後，一個小時，由SS Dada領大家唱頌，讓活動進入最高潮。每個人都唱頌著Baba美妙的歌曲，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Kirtan，所有的人高舉雙手，所有的聲音合為一，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聖與愛的波流。隨後，瑪琪們和典禮師們感激地分享著對於這個特殊節日的感想。

願曙光之歌的波流持續被創造、增長和散播到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神聖的性的碰觸。

最後，我由衷地感謝所有參與籌畫和策劃這次值得紀念的2010年曙光之歌節的人。瑪琪兄弟和姐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。他們在活動前一天到瑜珈屋打掃清潔和布置場地。他們為當天參加節目的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很好的波流。

Celebration of Prabhat Samgiita Day 2010, Taipei
Margis from all units in Taipei and beyond arrived at the beautifully decorated ANMS jgatri in Taipei. Flowers and colourful displays of inspiring Prabhat’s Samgiita lyrics adorn the entrance hall and rooms. Full of expectation more than 50 margis attending throughout the day proceed to the meditation room, where the celebration of the 28th anniversary of Prabhat’s Samgiita starts with collective Dharm Cakra.

The first 9-hour Akhanda Prabhat’s Samgiita of Hong Kong Sector takes off. Margis, 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 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 Kirtan could possibly follow such a program. All hands raised, all voices one. Only His Name. The silence of the sadhana that allowed the divine love vibrant in the air be absorbed in the hearts of the devotees. Afterwards, margis and Acaryas gratefully share their experience of this unique program.

May the wave of Prabhat’s Sa’angiya 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 Lokalita’ and Tus’ita, and the support of several Margis and Didi Ananda Rashmika. Margis brothers and sisters have being a lot of time helping to make the Prabhat Samgiita souvenirs with newly translated songs, the exhibition and decoration of lyrics and meanings displayed on the jgatri walls.
Prabhat Samgiita Day

Prabhata Samgiita

E kii ucchal jyoti sarita’
E kii caicale madhurata’
E kii haras’ e tat’i ne 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 near a deer in the murmurs 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，還不到百分之一，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的甜美注視。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

Although it has been 2 months since Prabhata Samgiita Day, I still feel the sweet touching vibration
continuously.

In 9 hours of Akhara’s Prabhata Samgiita, 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 Prabhata
Samgiita 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 Prabhata Samgiita No. 1440, “Cádá Támi Amárá Páne,
Aman Kure Kure Cúve, Báljite Thákite Cúve, Tabuo Tákio…” (“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 Prabhata Samgiita more, and get the
guideline from Baba in the path of sádhana 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，牆上更掛兩盞很有味道的吊燈！這些燭光的燭光照亮了昏暗的小路並指引我們前進的路。
在屋裡也有許多的瑪琪到了，遇見每為瑪琪時互聞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(Prabhät samgīta)，歌編號63 Diipavali。大家已相當然熟悉這首歌及意義，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鼓著鼓再帶著大家一起唱頌 Diipavali 將今天的活動帶到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！
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，接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，場每位姐妹輪流用最真誠的心接領三遍“Bhūra tā me cirā yūrbhavatu”和祝福兄弟們長命百歲。兄弟們也大方地分享感謝，並且把最真誠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！因為心裡有這份溫暖，我們得以勇敢地面對一切的挑戰！

午餐時間，大家都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

Diipavali
On 5 November there was a warming and inspiring Diipavali celebration in the Taipei Jagriti. As I was approaching the jagriti 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 jagriti.
In the Jagriti 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 Diipavali Prabhät Samgīta song. Its lyrics match the Diipavali 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 avyāya 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 Diipavali Prabhät Samgīta 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

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 "Bhūra tā me cirā yūrbhavatu" 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.
Social Functions

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 naming ceremony 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姊妹中壇的新房子舉辦了入屋儀式，多位中壇瑪琪及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良好的祝福！ 儀式結束後，我們一起前往中壇瑜伽屋團體靜坐：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 Margis 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 jagriti for Dharma Cakra with a spontaneous Nagar Kiirtan in the streets.

The joy of satisfaction - House Warming

The house warming ceremony of Sumati in Yilan was held on 20 November. Dada Karunamaya drove from Taipei with SS Dada and three margis together. Another nine margis from Taipei, one from Hualien and four local from Yilan as well as college high school teachers attended the ceremony. Two margis donated nice 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, margis 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 Margis and Acaryas present on that occasion.

Welcome Anandii!
與詩相遇在虔誠夜

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，我很慶幸在此和大家
分享並簡述當天的情形。

超過三十位馬琪，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。我們將蕾絲中化為滿池
許小黃花、粉紅及黃色蓮花含苞微
綻，點點其間，周圍張著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。馬琪們以輕鬆的
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
以靈性舞蹈喜悅開場。

第一次舉行的詩歌分享，我們以
Baba的話語與創作開始，新馬琪、老
馬琪、教範師，輪流講讀喜悅訊息及
曙光之光。一首接著一首地諷讀著，
幕布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
美的波浪。在場所有人的心靈
被激盪著，沉浸在祂的喜悅中。

在一小段Kiiritan後，接著馬琪
及教範師分享最喜歡的詩或是自己
的創作。每一首作品都表達了自己的
靈修體驗。所有的分享都激發出強力
的虔誠波流。最後我們以1985年喜悅
週日喜悅訊息為詩歌分享的結
束。在清亮的二胡樂曲之後，馬琪
和教範師們心情激動地分享著對於
這次虔誠詩會的感想。

Supriti：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，激發創作力量，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
主虔誠的活動較少，這種分享是一
種靈性滋養，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，
感謝策畫者的用心安排。Baba曾說詩
詞是幫助我們心靈走向靈性的非常有
力的力量，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達的情境，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
讓我們更接近上主。

Tapeshvra：與詩相遇是第一次嘗
試，今天實際參與才知道詩的美，最
讓我感動的是Supriti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
透過靜坐修練和上主慢慢親近，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，由衷感謝Giita有機會和
Dada Karunamaya共同籌畫完成這
次虔誠詩會。以及馬琪們用各種方
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」我們從每個角
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

The Devotional Poetry Evening (DPE) held at SDM
on 12 November was very successful. More than
thirty Margis, from Taipei, Tainan and Kaohsiung
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 Margis with an exquisite tea set; suddenly the place
was full of a sweet, elegant and atmospheric
atmosphere.

Hold for the first time, the DPE started with Baba's
words and works. New Margis, old Margis, and
Dada took turns reading A’manda Va’nii and Prabha’ta
Sam’giita. 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 Kiiritan, Margis 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.

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

Supriti: 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.

Mangala: 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 Jnanam
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 Margis
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2010年10月秋季大避靜

香港區秋季大避靜，剛在台灣南部的嘉義市舉行，但其鼓勵人心的溫暖，依舊迴盪在参加瑪瑰們的心靈及胸懷。這次大避靜的主題是“精進-創新”，無論在個人及集體的靈性進步道路上有任何障礙，我們依然可以感受到一股強烈鼓舞人心的溫暖潮流。這次由台灣南部的瑪瑰們負責籌劃此次的大避靜，他們所付出的努力，我們要在此表達我們的感謝。

另外，值得一提的是，SS Dada 的講話中提到：“有原則的生活及對靈性目標堅定的信念之重要性，以引導社會朝向它命定之光明。”所以的工作坊和講座的目的就是為了讓大家能夠意識到這個目標的重要性，不僅在個人的父親，也在廣泛的社會領域，克服挑戰與障礙。Dada Ananda Rashmika 帶領的工作坊，幫助參加者們了解他們的目標，每天都將成為完美的靈魂之日。

在閉幕式上，幾位來自日本、韓國、紐西蘭、瓜地馬拉、墨西哥的參加者，他們分享了他們的經驗和體驗。有的話，他們無法忍受快樂的淚水，表達了他們的感激之情，能有此良機與他們靈性上的兄弟姊妹們生活在一起，雖然僅有短短的三天。

The full 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 Taipan and Yoching Margis were in charge for the organization of the conference, who did their best for the success of the 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 Kad Margis 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 Dhiirenda and Dada Ganadevananda presented a report on new pranachic 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 Shubhadhyayananda, 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 Margis shared their love for subtle arts and touched the audience’s heart. During the closing ceremony several Margis 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.

Tapeshvar: This is our first time to have DPE. I know the beauty of poetry after my participation today. I was especially touched by Supriti’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 Kirtimayana and organize this DPE. I also extend my thanks to the Margis who provided and shared their beautiful poems. Life is a flow of ideaon. We are from every corner with a different mood, but we all share the bliss with same devotional heart!
阿南達瑪迦美濃示範村

生機勃勃的農園：美濃示範村開始將一小塊的土地免費出租給鎮上的居民，讓他們前來種植和種植作物，當作物成熟時，人們也將受益於示範村的分享。當地居民的熱情參與，使這個在調查的計畫正在成形，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，示範村的義工他們也藉著這個機會，讓地貌有了更多更美麗的改變！

小學參訪的學校：由森林小學的二位教師，帶領十二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、Carushi-la和Dada Dyu-muywa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，越來越多的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，也歡迎與示範村直接聯絡Rainjana聯繫！

天然發酵麵包

是美濃生態村的主要收入來源.

購買地點：
A. 每個月的第一個週二，
親洽台北婦女福利部門
B. 台北SDM忠孝道場
台北市忠孝東路4段295號8樓

貨運：
電話預訂：07-6814746 或 0953308755張小姐
・吐司每條100元，15條以上免運費（未滿15條運費150元）
・ATM轉帳代號（700）00019380003237

Healthy Bread
The bakery is the main source of income for the Ananda Matrika MU. Please support by enjoying delicious sourdough bread! You can buy yours in WWD and SDM Taipei and several other centers too!
If you would like to order:
・Call 07-6814746 or 0953308755 (Rainjana)
・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. They learned about nature and the earth as they planted new plants and vegetables with the help and supervision of volunteer neighbours of the “Farmers’ 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 folk singer, our sister Carushi-la and Dada Dyu-muywa will perform. Admission is free and all are welcome!

Rainjana is making bread several times a week, and the reputation of her sourdough leaves is growing! The bread is sold in different places in Taiwan. It is sold to people and some 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 Stupa) in Yujing.
In my life as an LFT I have observed that as we Ananda Margis are showered by Baba’s grace, we bring positive vibrations to our surroundings. Therefore our practices have direct benefits to both our environment and ourselves. I feel that all of Taiwan has benefited from Ananda Margis’ presence on the island. How fortunate we are to have heard the elation call, realized it to be the true command of the Lord, and summoned the courage to surrender to our Tantric Guru.
For your Satyaaya and your service. I extend my humble respect and thanks to the sincere Margis of Taiwan and the devoted Aaryas who serve here.
At Baba’s Lotus Feet,
Brother Pavitra
阿南達瑪迦玉井示範村

阿南達瑪迦玉井示範村

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 Margis for their help in organizing a very successful Sectorial Conference in October. The RAWA concert was especially entertaining this time. Several Margis 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 colleagues 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 prosaic 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 Margis and Aayuras 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 Jagris. More information is also available at our Master Unit website: http://www.anandasuruci.org/permaculture.html

Thank you,
Dada Yogamanda
Acting Rector, Ananda Suruci MU

Pavitra兄弟拜上

Ananda Suruci, Yujing
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200-400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動，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。在本次公演時能夠營造出RAWA的重要性和特色，RAWA是由師利・普羅巴・阮將・沙卡先生在1958年所創立的，為了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Carushila

雲力思籌劃，並與多位瑪琪通力合作，大家盡其所能將節目得以成功。

演出者透過曙光之歌、臺灣原住民隊等音樂的形式，配合塔不拉鼓、西塔琴、琵琶、洞簫等樂器，詮釋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意義的突破，透過不斷的挫鍊，直到意識到至上意識的無所不在。而靈性頌舞-祈福舞蹈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，同様開啟身心靈、最後輔以各式體位法，充份展現瑜伽能量。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， PERFORMANCE IN RASA "THE ART OF SERVICE"

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誠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。
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 throughout the Island, addressed the audience during the concert stressing the importance of RAWA, which was founded by Prabhat Ranjan 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 Curashila with the sincere cooperation of many other Margiis who gave their best for the success of the event.

Through Prabhat Samgiiita, Taiwanese aboriginal Atayal folk songs, Taiwanese Naamag 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 "Brahmaka" 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.

Kirtan and Kaoshikii are both very important to Ananda Marga spiritual practice. The dancers choreographed Using a combination of Rver 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 Dhyayali 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 Jagriti for the coordination of the event, all coming together making this RAWA concert a true success and an event to be remembered!!!
ERAWS 社會服務活動

In Taipei, we have concluded the Year 2010 with our regular Service Activities with the sincere and regular input of Margis 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, Zee Ru, Xing Long and Xing Yi centers respectively once every second month, where more than 100 elderly get benefited by Kiirtan, warm ups and sincere care from Margis 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 Margis continue with regular visit to the Zin Wen Institute for the Mentally Challenged in Bu Der.

Surprisingly the children started to recognized the kiirtan and presence of those margis 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，從事並體現祂深深的希望，照顧到眾之福祉。

The Service Team looks forward to see the next year more Margis 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.
樂生服務記

9月22日中秋節，共有2位Dada Didi及20多位瑪琪參加這次活動。我們帶著應景的月餅、柚子及好吃的懶人食物與樂生的院民一起歡度中秋佳節。用完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 Margis participated in this activity. We brought the occasional moon cakes, grapefruit and delicious snacks to celebrate with the Lo-Sheng people for Moon Festival. After the meal, we sang loudly together. After the ‘Blessing song’, we ended with kirtan concluding this happy service. See you next time!

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

Mahaprayan 紀念日

有相當多的瑪琪及典範師齊聚在台北瑜伽屋，一起做五時修蘭靜坐，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小時不間斷錄線舞，有相當多的瑪琪參加，並感受到Baba真誠地與我們同在！

為第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。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東西，並協助分發。拿到飯盒的人非常感激我們所提供的一切，並說羅，甚至也感激我們的靈性舞！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。

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，將最好的服務推及於各地，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 Margis and Acharays of all Ananda Marga Departments with the support and cooperation of Ananda Marga Foundation. A warm appreciation for all Margis and Acharays 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 Margis are welcome to join this Social Service wave!

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

In commemoration of Mahaprayan Divas, a good number of margis and Acharays gathered in Taipei Jagriti for collective Paiseejankya, with an hour kiirtan, long meditation and Katha Kiirtan (Baba’s Stories and sharing).

In the afternoon, a 3-hours Akhand 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!! Margis from all departments together with local Acharays 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 Margis and Acharays for organizing such an event and to do something for the needy people in Taipei.
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，以及這個思想影響了過去的習慣，當一個人意識到他可以改變，可以在生命中的各種層面，有建設性的去運用身心靈的無限潛能，而更加進步。

透過理念的了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，向內在走的更深，也看到更不同的視野。

WWD的協會的年度會員大會及年度度理事事的選舉，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「聽身體的聲音，聽心的聲音，聽人與人，人與社會的聲音，內在的聲音，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傳達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，當我遇到困難時，我經常念起這句話，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。現在已年過半百，我們去拜訪老人是要他們快樂傳播愛心給他們，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。當我們進老人院，奶奶一見面拉著小朋友的手開心的說：好可愛哦！你真像我家的小孩子！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

1) Dada梵文課  梵文是世界上最有顯著的語言，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已經開講一期梵文課，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課，目前已仍有名額，歡迎有興趣的瑪琪踊躍參加。

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理解此經典，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的大約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，進一步瞭解到靈性修持的真正在義涵。第二講座預計在明年3月4日起連續三週的星期五晚上7:10-9:30，若有興趣，歡迎與SDM祕書組聯絡報名。

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伽界非常推崇的典籍，SDM將於今年12月3日星期五晚上7:00-9:30開始連續六週，由阿南達瑪迦瑪迦瑜伽哲學的角度，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，即每個月一次的心靈對話— 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。

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

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 Margis and was recently asked to continue giving classes. All margins 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 Margi 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，及靜坐的專題介紹、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所成立之各部门，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，將其虔誠以昭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。參加者歡迎參加素食料理之藝術，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kiirtan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。

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，將所有商品賣出約九成（剩餘未出清物品未Didi house 繼續義賣）。此次共售 $32,500元收入。在此感謝所有的支持者。

中研院

中研院於1994年，隸屬於院內康樂會的社團之一。

每星期三午後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。這些期間，我們曾做過素食餐會，2004年在活動中心舉辦文藝演講、阿南達社推廣瑜伽的健康生活，在Kiirtan中美妙音樂中，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.

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, margis gather together for Farming Club and RAWA activities. Lately, the Farmer’s club members have 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 Sanqgita 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 Saadhana Shivr is being held in Taipei Jagrti. Around 10 to 12 margis gather on the 4th Sunday of the month, to deepen their saadhana and live the magic of kiirtan. Everyone usually enjoys collective lunch and satsangs afterwards. You are invited to come!

在台北地區又有一新的道場產生了!

Sumati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 Tustari姊妹及本地

典範師都來當地的玛琪共同

參與。邀請大家一起來參加團體

靜坐，我們期待著宜蘭這場的發展

和即將在那裡舉行的弘法活動！
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
而建立。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，每個月一次長時性
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。有好幾位兄弟姊妹
在最近幾個月中接受啟蒙，有一
場精彩的2天之研討會，由Dada
Shambhushivanandaji主講，一共50
多人參加。

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。雖然因場
地限制，僅限額滿報名，但當天有五十多人參加，這是一次深入實踐修行的
靜坐營，法喜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羅善達（簡稱達吉）
蒞臨。達吉在講演中特別強調，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，曾經在台灣停留三個月，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，能讓台灣成為亞洲、甚至是全球阿
達瑪迦瑜伽的推廣中心和典範。

一天半靜坐精進營，團體靜坐及靜坐法門開示，很快就過去了，活動最後在達
吉對我們的鼓勵與盼望啓發的對話中結束，這些分享都將使我們在靈性
修持的道路上更加努力與進階。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 Sumanati has been doing pracr in Yilan
the last few years and is now joined by Shabba and
Mohan Deva who moved to Yilan recently. With
renewed energy and inspiration regular Dharma
Cakra has now started on Wednesday evening. The
local margis are regularly joined by LFT sister
Tusha and local Acaryas. Everyone is invited to
join the Dharma Cakra and to look forward for
the development of Yilan Unit and the upcoming of
Pracr 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 stay 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 margis, 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 Shastras 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

阿南達達迦出版社
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：
— 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。

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碌，像是上夜班時身體的吃力負荷，加上面對病患的病痛和死亡，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滿電的重要，如果常常與“內在的寧靜”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接著介紹瑜伽的各種練習：體位法、靜坐、靈性舞頌、靜坐，並解釋它們如何幫助我們與內在的愛做連結，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Kirtan的音樂中體驗心靈的寧靜與“愛無所不在”的力量。

台中 Taichung

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

來自Baba

一位無法潔至完滿的老人，無法愛整個世界。他的生命將充滿挫折。

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，等待他們內在之寧靜。在新人課程之後，即開始團體靜坐。同時，新進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，共同推動台中道場為Baba的使命，產生積極之波流。

On November 18th, Didi Ananda Rashmika gave a speech on “Yoga for Peace in Self and Service”, for about 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 recharging 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, kirtan 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 Kirtan 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 listened 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.
台南 Tainan

國立臺南藝術大學的瑜伽社

瑜伽社在停辦五年之後重新開始了。當地全日制工作者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，Kosiliki，Kiirtan與lalitha marmika舞，還介紹了健康的生活方式，瑜伽飲食，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伽社。

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. LIFT brother Pavitra and Dada Dyutimaya give two classes every Thursday from 4-8 p.m. including both warm-ups, asanas, kosiliki dance and kirtan with lalitha marmika dance as well as introduction to healthy lifestyle, yogan, 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，高雄玛琪與Dada Priyabodhananda及其他各道場典範師的支持，舉辦了一場成功的素食餐會，為高雄瑜伽屋募款。

此活動令人非常鼓舞，還有RAWA之表演，包括梵嘯之歌，舞蹈，體位法示範及戲劇表演。高雄市副市長也上台致詞。

食物非常美味，是由大家一起準備的中西菜及印度菜。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Bhakti Pradhan。Sumitra擔任辦公室秘書，以及Dharma Deva 擔任弘法秘書。其他瑪琪等擔任不同之任務，共同在高雄推展阿南達瑪迦。

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

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 Bhakti Committee was formed. Cirasmita has been the General Bhakti Pradhan joined by Sumitra as office secretary and Dharma Deva as Dharma Pracar Secretary. Other Margis 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髙意識。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。你需一直刻記住：「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 Purna. 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

學生營

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，除開始籌備第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

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大匙蠔油、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 pork and salt in.

若有欲刊登於下期通訊的消息，請寄給：
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台北市金門街12巷2之1號2樓
02 - 2365 4913 / 919
法性弘揚部門辦公室 (SDM Office)
台北市伊通街63號 4樓
02 - 2560 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)
桃園縣平鎮市長興路117巷21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 (Huailian Jagrti)
花蓮市中正路119巷 1弄8-2號 3樓
03 - 882 0320
台中瑜伽屋 (Taichung Jagrti)
台中市忠孝西路40巷18-4號
04 - 2202 4399
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台南市南區南夢路235號
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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

美濃小遊靜 2月
Meirong family retreat

藍鷹節 2月12日
Nilakantha Diwas

台北地區研討會 2月12日
Seminars in Taipei

模門設計課程 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

阿南達馬迦座談會 3月27日
Ananda Marga Symposium

春季大遊靜 4月8日 - 10日
Sectarian Conference

喜悅滿月日 (Baba生日) 5月17日
Ananda Purnima

“本通告獻給我們摯愛的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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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日星期五 Ekadashii

2月1日星期二 Amavasya
2月13日星期日 Ekadashii
2月17日星期三 Purnima
2月27日星期三 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7天Baba行會與您一起進流在靈性頌舞之波，來自香港及世界各處之靈性者為祂唱誦和舞蹈，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
本區及全世界之瑪琪們以及全日工作者，有此一難得的良機可聚一堂，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

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。

7 Days Akhand Kirtan, 2 - 9 Oct 2011
5 Days Workshops, 3 - 7 Oct 2011
DMS 8 - 9 Oct 2011
For more information visit www.dms.hks.org