

Quarterly Newsletter (Q3 2024)

Asia Pacific Amrita Kudumbam





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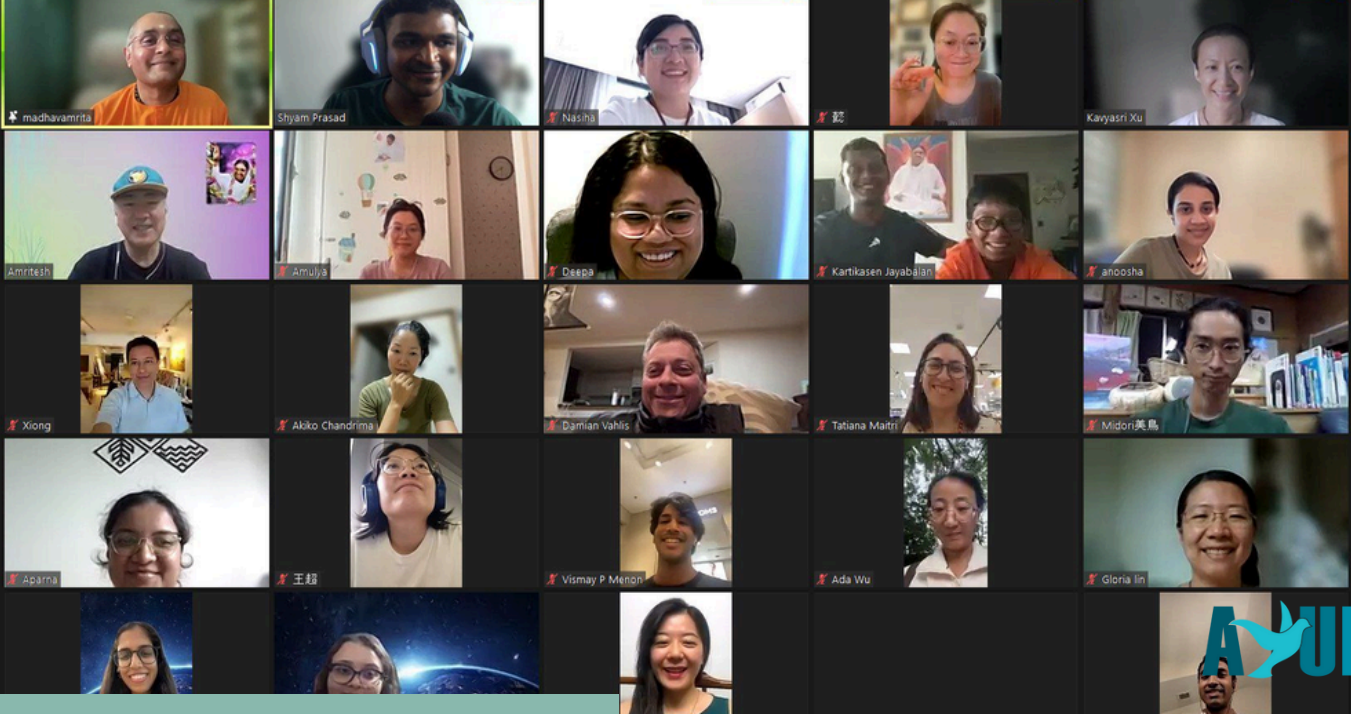
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01 AYUDH

'AYUDH Unite'


An 'AYUDH Unite' initiative was launched on June 22, 2024, to bring AYUDH APAK together and to create a platform for the members of AYUDH in the Asia-Pacific to come together to discuss spiritual topics. In August, an AYUDH Unite session was held on the 24th, and the theme was 'Stress Management.'

The next month, an AYUDH Unite session was held on the 14th, based on the theme 'The Relevance of Amma's Teachings in our Lives.' October's AYUDH Unite session, held on the 19th, was on the theme, 'The Importance of Surrender in the Spiritual Life.'





AYUDH Unite
APAK



This month's topic:

“The Importance of Surrender in the Spiritual Life”


with
Br. Madhavamrita Chaitanya

19 October | Saturday
4pm SGT | 5pm JST | 6pm AUS | 8pm NZ

AYUDH APAK

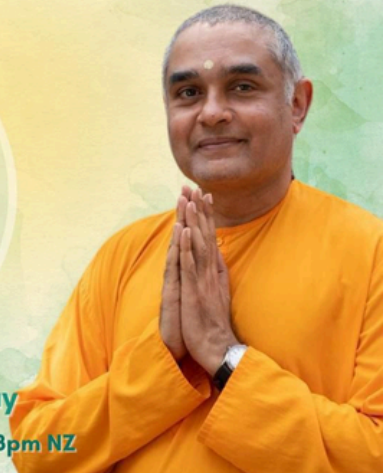
AYUDH Unite

This month's topic :



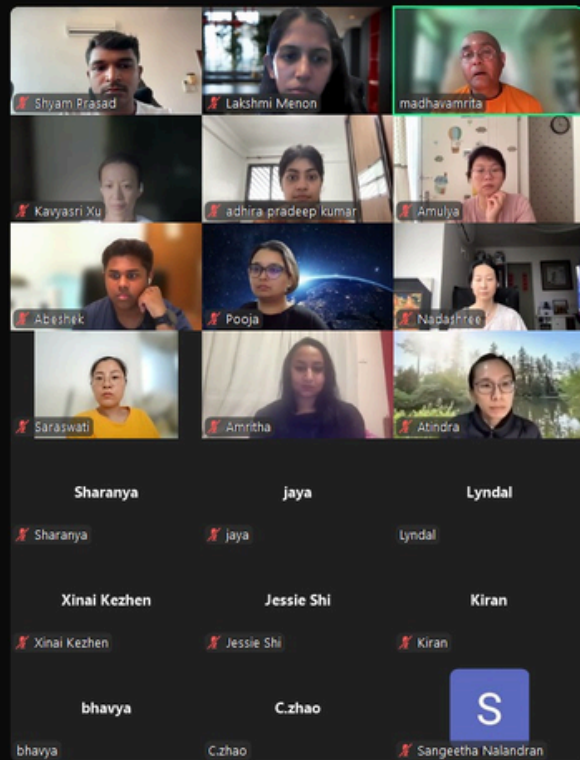
Stress Management

24 Aug 2024, Saturday
11am SGT / 12pm JST / 1pm AUS / 3pm NZ



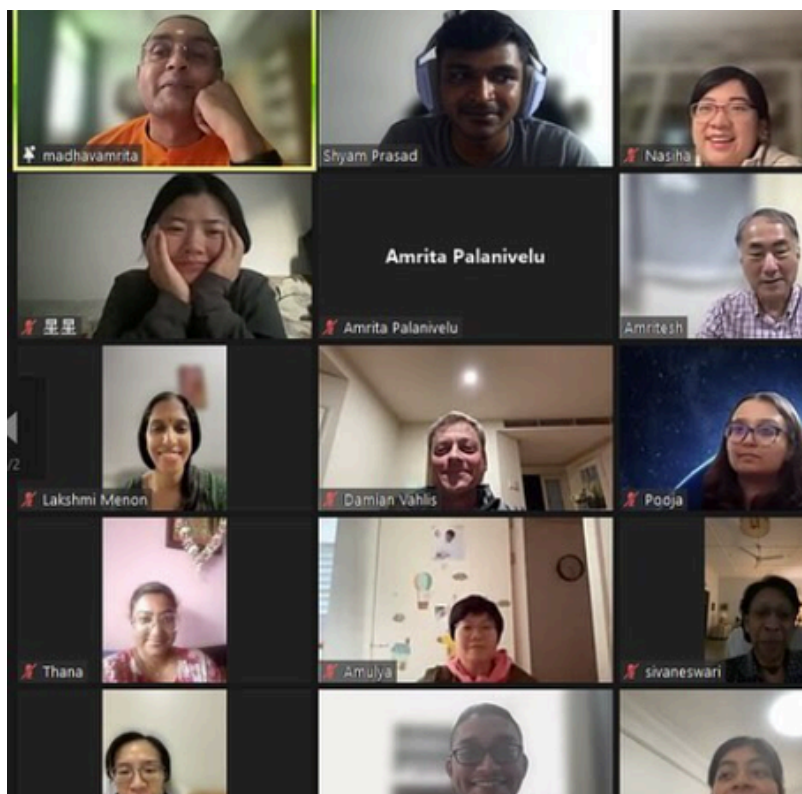
Question #1

“My go to method for de-stressing or when I'm feeling anxious is mainly watching TV shows, Netflix etc. so I don't have to think. I find that meditation or mantra japa doesn't work for me that well. Could Swamiji advise some other spiritual methods that are easily accessible as compared to going out to take a walk, for example?”



These sessions saw not only youth but also those older from the Asia-Pacific taking part. A handful of devotees from the US and Europe also took part in these events. There were live translations in Chinese and Japanese.

Devotees are happy that there is a regional or international platform on which they can discuss spiritual topics with devotees in other parts of the world. These AYUDH Unite sessions are fostering a growing sense of being part of a global family.





AYUDH APAK

WhatsApp Group Invite

[WhatsApp.com](https://www.whatsapp.com)



If you're 15 - 35 years old click on the link here and join our AYUDH APAK community for the latest updates!



August 15, 2024, Tokyo: On the auspicious occasion of Amma's visit, AYUDH Japan launched a GreenFriends Japan to support local environments and strengthen awareness of nature conservation. Dr. Elisabeth Bertagnoli, the Austrian Ambassador to Japan, distributed tulasi (basil) plants that Amma blessed to members of AYUDH.





October 1, 2024, Adelaide: AYUDH Adelaide held its inaugural meeting in a popular frozen yogurt dessert bar opposite the Adelaide Central Markets. A small group of youth discussed ideas

on promoting AYUDH locally. They were especially enthusiastic about contributing positively to the local community while spreading awareness about Amma and her teachings.

AYUDH members noted that many young people are interested in meditation but might not know where to start. Based on this insight, the youth are looking into the idea of running a meditation, breathing and yōga workshop during the upcoming school holidays to promote wellbeing and mental health. It would include a follow-up session with a meditation teacher via Zoom.



AMRITA
Virtual Academy

Library of Amma Movies

Amma's dance, rare vintage footage,
Q&A, talks, bhajans & more!



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Membership

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4 August: Food and Textile Wastage Awareness - AYUDH embarked on a

journey to spread awareness about reducing food and textile waste. With innovative recipes to prevent food waste and trendy ways to upcycle used clothing, these efforts encouraged residents of Sembawang to take conscious actions towards reducing food and textile waste.



31 August: AYUDH SG Holiday Program began with an enthusiastic ice breaker, games and a lively yoga session, setting tone for the fulfilling day ahead. AYUDH members then headed into a mind stimulating discussion on peer relationships as well as related issues faced by today's youth, along with valuable insights by our beloved Swamiji.

They spent the evening baking brownies together, immersing ourselves in mandala art, making origami Ganesha's and singing Amma's bhajans together!

Concluding the day with Amma's documentary left everyone with the feeling of contentment and joy!!

02 ELDERLY



Perth: Members of the Amma Perth Satsaᅅg visit a local aged care facility to provide nourishing meals, conversation and care to an Amma devotee living here.

Adelaide: Devotees from the Amrita Adelaide Satsaᅅg have been supporting an 89-year-old woman, Val, who makes cushions for homeless women and Aboriginal children. Devotees help to source for fabric and facilitate connections with the underprivileged.



Malaysia, September 22, 2024: To celebrate Kārtikā, Amma's birthstar, AFM distributed groceries and cash donations to 11 elderly residents of Rumah Panjang at Kg Subang. Each resident received a package containing rice, oil, sugar and wheat flour, and a cash gift of RM50. This initiative provided elderly individuals not only with food but also a sense of care and inclusion during a special occasion.





03 COLLABORATIONS WITH LOCAL ORGANIZATIONS



August 15th, 2024, Perth: The Amma Perth Satsang participated in the 78th Independence Day of India Celebration reception hosted by Mr. Amarjeet Singh Takhi, the Consul-General of India for Western Australia and Northern Territory.

Since 2021, the Amma Perth Satsang coordinator, Prasada, has attended the monthly Yarning Circle at Naala Djookan Healing Centre, a women's health clinic located in Mirrabooka, Western Australia. This cross-cultural centre provides therapeutic services to women victims of domestic violence. Led by the respected local Aboriginal elder, Lois May, the meetings also enlighten participants about the history and culturally significant aspects of Aboriginal life.

Through these meetings, members of the Amma Perth Satsang have been able to form a rapport with the local Aboriginal community by participating in their ceremonies, studying the local Aboriginal dialect, and taking part in their traditional art practice.





Japan: Members of Amma's Hokuriku Satsaŋ have been actively involved in providing earthquake relief support in the Noto region, 500 kilometres Northwest of Tokyo.

Surya and Suma are leading the roofing tile project, which aims to save traditional Japanese black roofing tiles so that they can be reused and reconstructed to revitalize new homes. Another devotee, Wakasa, is a volunteer in repairing damaged houses. Similarly, all members of the satsaŋ are engaged in different types of the earthquake rehabilitation in the area.





July 5, 2024, Sungai Petani, Kedah, and August 4, 2024, Pangsapuri Aman, Puchong: In collaboration with the Malaysia Indian Dental Association,

Amriteswari Foundation of Malaysia (AFM) organized free oral care services to the public. This community outreach initiative, which caters to the underprivileged, aims to promote dental health, preventive dental care, and the early detection of dental issues especially among children. Volunteer dentists provided dental check-ups, teeth cleaning, and advice on oral hygiene. At Sungai Petani, 68 people benefited from the program, and at Puchong, 54 people availed themselves of the dental services.



July 21, 2024, Kajang: AFM celebrated Guru Purnima by organizing a feeding program at Rumah Kebajikan Seribu Harapan, a shelter for underprivileged children. Fifty-five children were served a nutritious meal comprising a variety of fruits, vegetables and protein-rich foods.



AFM distributed groceries to various communities to facilitate their Dīpavālī celebrations. On **October 9, 2024**, 18 underprivileged families at Rumah Panjang, Petaling Jaya, were given essential items such as rice, cooking oil, sugar, Milo, milk powder and biscuits, along with traditional festive foods such as murukku flour mix, ghee balls, and athirasam flour mix. On **October 13, 2024**, 52 families at Pangsapuri Aman in Puchong received these items.



October 12, 2024, Kg Bunga Melur, Puchong: As part of its Dīpavālī celebrations, AFM collaborated with Sri Maha Maheswari Kalliamman Alayam to distribute rice, cooking oil, sugar and other essential food items to 16 underprivileged families to help them celebrate Dīpavālī with dignity.



October 19, 2024, Bidor: AFM collaborated with Shree Sithi Vinayagar Alayam to donate cash and groceries to 100 needy families.



October 19, 2024, Kg Bunga Melur, Puchong: In collaboration with Sri Maha Maheswari Kaliyamman Alayam, AFM organized a blood donation camp at the temple premises.

After screening, 67 individuals donated 33 bags of blood. The event not only provided critical blood supplies but also raised awareness about the importance of regular blood donation.



September 27, 2024, Desa Mentari: AFM marked Amma's Birthday by distributing Dīpavālī clothes to 12 underprivileged children.





September 22, 2024: In conjunction with Amma's 71st birthday celebrations,

Amriteswari Society launched 'Mother's Kitchen Singapore,' a welfare initiative to provide free meals (annadānam) to the needy. As part of this initiative, Amriteswari Society collaborated with Kannappa Chettinad Restaurant to provide wholesome vegetarian meals to 200 migrant, blue-collar workers.

October 31, 2024: For the second Mother's Kitchen Singapore initiative, Amriteswari Society collaborated with the Kampong Kapur Community Services Centre to provide a sumptuous Dīpāvalī lunch to underprivileged families living in a neighbouring locality.

The sēvā activities for Mother's Kitchen October 2024 started on the eve of Dīpāvalī. Devotees converged at the Centre to chop vegetables. A lunch comprising vegetable biriyani, raita and kesari was prepared the next day. After the morning satsaṅg and Dīpāvalī brunch, more than 40 members helped to pack the cooked food, which was distributed at Kitchener Road, where there are single-room rental apartments.

Devotees gathered at the pavilion between blocks 1 and 2 to distribute the food. When they learnt about needy and immobile elderly in nearby flats, the devotees carried food packets to them. In all, close to 250 lunch packets were distributed that day.





04 MEDITATION

Meditation is an age-old technique of gaining control over the mind. As Amma puts it, “The remote control of our mind should rest firmly in the palm of our hand.” Once we gain control over the mind, we can enjoy peace and inner quiet.

The ‘Mā-Ōm and White Flowers of Peace’ Meditation practices continue to be carried out monthly via Zoom. Amma developed the ‘Mā-Ōm’ meditation technique, which is deceptively simple but which can induce deep meditative states. It involves synchronizing one’s breath with the mantras ‘Mā’ and ‘Ōm.’ Similarly, Amma created the White Flowers of Peace meditation as a way of turning prayers for the peace and welfare of all beings in the universe into a deep meditation practice.

The group meditation practices were held on July 13, August 24, September 21 and October 20. Swāmī Ātmānanda Puri and Br. Mādhavāmṛta took turns to lead the meditations. Hundreds of devotees from the Asia-Pacific Amṛta Kuṭumbam (Amṛta Family) or APAK have attended each of these meditation practices.



Sunday, October 20th, 2024, Adelaide, South Australia: Swāmī Ātmānanda conducted a half-day silent meditation retreat at a devotee's home in Flagstaff Hill, amidst a beautiful natural setting.

Aimed at people with different levels of meditation experience, the retreat began at 9:00 a.m. and ended at 1:00 p.m., and was well-attended by members and friends of the Adelaide Satsaṅg. Participants enjoyed the workshop, which was designed to deepen and encourage their daily meditation practice, and equip the practitioner with greater ability to overcome stress.



In his introductory talk, Swāmī Ātmānanda described meditation as a means of coming into the present, and gave an overview of sitting and walking meditation. He explained in greater detail how meditation helps one focus on *īswara sṛṣṭi* (divine creation) instead of *jīva sṛṣṭi* (individual creation). Swāmī then guided the participants in a sitting meditation session, emphasizing relaxation and awareness of sensory experience. This was followed by a guided walking meditation.

In his second talk, Swāmī delved into the why's and how's of meditation with examples, stories, and succinct aphorisms. Drawing an analogy between creation and a movie projected on the screen, Swāmī explained that meditation requires one to stop identifying with the moving pictures of thoughts, feelings and sensations, and to focus instead on the substratum (or screen) of consciousness. Quoting Amma's explanation of meditation as doing the right thing at the right time, Swāmī stressed that meditation is not meant solely for the practice room but to be observed at all times with conscious awareness in service to others.

In conclusion, Swāmī encouraged the devotees to establish a daily meditation practice and to apply the principles and techniques they had learnt.





Singapore: IAM® or the 'Integrated Amrita Meditation' technique is a simple yet powerful combination of yōga, prāṇāyāma and meditation, conceptualized by Amma for people today. It takes into consideration

contemporary mental conditions and time constraints. The IAM® has helped thousands around the globe find peace and relaxation. Amma's disciples teach the technique, free of charge, in many parts of the world.

Shyam Prasad, an AYUDH member from Singapore, was trained in Amṛtapuri to be an IAM® instructor. He conducted two IAM-35 refresher courses for Singapore devotees—on July 20, just before the Guru Pūrṇimā celebrations, and on August 9, 2024, on Singapore's National Day.

Both courses were for those who had undergone the IAM® course before. An IAM-35 meditation course will be conducted soon for first-timers before year end.



AMRITESWARI SOCIETY SINGAPORE PRESENTS

Amma in my Life

Sunday, September 22nd, 2024 | 7 p.m. (Singapore Time)



A talk by
**Br. Madhavamrita
Chaitanya**



05 SPIRITUAL TALKS



Singapore: On September 22, 2024, in conjunction with Amma's birthstar, Amriteswari Society Singapore hosted an online talk entitled 'Amma in my Life.' Given by Br. Mādhavāmṛta, the talk drew

participants largely from the Asia-Pacific but also from other parts of the world, including the US and Europe. During the talk, Br. Mādhavāmṛta shared some of his experiences with Amma, explaining the spiritual lessons he learnt from each. The key lessons included cultivating humility and eliminating pride, the necessity of exercising self-control, and the importance of surrender in the spiritual life. The talk was well received and followed by a question-and-answer session.



06 AMMA IN JAPAN



August 14 – 16, 2024, Tokyo: Like the devotees elsewhere in the world, those in Asia-Pacific have been pining to see Amma. When she went to Japan earlier this year, many devotees from the Asia-Pacific

attended her programs. They included Koreans, Chinese, Malaysians, Singaporeans and Australians. Amma called them all for darśan daily. Not a few pleaded with Amma to visit their countries soon.

Amma touched each heart in her own special way. Weiyu Wang shared her experience: *“Amma sang a bhajan called ‘Navvu Navvu.’ The lyrics exhort us to laugh ‘hahahaha...hohohoho.’ While singing, I suddenly recalled how my mother*

used to say that if I laughed 'hahahaha... hohohoho' when I was sad, I would become happy. I remembered snuggling in my mother's arms and laughing that way when I was sad. That memory made me cry, because I realized that Amma has always been with me. She, the Mother of the Universe, has been protecting me in the form of my mother."

Shantideva said, "This was the first time I was meeting Amma. It was also the first time I felt understood. As soon as she embraced me, I felt like an aggrieved child who was back in her mother's arms. I'm so grateful!"

Nasiha, who was also meeting Amma for the first time, shared her experiences: "When I was hugged by Amma for the first time, I felt like the whole world had come to a standstill. I asked Amma for a mantra. All the doubts, uncertainties, and restlessness regarding my life and career in my mind ceased. I understood that Amma knows everything about me. I felt that she had arranged everything. I was able to accept everything happily, not seeing something as good or bad, right or wrong.





After I returning home, I faced a major change in my life. But I remained peaceful and had an attitude of complete acceptance. My mind went from scattered to peaceful, firm and orderly. I was clear about the direction I needed to take and was able to face all situations with courage. This was only because of Amma's love and grace. I'm infinitely grateful to her."

Yet another devotee, Zhaoyuan, recounted how Typhoon Ampil threatened to cast shadows over the programs. But *"The typhoon suddenly changed course, and the lingering worry was wiped out of my mind. I recalled how Amma had said some years ago, 'This land needs me!' I believe that her presence in Japan saved hundreds of thousands of people from what could have been a deadly natural disaster. As Amma asked us to pray for world peace, I felt the positive energy emanating from her. This is such profound grace."*

