

Pranam

September 2025



The Conduct of an Ācārya

Date not known

The behaviour of the respected and elder persons in society is an example and ideal for others; it is followed and imitated by the succeeding generations as well. Today there is catastrophe and misery in human society and there is one reason: the defective leadership of society. People blindly follow even unintelligent leaders. The leaders hypnotize and attract thousands with their tall talks, gestures and other dramatics. Understand that the poverty and misery of any people in any country are the sins of the leaders. True leaders should always be vigilant and think how to work best for human society: they must be ever cautious that under their guidance the people are not led to darkness, death and immorality.

Those who have the responsibility to show the path to others should be of superlative character with the most refined conduct. They and their followers must move constantly towards all-round development and shreya [ultimate spiritual attainment]. Persons who teach such well-regulated behaviour to others by their own conduct are called ācāryas.

Bear in mind that people may be harmed or misled by even a small weakness or defect in the conduct of an ācārya. Just as it is the duty of a father to educate his children properly by his good conduct, an ācārya or ācāryā should always instruct by his or her exemplary actions and words.

In every period of history, some people are heard saying: "Today's society is ruined, the people degenerated. Life was better in the old days." The same view is expressed in every era. Have human beings really lost their humanity? Don't they hold the highest position in the evolution of living things?

All the psychological diseases of humanity are the result of not having bhūmadr̥ṣṭi (Cosmic outlook) in life. The diseased persons do not consider others, but think only about themselves.

They are busy thinking about their own families, employers, etc., and they forget everyone else. This is a terrible malady. But it is a mere expression and symptom of narrow-mindedness, the real root and reason for psychological disease. The cure is to reverse the trend of behaviour to rid the fallen human beings of narrow-mindedness. The medicine is one and only one: Brahmabhāva [ideation on Supreme Consciousness]. But just adopting the supreme goal does not immediately establish one in that. It is the work of the ācārya to recognize if a person is on the right or wrong path and course of action. The ācārya should give direction and guidance in every work, big or small. When he or she is to impart any duty to anyone, he should be strict, strong and exact, like a diamond. He or she should never consider social position, wealth, rank, etc. Only those who are established in Yama and Niyama [moral code] and practise sādhanā can be given any responsibility.

Remember, Ananda Marga is a man-making mission. Both quantity and quality are important. Everyone should be free to join Ananda Marga, to take part in social functions, etc., but only those established in Yama and Niyama may be given any position to work in society. Just to satisfy someone and compromise [with] sin is unthinkable. We can in no case ever compromise with injustice. An employer and a worker may compromise after a struggle. But Ananda Marga is fighting for Satya (Absolute Truth) and unless and until we get total victory in both individual and collective life, we must not stop the struggle. Compromising with injustice during battle is asatya [untruth].

Achieving only seventy-five percent Satya and twenty-five percent asatya is no victory. Quinine suppresses the symptoms of malaria, while the disease still remains in the blood. But the disease must be destroyed. Therefore, until you banish asatya you shall not stop your battle.

Society is the collective name for those who want to move ahead together. The struggle against sin must be waged individually as well as in a well-unified way in collective social life. There is a story in the Márkañdeya Puráña. In it, the demons defeated each of the gods individually, but then the gods united all their individual strengths and formed a tremendous collective force, thereby routing and destroying the demons. It is a very good story and there can be practical application of its meaning in every collective endeavour. It is the duty of an ácárya to develop this great collective force of society by awakening the masses to unite and destroy the evil, demoniac forces existing in society. The struggle between good and evil forces goes on. Sound an urgent clarion call in this battlefield of life.

Ácáryas must give such inspiration to the people. You know, a son must remove the debt of his deceased father – he is morally bound to do so. Similarly, you are to purify society by purging it of sin. It is more than an obligation; it is your bounden duty. You must do this or total destruction is inevitable. To take leadership in society you must be established in Yama and Niyama in just such a strict way.

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NEWS FROM winter conference, Adelaide

We had our midyear conference at Victor Harbour, SA, a beautiful beach town.

Attendees came from different parts of Australia and New Zealand. The theme of the conference was ‘The Bhakta in the Age of Transition’, focussing on devotion. Workshops and programs were designed accordingly.

We started the program with noon Dharmacakra. Dada Jitendrananda, brothers Haridev and Bhaerava gave a workshop on PROUT, followed by 3 hours Akhanda kirtan in the afternoon.

Winter Conference Adelaide:



Attendees at Winter Conference

The second day started with a 3-hour Sadhana Shivar. Didi Ananda Anuprabha’ facilitated a workshop on ‘Exploring the Devotees Toolbox’ using Kiirtan, Prabhata Samgiita, etc. Pradiip and Dada Paramatmananda facilitated a workshop on "Humanity at Crossroads and Tools for Change, which was based on our social philosophy. During the RAWA program in the evening, our junior and senior boys and girls shared their talent in art, music and drama.

The next day also started with a 3-hour Sadhana Shivar. Our youth margi devotees gave a workshop on ‘Bhakti: A Unidirectional March’. Pratyush, Jai and Atmadeva led that workshop and did an excellent job. This was followed by an organizational planning session led by Dada Paramatmananda. After the noon dharmacakra the marriage ceremony of brother Haridev and sister Dhara was conducted by Didi Ananda Anuprabha’ and Dada Jitendrananda on the beach. We then had a blissful 6-hour Akhanda Kirtan.

We did Nagar Kiirtan to the beach and back to the retreat site. Around 43 devotees attended the conference. On Sunday evening we held a nice Dharmacakra at Adelaide Jagrti



Scenes from the marriage ceremony of Haridev and sister Dhara



News from Anandapalli

Ananda Palli hosted three working-bee / retreats. The daily routine includes online 'Kiirtan for Peace', learning guitar or ukulele as kiirtan accompaniment, class, meditation & Yoga. The work included maintaining the gardens and fencing off a new orchard against wild pigs and kangaroos. Participants also engaged in seva, helping to maintain the garden of an elderly Stanthorpe resident.



News from PROUT CONFERENCE, WELLINGTON

By Haridev

Overall the conference that was held in St Andrew's church on The Terrace Wellington, was very successful

One person wrote about the event saying "I want to thank you and your team for an exciting and memorable conference. I am quite blown away and still buzzing from sharing the space with such high calibre presenters."

Someone else wrote:

"It was awesome. Would love to share that Professor guy's korero to my social media. I thank you my friend for these insights. I had been searching for a vocabulary to express what I had been feeling. Post Capitalism Aotearoa has given me a voice."

Between 60 and 70 attended the 1 and ½ days of presentations and workshops as well as 45 online

Valuable associations:

With 2 overseas presenters – UK based Grace Blakeley and New York's Prof Richard Wolff, with New Zealand's umbrella trade union body, the NZCTU, significant Maori participation including the opening of the conference by the Māori mayor of Wellington, NZ's capital city, collaboration with WEALL (Wellbeing Economy Alliance) – Gareth Hughes WEALL's NZ lead was one of the presenters.

It provided an opportunity to gauge our capacity to contribute to / lead / heighten interest in, the post capitalist era and also assess where to focus our energies.

With support, the conference came out with a surplus.

This link will take you to the conference recording https://youtu.be/n_8VRE-cWhA

Particularly thanks to Dada Shuddhatmananda, Didi Anuprabha and Didi Citisudha for providing the food

Plans are underway to hold another conference mid-2026.



At the PROUT conference, Wellington.

News from Dunedin

By Didi A. Anuprabha

Didi Ananda Anuprabha visited Auckland at the end of March. During her visit, she assisted Mainju and a team of volunteers in their weekly initiative to collect surplus vegetables from the farmers' market on Sundays and distribute them to local communities and those in need.

In Wellington, the Didis supported the Prout conference organised by Harideva in April. Also, Didi Ananda Anuprabha initiated one sister.

In Nelson, Madhumita organised a public kirtan program to celebrate Baba's birthday, attracting 31 attendees, including 15 newcomers. The event featured Prabhat Samgiita, kirtana, meditation, and a collective dinner.

At Vistara (Motueka Valley), Didi Ananda Citisudha spent a few weeks visiting Vistara, during which Dhara invited and organised regular programs for new sisters, including Kirtana and meditation sessions, as well as daily Kaosiki practice. Notably, one Maori sister participated in a two-week spiritual lifestyle training under Didi's supervision from May 17th to 1st of June, and three sisters were initiated during this period.

In Christchurch, Dada Ravishekhara nanda inspired three sisters, including two Maori sisters studying at ARA Institute, to learn meditation and explore Ananda Marga in June. Didi Ananda Citisudha initiated them into the practice.

In Dunedin, the Ananda Purnima celebration took place over three consecutive days in May. Additionally, a 24-hour online kirtan program was organized by the Suva Sector to celebrate Baba's birthday. The Dunedin Didi's Jagrti recently underwent renovations, with the installation of double-glazed windows made possible by the generous donation of Suveda and Dharmamitra, to whom we extend our heartfelt gratitude. Furthermore, Harideva's kind support in cleaning the long-neglected gutter system, which had been overgrown with grass, brought significant relief to the Didis. We are deeply thankful to Harideva for this assistance.

On May 17th, a Yogafest was held at the Otago University Students' Association (OUSA) building, targeting university students. Jivan gave a yoga session, Dada Shuddhatmananda led workshops on various topics, while Didi Ananda Anuprabha provided an introduction to meditation. Which was followed by Kiirtan meditation and a vegetarian/vegan lunch.

At the Otago University Students Association (OUSA), Jivan has been conducting regular yoga classes for over 20 years. The classes include Ananda Marga asanas, a short talk by Didi Ananda Anuprabha or Ananda Citisudha, followed by Kirtan and meditation. After a 3-week break, with the new semester starting in July, 25-30 students now attend these weekly sessions.

Regular Dharmacakra is going on every Sunday at Dunedin Jagrti.



At the Yoga Fest, Otago



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Ananda Purnima Celebration in Nelson



Yoga class at University of Otago

News from Auckalnd

By dada Shuddhatmananda

Our regular food collection from the farmers market is going on regularly every Sunday by volunteers from both margiis and sympathisers. We collect 200 kilos of fresh fruits and veggies. We also collect bread from a local bakery named Daily Bread. We distribute them in different communities, resident hostels and churches. We celebrated Shravanii Purnima , the first initiation day by Baba about 20 margis attended. Regular Dharmacakra, Yoga class at City hospital is continuing.

Collective meal, Shravanii purnima festival, Auckland



Food collection, Auckland



Shravanii purnima celebration, Auckland



News from Brisbane

By didi A. Shamita

We had a stall at the council's annual 'Our Townsville' event in the beautiful Anderson Gardens. Didi Anandashamita and Dada Jitendrananda gave Diksha in the shade under the trees. We also had a talk on Meditation and a Yoga class at the festival.

'Our Townsville' event stall, Townsville



The JCU (James Cook university) Meditation and Yoga Club in Townsville has been running for 8 years, offering weekly classes throughout the university trimesters. Run by students under Rosemary's supervision, it also hosts regular social events. This year they've had a Malaysian Curry Nights with Rosemary and a Meditation Workshop with Dada Jitendrananda and Didi Anandashamita. More than 10 people were initiated at these events this time.

In Brisbane our regular weekly sadabrata programme benefitting 70 people and food distribution to asylum seeker families are ongoing.

A weekend Baba's birthday was held at Ananda Madhurii, Gympie, with around 20 attendees. A beautiful Baba's birthday celebration was also held in Brisbane.



Yoga Club, Townsville

Fasting dates:

September: Ekadashi - 17th
Amavasya: 21st

October:
Ekadashi - 3rd, 17th
Purnima - 7th
Amavasya - 20th

November:
Ekadashi - 1st, 15th
Purnima - 5th
Amavasya - 19th

December - 1st, 15th, 30th
Purnima - 4th
Amavasya - 19th

Ananda Marga programs and festivals:

Dipavali - light festival - 20th October

Brothers' day - bha'tri dvitiiya'- 23rd October

Vijaya dashmi - 2nd October

Summer conference at A.Palli

27th December 2025 to 1st January 2026

Wellington regional retreat and seminar -

30th January to 2nd February in Auckland