Rasa Va'nii

Newsletter of Ananda Marga Taiwan

1st edition, May 2010

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Welcome!

Welcome to this first edition of "Rasa Va'nii" – the new regional newsletter of Taiwan, a message of the Cosmic Flow in Taiwan.

Baba explained:

"What is rasa tattva? When human beings are in deep love with Parama Puruśa they begin to know His nature and follow His will accordingly. Such individuals become invincible and victorious in the world. Most people are overwhelmed by His greatness, but sádhakas know the secret of becoming great. Thus the basic spirit of rasa sádhaná is to direct one's individual desires and longings towards Parama Puruśa. (...) Created beings will have to move according to the Cosmic will; there is no other way. Learning, intellect and personal status become meaningless unless they are directed towards Parama Puruśa. After realizing the Supreme Truth intelligent people start moving according to Parama Puruśa's desire, saying, "Oh Parama Puruśa. I have nothing to ask of you. Let thy will be fulfilled. I want nothing else.""

May you all follow His will and individually and collectively move in the Cosmic Flow of Bliss, in His Rasa!

With best wishes,

A'c Krsna Kumar Brc.
RS Taipei

Messages

Namaskar to you all!

I am very happy to address you through this Taipei Regional Newsletter, as an opportunity to remember and reflect upon all the good work that by Baba's grace and inspiration has been accomplished since the start of 2010.

In a collective movement, Margiis, Didis and Dadas have been actively working and offering their time to further the establishment of Baba's mission in Taiwan, without forgetting that in this universe not even a blade of grass can move without His unconditional grace.

Baba says that on our journey towards the Divine, moving from imperfection to perfection, obstacles and challenges are a must for the advancement and evolution in the true sense.

Over and over again He reminds us that it is in our coming together, in uniting our intentions of welfare and in tuning our hearts with The Infinite, that the signs of progress can be reflected in this changeable world, which desperately calls and longs for peace and spiritual elevation.

Let us continue doing His mission work together, living as One family as He wishes to see us and endlessly drifting in His blissful flow. Let us be the embodiment of the mission in each and every step we take in our lives.

Wish you all peace and happiness!

At His lotus feet,

A'c. Karun'a'maya Brc.

After a long time, having a Regional Newsletter again in Taiwan gives me a lot of happiness and joy.

By the initiative and determination of Dada Karunamaya, acting RS Taipei, this important work has now been restarted. I very much appreciate the target he has taken, to bring together the news of the region and share it with all, for everyone's information and inspiration. By sharing our news, events and experiences we come closer together as a region, and we can continue to move forward with renewed inspiration and increased speed to please our Beloved Baba.

A'c Shubhaniryasananda Avt

Sectorial Secretary Hong Kong Sector

Our Ananda Marga family, even just on the island of Taiwan, is a very diverse one. Different minds, different ideas, different samskaras Yet One Common Goal. And our Beloved Baba brought us together for that One Purpose of realizing His Mission.

With this newsletter Baba has given us another instrument to come closer, by sharing our news and inspiration as we individually and collectively move forward on this path.

May we keep the Goal in front of our eyes, as we work, learn and grow together for Him and His Mission.

Avtk. Ananda Rashmika Ac.

What is the Way?

" Human beings love Parama Puruśa and He loves human beings: this love is always mutual, not unilateral. So what should human beings offer to Him? He lacks nothing. When He is the creator of this entire universe, then He is the proprietor of all the wealth of the universe. So what can human beings offer Him? The only way to please Him is to serve the universe, to serve the entire living world, because everything is His creation. During the act of service, lower-grade devotees have the ideation, "I am serving Parama Puruśa in order to derive great satisfaction from my service." But the higher grade sádhakas take the ideation, "I am serving Parama Puruśa not to derive pleasure, but because Parama Puruśa Himself will be pleased thereby. I am not serving Him for my own pleasure – my only desire is to give joy to Him." Those whose very nature is to give joy to Parama Puruśa is gopii bháva in the Vaeśńava scriptures. According to the scriptures, those who are genuine devotees do not do anything for their own pleasure: they do everything for His satisfaction, and they get much more pleasure by serving Parama Puruśa than even He gets. You should always remember, Mahájano yena gatah sah panthá. You should emulate the example of those devotees who have genuine love for Parama Puruśa who are ever ready to do everything to give joy to Him.

Oh spiritual aspirant, do not desire to be a philosopher, or an intellectual – become a devotee. Be one with Parama Puruśa, and make your existence meaningful in all respects through constant service and devotion to Him."

Shrii Shrii A'nandamu'rti

26 February 1971 DMC, Jammu

Subháśita Saḿgraha, Part 11

A Good Start of 2010

The New Year 2010 started off with intense pracar efforts of margiis and Acaryas of all units, bringing Ananda Marga to each and every corner of Taiwan.

Taiwan Kiirtan Parikrama

The Taiwan Kiirtan Parikrama (9-24 January), vibrated the entire island with Kiirtan through a series of 3 hours Akhanda Kiirtan in each unit. Every day more than 40 margiis and acaryas participated and 15 (incl. 4 Korean margiis) joined the whole tour! Akhanda Kiirtans were also held outdoors in central parks of Taipei and Kaohsiung. Coordinated by Didi Ananda Rashmika and Dada Karunamaya with close support of SS Dada, and with the cooperation of local margiis and acaryas, the program became a true success. The next Taiwan Kiirtan Parikrama will take place in early 2011.

A CD with 6 hours of the most special kiirtans and a booklet with sharings of 30 devotees is available from all jagrtis. Income from the CD goes towards MU development.

Lectures in Main Cities

Dada Shambhushivananda had been invited from Sweden to conduct 4 lectures in the main cities of Taiwan. Dadaji's speeches started off at a global level with the situation our earth is facing and then moved on to the implications and how Ananda Marga approaches such situation.

Forty and fifty people attended in Taichung's new yoga center and the National Tainan University, respectively. In Taipei the lecture at the CPC auditorium attracted around 300 people, including the policy advisor to the president of Taiwan, who spoke at the opening ceremony. The final lecture took place in Kaohsiung's Normal University, with 100 people attending. There has been mass media coverage of all programs, especially the Taipei lecture.

Sadhana Camp

A Sadhana Camp in Xindian followed the series of lectures, with attendance to capacity of 80 participants, of whom 80% were new to Ananda Marga. Leading up to the camp 60 people were initiated and had their lessons reviewed. Everyone felt very inspired and could somehow get a glimpse of what Ananda Marga practices are all about.

NOTE:

Due to the success of the Sadhana Camp in Xindian, another similar camp will be organised in July.

In the period of 10-17 July two such Tantra Yoga Sadhana Camps will be held. The first one (10-13 July) is especially for those new to Ananda Marga (margiis can attend too, spaces permissing) and the last camp (13-17 July) is for margiis. One may attend both camps or only one.

For more details, please contact Cidatma or Dada Karunamaya in Taipei Jagrti.

Sharings from the Taiwan Kiirtan Parikrama

In this kiirtan I realized that all margiis are one family. The Kiirtan Parikrama connected every jagrti, every unit, every margii in Taiwan. All minds became one mind, with only one goal. Every margii loves Baba so much and I think that each margii rediscovered kiirtan, knowing it more deeply than before. I am looking forward to next year's Kiirtan Parikrama!

Supriiti

Kiirtan help us to connect with the universe and to come closer and closer to Parama Purusa. We cannot have a better wish.

Vikram

By Baba's blessing this 15-days Kiirtan Parikrama is full of such strong, sweet, powerful and energetic vibrations in my mind. I finally understood singing Kiirtan Parikrama together was so powerful and Influential. I also understood why Baba tells us to sing more and more Kiirtan together. Thanks a lot again to all for the 15 Days program.

Miira'

Moving around together singing and dancing kiirtan, filled with sweet air all around Taiwan. Blossomed all of beautiful flowers in His garden, bloomed one cosmic flower in the end. Enjoyed so much being a petal of His flower at every moment. And all the time was blissful when sitting for meditation in His heart.

Shiila

Student Camp & Youth Development Group

At the Yujing Master Unit, from 29 Jan. - 2 Feb. the 23rd Taiwan Student Camp was held, with 25 students from around Taiwan participating. It was a very inspiring event, in the peaceful, beautiful setting of the Master Unit, organized by Ananda Marga Social Welfare Foundation, Taiwan and with the help of Dada Karunamaya and Didi Ananda Rashmika.

The student camp will be held twice a year in both summer and winter vacations. The 24th Student Camp will be held in Yujing Master Unit, from 25 - 29 Aug.

In order to unite all young margiis' efforts and create more impact on society, Foundation, Acaryas, and some other margiis have initiated also a Youth Development Group (YDG) to formally organize various activities for students. In addition to some spiritual programs, social service programs will be YDG's next targets.

"The Supreme Spirit within humanity, neglected for ages, has awakened today. This awakening will initiate a new chapter in human history. You will all be the pioneers of the new trend."

Baba (1.1.1956)

From around the Region

Bhukti Pradhan Elections

Bhukti Pradhan (BP) Elections took place in all Bhuktis of the region in early February, with the smooth cooperation of all margiis and Acaryas, giving to Ananda Marga a new phase of work, commitment and inspiration for the all-round welfare of the Mission in Taiwan.

Congratulations to the incoming BP's:
Taipei Bhukti: BP General: Hemavatii
SDM BP: Japesh
PROUT BP: Diinesh
Hsinchu Bhukti: Iishvara
Taichung Bhukti: Laksman
Tainan Bhukti: Candrashekara
Kaohsiung Bhukti: Cirasmita'
The new BPs will be working for the 3-year term of 2010 - 2013.

Sister Hemavatii addresses the Taipei Margiis for the first time as newly elected BP General of Taipei Bhukti.

Seminars

On 27 February, 1st Phase Diocese Level Seminar took place in Cishan, Kaohsiung Diocese, with classes conducted by SS Dada. The seminar followed the IRSS (organisational meetings) attended by all Acaryas working in Taiwan.

This seminar was followed up with a Dit. Level Seminar organized by Dada Priyabodhananda in the Kaohsiung jagrti. Dada Rasabuddhananda and Dada Karunamaya traveled south to conduct classes on Moralism, The Supreme Desideratum and the Pole Shift, attended by 12 margiis.

The Taipei Diocese Level seminar was held in the first weekend of March in two different locations. On Saturday 6 March PROUT Office was hosting the classes by Dada Rasabuddhananda, with the attendance of about 20 margiis and local workers.

The following day the seminar continued in the Taipei jagrti with classes by SS Dada attended by 35 margiis and local workers.

"Seminar, seminar, more seminar, more and more seminar, still more seminar..... village level seminar." Baba

LuoDong/Yilan

Good News from the East side of Taipei Diocese! Regular Dharma Cakra has started in LuoDong. Sister Sumatii's sincere pracar efforts are bearing fruit as local margiis and new sadhakas join the weekly gathering. Other pracar includes asana classes for adults as well as children, and occasional lectures and events.

Hsinchu

A wonderful 2-day Sadhana Shivir was organized in Hsinchu in the middle of March. Fifteen margiis coming from different parts of Taiwan gathered Hsinchu jagrti for this blissful weekend.

Taipei Jagrti

Several meditation courses are being conducted in Taipei jagrti, guiding the people towards initiation in meditation and inspiring them to learn more about the Ananda Marga way of life.

There is a newcomer Dharma Cakra held every Saturday evening too, with good attendance.

Furthermore brother Cidatma is conducting weekly philosophy classes and a regular study circle.

Kaohsiung

The New Year 2010 was welcomed with a program with the Ananda Vanii, Sadhana Shivir and evening DC which was attended by all margiis of Kaohsiung.

Akhanda Kiirtan was held on January 19 & 20 with 40 margiis, in the jagrti and in the park of the Cultural Centre. Margiis and public both enjoyed the good vibrations.

Chinese New Year was celebrated with Sadhana Shivir in which 15 Margiis attended and enjoyed it very much.

Kaohsiung Jagrti offers free yoga classes to full-time students.

Yoga for Teenagers

During the month of April Mandrita, Prema, Sumana and Maungala took the lead for regular visits (twice a month) to the Municipal Minzu Junior High School in Taipei. Starting off with an introductory talk on different Yoga subjects, 20 kids enjoyed warm-ups, simple asanas, kiirtan and meditation. The children felt happy with the activity as they appreciated experiencing something new for their lives and their development.

RAWA Taipei

A diverse RAWA program was organized before the Vegetarian Party on 21 February. Margiis and non-margiis participated and the audience enjoyed a wide range of fine art performances. RAWA in Taipei is growing in activities and diversity, just as Baba has intended RAWA to be.

Taichung

In Taichung, Dada Yukteshananda gave a well-attended Indian Cookery course, with margii and non-margii students from as far as Hong Kong.

Dada also conducted an introductory course on AM practices for new margiis - including topics such as what is meditation and how it really works, mantra, asanas, half-bath and much more.

Taichung opened a new centre near Chung Hsing University to promote Ananda Marga and provide health services.

Margiis of Taichung together with Dada Yukteshananda have spent the first months of this year preparing for the Sectorial Conference in April. With their sincere efforts ts the conference became a success in the spirit of Samgacchadhvam. See the news on page 13.

Sisters Strength

Ananda Matrika Master Unit

Whoever saw the photos of the WWD Master Unit in Meinong on display during the Sectorial Conference was left to wonder: where is this beautiful place? I do not recognize our Master Unit!

In a period of 1.5 months the garden has undergone tremendous change. With the help of "Teacher Chiang", a local retired teacher well known for his garden designs and knowledge of Chinese medicine, the garden is now more colourful and harmonious in both design and utilization of local varieties of plants. Teacher Chiang has brought many volunteers and beneficiaries to the MU as well.

One highlight of these recent developments took place on 11 April, when 40 volunteers (mostly contact of Teacher Chiang) gathered at 7 am at the MU. After a welcoming word of gratitude by Didi Ananda Rashmika and a quick collective breakfast all went to work and within hours the garden was full of plants of al sizes and colours. Didi Ananda Vidya lead a tree planting ceremony for some of the largest trees and in the final sharing Teacher Chiang inspired all to do more voluntary work to keep one's heart happy and to live according to ideals of AM: Self-realisation & Service. Out of their inspiration these same non-margii volunteers donated 120,000 NT on the spot, to cover all the expenses of the new plants.

More plants were planted with children of the local elementary school. The word is now spreading and more schools are interested to let their children experience living in harmony with nature.

Alongside all these activities the bakery is still producing healthy bread (and orders have increased!), with the tremendous efforts of Rainjana, helped by IIshita' and Arunima' under the watchful eye of Didi Ananda Vidya.

Ananda Preschool

The WWD school in Taipei is doing very well under the care and guidance of sister Vilina', with the help of Snehalata', Shakuntala' & others. More children have joined the school and in fact a new teacher is needed (contact Vilina' or Didi Ananda Rashmika for more details). How much the school community has grown could be beautifully seen during a weekend activity in Yilan. Teachers, children and parents, over 50(!) in number, spent a weekend together in Cintamani & Ragavatii's countryside house, really living and sharing like a loving Ananda Preschool Family.

SDM

Other WWD News

The sisters of WWD Taipei started off the year with a spiritual party at the WWD Office on 2 January. It was a good start of 2010 with reflective exercises on what we really want, and resolutions (with tips on how to stick to them!) for the coming year. With such a start it is no surprise that sisters have been active in every collective program of pracar and service in Taipei and other parts of Taiwan.

In the Chinese New Years holiday a small retreat was held at the Meinong MU. Despite the very unusual rain and cold sisters and families enjoyed collective kiirtan, sadhana and satsaunga. And rainy afternoons, stuck indoors, really can bring us closer as we talk and share..

WWD has entered a new phase now LFT Tusita' has completed her training (at Meinong MU, Feb & March) and started her LFT life in the WWD department. Her base is in Taipei office, but you can find her at many events, in the Taipei school and soon also on the east coast area of Yilan and Hualien. She will also continue to publish the WWD newsletter as she has been doing over the last 6 months. We wish Tusita' all the best in this new phase of her margii life and in the very noble and courageous step to dedicate her time to Baba's Mission for the coming years.

Fasting Camp

On 13-14 March SDM organized a successful Fasting Camp in Xindian, with the participation of 14 newcomers and the sincere input of 11 margiis to coordinate the event. The program included kiirtan, meditation, asana classes, outdoor walks, classes on fasting and its importance, health, sentient diet according to Ananda Marga food principles and a class on how to eat healthy by Dr Chen, as well as a wonderful workshop with SPA. All enjoyed it very much!

Participants expressed their gratitude for such program and the all-round support from the organizers, as they felt light and peaceful at the end of the weekend.

Monthly Sa'dhana Shivir

Every last Sunday of the month, SDM organizes regular long meditation sessions for newcomers, including Remarks, Warm ups, Kiirtan, Meditation, Lunch and Sharing. The attendance in March was 25, in April 12 participants enjoyed the program.

Preparing for the rejuvenating SPA workshop

Healthy & Delicious

Dr Chen gave classes on the importance of healthy food and balanced diet in our day-to-day life

PROUT Taiwan

After the financial crisis, people in Taiwan have been more aware of the problems of capitalism. Based on this trend, the PROUT association in Taiwan held some programs since last year, and tried to make more connections among PROUT, Taiwan NGOs, and the public.

On 28th March, we have invited a Japanese Doctor, who has created an alternative way of agriculture to provide cheaper and healthier food, to share his ideas and agricultural technologies. The vegetables cultivated by this innovative agriculture are also provided for participants to taste and everyone loved these vegetables very much.

Furthermore, PROUT's concept of cooperative and Microvita theory are also mentioned through the dialogue between participants and the Japanese Doctor.

PROUT also has held regular study circles every Saturday since February, which are open for everyone. Each month has a different topic and margiis take turns to choose a topic according to their interest. Topics covered so far are Microvita, agriculture and society. The topics for May to June are spirituality, therapy and education.

On 17 April, to enrich margiis' knowledge of PROUT in contemporary world, we invited Dr. S. Kumar to share his research on PROUT through a Skype conference. As a margii and scholar, Dr. Kumar convinced us with strong evidence showing the inner crisis of capitalism and why PROUT is the future of the world. Following this margiis would like to arrange another program for Dr S. Kumar to learn more from him.

PROUT philosophy
is situated at the height of
pinnacled excellence because it
moves with the changes of time,
space and person.
PROUT will always cross the
barriers of time, space and person
in an ever-progressive way.

P.R.Sarkar

Jiivan Deva on Microvita, at the PROUT Office in Taipei

AMURT & AMURTEL

The AMURT Fund of AMPS jagrti has sent 3.500 US$ for the ongoing relief work in Haiti, after the devastating earthquake in January. Please contact Urmila or the jagrti, if you would like to support the AMURT Fund.

AMURT
ANANDA MARGA UNIVERSAL RELIEF TEAM

AMURTEL
ANANDA MARGA UNIVERSAL RELIEF TEAM LADIES

Ananda Suruci Master Unit

The Ananda Suruci Master Unit in Yujing has undergone important infrastructural work in the last months, to improve the MU facilities for various programs and activities.

Priyadarshi, Madhavi and Dada Yogananda organized six fasting camps since January, with 100 participants, out of which 40 got initiated.

The MU staff has increased this year and it has created a very dynamic workflow. Pavitra from USA has been volunteering in the MU since February. He is very inspired to work in the farm and will be taking a Permaculture Design Course in Thailand next month. Affa, a full time laborer, has been employed since March and he has been working very hard, improving the vegetable garden etc.

In the last weeks relevant arrangements have been made to organize the field for cultivation of fruits trees and vegetables. There are plans to plant over 400 fruit trees of different varieties.

Happy Fasting Camp participants

"Our Master Unit program is a combination of oriental sublimity and western dynamicity."

Baba

Over 6 acres of land has been cleared and holes are being dug for 400 fruit trees

Spiritual chanting

Morning sun has risen
Golden light spreads
over the earth
Everything in Your mind
You in every mind

No thoughts on the past
Good, evil, right, wrong,
true, false
All by Your Grace
Everything in Your love

No thoughts on the future
Sadness, happiness,
pain, pleasure,
love, hatred
All by Your will
All Your manifestation

Right here, right now
You are in me I am in You
Merging merging
and merging again

You, I, merged in One
No more separation
No more differences
Only Joy remains

Laksman

Active in Service

Niilakantha Divas

At the Social Welfare Department of Taipei Government building, more than 250 lunch boxes were distributed to the homeless, on the occasion of Niilakhanta Divas. It was a successful event, with the sincere cooperation of more than 30 margiis and Acaryas from AMPS jagrti, PROUT, WWD and SDM in Taipei. There has been recognition from the local authorities, giving us future possibilities to organize more such events.

Ananda Nagar Water Project

On 21 February a Vegetarian Lunch Party with a colorful RAWA performance was organized by SS Dada together with local Acaryas and margiis to raise funds for the Ananda Nagar water project. Around 50 people attended at the AMPS jagrti and a total of 1.000 US$ was collected.

New Service Activity in Ba Der City

A new monthly service activity has started in Ba Der City, in the Zin Wen Institute for the Mentally Challenged. In this Institute there are about 200 people with severe mental problems. The Taipei service team is doing its best to teach them simple things and bring good experiences and feelings. No organization or group wanted to focus on this type of support, so the principal and guides had requested us to take care of them. We sing songs and kiirtan, help them to relax in a group of 30 to 40 people.

Care for the Elderly

A total of 4 Elderly Care Centers were visited in these last three months, by the service team of Taipei Bhukti, bringing joy, good company, kiirtan flow and best wishes for them all!

Among some of the regular centers we visited, are the Ai Ai Center, where about 40 people got benefited, the Zao Ru Center, where more than 20 people got benefited, the Wen Shan Center, where about 25 people got benefited and the Xing Yi, where 30 people got benefited. Management at the centers has expressed their heartfelt appreciation for our regular visits and warm feelings towards their elderly residents.

Service in Jhong Li

Service activities are taking place in Jhong Li as well. Every second Sunday of the month, margiis gather together and visit the Chensenmei Sanatorium, where 20 to 25 youth and adults attend the program. The activity consist of collective games, kiirtan, meditation, sharing and snacks for everyone. Everybody enjoys the spiritual company and feels happy to be part of this.

Jiasian Primary School

After the New Year's holidays, the service to the typhoon-affected children in a public school in Jiasian, south Taiwan has been resumed on request of the principal and teachers of the school. The Red Cross Taiwan has come forward to sponsor this project entirely (9,000 USD$), extending their support and appreciation. Every week Dada Priyabodhananda takes sisters Sulekha', Arunima', Iishita' and others in turns to Jiasian for yoga, art, English and other activities.

Linkou School

Bi-weekly visits to the school for Mentally Challenged Children in Linkou have started again. Kiirtan, Meditation and asana exercises benefit more than 80 children each time. New margiis have joined the team of margiis from SDM, PROUT, WWD and AMPS jagrti, with full support of Dada Karunamaya, Didi Ananda Rashmika and SS Dada. The children are improving considerably week after week, being more and more able to follow and enjoy the activities the teachers prepare for them. There are always big smiles on their faces when they see us! The principal and schoolteachers have expressed their gratitude and their wish that we can continue this activity.

SECTORIAL CONFERENCE

The three days spring Sectorial Conference held at the Ananda Suruci Master Unit in the south of Taiwan has been a success in terms of attendance and inspiration for all involved.

The Taichung Margiis chose the theme of 'Samgacchadhvam', the ancient mantra that for thousands of years has been inspiring collective movement in the hearts and minds of yogis.

Every aspect of the program went smoothly; from accommodation to the spiritual practices routine, from educational activities to tasty and well prepared meals.

We had the visit of Dada Nigamanandaji, our Central representative, who addressed several times the Margiis to share many anecdotes of his personal experience with Baba and insights about Ananda Marga organization and the Mission.

Margiis keenly participated to the five simultaneous workshops organized to increase everyone's awareness on Ananda Marga's views and solutions to the socio-spiritual issues that are challenging humanity.

The general ACB (Advisory Committee Board) to the SS met during the conference and there was also a meeting of Bukti Pradhana during which many important issues and plans were discussed. As a result of the discussions there will be an increase in Ananda Marga activities in Taiwan starting from July with, for example, a three days Akhanda Kiirtan followed by a four days ideological training for Margiis, a one week long meditation camp and finally a two weeks LFT training session.

A touching baby naming ceremony was also conducted by our Sectorial Secretary.

RAWA night was very inspired, full of talented artists with various expressions of art through poetry, dance, drama, Prabhata Sungiita, Bhajans and more!!

During the closing ceremony many prizes were awarded to those Margiis and Units around the Sector who have excelled in service work or any other aspect of Ananda Marga activities.

Seva Dal volunteers in full uniform performed their duty throughout the conference.

It has been collectively decided that next year 2011 October, DMS will be held in the Ananda Suruci Master Unit.

Prabha'ta Sam'giita

No. 1391

Tomár Kathá Bheve Din Kete Jáy
Tomár Chavi Mane Bháse
Tomár Madhur Priiti Mohan Smrti
Man Bhávite Bhálobáse
* Tomár Chavi Mane Bháse Tomár Kathá Bheve… *

Din Tithi Bhu'le Gechi Nijei Ha'riye Gechi
Tava Katha' Bheve Bheve Tumi Maya Hoye Gechi
Tava Sam'vartana Tava Anuvartana
Mor Hrdaye Udbha'se
* Tomár Chavi Mane Bháse / Tomár Kathá Bheve… *

A'mi Je Viin'a' Tava Tumi Viin'a' Va'daka
A'mi Je Vindu Tava Tumi Maha' Udaka
A'mi Je Toma'te Liin O He Prajiṇa'liina
Tha'ko Mora Prati Nishva'se
* Tomár Chavi Mane Bháse / Tomár Kathá Bheve… *

O Lord, thinking of You,
my days are passing.
Keeping Your image in mind,
Your sweet love
and enchanting memory,
The mind ever thinks with love.

I have forgotten day and date.
I have lost myself.
Always thinking of You,
I became like You.
Your encircling movement
always appears in my mind.

I am the viina
and You are the player.
I am a drop
and You are the ocean.
I remain submerged in You.
O one eternally
absorbed in intuition!
Stay with each breathing of mine.

FASTING DAYS

Sun May 9 Ekadashi

Thu May 13 Amavasya

Sun May 23 Ekadashi

Thu May 27 Purnima

Tue June 8 Ekadashi

Sat June 12 Amavasya

Tue Jun 22 Ekadashi

Sat Jun 26 Purnima

Wed Jul 7 Ekadashi

Sun Jul 11 Amavasya

Wed Jul 21 Ekadashi

Sun Jul 25 Purnima

Fri Aug 6 Ekadashi

Mon Aug 9 Amavasya

Recipe

Beetroot salad
1/2 Beetroot
1/2 Carrot

Dressing:
2 T Lemon juice
2 T Honey
1/4 t Salt
1 T Olive oil
1/4 t Parsley or Thyme

1. Peel beetroot and carrot, wash & shred.
2. Mix all dressing ingredients, stir into 1.

Serve after 15 minutes.

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No. 293 Cianfong Rd
Pung Area, Tainan City, 704
Tel: +886-6-2091460

Kaohsiung Jagrti
4-1 No. 154 Ping Dung Rd
Feng Shan City, Kaoshiung
Tel: +886-7-7435342

Hualien Jagrti
3rd Fl 8-2 Alley1 Lane 119
Jung jeng Rd, Hualien
Tel: +886-3-8362321

Ananda Suruci MU
56-4 Sha Tien Village
Yu jing Township,
Tainan County 71443
Tel: +886-6-5741965

Ananda Matrika MU WWD
No. 6 Lane 592 Fumei Rd
Meinong, Kaoshiung County
Tel.: +886-7-6817876

Upcoming Events

22/23 May - Sisters Spring Retreat - Xindian
27 May - Ananda Purnima - Baba's Birthday
29 May - Hair Donation Service Day - Taipei

16 June - Le Shen Service - Taipei for more information, please contact Urmila: 02-26329703 / 0922 295 593 / urmila@gogo.net.tw.

18-20 June - IRSS - Hualien

July: See below

Seminars:
12/13 June - Taipei
25 July - Kaohsiung
8 August - Tainan (to be confirmed)
12 September - Taichung

For yoga & meditation courses, service activities and other regular events please contact your local jagrti.

Ananda Marga Publications

With sincere efforts from the publication team, guided by brother Sanjayaji, the following 3 books have been recently published:

- Karma Yoga in a Nutshell
- Discourses on the Maha'bha'rata
- Sam'giita: Song, Dance and Instrumental Music

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

Ananda Marga Taiwan, Hong Kong Sector presents the

July 2010 - Bliss Intensive

72-hours kiirtan
Baba's Quarter, Yujing
Fee: 500 NT or US$15
Coordinator:
Dada Karunamaya

1 – 4
Akhanda Kiirtan

Sadhana & silence to dive deep within.
For new and seasoned margiis, near Taipei, fee to be confirmed.
Coordinators: Cidatma, Candreshvara, Dada KrsnaKumar & Dada Karunamaya

4 – 9
Ideological Training

If you wish to deepen your Ananda Marga spiritual and social practices, you are invited to attend this program to experience living according to Baba's directives. This intensive program aims to increase your speed on the spiritual path and the collective progress of our Mission.

The program will include collective kiirtan and long meditation, asanas, classes and workshops on sadhana, spiritual & social philosophy, caryacarya, conduct rules and organization.

Sunday 4 July (5 pm) – Friday 9 July (10 am)
Ananda Suruci MU & Shyam Sundar's House, Yujing
Number of participants: 15 – 30 margiis, apply by 15 June
Fee: 900 NT or US$30
Coordinators:
Didi Ananda Rashmika & Dada Yukteshananda

10 – 17
Meditation Camp

"Fight for your Ideology,
Be one with your Ideology,
Live for your Ideology,
Die for your Ideology"
Baba

18 - 31
LFT Training

LFT training candidates may contact Sectorial Office for more information and details of training and application.
Coordinators: Dada Yukteshananda & Didi Ananda Rashmika

Any of these programs can be attended separately of each other as well.

For more detailed information, please visit www.hks.amps.org and feel free to contact Sectorial Office or the coordinators for the same
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yukteshananda@anandamarga.net / +886 930389110, anandarashmika@anandamarga.net / +886 983521578

Please send your news to be included in the next newsletter to:
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