# Rasa Va'nii

## Newsletter of Ananda Marga Taiwan

2nd edition, September 2010

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" The Sádhakas who love God for the attainment of bliss are also strong ones, but they are not great ones. They may be strong devotees but not great ones. Only those Sádhakas are great devotees who do not aim simply on attaining bliss but work for giving bliss to Parámatma ´ (Supreme Consciousness). Devotees render services to the people because they know in the heart of their hearts, that the universe is the manifestation of Paramátmá. Every mundane creature is the progeny of Paramátmá. If one will do service to the people it will be tantamount to please Paramátmá. A devotee performs Sádhaná only because Paramátmá wants this. Thus a devotee performs sádhaná only to please Paramátmá. Such persons are called Gopa. Gopayate ya sah Gopah i.e. one who imparts bliss to Paramátmá is Gopa. "

Shrii Shrii Anandamurti

14 October 1966 DMC, Mumbai
from "Salvation & Devotion"
Subháśita Saḿgraha, Part 19

# Messages

Namaskar dear all!

Once again we meet in Rasa Vanii, the Newsletter of His Flow in Taiwan!!

This newsletter is dedicated to Baba, who is the source of endless inspiration for us all. I highly appreciate the tremendous efforts and support from Margiis and Acaryas in Taipei, which enables me to make such a newsletter. Thank You!

These last months, we have gone through many important events on the island. Events which were great motives of unity, bliss and deeper realization of His omnipresent existence.

At times I wonder, how can Baba be so generous with us human beings, through His loving care and constant guidance... even in the most difficult or desperate times of our lives? "It is His Grace, beyond our comprehension." I hear each time the answer, experienced in the living faith in Him everyday.

Remembering Baba's words... *"You have to serve humanity. You have to dedicate yourself to the cause of humanity as a whole. Your life is valuable; your time is all the more valuable. You should not waste a single moment. The task is glorious. The task is novel. Lead the life of a warrior and constantly fight against evils. You will be victorious. So march ahead!"*

Baba wants to see us as One family, moving with great determination in unison together, sharing and working for the betterment of Taiwan, this world and the entire universe, on all levels, while deepening ourselves in His flow and walk a true path in our lives. We are to break down all obstacles that our minds carried since time immemorial, as they are impediments on the path of Sadhana and daily inspiration.

With my sincere wishes for you to go deeper and deeper in your daily practices, devote more yourself for Baba's mission in Taiwan and inspire others to come along this mysterious Path of Bliss, Ananda Marga.

At His lotus feet,

Dada Karunamaya
(DS Taipei – Acting RS)

Dear all, namaskar!

Everyday whenever anyone would go to see Baba, He would ask very lovingly what the good news from the field is. We would very gladly give all our good news to Baba.

I wish that readers will get lots of news, inspiration and understanding from this 2nd edition of Rasa Vanii – Taipei Regional Newsletter of AMPS, Hong Kong Sector.

I wish Baba's Grace to the Editor (Ac Karunamaya Brc) for this colorful newsletter.

Best Wishes!
Ac Shubhaniryasananda Avt
(SS Hong Kong Sector)

Living in His Flow

In thinking what to do
To make this world a better place
With limited views and clarity
My mind runs a frantic race

In desperation I ask You
What on earth I am supposed to do

Maximum efforts to move that rock
Pushing with all my might
It may roll or it may not
But take the result in stride

If the rock hasn't changed
Surely have I
And that is the gain
Not to be passed by

Humbled and stronger
Even wiser perhaps
I realize mine is a role
Of a much greater Plan

Freed, I work and march ahead
Taking Your name
Liberated, thinking
It's merely a game

Through which I learn
To laugh, to give,
To sing and to dance
Love, and truly live

Avt. Ananda Rashmika Ac.
(PWSA Hong Kong Sector)

# Ananda Purnima 2010

On the occasion of Baba's Birthday, Ananda Purnima, more than 80 Margiis and Acaryas came together in Taipei jagrti to celebrate this auspicious day together.

Everyone experienced a very warm family feeling, starting with collective paincajanya in the morning with long kiirtan and with later on the day three hours Akhanda Kiirtan in the evening, collective meditation, Baba's video and Ananda Vanii, read in more than 16 languages!!

We are sure He was enjoying much more than us, to see everyone together on the day where we celebrate His blissful coming day to this earth!

ANANDA VANII

*To attain Brahma you shall have to do sadhana or spiritual meditation. You should make Him the only goal of your life. For this you require integrity, devotion and singular and earnest love for Him. He is not attainable without reverence and unflagging and unflinching devotion. When the devotional depth will come, love, too will be out-brimming with high sentiments- will be full and over flowing. When love will reach its completeness- its saturation point, merger of the self into Supreme, will become easy and simple. In that state alone will come your final realization of the Supreme Consciousness"*

*Shrii Shrii Anandamurti*

I participated in celebration of Ananda Purnima, Baba's birthday on Thursday 27 May in Taipei jagrti. On this special day, even the sky and earth were spiritually charged. When I woke up at 4 am the sky was silvery white and the air was so fresh that is was hard to believe it is Taipei's air. I couldn't resist to breathe deeply and felt energized physically and mentally. By now the sky had become entirely white; it was a sunny day without any clouds. Even the sky was touched by the spiritual atmosphere of this day. Even the mountains and stones could move sensing the spiritual force.

At 5 am more than 30 margiis were enjoying the bliss of Prabha't Sam'giita in Taipei jagrti. Although people had to work that day, still many came to celebrate. It showed how important this day is to margiis. Of course all Acaryas participated in this celebration too. The long kiirtan lead to the climax where everyone got spiritually uplifted, enlightened, as if Siddha and Gandharva were gracing the occasion with their presence.

Meditation felt crisp and clear, and the air in Taipei jagrti was for the first time so tasty. It was as if the air turned into nectar within me from which I drank each breathe, intoxicating me. Time and space blurred; I just enjoyed the nectar of bliss. It was only when I faintly heard the pure sound of Guru Puja' that I came to realize that meditation ended. I was really reluctant to leave…

*Ananda Vanii was read in more than 16 languages*

Ananda Vanii was read in many languages. The Ananda Vanii which Baba gave told us that we have to do sadhana or spiritual meditation to attain Brahma. Make Him the only goal of life. To become one with Him, we require integrity and unflagging and unflinching devotion. Then will come the final realization of the Supreme Consciousness.

I left to work after breakfast. I heard that from 3:50 pm, the activities started again with Akhanda Kiirtan, meditation, Baba's video, RAWA programs and dinner. More than 80 margiis participated and Taipei jagrti was packed. For some reason I had to miss the opportunity, which I deeply regret.

Japesha

The vibration and the feeling of kiirtan on Baba's birthday celebration were so great!

Jyotish

# Bliss Intensive July 2010

## 1 - 4 July
## 72-hours Akhanda Kiirtan

Madhu Shaelam, Baba's Quarters in Yujing

**From 1-4 July more than 80 devotees from all units of Taiwan gathered together at Ananda Suruci Master Unit in Baba's Quarter, to drift in Bliss during 3 inexplicable days, completing a total of 72 hours Akhanda Kiirtan as a unique event in the tiny green island!!!**

**All present made sincere efforts to keep the kiirtan flowing non-stop. The result was an extraordinary collective movement, in which everyone participated and benefitted while contributing to the success of this devotional event.**

**The long kiirtan brought tremendous inspiration to everyone and more devotion for Baba. All felt the positive influence of kiirtan on our sadhana, the chance to go deep in meditation and feel His presence.**

**The installation of Air Conditioning also helped a lot to keep Baba's quarters, and the devotees, cool. All Margiis were requested to help for its purchase and installation.**

**We have targeted to make this sort of program every year, looking forward to increase the number of Kiirtan days!! Thanks to organiser Dada Karunamaya and all Margiis and Acaryas who have been an instrument of His Grace, to help and coordinate during those blissful 72 hours in all respects.**

**72 hours Kiirtan CD!!**

For those who want to maintain the good memories of this blissful 72-hours kiirtan, and for those who were unfortunate to miss this memorable happening, a CD is in the make with the best kiirtans of the event.

Donations for the CD will go towards the cost of the air-conditioning in Baba's Quarters that was installed that time, so that all future devotional programs will be more comfortable for all margiis attending.

*Baba Nam Kevalam Baba Nam Kevalam Baba Nam Kevalam!*

I am grateful to Baba for providing this opportunity to a new margii as me to understand more about Ananda Marga and get closer to Him.

Some margiis asked me: "Why did this work for the transportation of the 72 hours Akhanda Kiirtan come to you?" Actually the reason is very simple: to get close to Baba. It is really a pleasure to become Baba's tool to promote His love! Through this activity, apart from understanding more about the organization of Ananda Marga, in the process I also met many senior margiis who gave me warm-hearted instruction and help just like a real family.

As Baba's love is everywhere, many different expressions of Grace occurred every single day. Because of Baba's profound Love, margiis surrender to His lotus feet devotionally.

Maungala'

# 4 - 9 July
# Ideological Training

**Didi Ananda Rashmika and Dada Yukteshananda organized a wonderful Ideological Training from 4 - 9 July in Yujing. There were 11 margiis who joined and got tremendous inspiration and could deepen themselves in Baba's ideology and His teachings. Feedback from the participants was very positive; all felt they had learned a lot and at the end of the week the requests came to organize more camps like this, with practical classes, philosophy, living according to AM ideals together and of course inspiring kiirtan and deep sadhana. Below the inspired sharing from the participants:**

*"After these days we lived together, we learned many things together. I really feel like we are a big family, very warm, very touching. I learned many things. Something's I didn't know before, Something I heard before but we make it more clear. Everyone want to stay longer because we very much enjoyed the place here and of course the atmosphere."*

*"For me the ideological training was more practical than reading Baba's books.*

*I hope this program will continue every year and we can continue learning."*

*"It is like I went to a mountain with treasures and I got my hands full."*

*"Whatever happens we should not forget our goal."*

*"I feel what we got is much, much more than what we offered...*

*During the kiirtan I never felt this happy before, so I really enjoyed the kiirtan here."*

*"At the end of the program I feel very glad I came. It is really different a very special experience.*

*I think it changed me a lot. I want to be a spiritual warrior, like Baba said."*

*"It is very different. Not only family, but we do something very real.*

*I feel is very good training, I hope we can inspire more and more margiis to come here.*

*It is a very good chance to live here together and study these days.*

*Thank you all!"*

*With thanks to Shyam Sundar for letting us use his house for this inspiring training!*

*Participatory class on Dharma*

*"Dada asked me "Do you know what is ideological?" I could not speak anything about ideological, because I didn't know what is ideological, or what is the meaning of ideological.*

*I think I found the answers very deeply in my heart. And I think that this training has been very good for me because it makes me realize that what Baba says about Satsaunga. In that vibration everything goes well. So for me what is ideological? I think it is ... For me it is follow Baba's guidelines and His mission, that we should do the self realization and do the social service.*

*I think this is a very good training, I hope next year and in the future we will continue to have such programs."*

*"I feel here like at home. Collectively doing practices with everybody is very inspiring.*

*Thank you. And it should definitely happen again and again, these programs."*

# Bliss Intensive July 2010

## 10 - 13 July
## Tantra Sadhana Camp

**From the 10 - 13 July, a 4-day Sadhana Camp was organized by Taipei Jagrti coordinated by Liila, Chandreshvar and Cidatma with the cooperation of several Margiis, LFT Tusita, Didi Ananda Rashmika, SS Dada, Dada Krsna Kumar and Dada Karunamaya. It was a very inspiring camp, where more than 60 people attended!!**

**We were all fortunate enough to have the visit of Dada Svarupanandaji, who came all the way from India to inspire us and share his close experiences with Baba during his long sanyasii life.**

**The program was arranged in such way, that people could go deep in the practice of Tantra, through 72 hours Maonavrata (spiritual silence), several Sadhana Shiviirs per day, highly inspired talks and sharing from Dada Svarupananda every evening with a lot of Baba's stories and meaningful advise, ending the program with a very blissful Akhanda kiirtan the last evening.**

*Dadaji's sharing of his experiences with Baba gave much inspiration to margiis and new people alike.*

I have participated in the Sadhana Camp. I had more energy, I felt light. We ate delicious and natural food. I like light foods, as I also cook in that way.

During the sadhana camp I came to know the importance of fasting. I also experienced 36 hours fasting when I came back home. I deeply felt no burden on the body. I found the light and energy emerging.

In the sadhana camp I also discovered the spiritual dance Kiirtan, learnt how to sing BABA NAM KEVALAM, like it more, love it more. Worries disappear when we dance Kiirtan. It is a tender melody touching me, intoxicating me. The rhythm and harmony movements made my body more supple and soft. Spiritual dance lets me have more abundant energy. Chanting - infinite joy. Chanting - my heart feels more inner peace.

This Sadhana Camp teaches me more of the spirit of Ananda Marga and how to move forward on this blissful path.

I could reach to the joy and peaceful realm while was meditating.

Infinite gratitude! Hearty thanks !
Zhang Aiqiong

I have been practicing yoga for many years without being aware about the spiritual aspect, regrettably so. My good friend Aichong offered the message to me. Also through some margiis and with initial knowledge about Ananda Marga, I made up my mind to participate in the sadhana camp.

The meditation site was simple and quiet. Sitting on our own mat the body relaxes soon, feeling the breathing and enjoying the peace of mind. Due to lack of practice of sitting cross-legged, after half an hour it became difficult. When my feet would be stiff and uncomfortable, I would open my eyes and look at the in front wall, at Baba's,Guru's photo. When I would look at fellow participants each one steady, upright I had no alternative but to re-close my eyes. This kind of situation continued for two days.

On the third day my feeling changed due to the akhanda kiirtan. Sometimes with opened arms, sometimes hands clasped together, loudly chanting Baba Nam Kevalam for 3 hours. The whole hall was filled with spiritual flow, and everyone immersed in this great Bliss.

# 14 - 29 July
# LFT Training

**The conclusion of the intensive programs of the July month was the LFT training for brothers by Dada Yukteshananda, held at the Yujing Master Unit from 15-29 July. With the dedication of the trainer and the cooperation of the trainee brothers, a successful LFT training took place in which the brothers learned much about Baba's philosophy, Ananda Marga's ideology and how to live life accordingly. After the training they expressed how the training has strengthened them in their commitment to their spiritual practices and to work for Baba's Mission.**

Three brothers participated in the training: Brothers Sukhamaya from Taipei, Pavitra from the USA who has been working and living in Yujing and Karmesh from Korea. Dada gave 2 classes every day on spiritual and social philosophy, conduct rules and the AM organisation. The trainees passed the exam taken by SS Dada on 29 July with flying colours. Shortly after the newly qualified LFTs received their postings and duty, which they accepted with enthusiasm for this new phase in their lives and with dedication for the Mission in Taiwan and Korea.

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It was driven by an incredible magic power. During the devotional night, Dadaji shared his experiences with Guru and Guru's almighty capability, really amazing. Every day I sat, opened my eyes looking at the wall, "Baba" photo, felt He is Him, I am me; there was no link. But after the sharing of that night Guru entered my mind. The next morning during one hour collective meditation I felt alone in the morning enjoying nature, subtle sounds of the wind and birds, which was the best feeling during those four days, even though after half an hour my feet still felt uncomfortable. But I opened my eyes and looked forward, and saw clearly "Baba" was smiling to me. So kindly, as if saying to me "you can". Really I have a perfectly happy ending.

Thanks to Margii's request for my sharing. Already one month after the sadhana camp, the spiritual feelings were like a full kettle with a small hole, leaking little by little. With this recalling, there is running water again into my inner feelings. Thanks to Aichong's lead and company. Of course, on this spiritual path, this is only the beginning. I hope I can move forward on the path of bliss from now on.

Wu Zhihen

YOUR MISSION IN LIFE

"Yours should be a glorious march towards the Supreme Goal, and you should remember that you are not to pause a moment during this movement. The entire human society is anxiously waiting for you, for your service. You will have to shoulder a great responsibility for this suffering humanity. You know that humanity is bleeding, and you will have to save it. You should remember that if you do not help humanity, who else will come and shoulder the responsibility? It is you, you are to do everything. You are the torch bearers of human civilization. You are the pioneers of the human march, you are the vanguards of the new civilization."

(Shrii Shrii Anandamurti,1979, Discourse in Caracas, Venezuela)

**These programs have been a source of a lot of positive microvita for the region, benefiting the participants and everyone in Taiwan!**

**We hope that every July for all years to come may be as blissful as July 2010!**

# From around the Region

## Taipei

**7 x Akhanda Kiirtan!!**

Kiirtan is true means to live our lives with devotion and to serve the Supreme with the purest feelings from the heart!

Out of inspiration and the wish to do more kiirtan, to welcome Baba's birthday that was coming at the end of May and to create positive microvita to counteract all calamities happening in the world, in Taipei Jagrti we have organized 7 Akhanda Kiirtan in a row in the month of May!!

It generated a tremendous positive vibration for the collective welfare of all. All margiis expressed their happiness to have been able to do so much kiirtan and enjoy a blissful flow!!

*"The motive of these Akhanda Kiirtans was the numerous disasters happening in the world. It made us more conscious about the misfortune of many people and inspire us to be more united in the compassion."*

Vikram

**Revolutionary Marriage**

On Sunday 13 June, a Revolutionary Marriage as per Baba's system was held in Taipei Jagrti.

Brother Jayadeva and Sister Devavanii have been blessed by Baba in the true sense. The couple's relatives, many margiis and the local Acaryas had joined the colorful ceremony. May they live, share and reflect Baba's ideology in their own lives and to all around them! Congratulations!

**Vegetarian Party & RAWA concert**

In order to raise money to buy land for our social service project of AMURT/EL in Russia, under the direction of SS Dada, a RAWA concert and vegetarian party were held on 25 July in Taipei Jagrti. The Music Club of Taipei Jagrti was in charge of preparing the RAWA concert.

In the concert, it was nice that Didi Ananda Gunamrta' gave her sweet bhajan performance. The audience always feels very touched by Didi's devotional singing. In addition, our special thanks to the local artists playing the traditional instruments. When they heard it is a charity concert, they immediately agreed to give their performances. We feel deeply grateful for their help and warm support as one family. The sentient concert, food and the great benevolence of every attendee, let the 70 persons gathered be in joy and happiness.

The Music Club of Taipei Jagrti was started by Dada Krsna Kumar with the aim to promote Kiirtan and Prabha't Sam'giita. The members of the Music Club usually practice together, give RAWA performances and do Kiirtan service. You are welcome to join us and do the spiritual musical service work together!

by Lokatiita'

**New Ananda Marga Center**

Through the initiatives of SS Dada, Brothers Cidatma, Santosh and Candreshvar a new Center has been opened in Nanjing East Rd.

There are weekly regular asana classes with about 12 students attending each class and philosophy classes given by Cidatma with 10 people attending. Once a month general lectures about health and Tattva Shabha are given.

The Center has a very high standard, located in a good area and newly renovated.

On Sundays from 9-11 AM regular Dharma Cakra is being held.

All are welcome to visit and attend activities!!

Address:
Nanjing East Rd.150, Sec 4, 5th Floor,
Telephone : 02-2570 3083.

# Zhongli

In Zhongli jagrti, we have Sadhana Shiviir from 9 to 12 am on the last Sunday of the month. A'sana classes are conducted from 9 to 11 am every Tuesday morning. Harideva teaches the class.

Social services activities are held regularly on every second or third Sunday of the month in the afternoon. We visit Chensenmei Sanatorium where about 76 mentally-retarded adults are taken care of. Each time about 20-30 people attend our program which contains fun games, simple asanas, kiirtan and meditation. Everyone seems to enjoy the program.

On July 10, almost all the Zhongli margiis and others (totally 21 people) visited Mr. Hoshino's biotechnology company, Mr. Beilin's organic farm, a Buddhist monk's organic tea farm in Nantou.

by Shucismita'

# Hsinchu

On 26 June a very inspiring Sadhana Shivir was held in Hsinchu with the participation of 13 margiis. The program started at 8 am with a series of Kiirtan and long meditation until 8 pm!!

An outdoor meditation inspired all margiis to go deep inside and enjoy the depth of Sadhana.

Hsinchu Unit is working very hard to make a good compilation of Prabhata Saungiitas, with clear Chinese translations and right Bengali/Sanskrit spelling. Much appreciated!!

The Publication team is sincerely working in Baba's books translation and will release new Baba's book in Chinese some time in October.

**Yoga for Teenagers**

We continue with the regular visits (twice a month) to the Municipal Minzu Junior High School in Taipei. Starting off with an introductory talk on different Yoga subjects, around 15 to 20 kids enjoy warm ups, simple asanas, kiirtan and meditation. The children feel very happy with the activity as they appreciate to experience something new in their lives and for their development.

*"At the beginning of the teaching period, I was full of doubts. I did not know what kind of yoga is safe for this age group; my classroom management skills to control the atmosphere was poor; and the students were easily drifting off.*

*After a few classes however I felt our team spirit in which we were leading the yoga classes. We shared duties; supported each other in emergency situations. I also let go of the expectation of the effects of students' learning; I let go of the requirements of the students; I accepted that they would be in the mood or not and found ways to encourage them to try.*

*Finally, thanks to my partners and DS Dada. Just as the Mantra before meditation, "Let us move together, come to know our minds together, unite our intention, as we truly know one another." To serve the students together, do the best service! I think Ananda Margiis uphold the idea of such a service! I only do my part, just little bit! All are Baba's grace, giving and receiving has been in the flow and transformation!"*

Prema'

# From around the Region

## Hualien

Taipei Region's IRSS took place in Hualien on 18-20 June. After an inspired Dharma Cakra a general meeting with local Margiis was held, in which the Unit Committee for Hualien was established, with Sister Ispita as Hualien's new Unit Secretary. Local Dharma Cakra and Asanas classes are regularly going on.

Nowadays only a few margiis live in Hualien, but each of them are doing great work. As the pioneers, on the one hand, they focus on the issue of sustainable living and are holding a perma-culture study circle with the community. Many people gather each time; people who are concerned with the environment and take action in their daily life at the same time. Each session has very enthusiastic discussions! On the other hand, margiis also continue to teach asanas and introduce the lifestyle of Ananda Marga to local people. With endless potentiality, the spiritual seed in Hualien is growing.

On 18 August Didi Ananda Rashmika gave a lecture about Yama & Niyama called "Ethics of Love - Create harmony in your life and a firm base for your spiritual progress." Didi explained all the points of Yama & Niyama with their relevance to daily life and the spiritual path. The lecture took place at a trendy breakfast cafe and around 20 people attended. Several sisters learned meditation the following day and margiis too are happy to have a new wave of inspiration flooding Hualien.

## Taichung

Taichung margiis took part in and were blissed out at the 3 days kiirtan program, some were there for the whole program, others joining as work and school permitted.

Dada Yukteshananda conducted LFT training for margiis from all around Hong Kong Sector and he also helped in the ideological training program both held in July. Margiis from Taichung unit also attending the ideological training.

Taichung unit has planned and organised an Introduction to Ananda Marga and Meditation course for new people and new margiis due to run in September and we are advertising that on the Taichung unit blog and looking for people to attend.

Taichung margiis are also organising new asana classes to be started at the end of summer.

## Tainan

Tainan and Yujing margiis and local Acaryas are organizing the Sectorial Conference for this coming October, making all needed arrangements and programs so we can have a wonderful Conference in Ananda Suruci Master Unit from 8 –10 October 2010.

All are welcome!!

## Kaohsiung

The best news from the Kaohsiung area is the Jiasian Primary School Project by the Ananda Marga Foundation.

Everyone has been working very hard for that project over the last year. Everything went well and the teachers and staff were very happy. They presented us their appreciation letter for our contribution and dedication. The AM Foundation played a very good roll in this project.

Other activities in Kaohsiung include asana classes, even free classes for students, meditation and philosophy classes every week.

# Seminars

A Second Phase Seminar was also held in Chong-Li Unit on 8 August. It was arranged by sister Shucismita with classes by Didi Ananda Rashmika and Dada Karunamaya.

Margiis expressed their willingness to learn more about Baba's philosophy and organizational structure of Ananda Marga.

Seminar is one of the 16 points, the basic spiritual practice which was given by Baba. Except studying Baba's teaching, we have the best opportunity to have satsaunga with others.

Through seminars, we understand the structure that Baba prepared for human society step by step, and discuss how to put HIS work into practice.

Tus'ita'

We hope more and more margiis in their respective units will join the upcoming Seminars next year!

## Taipei Diocese

The first Diocese level, Second Phase seminar took place in Taipei with great success.

The seminar was arranged by General Bhukti Pradhan Taipei, Hemavatii, with the coordination and support of DS Dada Karunamaya.

On Saturday 12 June, the seminar was held in PROUT office with more than 30 margiis attending. Dada Rasabuddhananda gave a class on Water Conservation.

The second day of the seminar, Sunday 13 June, was held at the SDM premises at Zhong Xiao E. Rd. with over 40 margiis attending. The response was very positive as margiis came to realise the importance of seminar. The first class on "Dhruva and Adhruva" was given by Dada Yukteshananda, followed by a devotional class given by SS Dada on Bhakti, Mukti and Parama Purusa.

After lunch SS Dada lead a discussion about the organization, the different departments that Baba gave and the importance of having an organizational duty.

All local Acaryas also joined the seminar and gave a good input on various subjects.

## Kaohsiung Diocese

At the end of August, Seminar was held in Kaohsiung Jagrti where more than 10 margiis attended. Classes were given by Dada Rasabuddhananda and Dada Karunamaya, on Water Conservation and Bhakti, Mukti and Parama Purusa respectively. General guidelines were also given to all present margiis, who got the chance to learn and deepen their knowledge on Baba's teachings and organization.

# WWD Sisters Strength

**News of the Women's Welfare Department (WWD)**

Over the last months WWD had several bigger and smaller events.

A sisters' retreat with the theme of "Strengthen yourself and serve others for the same" was held in May. During the retreat several classes were given. The workshop on 16 Points lead by Didi Ananda Rashmika offered an overview of the most important practices for our all-round progress. A painting workshop by sister Karuna taught sisters about seeing and trusting themselves, and expressing themselves creatively. After the evening practices and dinner, sisters shared on the candlelit rooftop sisters their learning experiences and challenges on the spiritual path. The second day Didi lead a workshop about what WWD has to offer to women in Taiwan. In small groups sisters discussed what problems women face, what solutions are needed, what concrete action we as margiis sisters can take. Strengthened by the collective spiritual practices and satsaunga sisters returned home with renewed inspiration for their spiritual path and service to others.

Other activities of WWD include cooking classes, art classes and of course yoga classes. A workshop by Didi Ananda Rashmika on how to deal with interpersonal situations was held at the WWD Taipei office. Many sisters had let their hair grow for many months, before donating it for making wigs for children who are undergoing cancer treatment. Funds for local and international WWD activities were raised with flea markets and finger puppets and of course sisters contributed in many ways to general activities that took place in Taiwan.

## Ananda Preschool in Taipei

The prechool in Taipei is doing well in many ways. The children are happy and are growing every day, not only physically, but mentally, socially and emotionally. During her visit in July Didi Ananda Gunamrta worked hard at the school to support and guide the teachers and the school. About working with the children she writes:

*"When I was there, I did a few sessions with the children. With the little one I did activities of music & movement and arts & crafts. With the after school group (primary school children) we did art work, and I was truly amazed by the children's ability to work together in a team and support and care for each other. The teachers (Alopa, Vilina and Maniisha) are very supportive. As per the children's choice, we made a big display. It took 1.5 weeks to complete. Everyone enjoyed making it together and still the children are proud of their accomplishment!"*

## Taiwan Tour of Ananda After-school!

Teachers Vilina and Snehalata' embarked on a great adventure last July. They took 15 elementary and junior high school children on a tour around Taiwan, living and travelling together like one large family. With the help of Vasistha, Baishou and others, the group travelled to Yilan, Taitung and Meinong. Everywhere they went to learned something about nature, the local customs and crafts, history, etc. At the same time they prepared their own food, washed their own clothes, and more importantly, they had lots of fun! Hats off for the teachers and their dedication to make it happen!

# Master Units

## Summer at Ananda Matrika Master Unit

The WWD Master Unit in Meinong has been the stage for lots of activities the last few months. Children's Summer Eco Yoga Camps were held twice with 16 children and 29 participants respectively.

In the first camp, the live-in children (age 10-11) did their own washing, cooking, cleaning etc with minimum supervision from Iishita. The highlights of the camp are the activities of bush planting, leaves and fiber art, as well as an especially entertaining RAWA program from which we discovered 3 potential talented performers!

Since Diinesh (10 yrs old) went back to Tainan, he did 10 minutes of meditation at Dharma Cakra and he has insisted to do 5 minutes Kaoshikii everyday! Hence his parents have asked us if he could stay for the rest of his summer vacation to experience living in a spiritual environment while he is still young. They plan to let him stay with Dadas in Yujing MU when he gets older.

Seven more big trees (which were abandoned by Dalin Thermal Powerplant) were planted on the east side of our meditation hall last month, courtesy of our environment and ecology benefactor, Mr. Chiang.

The second camp included a tree-planting and clean-up service on a neglected government land on a mountainous area in Chisan which Mr Chiang and his friends plan to convert into an Eco-Park. A "Pizza Lunch" party and campfire RAWA program was enjoyed by all. Capping the day's program was an amusing late night video showing the campers Taiwan tour.

Addendum:
Phase 2 group did regular spiritual practice and the children are so disciplined, organized and responsible!

## Ananda Suruci Master Unit

There has been a lot of development and progress in the Master Unit in the last 3 months. In the farm we have successfully planted over 400 fruit and nut trees of over 30 different varieties. And the two newly dug irrigation ponds are full of rainwater. Growing organic fruit is quite labour intensive and we are very keen to attract volunteers to work in the Master Unit. Even if it's only for the weekend, you are most welcome to come and help out. It's a great chance to get away from the city and enjoy the natural beauty and peaceful environment. All your food and accommodation will be provided. Please contact us if you are interested.

The fasting camps are becoming increasingly popular and the last two camps were fully booked. It's so inspiring to see people enjoy the benefits of a yogic lifestyle for a few days and witness the very positive change in them.

Ananda Suruci was also host to some inspiring programs in July which included 3 days Akhanda Kiirtan, Ideological training and LFT training. Three brothers completed their training and are all inspired to do maximum work for Baba's mission in Hong Kong sector.

A new website was completed recently: www.anandasuruci.org. As well as providing information about the organic farm and fasting camps, the site is advertising a Permaculture Design Course that we will be hosting in February 2011. Please visit our site for more information.

# SDM

* A total of three meditation classes for new-comers were organized in July. Around 16 people attended the classes coordinated by brother Gopal. General classes on Yama and Niyama, asanas and other aspects of meditation were given.

* A one day seminar was organized on July 25 in SDM, with more than 40 margiis participating. They expressed their gratitude for the opportunity to learn more about Baba's philosophy.

* A one-day meditation camp was held for newly initiated people. Eighteen people participated in the program that consisted of Sadhana Shivir, with 1 hour meditation and 40 minutes kiirtan for two times and introduction to Kaoshikii.

* In the months of June and July Dada Candreshvarananda gave a series of Sanskrit classes, translated by brother Tapendra. More than 30 margiis participated. Dada started from the meaning of the Sanskrit names of the participants and other familiar names. Dadaji explained the pronunciation of Roman Sanskrit. The next course starts on Thursday 2 September.

* SDM margiis organized an inspiring Fasting Camp in Xindian at the end of August. A total of 6 margiis put their energy together for the camp for 14 attendees, with the general coordination of Mainju. Classes on Yogic Diet by Dada Karunamaya and on Fasting and Health by Mangal, as well as an open Q&A session by Keshava were given, where the participants showed their interest and willingness to learn more about Yoga and its practical aspects. The participants learned the mantras for collective meditation and highly appreciated the opportunity to experience two days of fasting.

## Pracar to hospital staff

On 26 August Didi Ananda Rashmika gave a lecture called "Yoga - for Peace in Self and Service" to around 130 hospital staff in Linkou. The lecture was coordinated by Candana' and part of a morning symposium organised by the Chang Gung Medical Foundation, Taoyuan branch, especially for nurses and volunteers who work with dying patients.

Didi introduced Yoga as the way to connect to the Eternal Self, beyond the transitoriness of this world. She explained the various Yoga practices and how they bring peace within, and how that peace and knowledge can help us in serving others as those nurses do. Curious about kiirtan the attendees requested to not only sing but dance as well. Baba Nam Kevalam filled the auditorium with joy, and peaceful silence followed in meditation.

# ERAWS Active in Service

## Care for the Elderly

The elderly care centers in Taipei are also having regular visits from a team of devoted Margiis, Dadas and Didis every second week.

We have created close relations with some of the elderly, who now are better able to follow the Kiirtan, warms ups and sharing that we regularly prepare for them.

On 22 June we were invited by the Ai Ai center to be with the elderly at the time of governmental inspection, to show what beneficial activities are regularly happening at their center.

In total, more than 100 elderly people has been benefited from our regular visits!!

## Ba Der Institute for the Mentally Challenged

We have been already several times in the Zin Wen Institute for the Mentally Challenged, in Ba Der.

In the situation there, the residents are unable to follow directions or warms ups. Therefore we have decided to have a purely spiritual approach with kiirtan, bhajans and music.

Most of the children and adults who join the program show in their expression the happiness when the kiirtan is going on. There is also remarkable appreciation from the local responsible authorities.

Monthly Wednesday morning visits have now been increased to two visits per month.

## Mentally Challenged Children School in Linkou

The service to the Mentally Challenged Children of Linkou school has been taking place twice a month with a constantly increasing number of Margiis attending and the constant support from Dada Karunamaya, Didi Ananda Rashmika and SS Dada.

We have completed our visits twice a month to the School for this half year. In this, more than 15 margiis together with Acaryas from Taipei have given much of their time and inspiration to about 80 children. The programs as usual were arranged with Kiirtan, Warm ups, simple asanas, kiirtan, bhajans and meditation.

Because some 30 of the children graduated, we organized a very special program for them with songs, a poem and slideshow with pictures of last months visits. Everyone was very happy and touched, with tears in their eyes and hearts full of His love and care.

Dear Children, thank you! I see angels of the true, the good and the beautiful through you. One time, after class, one girl helped another girl who got pain from her period. She helped her on rolling the yoga mat and putting her shoes on. She sorted everything out sweetly. That was very touching to me. I felt shame, and also reviewed the external common judgment towards the presence of inner sense. Although she is incomplete physically; she is full of light and love of "divinity" internally.

Thanks Baba arranged all this for me. I understood the love of the intrinsic divinity, and Baba is everywhere.

Prema' Devii

The above service activities are being run and coordinated by the sincere efforts of Margiis and Acaryas of all Ananda Marga Departments with the support and cooperation of Ananda Marga Foundation.

For more information on service activities in Taipei or if you would like to join, please contact:
Kamalika: kamalika01@gmail.com - 0960632906 Dada Karunamaya: ds.taipei@gmail.com - 0975327371

# ERAWS Active in Service

## Lo-Sheng Sanatorium Hospital Service

**On the day of the Dragon Boat Festival (16 June), 20 margiis and 4 Acaryas went to the Lo-Sheng Sanatorium for Leprosy patients. The program, coordinated by sister Urmila and brother Caetanya made everyone sing, dance and laugh as one big family.**

My first contact with the Lo-Sheng Sanatorium Hospital was as a research assistant. I was making a questionnaire, and the security was tight; one had to have an application to enter. Later on, around 20 years ago, we went there with margiis do service and at that time it was already easy to go in. We selected serving a group of patients living in a wooden house that looked simple yet very strong. Usually 10-15 margiis would participate in the service. During that time student groups also visited the residents. For the convenience of the people who spent a long time together under wax apple trees, we also helped fundraising to built a small pavilion, which unfortunately has now been removed. In addition to the Dragon Boat Festival, Mid-Autumn Festival and Christmas were also dedicated to Lo-Sheng Sanatorium Hospital. Sometimes we also organized activities to support it (like with gardening!). For each visit, on every occasion we would prepare the food and lunch with them. After lunch we hold singing competitions. Once impressive, we were making dumplings, cook hot and sour soup and of course, fruit and dessert were also essential. Some margiis sang songs together with the patients. It was fun. Now when I think about this I can still smell heartily. Many of these patients came here at a very young age. At that time there was no good treatment yet, so once they went there, it was even very difficult to get out through that door again.

In recent years the people fight for green land as part of the reservation, against the government for a long time. The large wooden houses were demolished; residents moved into prefabs and until now they still refuse to move into the so-called elevator building. Our visit also followed them to their migration home, and now we are dining, singing kiirtan and blessing songs also in the temporary housing.

Over the years, some elders have passed away; very sad to know the fact. Our hearts always think about how many times we can meet with them still? Although each of the meetings will be less attended after the first, but we hope the blessings can be sung sweetly longer.

by Urmila

"When you render service to anyone you must mentally address them with sincere devotion. "O Lord, O Náráyańa! Oblige me by accepting my services. You are merciful to me, and for this reason you have appeared before me as a living being to offer this very precious opportunity of rendering service to You."
Shrii Shrii Anandamurti

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

## Taipei Juvenile Detention House

**Ananda Marga has been serving in the Taipei Juvenile Detention House for a very long time.**

Over the years, many margiis from Taipei have contributed to this valuable service. Margiis have joined according to capacity for different periods of time. Some have joined for many years, others only the last few months, while sister Raginii has continued the coordination of the service for over 17 years!

We have divided the youth into two groups for the classes, one for junior and one for senior high school. Each class is 50 minutes long. The lessons are focused on spiritual upliftment, the concept of samskara, music, inspiration, feelings of interaction, current affairs and life and so on.

In the service we felt full of Baba's love that made the teenagers and manager's faces soften; the original rigid curved lines turned into happy ones. Joyful waves were rippling in the air. Love is everywhere. . . Baba Nam Kevalam!

Service hours are every Thursday afternoon, 2 to 4 pm.
For more information please contact sister Raginii on 0935024696 / kp0935@yahoo.com.tw.

"As you render service ascribe Brahmahood to those you are serving. Try to make them happy with all the sweetness of your heart. Help others with the true spirit of service. Think that the Supreme Entity has come to you in the form of needy people to test your sense of duty. This sort of selfless service is karma yoga. Your only motivation for service should be to promote the welfare of suffering people."

Shrii Shrii Anandamurti

**A warm appreciation for all Margiis and Acaryas who dedicate their time and inspiration to coordinate and attend regularly the service activities, giving their best for those whom we approach and serve in each place. Keep it up!!**

**All Margiis are welcome to join this Social Service wave!**

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

## FASTING DAYS

| September | | |
|---|---|---|
| Sat | 4 | Ekadashi |
| Wed | 8 | Amavasya |
| Sat | 18 | Ekadashi |
| Wed | 22 | Purnima |

| October | | |
|---|---|---|
| Mon | 4 | Ekadashi |
| Thu | 7 | Amavasya |
| Mon | 18 | Ekadashi |
| Fri | 22 | Purnima |

| November | | |
|---|---|---|
| Tue | 2 | Ekadashi |
| Fri | 5 | Amavasya |
| Wed | 17 | Ekadashi |
| Sun | 21 | Purnima |

| December | | |
|---|---|---|
| Wed | 1 | Ekadashi |
| Sun | 5 | Amavasya |
| Thu | 16 | Ekadashi |
| Mon | 20 | Purnima |
| Fri | 31 | Ekadashi |

# Student Camp & YDG

The 24th edition of the Student Camp held at our beautiful Ananda Suruci Master Unit at the end of August was a success in many ways.

The ambitious goals of the camp were the touch the students' lives, to awaken their spiritual desire, to inspire them to follow the yogic health principles and to get them established in spiritual practice. From the participants feedback and their shining faces it was clear that the first two goals were achieved during the camp. Follow up activities are planned already so that students are supported to continue to pursue the last two goals. Strong bonds between the young attendees and staff running the camp certainly contributed to the success!

The sub-themes of the three main days progressed from Self, to Social Service and lastly expression through RAWA. Classes were scheduled accordingly with an introductory class on AM by Iishvara, "The Importance of Meditation in our Lives" by Dada Karunamaya, "Social Outlook" by Jiivan Deva, "Health & Food" by Vikasha and a Q&A and sharing session lead by Sanjaya.

New interactive games were organized to create team spirit, cooperation, subtle expression and family feeling. The RAWA night was colourful and unique with all students' participation. Also social service was done to a local school for mentally challenged children.

The entire organization of the event was done by a team of young and new margiis under the supervision of brother Iishvara. Many months before the camp preparations and meetings had started with the coordination of Dada Karunamaya and Didi Ananda Rashmika. Additionally many margii volunteers and 3 more Acaryas joined during the camp and all worked around the clock to ensure the program would run smoothly and the participants would be happy.

Offered for free to the students the Ananda Marga Foundation provided sponsorship and successfully appealed for help from the margii community to support this valuable pracar. The result was a recent record attendance of 46 students from all over Taiwan, all of whom learned meditation during the camp.

**Youth Development Group**

One of the aims of the Ananda Marga Youth Development Group (YDG) is to develop social service activities for young new margiis to participate in. To gain experience, 3 members of the YDG spent 4 summer days learning about social service in remote districts. Diipak, Jayashrii and Mukesh went to Taitung to assist sister Amalina from Tainan with her Summer English Camp for Junior High School students. The YDG members were in-charge of the yoga classes every day. They also learned about classroom management, different ways of teaching and the importance of exemplary conduct as teachers.

# Prabha'ta Sam'giita

(Tumi) A'ndha'r Nishiithe Dhruvota'ra'
Toma're Dekhile Smaran'e Ra'khile
Keha Na'hi Hay Disha' Ha'ra'
* (Tumi) A'ndha'r Nishiithe Dhruvota'ra' *

Ana'di Ka'l Hote Rayecho Sa'the Sa'the
Ka'ljayii Tumi Bha'svar
Tava Svar Tava Svar
Sarvabhedii Sudha'-Dha'ra'
* (Tumi) A'ndha'r Nishiithe Dhruvota'ra' *

Theko Sa'the Sa'the Ananta Ka'lete
Madhunis'yanda A'nanda-Ksa'ra'
Baha'ye Amrte Ei Dhara'
* (Tumi) A'ndha'r Nishiithe Dhruvota'ra' *

*You are the polestar in the dark night.*
*By seeing and remembering you,*
*Nobody becomes confused.*
*You are timeless, splendid*
*and have been with me since time*
*immemorial.*
*Your voice is a flow of nectar*
*that penetrates everything.*
*Please remain with me for the eternity,*
*You are the source*
*from which all honey flows,*
*the source of flow of bliss.*
*flowing this world with nectar.*
*You are the pole star*
*in the darkness of the night.*

(Prabha'ta Sam'giita no. 1079)

## 5-grain Rice Salad (for 1 person)

1 bowl of 5-grain rice
2 tbsp 3 different coloured vegetables
1 tbsp pine nuts
1 tbsp cheese powder
1 tbsp olive oil
Salt to taste

1) Put the coloured vegetables into the boiling water. Take out once boiled and let cool.
2) Except for the cheese powder, mix the remaining ingredients together, put on a tray and then sprinkle the cheese powder over.
Serve with trimmed lettuce around the dish edges.

* Cook the grains of rice, with more water than white rice. Soak for 3 hours beforehand.
Ratio: Rice 1: Water 1.2 ~ 1.5
* 5-grains are full of vitamin B, especially B1. Hence eat 5-grains cereals for good health.

# Upcoming Events

12 Sept - Seminar Taichung
14 Sept - Prabhat Samgiita Divas

1 - 3 Oct - SSAC Camps at Yujing & Meinong
4 - 6 Oct - RDS
8 - 10 Oct Sectorial Conference

5 Nov - Diipavalii
7 Nov - Brothers Day

8 - 23 Jan 2011 - Taiwan Kiirtan Parikrama

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

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Baba nam kevalam

## A New Era Through Dynamic Spirituality

**You should remember that your forward movement is not for the promotion of your own welfare. Rather it should be your vow to lead the entire humanity towards the great and Supreme fulfillment.**

**Shrii Shrii Anandamurti**

Baba nam kevalam *A New Era Through Dynamic Spirituality*

Dear brothers and sisters, My warmest namaskar.

I trust that you are well by Baba's endless Grace.
It is my pleasure to invite you to our second Sectorial Conference of 2010 October 8 - 10, at our beautiful Ananda Suruci Master Unit in Yujing, Taiwan. Baba Himself is the best example of "non-compromising dynamic spirituality" for our own growth and to bring society forward. Let us come together and strengthen ourselves in Baba's spirit and create a new era in all spheres!

With best wishes,
A'c. Shubhanirya'sa'nanda Avt. SS Hong Kong Sector

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Baba nam kevalam

*A New Era Through Dynamic Spirituality*

Hong Kong Sectorial Conference October 8-10, 2010

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