

PRAN'A'M

March 2024



There are three categories of people: *uttama*, *madhyama* and *niica*. The *niica* category of people are those who do not undertake any work. They think that they are ordinary people and cannot do any work. They are always scared of the probable obstacles they might encounter in their work. They do not undertake any work.

The *madhyama* category of people are those who undertake some work but throw up their hands when any problem crops up. They presume that any obstacle that comes in their way is a Himalayan obstacle, and hence they give up their work. They think they will not be able to tackle the problems they face. They are not confident of their abilities.

The *uttama* category of people are those who take up a task and are determined to fulfil it. They go on struggling against all odds till they achieve their goal. No problem can defy solution. No difficulty can be greater than their capacity to solve it. They go on fighting against all obstacles. They can face any challenge and meet any predicament. They are determined to achieve their objective, come what may.

I want you to be persons of the *uttama* category. You must always think of the goal. Always look to your ideal. By spiritual ideation you can get inspiration to adhere to your principles.

The Best Type of Person
23 August 1978 evening, Patna

Good News From Ananda Palli

Ananda Palli has hosted four working bee / retreats since August. Participants helped to fence the orchard and build modular accommodation units, while enjoying daily meditation and Global Kiirtan for Peace.

A special addition to the schedule was the teens retreat. Three of our bright and lively teens enjoyed classes with Didi Ananda Nirmala and Dada Jitendrananda in addition to helping with construction and gardening. We also welcomed Sectorial Retreat attendees for the Summer Conference. We launched 2024 uplifted with kiirtan, satsaunga and seminar.

Summer conference at Ananda Palli, Australia

The summer conference was held from December 26th to January 1st. It was successful, by Baba's Grace and everybody's cooperation. The theme was "Prama (balance) in Self and Society". Many Dadas, Didis and Margiis gave classes which were very inspiring and informative.

We also went for an outing to Girraween National Park, close to Ananda Palli. The weather was beautiful. Although it is summer, it rained every evening, maintaining a pleasant temperature balance.



Summer conference at Ananda Palli, Australia cont.....

The children participated in the kirtan, cultural program, meditation and other programs. Their presence made us feel that the future of Ananda Marga is bright, as Baba said.



The spiritual programs such as Akhanda kiirtan, Avartha Kiirtan, Katha kiirtan, meditation, Baba's Video, Dharmashastra were full of devotion and the cultural programs were colourful and very enjoyable.



As one attendee commented "Ananda Palli has lifted my spirits better than a million dollars worth of counselling. My gratitude to Dadas and Didis for everything they do!"

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Regional seminar in New Zealand



We have completed our inaugural regional seminar and retreat this weekend, nestled amongst the Waitakere bush at Karanga camp.

Over the four days we had 30+ attendees including two visiting Acaryas from Australia. We had four interesting and thought-provoking seminars presented, two akhanda kiirtans and a sadhana shivir. The Ananda Marga AGM was held and reports for 2023 were delivered. We had fun playing table tennis, and small excursions to the beach and river.



Regional seminar in
New Zealand cont.....



Delicious meals were enjoyed by all. In the evening we had katha kiirtan, avarta kiirtan and a RAWA night.

Each day the Ananda Marga flag was raised on high to the resound of Raktim Kishalay!

Everyone present worked cooperatively to create a wonderful event.

For those of you who couldn't make it we missed your contribution, however, the plan is for satellite seminars to happen in different parts of the country. Returning seminar participants may share the content with the support of local margiis or a visiting trainer can also be arranged. Please discuss together and indicate if you would like to support a seminar in your local area. Seminars can be conducted in a weekend retreat style programme or could be a day programme or even over just a few hours. They could also be arranged to include pracar elements to invite the public to. It's a structured but also flexible programme, let your inspiration flow!



Establishing Ananda Marga Aotearoa

Another fantastic and inspiring development is the formation of a regional coordination committee. This committee has the sole purpose of establishing Ananda Marga in Aotearoa, in a systematic, progressive and cooperative way.

This proposed leadership committee received unanimous support from all margiis and Acaryas in attendance. And the invitation to participate is being extended to you also!

The criteria for any New Zealand based margii to join the committee is having willingness, time and energy to work unitedly toward the common goal.

Many details are yet to be finalised, but the determination and good will exists to make this happen.

The thumbnail sketch is that this committee will meet regularly (e.g. monthly) with the purpose of providing leadership and coordination for Ananda Marga in NZ.

The proposed three primary fields of activity are 1. Service 2. Pracar 3. Organisational development (supporting and establishing different aspects of the mission such as unit committees or trade/department committees such as AMURT etc...)

One of its first duties will be to coordinate and support the roll out of seminars around the country, alongside formulating its terms of reference and mode of operation.

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Prachar work on Shravanii Purnima in Auckland

Every year at Mahatma Gandhi center all the organizations and temple association origin from India come together to celebrate Raksabandhan festival on Shravanii Purnima day. This year we had a prachar stall to propagate Ananda Marga ideology and our activities in New Zealand. About 250 people gathered from 35 to 40 different organizations participated



In November we ran a 4 week spiritual lifestyle retreat at Vistara yoga and meditation centre in Motueka, New Zealand. Dhara and Harideva gracefully made their beautiful centre available for the retreat.



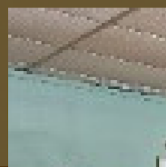
Food distribution on Niilakantha Divas

Dada Shuddhatmananda prepared meal for 55 needy people at Community center Auckland. According to Baba on this special day we should feed the needy with delicious meal



Second diocese seminar at Adelaide

After the sectorial conference we have decided to start diocese level seminars. At Adelaide Jagrti Dada Niitiishananda had organized the seminar in weekend 14th January. Didi Ananda Citisudha and dada Niitiishananda gave classes on the seminar topics and dada Divyarupanandaji talked about the purpose of starting of seminar by Baba. 30 people attended and 2 sisters got initiated by Didi A. Citisudha.



Sisters spiritual training at Nelson



At Vistara, Motueka Valley, didis organized a program for 3 weeks exclusively for new sisters spiritual training. 8 sisters attended. Didi A. Shamita, Didi A. Anuprabha and Didi A. Citisudha gave classes and conducted different programs during the training



House warming and baby naming ceremony at Akhilesh place, Auckland

Brother Akhilesh, second son of Pradeep and Manju bought new house. Didi Shamita attended and margiis attended. Tapan's daughter's baby naming ceremony didi also performed.



SadhanaShivir before New Years at Manju's House



Fundraising for Turkey Earthquake and Morocco

Dada Shuddhatmananda (DPS and AMURT secy.) raised 600\$ from NZ margis for Turkey and \$2200 NZD for Morocco relief work. The money was sent to Dada Mamarmadevananda who was coordinating the AMURT work.

Sunrise Pre School, Fitzroy & Sunrise Preschool, Thornbury

In the month of July, both of our Kinder (Sunrise Fitzroy & Sunrise Thornbury) got accreditation from the department of education & training. We got grant of \$ 10,000 for both School.



Learning of Service activities is a part of our kinder Curriculum. Children of Sunrise brought 140 pockets of Pasta to distribute among the refuses who are in need.



Both Kinder had year end Celebration party. All the parents/Guardians were present. They all joined our Circle of Love & enjoyed our kiirtan, Meditation.



Sunrise Pre School, Fitzroy & Sunrise Pre school, Thornbury cont.....

In Sunrise Fitzroy, we invited the aboriginal elders to honour them on a special occasion. Many Parents also joined. It was very inspiring program for Kids, staffs & Parents. On that occasion finger foods were served.



There is a procedure in Australia education system that parents give their testimony about the school. Our Sunrise kinder received many valuable remarks this year. Here is a statement about our Sunrise pre school, Fitzroy.

“Thank you, all your support, kindness, Patience & un weaving commitment to care, Your Love and dedication has meant to us.” Thank you for your help and guidance.

Good news from Hobart

Sister Liila organised a retreat for the new people at Hobart. There were 40 participants attended the program. Didi was giving workshops on vegetarianism & yogic life style. It was an inspiring event. Nine new sisters were initiated to Ananda Marga.

Good News Report from Avtk Ananda Nirmala A'c



New Zealand – end of September/beginning of October 2023 – ran PROUT classes prior to upcoming NZ election – two PROUT candidates for Progressive Party Aoteroa (PROUT party in NZ) + 1 Public Meeting for the Party (about a dozen people attended) + 1 meeting with 2 interested activists who received pamphlet of PPA and liked the policies

Good news - Didi Ananda Shamita'

In September I conducted a yoga seminar at James Cook University in Townsville, organised by the local unit. 12 people attended.

In October Brisbane unit participated in a street festival at the jagrti. Festival attendees enjoyed the yummy snacks. Subhod facilitated an Inner Futures workshop, Didi Ananda Nirmala' spoke about Spirituality and Social-Economic Justice and Kanika' and Madhu led a kiirtan session.



Mid- October 2023 - Teacher's Training, Melbourne - 30 Teachers - One day training on Neo-Humanist education.
End October, 2023, Melbourne - attended Women's Festival - 13 initiations + 1 review

11-16 December, 2023 Teenager's Retreat - 3 teenagers - 13,16 & 18 years - asanas, classes on 16 points, bio-psychology, timeline of Baba's life and growth of AMPS, social norms and conduct rules, daily paincajanya, meditation and kirtans, Hari Pari Mandala Ghosti practising,



Vistara Primary School CONCERT

Our school's concert last Saturday was an incredible success, bringing together our community for the first time since the pre-COVID era. The students' performances were fantastic, and the audience's enthusiasm made the night truly special. It was heart-warming to see past graduates and their families join us for this event, making it a packed house full of support for our talented performers. The students' confidence was evident, and their costumes were terrific. We want to extend our gratitude to all the families who contributed to making this event such a wonderful and memorable evening.

AMURTEL:

weekly sadavrata to 7 families in Gympie MU area commenced in June 2023 and ongoing. Access to food through Foodbank Brisbane currently and, from February 2024 "Secondbite" at local supermarket in Gympie.

End November 2023 - Cabin – 70m2 secondary dwelling installed on Ananda Madhurii MU – 3 bedroom, 2 bathroom – to be used for the purposes of providing accommodation for yoga trainings.



ANANDOTSAVA (AM FESTIVALS)

25th March - Spring festival(Holi, colour festival)

23rd May – Ananda pu'rn'ima'(Baba's Birthday)

19th August – Shravanii Purnima(initiation day)

Fasting days

March

Ekadashsi 6th 20th

Amavasya 10th Purnima 24th

April

Ekadashsi 4th 19th

Amavasya 8th Purnima 23rd

May

Ekadashsi 4th 18th

Amavasya 7th Purnima 23rd

June

Ekadashsi 2nd 17th

Amavasya 6th Purnima 21st

July

Ekadashsi 1st 17th 31st

Amavasya 5th Purnima 21st

August

Ekadashsi 5th 29th

Amavasya 3rd Purnima 19th

