

Quarterly Newsletter (Q1 2026)

ASIA PACIFIC AMṚTA KUTUMBAM





APAK

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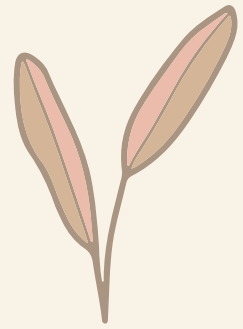
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APAK QUARTERLY NEWSLETTER
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MESSAGE FROM AMMA



THE SECRET OF SUCCESS

Children, laziness, diffidence and lethargy are obstacles to success in any field of endeavor. Many people do not even attempt to strive because of laziness or a lack of self-confidence. Others may begin sincerely, but when they encounter minor setbacks or failures, they become discouraged and give up. To succeed, one must act with the right attitude and perseverance.

Once, a wealthy man renounced his possessions and journeyed to the Himālayas to become a monk. He stayed in an āśram, meditated, and undertook various spiritual austerities. Months passed, then years, yet he did not attain the realization he sought. Concluding that further effort would be futile, he decided to return home.

On his way back, at dusk, he passed a palace and noticed a large gathering inside a grand hall. Curious, he looked in and saw a renowned dancer performing.



Feeling tired from his travels, the monk entered and sat down to rest while watching the dance.

It was customary for the king to present the dancer with gifts at the end of her performance. However, for some reason, the king had not yet arrived. Though already exhausted, the dancer continued performing, hoping he would come soon. Time passed, and her fatigue deepened.

She felt she might collapse at any moment, yet she persevered, sustained by the hope of the king's arrival and reward.

At around midnight, the king finally entered the hall. Impressed by her endurance and dedication, he rewarded her with far more gold coins than usual.

Witnessing this, the monk reflected deeply. Despite her exhaustion, the dancer had continued with unwavering determination—and she had succeeded. “How hasty I have been,” he thought. “It was wrong of me to abandon my spiritual practices so quickly.” With renewed resolve, he turned back toward the Himālayas and resumed his disciplines with fresh vigor.

Consider a toddler learning to walk. The child falls repeatedly, yet each time he rises and takes a few more steps. He does not abandon his effort because of repeated falls. Even if he is bruised or hurt, he persists. Through patience and tireless enthusiasm, he eventually learns to walk. We, too, should cultivate such a mind.

We must learn to sustain hope and enthusiasm even in the face of obstacles and failures. We should not allow discouragement to overpower us. Even if the body grows weary, the mind must remain strong. Success comes to those who continue striving with courage and patience, no matter the challenges before them.



SEEKING FORGIVENESS

APAK SPIRITUAL RETREAT WITH SWĀMĪ AMṚTASWARŪPĀNANDA



Swāmī Amṛtaswarūpānanda (Swāmiji) led the retreat, based on the theme of ‘Seeking Forgiveness.’ Spiritual masters, past and present, have consistently affirmed that forgiveness is among the highest virtues. Although it is often mistaken for a weakness, true forgiveness demands tremendous spiritual strength. We have all hurt others and stand in need of forgiveness. Likewise, we have also been hurt, and have struggled to overcome resentment, anger or hatred. Forgiving is an essential virtue that many lack and few have mastered.

Drawing upon incidents from Amma’s life, Swāmiji offered practical guidance on cultivating forgiveness. Many devotees shared that the deeply moving stories he recounted mirrored their own life experiences. They came to see that withholding forgiveness is akin to carrying a lifelong burden, and felt inspired to let go and forgive. The retreat served as a powerful reminder of Amma’s words: “Forgiveness frees the soul and opens the door to inner peace.”

Swāmījī also referred to the Śiva Aparādha Kṣamāpaṇa Stōtram, a hymn composed by Ādi Śaṅkara. Addressed to Lord Śiva—who represents the Guru—the hymn is a heartfelt plea for forgiveness. Swāmījī explained that seeking forgiveness implies acknowledging one’s errors, the most fundamental of which is forgetting God or losing awareness of the Divine. It is this disconnection that gives rise to aparādha (wrongdoing). The remedy, he said, lies in ārādha—worship and remembrance of God.

A recurring word in the hymn is kṣantavya, meaning ‘to be forgiven.’ Swāmījī explained that when we seek kṣamāpaṇa (forgiveness) from the Guru, we are not only asking for pardon but also for the time and opportunity to repent and transform. Implicit in this prayer is a plea that the Guru never withdraw her grace or love.

Swāmījī emphasised that self-forgiveness is inseparable from self-compassion: “Forgiveness and compassion begin with oneself. If we cannot forgive ourselves, we cannot forgive others. If we cannot be compassionate towards ourselves, we cannot be compassionate towards others.”

He further explained that self-forgiveness includes treating the body as a sacred temple. A person who is compassionate towards oneself nurtures the body through proper exercise and healthy food, cultivates uplifting thoughts, and embraces ideals that foster intellectual and spiritual growth.

Amma made a special online appearance on the second evening of the retreat, much to everyone’s joy. She observed that most people carry a heavy burden of sorrow, and that surrendering this burden to God can bring deep relief. Radiating maternal warmth, she said, “Amma is so happy to see all her children coming together for this retreat.”

Prior to the retreat, Swāmījī met with Regional Coordinators (RCs) from across the Asia-Pacific region. Each coordinator presented a brief overview of activities in five key areas: AYUDH, meditation, collaborations with local organisations, outreach to the elderly, and Amṛta Alumni initiatives.





Concluding the meeting, Swāmijī reminded everyone of the importance of serving with unconditional love and sincerity. Quoting Amma, he said: “Spiritual knowledge is a burden if carried on the head, but becomes beautiful when brought into the heart.”



NEW CHAPTER IN AMMA AUSTRALIA



May 17, 2025, Melbourne, Australia: A new chapter in the history of Amma’s mission in Australia began with the official opening of the Melbourne Āśram’s Amrita Hall and Amrita Café. The inauguration was led by Swāmī Rāmakṛṣṇānanda, with Swāmī Ātmānanda also gracing the occasion.

In his address, Swāmī Rāmakṛṣṇānanda said, “Whatever project Amma starts anywhere in the world grows into something significant and beneficial for the community, especially for those in need... Amma possesses infinite knowledge, always accompanied by infinite love and compassion... I truly believe that Amma’s centre here in Melbourne will radiate love, compassion, and kindness to all who come here, and to the wider community as well.”





Volunteers in Melbourne are currently partnering with the Darebin Community Canteen and Frankston Community Support to provide food and essential supplies to those in need. They look forward to making use of the café's new kitchen to further support these efforts.

The inauguration also honoured the Bunurong People, the traditional custodians of the land. Uncle Mark Brown, a Bunurong Elder and Senior Cultural Heritage Officer, attended the event and spoke about the enduring connection between the people and the land on which the āśram stands. He described the deep spiritual bond that encompasses the rivers, mountains, coastlines, and bushlands of the region, and said: "As we gather here today, we recognise that this ceremony forms part of our shared journey of reconciliation and understanding. By acknowledging the rich heritage of the Bunurong People of the Kulin Nations, we seek to foster mutual respect, cultural exchange, and celebration of diversity. We come with purpose to this beautiful Bunurong country. We gather in love and unity. Please walk with soft feet and open hearts."



Sonya Kilkenny, Member of Parliament and Attorney-General of the State of Victoria, also joined the celebrations. She shared that she had the great fortune of receiving Amma's embrace in Melbourne: "You treat me like family whenever I come here... You empower others. You uplift with compassion, empathy, love, and support—without judgment. And we are all the better for it." During their visit, Swāmī Rāmakṛṣṇānanda conducted programmes in Sydney and Adelaide, including talks, bhajans, and question-and-answer sessions. Swāmī Ātmānanda also delivered talks and led guided meditations.

Following the programmes in Australia, Swāmīs Rāmakṛṣṇānanda and Ātmānanda travelled to New Zealand, where they conducted a public programme, a day-long spiritual retreat, and home visits. The public programme in Auckland was graced by Dr Madan Mohan Sethi, India's Consul General to New Zealand, while the retreat was attended by Dr Carlos Cheung, Member of Parliament.



MEDITATION



One-day Silent Meditation Retreat

November 8, 2025, Adelaide: Swāmī Ātmānanda Puri conducted a one-day silent meditation retreat, organised by the Adelaide M.A. Centre, at Sophia on Cross Road in Cumberland Park. Held from 9:30 a.m. to 4:30 p.m., the retreat was well attended by members of the Adelaide Satsaṅg as well as newcomers.

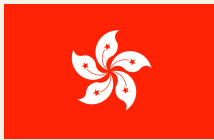
The schedule offered a balanced blend of guided meditation, walking meditation, and silent sitting. These practices were interspersed with talks by Swāmījī and a question-and-answer session that provided valuable insights and practical guidance. His teachings on the nature and mastery of the mind enabled participants to explore the subtler dimensions of meditation.

With clarity and precision, Swāmījī guided attendees through a step-by-step approach: first to simply sit and be, then to relax the body, observe the breath, and finally watch thoughts as they arise. He explained that thoughts relating to the past often indicate resistance, while those directed toward the future reflect desire or seeking. By recognising this, practitioners can gradually anchor themselves in the present moment, free from distraction, and access the inner bliss that meditation reveals.

December 21, 2025, Perth: In observance of World Meditation Day, and in accordance with Amma's wish, members of the Amma Perth Satsaṅg gathered for meditation.

December 31, 2025, Adelaide: Members of the Adelaide Amma Centre came together for a New Year's Eve White Flower meditation and satsaṅg.





Devotees regularly participate in monthly meditation sessions held in their homes. In addition, members of the **Hong Kong Satsaṅg** join the monthly APAK (Asia-Pacific Amrita Kuṭumbam) Mā-Ōm and White Flowers of Peace online meditation sessions.



IAM (Integrated Amrita Meditation) Camps



After a gap of seven years, the **Hokuriku Satsaṅg** resumed IAM camps in July and October 2025. Devotees were delighted to attend these sessions conducted by an IAM instructor from the Hokuriku Satsaṅg.

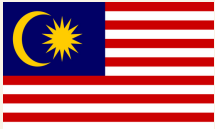
Some participants had long awaited the opportunity to learn the technique, while others attended refresher courses or reconnected with a practice they had previously discontinued.

— Prasida, Osaka

In July 2025, an IAM camp was also held in Hakodate, with seven new students and three participants attending for refresher training.

— Prabhod, Hakodate





February 20, 2025, Kuala Lumpur: Br. Mādhavāmṛta Chaitanya conducted a guided meditation at the KL Amma Centre.



October 2 – 8, 2025: During his visit to Malaysia, Swāmī Rāmakṛṣṇānanda Puri led a series of satsaṅg, meditation, and bhajan programmes at several venues, including Sri Maha Maheswari Kaliyamman Alayam (Puchong), Sri Krishna Temple (Brickfields, Kuala Lumpur), Sri Bala Thandayuthapani Temple (Seremban), KL Amma Centre, Arulmigu Sri Bala Murugan Temple (Seberang Jaya), and Maha Ganapathy Aalayam (Ipoh). A Navagraha Hōma was also conducted at the KL Amma Centre.





Meditation Retreat with Swāmī Pūrṇāmṛtānanda



February 17 – 18, 2026: During the Lunar New Year period, Swāmī Pūrṇāmṛtānanda Puri led a one-and-a-half-day meditation retreat in Singapore, attended by over 180 participants, both in person and online from Australia, Canada, China, Europe, Japan, the UK and the USA.

The retreat was held at Changi Cove, a serene hotel nestled amidst greenery along Singapore’s eastern coastline. Swāmī immersed participants in the principles of meditation—beginning with breath awareness, progressing to the cultivation of inner stillness through Śrī Cakra meditation, and exploring how meditation helps stillness blossom into compassion.

Each discourse was followed by a guided meditation session. The gentle strains of Swāmī’s flute filled the space, creating a deeply contemplative atmosphere that drew minds inward. Interactive question-and-answer sessions addressed practical challenges in spiritual life.

During a walking meditation along the shoreline, a sudden downpour added an unexpected dimension to the experience. Undeterred, Swāmī encouraged participants to embrace the moment, remaining centred and aware amidst changing circumstances.

The retreat was an immersion in silence. Over the course of the programme, Swāmī reminded participants of Amma’s teaching: “We have the power to change our destiny by changing the quality of our thoughts,” emphasising meditation as the means to this transformation.

Monthly Mā-Ōm and White Flowers of Peace Meditation sessions continue to be held online, led by Swāmī Ātmānanda, Br. Mādhavāmṛta, and, on one occasion (Sep. 2025), Swāmī Vijayāmṛtānanda.



COLLABORATIONS WITH LOCAL ORGANIZATIONS



During the Christmas season, Amma satsaṅgs in Melbourne, Sunshine Coast, Adelaide, Perth, and Byron Bay partnered with local community organisations to provide special Christmas hampers and gifts to families and individuals in need.

Melbourne: A substantial donation of LEGO and other toys was made to Community Support Frankston, which serves vulnerable families in the Frankston municipality, including Carrum Downs—the location of Amma’s Melbourne āśram. In addition, grocery vouchers worth AUD 1,000 were provided to the Willum Warrain Aboriginal Association for distribution to those in need.

Perth: A total of 57 hampers were donated to clients of the Naala Djookan Healing Centre, which supports women, children, and families affected by domestic violence. Each hamper included food items, sanitary essentials, a teddy bear, and AUD 20 grocery vouchers.

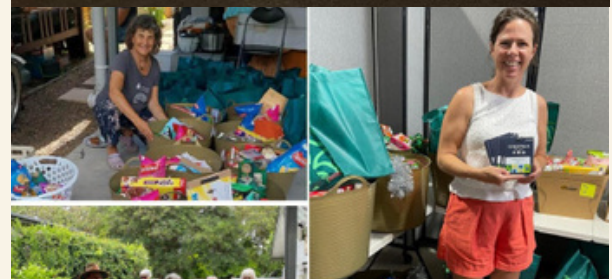




Sunshine Coast: Devotees provided 30 grocery gift cards, each valued at AUD 100, to the Nambour Community Centre for distribution among individuals and families experiencing food insecurity.



Adelaide: Devotees assembled special care packs for Indigenous renal patients travelling from the APY Lands—a vast and remote Aboriginal region—to Adelaide for medical treatment. These packs included toiletries, sanitary items, and Christmas treats. Food items were also donated to Lutheran Care.

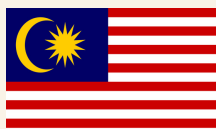


Byron Bay: Devotees delivered 42 carefully prepared Christmas hampers to the Mullumbimby District Neighbourhood Centre. Each hamper contained essential food items, festive treats, and gifts for families in need.





July 2025: As part of the ‘Feeding HK’ initiative—a community food drive programme—members of the Amma Hong Kong Satsaṅg distributed food to those in need.



Blood Donation Drive

September 13, 2025: In conjunction with Amma’s 72nd birthday, devotees collaborated with the National Blood Transfusion Service to organise a blood donation drive, with 17 participants contributing.



Amma’s Birthday Celebration at a Children’s Shelter

September 27, 2025: Devotees celebrated Amma’s birthday with children from the Pusat Jagaan Beribuan Kasih orphanage in Kajang, with prayers, chanting of Amma’s Aṣṭōttaram (108 names), and bhajans, followed by cake-cutting, distribution of new clothes, and lunch.



Dīpāvali Outreach

Thirty-three children aged 6 – 15 from lower-income families received new clothes for Dīpāvali. Groceries were also distributed to underprivileged families at Sri Maha Maheswari Kaliyamman Temple in Puchong.



Mother's Kitchen Singapore

As part of the Amriteswari Society's ongoing collaboration with Kampong Kapur Community Services, devotees prepare and distribute meals each month to underprivileged households in the Jalan Besar community.

Meal distribution typically takes place on the last Sunday of every month. Preparations begin the previous day, with volunteers washing and cutting vegetables. After the morning satsaṅg, large batches of noodles or fried rice are cooked, packed, and delivered promptly to residents in need.

As Amma reminds us, “While the food we eat nourishes our bodies, it is what we give in charity that nourishes our souls.” Inspired by this spirit, Amma's children in Singapore distribute over 150 meal packets each month—offering not only physical sustenance but also warmth and encouragement to the families they serve.



ELDERLY



Elderly Hand-Massage Service

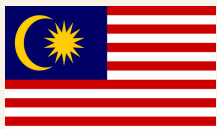
Every month, I volunteer as a touch-care therapist at the Amagasaki Day Care Service, where a local non-profit organisation conducts 'Gentle Touch Care Activities.' As part of this service, I offer hand massages to clients aged 70 to 100, while also taking time to listen attentively as they share their physical concerns and life experiences.

Together with Ms Nakagawa, president of the organisation, we extend these services to palliative care wards in hospitals, elderly care facilities, temporary housing centres, and areas affected by natural disasters.

These activities create opportunities to build gentle and heartfelt connections, while cultivating love and gratitude. By Amma's grace, I am able to practise values such as a loving touch, empathy, and acceptance. This sēvā has inspired me to make a life of love my highest goal. I am deeply grateful to Amma for these opportunities to express compassion, mercy, and unconditional love.

— Gati, Osaka





Spending Time with Senior Citizens

September 15, 2025, Seri Iskandar, Perak:

In conjunction with Amma's birthday, devotees visited Rumah Seri Kenangan (RSK) to spend time with the elderly residents. Approximately 20 senior citizens participated in the programme, held from 9:00 a.m. to 1:00 p.m.



The morning was filled with uplifting activities, including meditation, games, singing, and the sharing of experiences. Gifts were distributed, and both breakfast and lunch were served, creating a warm and joyful atmosphere of love and companionship.



Amma's Dīpāvali Blessings at Meranti Home

October 25, 2025: Under the guidance of Ms Rubavathy, around 20 volunteers from the Amriteswari Society visited Meranti Home—a welfare residence for elderly destitute individuals—to celebrate Dīpāvali with its residents.



The programme began with cultural performances by members of Singapore AYUDH, which brought smiles and applause from the audience. Soon, the residents joined in—singing, swaying, and even dancing along with the volunteers.

The celebration continued with interactive games designed to encourage reflection and social engagement. Laughter filled the hall as residents and volunteers participated with enthusiasm. As the event drew to a close, volunteers lovingly served a variety of food, ensuring that everyone enjoyed a warm and satisfying meal. Many residents expressed heartfelt gratitude, sharing how much joy the celebration had brought them.

Amma's message for the year—"Without succumbing to despair, we should light up our hearts with the lamp of hope"—was reflected in every smile and act of kindness. Through this Dīpāvali sēvā, Amma's children in Singapore were able to kindle that lamp of hope, both within themselves and in the hearts of those they served.

AYUDH

AYUDH Reflect & Unite

January 24, 2026: AYUDH APAC and AYUDH Americas continued their close collaboration with another session of the Unite & Reflect series. The topic—‘Dealing with Guilt’—resonated deeply with participants.

The session began with a guided meditation led by Br. Mādhavāmṛtajī. In his satsaṅg, he described guilt as “our conscience speaking to us”—a sacred inner mechanism of moral awareness. When approached rightly, remorse can become a catalyst for growth and correction. However, he cautioned that misplaced guilt can devolve into shame and, if left unchecked, may spiral into forms of psychological distress.

Mādhavāmṛtajī offered five practical guidelines for navigating guilt:

1. Associate guilt with an action, not with one’s identity.
2. Let guilt lead to prāyaścitta (corrective action), not self-condemnation.
3. Practise self-compassion, while also extending mercy to others.
4. Use guilt as a reminder to remain vigilant and avoid repeating mistakes.
5. Transform guilt into a means of turning towards God—seeking forgiveness both for one’s actions and for the inner tendencies that gave rise to them.



What followed was a series of candid and heartfelt questions. Participants shared personal struggles that deeply resonated with others. Mādhavāmṛtajī responded with compassion and clarity, helping the youth confront difficult truths, ease mental burdens, and adopt a practical path toward healing. The session concluded with a soulful rendition of the bhajan ‘Malarum Maṇavum.’

August 16, 2025: An earlier Unite & Reflect session, jointly led by Swāmī Dayāmṛtānanda Puri and Mādhavāmṛtajī, explored the theme “Overcoming Anxiety.” In addition, Mādhavāmṛtajī conducted several online sessions for the AYUDH Asia-Pacific community on topics such as Addictions (March 22, 2025), Embracing Silence and Stillness Daily (August 16, 2025), Fighting the Inner Battle (October 11, 2025), and Resolutions that Matter (December 27, 2025).



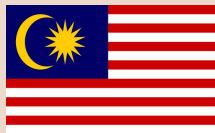
Beach Cleaning at Hakodate, Hokkaido

At Sumiyoshi Fishing Port, various types of trash are washed ashore due to weather conditions such as storms and typhoons. There is always a significant amount of fishing-related waste—not only from Japan, but also plastic bags and debris bearing foreign-language labels. Fishing waste in particular, seems to make up a large portion of the debris.



Although the fishing port is cleaned each time, within a few months, trash accumulates again. There must be many places where marine debris gathers in large quantities, carried and concentrated by tides and wind.

—Prabod, Hakodate



Nationwide AYUDH Meet

February 22, 2025, Kuala Lumpur: A nationwide AYUDH Meet was held at the KL Amma Centre. Br. Mādhavāmṛta led an interactive session, sharing insights into AYUDH's global initiatives and inspiring participants to explore new avenues of contribution.

Participants were divided into groups for a brainstorming session, where they discussed and presented innovative ideas for future AYUDH activities in Malaysia. The meet fostered meaningful dialogue, energised the youth, and strengthened a shared spirit of service.





Q&A with

Swāmī Pūrṇāmṛtānanda Puri

February 21, 2026: Members of AYUDH Singapore engaged in a question-and-answer session with Swāmī Pūrṇāmṛtānanda Puri, raising concerns about challenges in their daily lives—such as sustaining sādhana (spiritual practices) amidst academic and professional pressures, overcoming personal vices and addictions, and dealing with self-doubt arising from comparisons with others.

Swāmījī encouraged the youth to channel their energy wisely by performing actions with sincerity and right intention, emphasising that these alone lead to lasting happiness and reduce dependence on fleeting material pleasures. He also highlighted selected mantras from the Lalitā Sahasranāma, demonstrating their correct pronunciation and explaining their meanings.



Charcha with Br. Mādhavāmṛta

January 24, 2026: AYUDH Singapore resumed its first charcha (spiritual discussion) of the year with the topic, “What Makes a True Devotee?” The discussion drew upon the lives of Rāvaṇa and Hanumān from the Rāmāyaṇa.

Under Mādhavāmṛtajī’s guidance, participants reflected on how Rāvaṇa—despite his devotion to Lord Śiva, vast knowledge, and intense austerities—repeatedly chose adharma over dharma due to pride and lack of surrender. In contrast, Hanumān exemplified humility and purity of heart. His immense strength was always dedicated to the service of Lord Rāma, making his actions both successful and spiritually uplifting.



Sembawang Beach Cleanup

July 5, 2025: AYUDH members gathered at Sembawang Beach along Singapore’s northern coastline for a cleanup initiative led by Mdm. Lalitha Pillai. The activity aimed to instil awareness among youth about protecting marine life and preserving ecosystems.

The programme began with prayers, followed by two hours of dedicated effort. The team collected approximately 10 kilograms of waste, including plastic bags, bottles, cans, Styrofoam containers, and glass shards—making a meaningful contribution to environmental conservation.

