

Ananda Marga Review

Vol. 2

Self Realization and Service to Humanity

February, 1988



MARGIIS FROM 50 COUNTRIES GATHER IN ANANDA NAGAR, INDIA

With a record attendance, the New Years Dharma Maha Cakra was an unforgettable experience. As usual, the host of the DMC was Ananda Nagar, Ananda Marga's first and largest community development project. Just an overnight journey from Calcutta, located in the district of Purulia, in West Bengal, Ananda Nagar has been called a true wonderland. The cultural and geological history of Ananda Nagar is fascinating, with its large reserves of fossils, and unparalleled number of Tantra Piits (places where great yogis once attained Samadhi - the highest state of consciousness in Yoga). The gathering of some 20,000 Indian followers and 300 from 50 different countries, was larger than anticipated and the tent for the collective meetings had to be expanded three times.

EXPANSION OF ANANDA NAGAR FACILITIES

The staff at Ananda Nagar had accomplished many of its targets since last years gathering. A new water reservoir and new buildings for different purposes were notable additions, that greatly added to the convenience of the attendants. During the conference construction commenced on several new projects. Attracting most attention and excitement was the PASAKA'.

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CONSTRUCTION STARTED ON ECOLOGICAL GARDEN

PASAKA', is a Sanskrit acronym for Parivesh Samvardan Kanan which loosely translates into Dynamic Ecological Garden. The aim of the program is to provide a sanctuary where endangered species can be preserved. The garden will only be for granivorous animals, no carnivorous animals. All the animals can live there without any fear. A large portion of Ananda Nagar has been designated for the PASAKA and construction has started on the boundary walls. P. R. Sarkar is making Ananda Nagar into a research center to help save endangered species of plants, animals and birds. The Botanical Garden, opened in 1982 has already 40,000 species. (continued on page 5)

CURRENT PROGRAMS AT ANANDA NAGAR

- Primary schools, a High school, Science and Art degree college. The school students live in hostels. The High School alone has a capacity of 350 students.
- The Ananda Marga Institute of Technology, (AMIT) offers degrees in engineering.
- Ananda Marga Academy of Light, (AMAL) a school for blind, deaf and mute children, the only one of its kind in the area.
- New Life Asylum for the Handicapped and victims of leprocy.
- Three orphanages.
- Special Women's project which includes, farm, children's home and schools.
- Experimental farms to feed students and residents, produces dairy, vegetables, fruits, rice and commercial crops.
- "Dynamic Ecological Garden" PASAKA for rare species of plants and granivorous and herbivorous animals from all over the world.
- Hospital that draws 400 patients weekly. Facilities for 10 intern patients.
- Global Training Center where Ananda Marga volunteers receive training in meditation, philosophy and necessary service skills.
- Music Academy to study and offer training in spiritually elevating music.

ANANDA MARGA (Sanskrit for "Path of Spiritual Fulfillment") was founded in India in 1955. Since 1970 the organization has developed a global social service network, with branches in more than 100 countries on every continent. The long list of ANANDA MARGA social service programs includes schools, children's homes, medical clinics, food and clothing distribution and disaster relief services. As a spiritual mission ANANDA MARGA offers classes in yoga, meditation and cosmic philosophy. Finally, ANANDA MARGA works towards a cultural renaissance by offering symposiums, festivals, books, tapes and performances, propagating universal ideals.

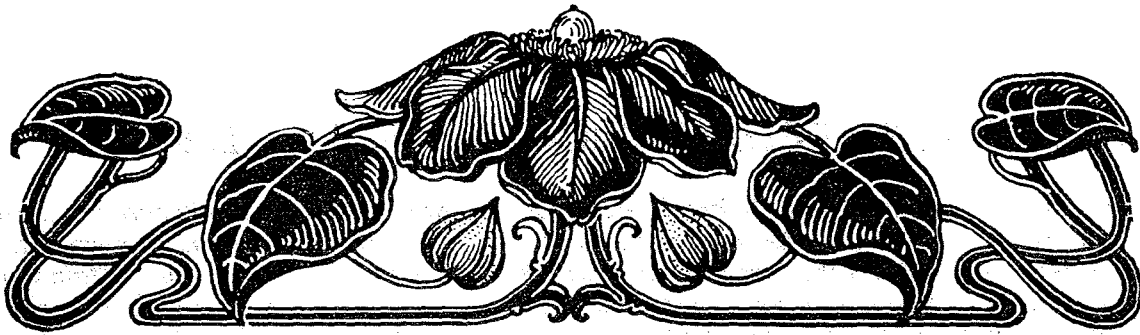
P.R. Sarkar, the founder of ANANDA MARGA, is a noted Indian philosopher, writer and composer dedicated to social change and humanitarian service. His published works span a wide spectrum of subjects, including economics, history, philology, education, social philosophy, yoga, cosmology, medicine and even stories for children. Since 1982 he has composed lyrics and music for more than 4000 songs, called "Prabhat Samgīt" (Songs for a New Dawn). P.R. Sarkar's life and personal example provide the inspiration behind the work of ANANDA MARGA.

ANANDA MARGA REVIEW is the newsletter of ANANDA MARGA's Public Relations Department. Through this newsletter we wish to acquaint you with ANANDA MARGA's activities in North America and around the world. ANANDA MARGA REVIEW is published bi-monthly by A'c. Da'neshananda Avt.

NEW LIGHT ON MICROVITA AND CAKRAS

P. R. Sarkar offered two major addresses during the conference. The Renaissance Universal address gave new insight into the subtle physiology of yoga. He elaborated on the function of the psychophysical centers known as chakras and gave them new english names. He also described the activity of the microvita (tiny, subtle life forms that can affect both the physical and psychic worlds) as they relate to the chakras and different states of consciousness.

The gathering created a strong spiritual vibration and inspiration to increase the speed of Ananda Marga's Service programs throughout the world. Hundreds of Margiis from around the world came to experience Ananda Nagar as their spiritual home.



NEWS BRIEFS

PORT AU PRINCE, HAITI:

Ananda Marga has received donation of two small plots of land in Port au Prince for the construction of school and medical clinic. School has already been opened by the Women's Welfare Section, and the work on the clinic is in progress,

SAN CRISTOBAL, DOMINICAN REPUBLIC:

The Department of Agriculture has agreed to donate land for an Ananda Marga Master Unit near the city of San Cristobal.

KINGSTON, JAMAICA:

The Ananda Marga children's home in Kingston has one more resident. Five children receive a home and their basic needs in the Ananda Marga orphanage in Kingston.

NEW HAVEN, CONNECTICUT:

P. R. Sarkar's books on "Neo-Humanism" have been included as text books in the anthropology department at Quinnipiac College.

CHARLESTON, SOUTH CAROLINA:

Eighty people joined meditation classes after a lecture by Acharya Shiitamshu at the University of South Carolina in Charleston.

"EDUCATION FOR ALL" INTENSIVE TO OPEN NEW SCHOOLS

Following the annual meeting in India, the Education Relief and Welfare Section of Ananda Marga has undertaken a special program to open new schools. Over the next three months they hope to open 30 new schools, some in the United States, but the focus will be in Mexico, Central America and the Caribbean. The plan offers an opportunity for individuals, groups and schools in the U.S. and Canada to sponsor schools in the neighbouring regions. The budget of only \$2,000 per school will provide the seed capital to start and run the school 'til it can become self-sufficient. Interested parties can write for a brochure to: "EDUCATION FOR ALL" Ananda Marga North American Headquarters, 97-38 42nd Ave, Corona, NY 11368.

ON THE NECESSITY OF SERVICE IN SPIRITUAL LIFE

"Because while working exclusively for self realization the worms of selfishness will burrow deep in the human mind and finally sap all the sweeter and finer human sensibilities; all the generous expansiveness of the human mind and fling the person into a quagmire of remorse. So the endeavour to attain spiritual realization exclusively cannot be considered an ideal way of life. Again if someone works exclusively for the welfare of the world one should realize that to render selfless sacrifice, an absolutely pure mind is required, with the expansiveness of the vast ocean and the serenity of the blue sky. Otherwise, while promoting the welfare of the world, one may develop a selfish desire in one's mind in a weak moment, as a result of which one may bring harm to oneself as well as to the Universe, so those who do not aim at self realization cannot promote the welfare of the world either."

P. R. Sarkar

"FOOD FOR ALL" WASHINGTON, D.C.

The nation's capital has an estimated 35,000 homeless people. The public services available to these people fall shy of meeting their basic needs. Started in late 1986, Ananda Marga's "Helping Hands" program in Washington, D.C. has grown to serve 900 people weekly, and is Ananda Marga's largest feeding program in the U.S. today. The program employs three paid staff and 13 volunteers. In addition to serving hot-meals in locations around the capital city, "Helping Hands" has added to their list of services by offering free clothing and medical assistance. One wing of "Helping Hands" assists the homeless to find permanent places to live. Another expansion wing has taken on the needs of the handicapped.

NEW YORK CITY, NEW YORK:

Under the slogan "FOOD FOR ALL", AMURT and AMURTEL in New York City has established a permanent program feeding 100 people three days a week. New York City has an estimated 100,000 homeless people and the need is not met by existing charities. Plans are being made to install a new public kitchen facilities in the Ananda Marga center in Queens to expand the feeding program and make it daily.

Ananda Marga runs feeding programs in 20 U.S. cities and in many Caribbean and Central American countries.



PRABHAT SAMGIIT PROGRAM IN BROOKLYN, NEW YORK

The Bengali Association hosted an all day festival January 16 and Ananda Marga artists were invited to present the songs of P. R. Sarkar. The sweet melodies and inspired poetry of Prabhat Samgiit won the hearts of over 200 listeners. The program included 15 devotional songs, many presented in a classical Indian style, which demonstrated the beauty and versatility of Arun Jacobson's voice. After the presentation Acharya Dhyanesananda, the secretary of Ananda Marga's Renaissance Artists and Writers Association spoke about Prabhat Samgiit and the life and work of P. R. Sarkar.

(REPORT FROM ANANDA NAGAR - continued from page 2)

RELIEF MEETING FOCUS ON DISASTER PREPAREDNESS AND CULTURAL SURVIVAL

During the DMC program, P.R. Sarkar conducted meetings to review the global progress of Ananda Marga's social service. He focused on the plight of indigenous groups whose culture and very existence are in danger and urged the Ananda Marga Universal Relief Teams to help them through permanent projects. He named groups like the Mauris of New Zealand, the Pygmies of South Africa and the Eskimos of Greenland as examples of cultures facing extinction. He also directed us to prepare for possible earthquakes in Japan and study to take preventive measures in disaster prone regions.

SCHOOLS TO BE GIVEN PRIORITY

Education was given special emphasis as well and world wide plan was made to increase the number of Ananda Marga schools. Ananda Marga's Education, Relief and Welfare Section and Women's Welfare Section run more than 2,000 schools world wide and are a primary providers of progressive education to the third world.

NORTH AMERICAN CONFERENCE AT ANANDA KANAN

The North American Winter Conference was held at Ananda Marga's Retreat Center, Ananda Kanan in Willow Springs, Missouri December 28th to January 2nd. The seminar marked the official opening of the newly constructed facilities at Ananda Kanan. They include a large dome shaped meditation-conference hall, that seemed to come ready made with sweet vibrations. A beautiful vibration of cosmic brotherhood was created as Margiis from 23 nations gathered for five days of meditation and unity. The program this time focused more on spiritual practices. Presentations on the subtle Physiology of Yoga and Microvita, The Philosophy and History behind Kiirtan. An impressive review of Ananda Marga service work during 1987, was received with much interest. The lodging for the attendants had been expanded in time for the seminar with the addition of three more heated cabins with 12 beds each.



A FLOOD OF PUBLICATIONS FROM CALCUTTA

Last October, BA'BA' (P. R. Sarkar) gave the instruction to "Flood the world with Publications". In less than four months more than 25 new volumes have been published by the Central Publications Department in Calcutta. The principle project is a complete overview of the socio-economic theory of P.R. Sarkar called PROUT. All the major writings from 1955 'til today has been assembled in twelve volumes of "PROUT in a NUTSHELL". As a part of the same series, two volumes of "NEO-HUMANISM IN A NUTSHELL" and one volume of "MICROVITA IN A NUTSHELL" are also now available. Addresses given by P. R. Sarkar under the platform of Renaissance Universal have been assembled in three volumes called "A Few Problems Solved". Amongst other new publications by different authors on various aspects of Ananda Marga Philosophy: Neo- Humanism, The Microvita Revolution, The Awakening of the Self and a cheap literature series.

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Ananda Marga Caribbean Region
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ADDS AND EVENTS:

UPCOMING TRAINING SESSIONS

- **ST. ANDRE'**, Quebec, Canada. A'c. Shanta'tmananda Avt. leads ongoing sessions at the new land secured by Ananda Marga Canada. \$200 for two months. Brothers only. Info: Canada Office or Northamerican Headquarters
- **KINGSTON**, Jamaica. A'c. Sugata'nanda Avt. leads ongoing sessions. U.S. trainees also welcome. \$200 for two months. Brothers only. Info: Northamerican Headquarters
- **MONTERREY**, Nuevo Leon, Mexico. Didi Ananda Karuna leads sessions for sisters only. \$200 for two months. Info: WWS office.

GREETING CARDS

Beautiful cards with photographs of Ananda Marga children's home in the Caribbean and quotes of P.R. Sarkar, are available from the WWS office. Proceeds go to the homes.

BOOKS AND TAPES:

New books from P.R. Sarkar are finally available from the S.O. Also tapes of Prabhat Samgiit and Kiirtan

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ANANDA MARGA REVIEW

- newsletter of A.M. Public Relations Department

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COSMIC SOCIETY

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Write to : COSMIC SOCIETY c/o Dorf, 68 Wheatley Rd, Brookeville, NY 11545

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