Mahávishva

Ánanda Márga Pracáraka Saḿgha
Hong Kong Sector Newsletter Souvenir

Highlights

- Sectorial conference
- Project development
- Regional News
- Ánanda Nagar
- Ánanda Sambhuti

Offering to Bábá

To my beloved Bábá

Offering His flowers back unto His lotus feet

Tava Dravyam Jagatguro
Tubhyameva Samarpaye

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Inspiration

Shrii Shrii Ánandamúrtjii

Published by

Ác. Shubhaniryásánanda Avt.
SS Hong Kong Sector

Layout and design

Brcii. Sushraddhá Ác.
RSL Tashkent

Editor

Ác. Yogánanda Avt.
SOS Hong Kong Sector

Mahávishva Newsletter visit our Facebook page:
WWW.FACEBOOK.COM/MAHAVISHVAHKSECTOR

Sectorial office

99-1 Ding-jou Rd.
Sec. 4 Wen Shan District,
Taipei City 11676
Taiwan ROC
Tel. +886-2-2933024; 89321537;
SS (M) +886975005526;
SOS (M) +886937298264
soshk@amps.org
www.hks.amps.org

Central office

Ánanda Nagar,
P.O. Baglata,
Dist. Purulia,
West Bengal, India

Central camp office

Ánanda Márga MG Qtr.
Ratu Road, Hehal,
Ranchi-5, India
Tel: +91 94311 03725

Abhidhyána and Árádhaná

What is abhidhyána?
Parama Puruśa is my goal. I try to reach Parama Puruśa, that is, I do sádhaná. You know that Parama Puruśa's other name is Liilámaya [the Sportive One]. You will find Parama Puruśa if you love Him heartily. But He plays a play with you. If He does not play with you, you will not get ánanda [bliss]. A person must run here and there after Him, and think, "What is going on, what is going on?" This is suspense. And this suspense is the sweetness.(1)
In Ranchi I told [you] about dhyána and dhárańá. Parama Puruśa is your goal. You are going to Parama Puruśa. If Parama Puruśa is caught easily in your heart, then that is the will of Parama Puruśa. If Parama Puruśa runs away from you, then what should you do? If you think, "Parama Puruśa does not want me," and you go back, then you are defeated by Parama Puruśa. But if Parama Puruśa runs away and you chase Him, if you say, "I won't let Him go, I will not desist till I catch hold of Him," this is abhidhyána.
Tasyábhidhyánát yojanát tattvabhávát;
Bhúyashcánte Vishvamáyánivrittih.
[Through abhidhyána, through association with the Supreme, and through tattvabháva (half-meditation on the Supreme while in the midst of action), one can overcome the powerful spell of Vishvamáyá – the universal Máyá.]
You must do abhidhyána. "Even if Parama Puruśa says that I am a sinner or a confirmed scoundrel, I will not leave Him. Whatever I may be, a sinner, a fool, a scoundrel, I will chase him. I will run and run after Him. After all, how much can He run? I will surely catch Him." This is abhidhyána.
Next comes árádhaná. What is árádhaná? We know that it is the microcosm that does sádhaná in all respects. Now this sádhaná is done to attain Parama Puruśa, to reach the Supreme Desideratum. And when in the process of sádhaná the devotee attains a certain stage, then the devotee forgets himself or herself completely. Sometimes it happens that a person running after Him in abhidhyána ultimately forgets himself or herself. This is known as árádhaná.
This happens in other spheres of life also. In games and sports there may be some boys and girls who in their over-enthusiasm get their legs bruised – but they have no concern about that. In music also, there are some people who get completely absorbed in the music, forgetting everything else, even their meals and bath. If, by doing abhidhyána on Parama Puruśa, one forgets oneself in a similar way, that is known as árádhaná.

Shrii Shrii Ánanda murtiji

Messages

To all Margii brothers and Sisters,
Namaskar.

It is my great honor to publish the "Mahavishva" Sectorial Newsletter of the Hong Kong Sector very regularly. During the last three to four months, we have done excellent work in different countries. All the Workers are very inspired and have been engaged in many pracra activities, such as lectures, seminars, classes, initiations, service, and especially, the Sectorial Conference in Kyrgyzstan, where over 333 people attended and margiis came from over 20 countries. After the last three years of Coronavirus, the world is open again and the workers can easily go throughout the sector again to serve Baba's mission. There has been tremendous growth in Russia, Central Asia, and neighboring countries, and there has been great work in Hong Kong, China, Korea, and Japan margiis are increasing and there has been progress in all other countries in HK Sector. Almost everywhere in our sector, there is construction of new buildings, new renovations, and new units.

This new expansion of Ánanda Marga in the Hong Kong Sector is not just an increase in the number of margiis; rather, it is the result of a new wave of cosmic energy for pracar, retreats, conferences and inspiration that is flowing throughout the world. Recently, there has been an increase in the number of new margiis and new units in countries outside of the HK sector such as Germany, England, Israel, and many other countries. We are clearly entering a new era of history—a new era of spiritual awakening. The unnatural, tamasika ways of thinking and acting are falling apart and are being replaced by a new energy, a spiritual energy, everywhere. HKS is trying its best to support to the creation of maximum margii, LFT, WT, and volunteers and it stands for creating a new resource for the entire AMPS.

We are helping in the central project Ánanda Nagar sponsoring 18 schools in villages and Baba's birthplace development Ánanda Sambhuti another project in Baba Nagar, and Training Center projects in Sweden and Varanasi. Thanks to Baba who keeps us inspired, Thanks to Rev Purodha Pramukha Jii and GS Dada Jii and the entire Central team.
I am very sure this October 2023 edition of the Mahavishva magazine will reflect all the inspiring progress reports of the Hong Kong sector.

Ácárya Shubhaniryásánanda Avadhúta
SS Hong Kong Sector

Mahavishva , reflects news of the work done in Hong Kong sector. I am very glad to share our news. In HK sector 9 didis are working, all are very dedicated and doing hard work to establish Baba's mission.
We all are leading the Tantrik life and different types of challenges and struggles make us stronger in achieving our mission.
When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one which has been opened for us.
Thank you to all Acáryás of the Hong Kong sector for their hard work and dedication to His mission.
Parampita BABA KI JAY

In Him
Avtk. Ánanda Kalyanshrii Acáryá
SWWS HONG KONG SECTOR

Namaskar,

It's always very inspiring to see the wonderful work being done by WTs and Margiis around HK sector. We are all truly blessed to be on this path and to have the opportunity to serve Him, according to the best of our ability. Of course we also know that everything is being done by Him through us and this is truly humbling to experience.

Our Sectorial Conference in Kyrgyzstan last months was extremely inspiring and we are so grateful to Bishkek BP, brother Arjuna Deva and local Margiis & WTs for hosting us at the wonderful location at Lake Issyk Kul.

The love and devotion of Margiis from Russia and Central Asia during the conference touched all our hearts and we are very much looking forward to holding DMS there next year, by His Grace.

Knowingly or unknowingly every single human being has an intense desire to expand and merge into that Infinite Perfection. And the duty has been given to us to help lead them along that path.

"So keep moving, enlighten humanity with crimson rays, and make your existence meaningful and effulgent. Move on, move on."

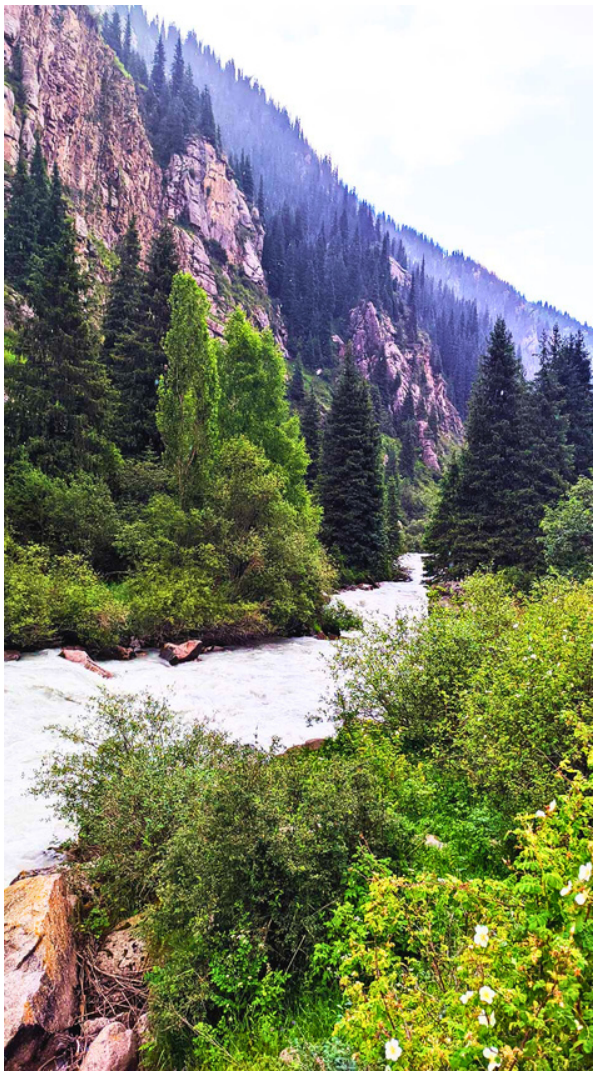
Victory is ours!

In His Love,
Ác. Yogánanda Avt.
SOS Hong Kong Sector
October 5th, 2023

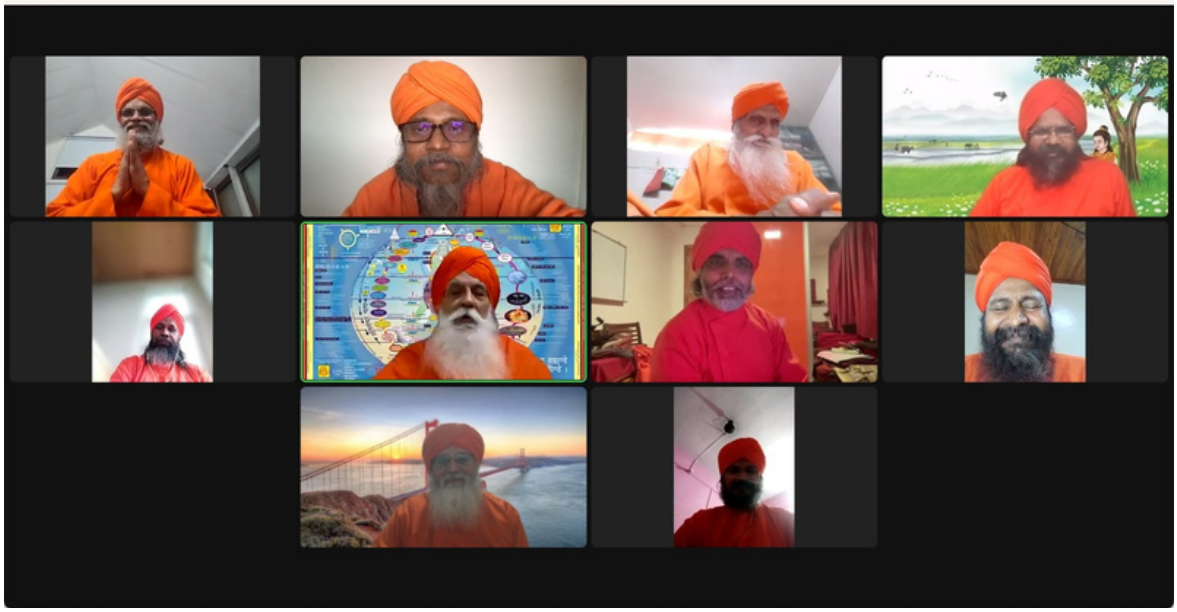
Sectorial Conference and RDS in Kyrgyzstan

From September 4-12, 2023 we held our RDS and Sectorial Conference at the beautiful location of Talisman village, Lake Issyk Kul, Kyrgyzstan. During our RDS, about 200 Margiis arrived and we enjoyed collective meditation with them twice a day. So when the opening ceremony for the Conference was held, the spiritual vibration was so strong that several WTs and Margiis were already in tears of Divine Bliss, by His Grace. A total of 333 Margiis & WTs came from all over Russia, Kyrgyzstan, Uzbekistan Kazakhstan, Israel, Italy, Canada, China, Bali, Georgia, Romania, UAE and Armenia.

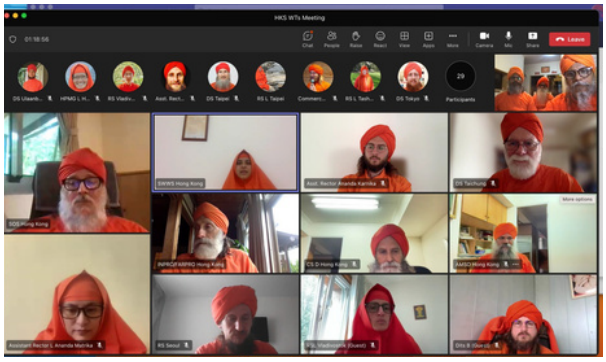
Sectorial Conference and RDS in Kyrgyzstan

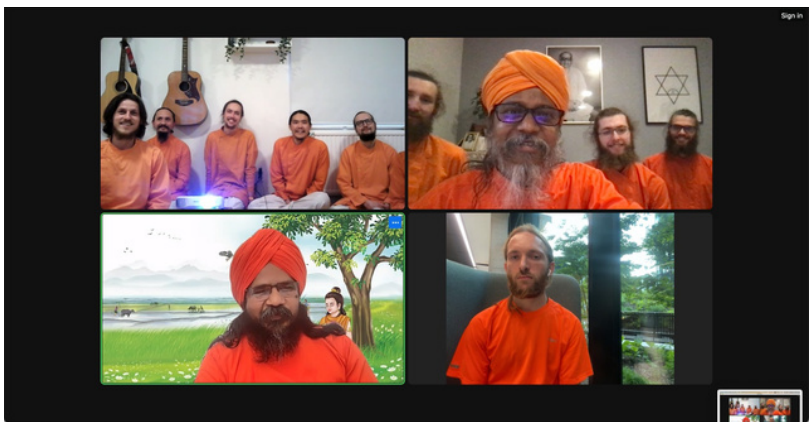


Online Pracar & Meetings



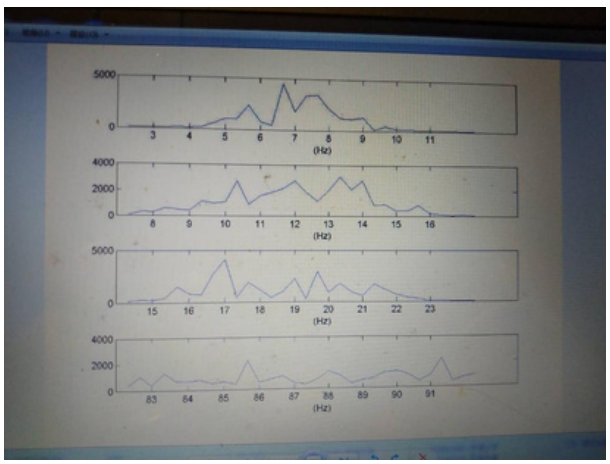
Ác. Shubhaniryásánanda Avt., SS HK. conducted a number of onlline programs such as meetings with unit secretaries, with lawyers of VMTR, IRSSs, Worker's meetings, meetings with trainees in Sweden training centre and taking exam for the sister's LFT training.

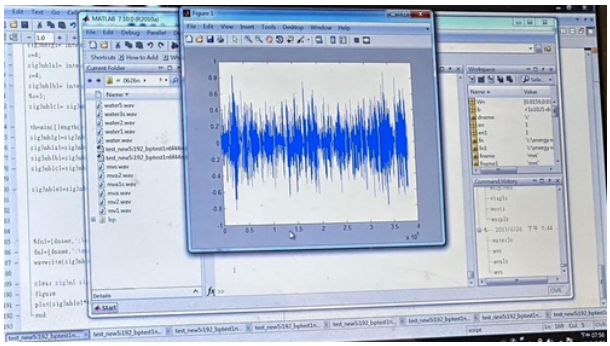




Microvita research

Avtk. Ánanda Kalyáńashrii Ác. has been conducting microvita research in Taiwan and India.
On 15th of August in the National Environmental Engineering Research Institute, Nagpur, India research was conducted on cancer cells and poison algae to test the effect of microvita on it.
The Nagpur Neeri Research Centre have very much appreciated our Microvita science and are interested in working together to know about the new mysterious science.





Taipei Region

Ánanda Suruci MU

The farm at Ánanda Suruci MU is becoming more and more productive. We enjoyed a bumper crop of organic papayas, passion fruit and Mangos throughout the summer as well as pineapples bananas, lychee, and dragon eye fruits. We also planted lemon, mulberry, mango jackfruit and guava trees.

From July 13-16 we held 4 days Akhanda kiirtan at Ánanda Suruci MU attended by over 70 Margiis and WTs from Taiwan and Singapore. The vibration is very strong and devotional and even the grand children of one of our Margiis enjoyed the kiirtan.

We completed another successful juice detox camp at Ánanda Suruci. 30 people from Taiwan, Malaysia, Singapore and Hong Kong attended and several sisters were initiated.The detox camp was help from Sept 29 - October 3.

Ánanda Matrika MU

Sister's retreat, Miaoli, Taiwan

Brcii. Arpitá Ác. conducted a sister's retreat in Miaoli Taiwan.

Local service and classes

Brcii. Arpita Ác. has been conducting service activities for local people. She has also started asana classes in Ánanda Matrika MU.

Taipei SDM

SDM Taipei organized a fasting camp from 21st to 23rd July,2023 in Sindian, New Taipei City. 20 people attended the program and we're benefited Physically and Spiritually.

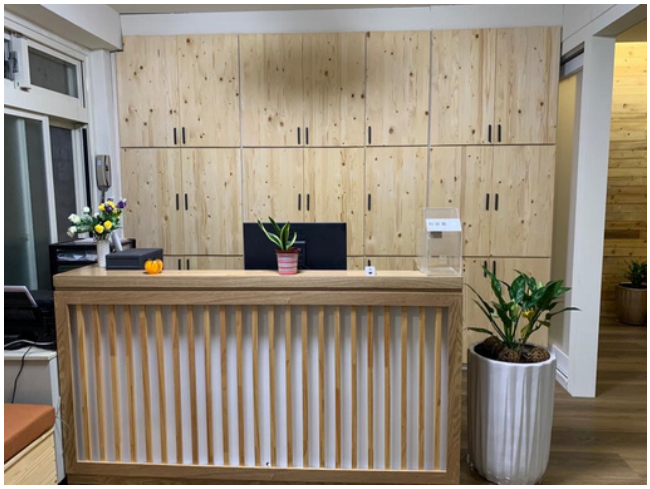
SDM Taipai organized a yoga camp in GZ city, under the leadership of brother Keshava with his team of Margiis from SDM from July 21st to 28th, 2023. About 600 people attended the program and got benefitted.

SDM Taipei organized a college student camp from August to 4-6, at Qsyan Yoga Tree in Hsinchu, Taiwan led by brother Maungala. 12 students attended the program and learnt several practical things. They were very much inspired. 8 Márgiis helped in the camp.

SDM organized fasting camp under the leadership of brother Keshava in Yilan city of Taiwan in Buddhist university from August to 25-31, 2023. 80 people attended the program. A few people are waiting to learn meditation.

Taipei Jagrti

Taipei Jagrti was our first Jagrti in Taiwan and this summer it was completely renovated due to the effort of Ác. Yogánanda Avt., Ác. Rudranathánanda Avt., brother Tapendra and local Margiis; under the guidance os SS Dadaji, Ác. Shubhaniryásánanda Avt.



RAWA program, July

Women's camp

A women's camp was run by Avtk. Ánanda Shivanii Ác. The program had 10 participants.

University Yoga classes & outings, Tainan

HBM Regions

Fasting camp, HK

A fasting camp was organised in HK on 25th August, by the guidance of Ác. Krsnamayananda Avt.

PCAP activities in cat shelter

RAWA concert, Lamma Island

RAWA program, WH

Food distribution, SZ

Fasting camp, SZ unit

Meditation workshop, SZ

Fasting camp, WH

Children's rehabilitation service

Pracar tour

Pracar tour in Hz, Fz , Ych and Wh, 7-17 may.
Conducted 6 kiirtan and meditation workshops.
Total 140 people benefited . 6 brothers initiated.
18 sisters initiated by Didis in Huizhou.

Activities for margiis, CN

Brcii. Arpita Ác. organised 3 consecutive days of 3 hours Akhanda kiirtan.
She also organised paincajanya outside everyday and outside meditation for margiis.

Seoul Region

Beginner's retreat, Ánanda Karnika MU

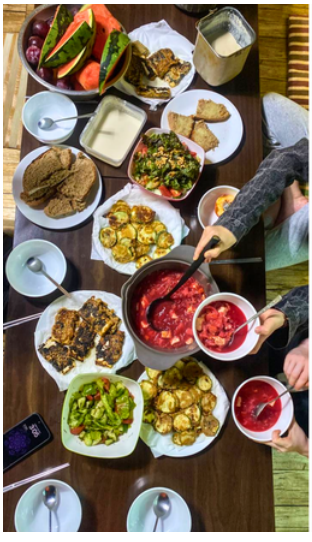
Yoga weekend, August

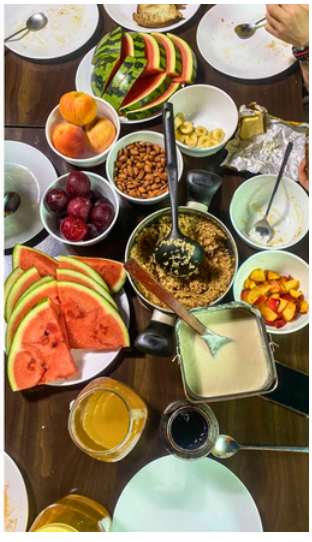
A yoga weekend was held in Ánanda Karnika in August. This event was attended by Ác. Rudraprakashananda Avt. and Ác. Purushottama Brc.

Silence retreat

Ánanda Karnika MU

- Ác. Indrajiit conducted a detox camp in Ánanda Karnika on 01-04 of June (11 people)
- Summer conference 07-09 of June (10 people)
- Cooking retreat for new people
- Summer harvest (watermelon, cucmber, peas, tomatoes, pumpkin etc)





Tokyo Region

Regional conference, Shirahama

the program included classes of A.M. Yoga, philosophy & practice, Kiirtan, Prabhat samgiita & a cultural day with traditional Japanese dances (Bon Odori) with ceremonial costumes.21 margiis were present.

AMURT work

AMURT volunteered to help in Wakayama district after heavy rains flooded many houses.

Classes for recovering addicts

Monthly classes with groups of addiction recovery program in Osaka, 20-25 people, where Dada conducts yoga asanas and stretches and post traumatic disaster relief methods (such as hand massage) and friendly cooperation.

Visiting margiis take part in AMURT activities

7 young Margii students visited Japan for participation in AMURT volunteer service activity and cultural interaction. The group helped at a local temple and visited a handicapped centre where they interacted with some of senior handicapped citizens and sang Prabhat samgiita songs, local Taiwanese songs, Kiirtan & demonstrated Kaoshikii. They were also met the by the ex mayor.

Special survival training day at Shirahama Jagrti was held. A local specialist instructing the margii team some techniques of CPR performance and other survival skills for disaster relief, with hands-on practice.
The team also helped with litter picking, joined in on a peace concert, learnt traditional dance and helped with monthly AMURT Japan activities, feeding the homeless.

Vladivostok Region

Vladivostok Diocese

Ác. Purushottama Brc. made a tour of cities in Vladivostok diocese conducting yoga and meditation classes in each city.
He visited Blagoveshchensk, Svobodny, Birobidzhan, Khabarovsk, Komsomolsk, Vanino, Zavety Ilicha, Yuzhno-Sakhalinsk,Nogliki, Tymovsk and Bikin.
Most of these cities do not have established units.

Ác. Purushottama Brc. also conducted a beginner's retreat in Bekin.

- Ác. Indrajiit Brc. organised a program in Khabarovsk on 16 of august (12 people).
- Regular Paincajanya programs were organised in Vladivostok for 30 people, near the beach.

Novosibirsk Diocese

Ánanda Shivánii MU

- Ánanda Shivnaii underwent renovations for the 3rd floor and the kitchen.
- A Meditation Steps retreat was held from June 30 to July 2 with more than 50 participants. The event was attended by Ác. Abhidhyana Brc., Ác. Yukteshvara Brc., Dada Shiva Brc. and Brcii. Liilamayii Ác.
- A regional conference was held in July with 230 participants and attended by Ác. Shubhaniryásánanda Avt., Ác. Abhidhyana Brc., Ác. Yukteshvara Brc., Ác. Purushottama Brc., Ác. Is't'amaya Brc., Dada Shiva Brc., Dada Karunaniddhi Brc., Dada Ánanda Brc., Avtk. Ánanda Sainjana Ác., Brcii. Sushraddha Ác. and Brc. Liilamayii Ác.
- A children't camp was organised during the conference, run by LFTs and margii sisters.

House entry ceremony for the new wellness centre.

Sister's training

in May sister's had 3 weeks spiritual training. 14 sisters participated in the training. The program included lectures, yoga classes, sports, spiritual practices and satsaunga.

In June there was a one month LFT sisters training for 15 sisters. The program was run by 4 Didis - Avtk. Ánanda Kalyánashrii Ác., Avtk. Ánanda Sainjaná Ác., Brcii. Sushraddhá Ác. and Brcii. Liilámayii Ác. After the training 3 sisters became LFTs and 3 became LPTs.

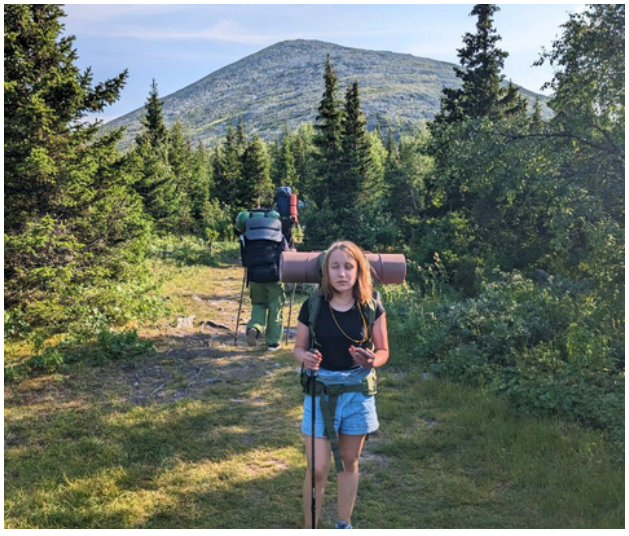
Novosibirsk unit

Satsaunga with SS HK

DC in nature for 20 margiis

Yekaterinburg Diocese

In June Brcii. Liilamayii organised a 1 week camp in the Ural mountains. The camp was organized mostly for margii teenagers to develop the ability to adapt to unusual living conditions, to strengthen their character. 3 teenagers and 8 adults participated in camp.



Ác. Shubhaniryásánanda Avt., SS HK arrived in Yekaterinburg and conducted programs for margiis.

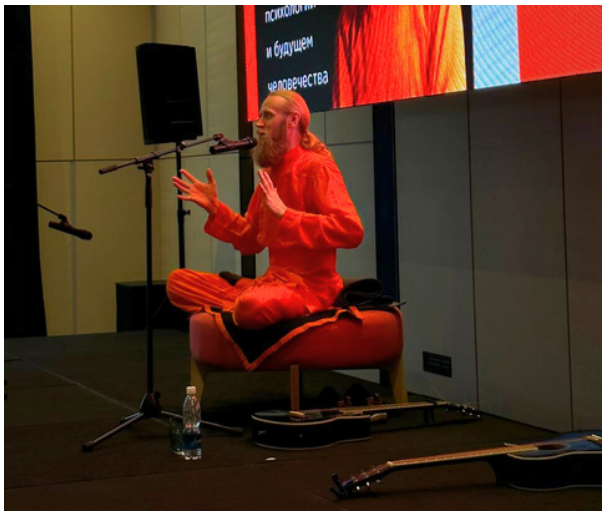
Tashkent Region

Pracar in Bishkek

Ác. Abhidyana Brc. conducted a house entry ceremony in Almaty jagrti.
Dada conducted a 4 day intensive for the new people in Bishkek. More than 120 people benefitted.

Meditation steps lecture

Ác. Sadananda Avt. gave a lecture in Bishkek for almost 300 people.



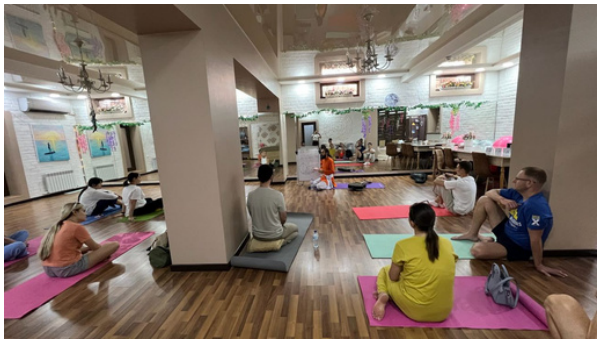
House entry & acarya visit WWD office

After renovations were completely finished, WWD office in Bishkek had a house entry ceremony.
Before sectorial conference all acaryas visted Didi's office.

Tashkent programs

Dada Nityabodha Brc. gave a lecture in Tashkent for beginners.

Tashkent unit visited an animal shelter and helped them with maintenance.



VMT Regions News

SS HK visit to St. Petersburg

Ác. Shubhaniryásánanda Avt. visited St. Petersburg in June and August and conducted programs for margiis with Ác. Istamaya Avt.

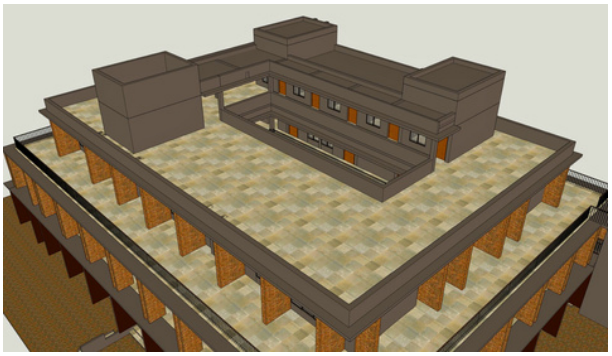
Pracar activities

Ác. Abhidhyan Brc. visited 7 cities: Kazan, Cheboksary,Izhevsk, Naberezhnye Cherny, Almetievsk, Ufa, Sterlitamak.
In each city conducting DC, organisational meetings to encourage them to firm in their practices and do more service. More than 70 people benefited.
In each city conducted new people program, more than 200 people benefitted.

Ánanda Sambhúti Master Unit, Baba Nagar, Jamalpur
The Birth Place of Bábá, Shrii Shrii Ánandamúrtijii

Ánanda Sambhuti Development Project report in Baba Nagar: Progress report from April to 3 October, 2023.

During the last six months we have completed the 1st, 2nd and 3rd floors. Construction is 60 percent done. On the second-floor plastering is going on, electricity is being installed and other structural work is being completed. Besides that, there has been much progress in constructing the boundary wall. On the roadside, west, north and south sides, the boundary wall is finished. In the other areas, we are making a wire fence. We are also making the septic tank. Other work is also being done such as making the gate. We are trying our best to complete the staff house and kitchen dining hall fabricated house.



Ánanda Nagar

Ánanda Nagar Village School Project Report March to Oct 2023

During the last six months, there were a few activities and programs:
1) In the Malka Unit of Ánanda Nagar, the school roof was completely broken. But it was properly repaired and roof casting was done.
2) In Kherogorai school, there was no water. So, we dug a bore as a well. Now there is water and good facilities.
3) This time SWWS Didi took responsibility to support the Ánanda Nagar village school project. There are 18 schools with 711 Students which are run by 40 teachers.
Funds were raised for their 6-month teacher salary. SS Hong Kong raised two-month salaries. All together 8 months' salary was given. Salary money was raised by WWD unit secretary Sister Ispita with SWWS Didi Ánanda Kalyáńashrii Acáryá. At the same time, SWWS HK with Sister Bhasvati and other sisters from Thaitung Unit raised funds to do service to all school children. School bags were distributed to all students, as well as lunch preparation for all teachers and students.
At the same time teachers got 1000 Rs extra bonus from Taitung Unit Sisters.

Workers of Hong Kong sector

Ác. Shubhaniryásánanda Avt.
- SS HK

Ác. Rúdraprakáshánanda Avt.
- DPS HK

Ác. Yogánanda Avt.
- SOS HK

Ác. Candreshvaránanda Avt.
- CSD HK

Ác. Shubhacintánanda Avt.
- RU/RAWA HK

Ác. Priyabodhánanda Avt.
- AMSD HK

Ác. Vijitatmánanda Avt.
- INPRO/ FARPRO HK

Ác. Sadánanda Avt.
- Commerce HK

Ác. Cittarainjanánanda Avt.
- Farm/ SB HK

Ác. Krsnamayánanda Avt.
- RS Hong Kong

Ác. Gunátmánanda Avt.
- RS Tashkent

Ác. Jiivamukta Brc.
- RS Macau

Ác. Purushottama Brc.
- RS Seoul

Ác. Abhidhyana Brc.
- RS Vladivostok

Ác. Rudranáthánanda Avt.
- DS Taipei

Ác. Caetanyánanda Avt.
- DS Taichung

Dada Karunaniddhi Brc.
-DS Yekaterinburg

Ác. Istamaya Brc.
- DS Tokyo

Dada Shiva Brc.
- DS Hong Kong

Dada Shukadeva Brc.
- DS Shanghai

Dada Nityabodha Brc.
- DS Tashkent

Dada Ánanda Brc.
- Dits Barnaul

Ác. Indrajiita Brc.
- RS Ulaanbaatar & Asst. Rector Ananada Karnika

Dada Yukteshvara Brc.
- Asst. Rector Ananada Shivánii

Workers of Hong Kong sector

Avtk. Ánanda Kalyánshrii Ác.
- SWWS HK

Avtk. Ánanda Sainjaná Ác.
- HPMGL HK

Avtk. Ánanda Shivánii Ác.
- RSL Taipei & Tokyo

Avtk. Ánanda Amalá Ác.
- RSL Macau

Avtk. Ánanda Vartiká Ác.
- RSL Ulaanbaatar

Brcii. Sushraddhá Ác.
- RSL Tashkent

Brcii. Liilámayii Ác.
- RSL Vladivostok

Avtk. Ánanda Vidyá Ác.
- DSL Taipei

Brcii. Arpitá Ác.
- DSL Kaoshiung
& Asst. Rector L Ánanda Mátriká

"O tranquil sádhaka! Sádhana is your great bow. Set the arrow of your mind, sharpened with meditation, on this bow. Now inclining your mind toward Him, pluck and twang the string of the bow and pierce your target – that indestructible Supreme Soul."

Shrii Shrii Ánandamúrtjii

Mahávishva

Ánanda Márga Pracáraka Saḿgha
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