

A portrait of a woman with dark hair, a bindi, and a nose ring, wearing a white shawl and a beaded necklace. The background is a solid blue color.

ASIA PACIFIC AMṚTA KUṬUMBAM

Quarterly Newsletter (Q2 2026)

The background of the entire page is a traditional East Asian ink wash painting. It depicts a serene landscape with misty, layered mountains in shades of blue, green, and brown. A river flows through the center, with a small wooden bridge crossing it. Several birds, possibly swallows or swifts, are shown in flight, their dark forms contrasting with the lighter background. Branches with small white blossoms and green leaves frame the right side of the image. The overall style is soft and atmospheric, typical of traditional Chinese or Japanese ink painting.

T ABLE OF CONTENTS

3 AMMA'S MESSAGE

5 MEDITATION

10 AYUDH

13 LOCAL COLLABORATIONS

19 ELDERLY

21 AMRITA ALUMNI

AMMA'S MESSAGE

LOVE

Children, most of us dwell only on the losses in our lives and grieve over them. We seldom reflect on the immeasurable wealth of love that life offers us. For a businessman, the greatest loss is to go bankrupt and become a pauper. Likewise, the greatest loss in life is the inability to give and receive love.

Love is the true capital of life, its greatest wealth. If we lose it, we become completely bankrupt. Therefore, we should strive to cultivate more love and fill the treasury of our hearts with it.

A little boy was selling flowers in the bitter cold. Barefoot and shivering, he stood by the roadside while passersby haggled with him over the price of the flowers. The boy's feet were trembling from the freezing weather. A passerby noticed this and was deeply moved. Distressed by his condition, the man hurried to the nearest shoe store, bought a pair of boots that fit the boy, and returned. Handing the boots to the boy, he said, "Son, these are for you. They will keep your feet warm and protect you from the bitter cold."

Surprise and joy lit up the boy's face. He could hardly believe that a stranger would buy a pair of boots for a poor flower seller like him. After putting them on, he gently



like him. After putting them on, he gently took the passerby's hand and asked, "Are you God?" The man was taken aback, "No, son," he replied. "I am not God."

The boy said, "Then you must surely be His best friend."

Hearing those words, the man's eyes filled with tears. A smile spread across his face as he continued on his way. For the first time in his life, he realized that becoming God's friend was not so difficult after all.

Christ said, "Love thy neighbour as thyself." Yet that is no longer the way many people think today. We are pleased

AMMA'S MESSAGE

when the shop next door has no customers, and when our neighbour is burdened by sorrow. Another's happiness is often enough to make us unhappy. Such has become our attitude towards others. Life has changed drastically, and in the process, compassion has been lost.

Without the passport of love, we cannot obtain the visa of spiritual liberation. Whatever we expect from the world, we must first be prepared to give. We yearn for love and happiness from others; therefore, we must cultivate a heart that loves everyone. No one should ever have to experience sorrow because of us.

What we need today is not speeches but action. By now, Amma has travelled to most parts of the world. She has met millions of people and witnessed their suffering firsthand. The greatest famine in the world today is the famine of love. Yet love is something we possess in abundance within ourselves.

To console those who are grieving, we need neither high position nor wealth. A loving word, a compassionate glance, or a small gesture of kindness is enough to illumine both their lives and ours. The value of life is determined not by what we have gained but by what we have been able to give. If we can bring even a moment of relief to another's life, then our own life becomes blessed to that extent.

Love is the nature of the ātman—our true self. It is the principle that unites all living beings on a single thread. When pure love awakens within a person, it is God awakening within him or her, for love is God in a form we can perceive. Love is the light of God.

There is no duality in love. A river appears to have two banks only because water flows between them. If the waters of the ego dry up, all sense of separation would disappear. Then, love alone would overflow everywhere.

When love dawns within, the ego dissolves. We become one with all beings, with nature, and with God. This divine love is the highest knowledge; it is liberation; it is bliss.

When the splendour of love illumines our hearts, we begin to perceive God in everything. We come to know our own true self. It is this realization that makes life whole and perfect.

Love gives everything and expects nothing in return. It endures all things without complaint. It dispels fear and transforms every kind of ugliness into beauty. Love is a refuge; it is fearlessness. Love is the beauty of life and the springtime of the heart. It is love that makes each day of life ever new and fresh.

MEDITATION

MA-OM WHITE FLOWERS OF PEACE MEDITATION

Amma says, “Our efforts to remove hatred and indifference from the world begin by trying to remove them from our own mind.”

Inspired by this message, devotees from the Asia-Pacific community continue to meet

for the monthly, online Mā-Ōm & White Flowers of Peace Meditation. Most recently, the community met on **April 26, May 24, and June 28, 2026.** Swāmī Ātmānanda and Br. Mādhavāmṛta took turns to guide the sessions, with translations offered in Chinese and Japanese.

As the sacred sounds of ‘Mā’ and ‘Ōm’ gently ebb and flow with the breath—like the rhythmic waves of the ocean—the mind gradually turns inward, leading practitioners towards the experience of their own silent presence. The ‘White Flowers of Peace’ meditation further generates positive vibrations that benefit both individual and the external environment.

Devotees from across the Asia-Pacific region are encouraged to participate in the upcoming monthly sessions.

Asia Pacific Amrita Kutumbam

**Ma Om White Flowers of peace
Meditation APAC Region**

Conducted by Swami Atmananda Puri

(APAC Region) Sunday, 28th of June

- Singapore/Malaysia/Hong Kong/China/Bali: 04:00 PM
- India: 01:30 PM
- Japan: 05:00 PM
- Australia: Adelaide 5:30/Brisbane, Melbourne & Sydney 06:00 PM
- New Zealand: 08:00 PM

Asia Pacific Amrita Kutumbam

**Ma Om White Flowers of peace
Meditation APAC Region**

Conducted by Br Madhavamrita Chaitanya

(APAC Region) Sunday, 24th of May

- Singapore/Malaysia/Hong Kong/China/Bali: 04:00 PM
- India: 01:30 PM
- Japan: 05:00 PM
- Australia: Adelaide 5:30/Brisbane, Melbourne & Sydney 06:00 PM
- New Zealand: 08:00 PM

www.reallygreatsite.com

AUSTRALIA



SILENT MEDITATION RETREAT

May 23, 2026, Cumberland Park, Adelaide: Swāmī Ātmānanda led a day-long silent meditation retreat attended by 40 participants. The morning session consisted of sessions dedicated to sitting and walking meditation. The afternoon session provided participants a basic grounding in the principles of spirituality. Swāmī Ātmānanda explained meditation as having three parts: relaxation, concentration and knowledge of the Self, resulting in disidentification from body and mind and ultimately Self-realization. Swāmī Ātmānanda also elaborated on the importance of listening, practice and the integration of the principles of spirituality into daily life. While speaking on the subtleties of the science of meditation and the principles of spiritual living, he artfully wove into his talks Amma's teachings on acting selflessly to gain grace.

POP-UP GATHERINGS

Moved by the increase in violence, wars and strife among people and against Mother Nature, members of the Byron Bay Amma Satsaṅg organized pop-up gatherings to meditate and chant together for world peace.



We would meet at a beautiful local park that had a clear creek flowing through, rainforest plants and towering gum trees. We usually met in the rotunda or, if the rotunda was occupied, we sat on the grass amidst a circle of gum trees. We created an altar with a photograph of Amma and lit a few tea candles. During our meetings, we

- chanted Amma's Aṣṭōttaram (108 attributes);
- followed a recording of the White Flowers of Peace Meditation by Amma; and
- chanted the peace prayer, 'Lōkāḥ Samastāḥ Sukhinō Bhavantu' ('May all beings everywhere be peaceful and happy') 108 times.

We would end with a nice cup of chai and a slice of cake.

We hope to continue meeting regularly as a group so that we can do our bit to increase the positive vibrations in the world.



MEDITATION RETREAT

April 12, 2026, Scarborough Community Hub, the Stirling Leisure Centre, Perth: Swāmī Ātmānanda led a half-day silent meditation retreat. Swāmī's presence conveyed Amma's love and blessings to her followers in Perth, and his guidance reinvigorated and inspired our spiritual practices, faith in Amma, and commitment to sādhanā (spiritual practices).



JAPAN

IAM CAMPS

April 11 and 12, 2026, Tokyo: A diverse group of working professionals gathered in Amma's new āśram to participate in an IAM-35 meditation course. Attendees spanning a wide range of ages—from enthusiastic young people to seniors—came together to create an atmosphere charged with stillness and introspection.

Developed by Amma, the IAM (Integrated Amrita Meditation) Technique™ gently guides individuals towards balance, focus and inner silence. Amma says, “Meditation is as precious as gold. When compassion blossoms alongside meditation, it becomes irreplaceable and unique—like gold that radiates a fragrance.”

In this peaceful setting, participants paused, centred their breathing, and surrendered to their inner selves, gaining the strength to face their daily lives with serenity and grace.

One female participant reflected, “I realized that my habits—such as struggling to focus on a single thing, letting my mind wander, or thinking I need to be efficient by multitasking—were just distractions pulling me away from the present moment. I decided I want to change the way I view these thought patterns.”

Another participant remarked, “I am grateful to have gained so many insights that will be truly helpful in navigating life.”

IAM instructors from across the country reunited for this camp, reviewed their teaching methods, and co-instructed the camp.

A two-day IAM-35 camp was also held in Osaka City on **May 2 and 3**.

AYUDH UNITE

The AYUDH community in the Asia-Pacific continued its monthly 'AYUDH Unite' series, led by Br. Mādhavāmṛta.

April 4, 2026: The theme of this month's meet was 'From Fear to Love.' In his talk, Mādhavāmṛtajī unpacked one of the greatest obstacles on the spiritual path—fear. He explained that true love is marked by a profound sense of ease, belonging and oneness, and in this state, the very thought of fear dissolves. He further observed that many devotees experience an almost primal fear in Amma's presence. This fear is of the essence of bhaya bhakti—devotion accompanied by both awe and an uneasiness before the Divine, which effortlessly sees through the fronts we have carefully constructed with our egos.

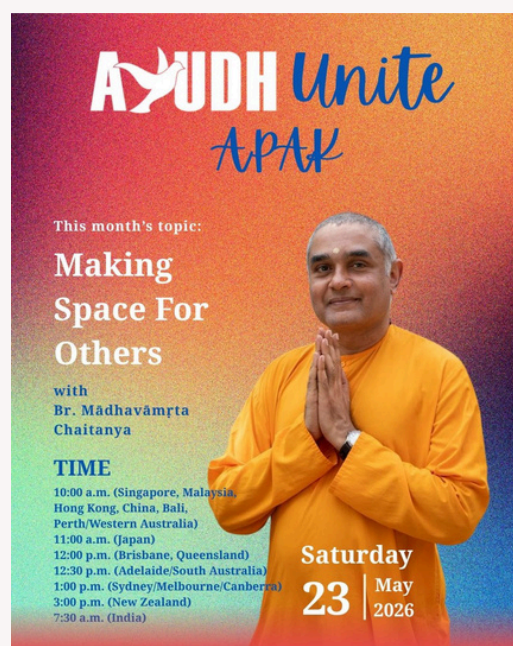
Mādhavāmṛtajī encouraged participants to approach Amma with complete trust rather than fear, taking refuge in her compassion. He reminded everyone of Amma's teaching: that even if we cannot love everyone, we can at least choose not to hate anyone. Harboring anger solidifies the ego, while releasing fear opens our hearts and allows our innate capacity for love to naturally emerge.

May 23, 2026: The theme of this meet, 'Making Space for Others,' invited participants to reflect on the subtle ways in which the ego can make us selfish. Through practical examples, Mādhavāmṛtajī highlighted how the scarcity mindset, competitiveness, territoriality, and

prejudice often lead us to exclude others. He encouraged devotees to cultivate joy in sharing and to consciously see others as friends.

Just as a black spot becomes pronounced when set against a white background, our own imperfections become visible in Amma's presence. We should not allow this to discourage us but instead motivate us to change.

During the question-and-answer session, participants from Singapore, China and Japan shared personal struggles with anxiety and social discomfort. Responding with compassion and clarity, Mādhavāmṛtajī explained that the uneasiness we feel around others often stems not from their presence, but from our own lack of self-acceptance. To truly overcome this, we must first look within ourselves and, as Amma teaches us, be compassionate to ourselves before we can express it to others.



AYUDH Unite
APAC

This month's topic:
Making Space For Others

with
Br. Mādhavāmṛta
Chaitanya

TIME
10:00 a.m. (Singapore, Malaysia)
Hong Kong, China, Bali,
Perth/Western Australia)
11:00 a.m. (Japan)
12:00 p.m. (Brisbane, Queensland)
12:30 p.m. (Adelaide/South Australia)
1:00 p.m. (Sydney/Melbourne/Canberra)
3:00 p.m. (New Zealand)
7:30 a.m. (India)

Saturday
23 | **May**
2026

SINGAPORE

WORLD EARTH DAY WORKSHOP



Beyond promoting sustainable alternatives to synthetic paints, the activity introduced nature-based art therapy as a simple yet powerful mindfulness practice. As participants immersed themselves in painting, they were encouraged to observe the colours, textures, scents and the gentle movement of the brush.

This engagement helps to cultivate patience, reduce stress, and encourage emotional expression, demonstrating how creativity and personal well-being can come together with environmental consciousness.

April 11, 2026: In conjunction with World Earth Day 2026, AYUDH volunteers, guided by Mdm. Lalitha, hosted an interactive booth as part of a community event to demonstrate how water-based paints can be extracted from everyday flowers, berries, seeds, roots and leaves—yellow from turmeric, red from beetroot, green from spinach, brown from coffee beans, and blue from blue pea flowers, for example.





BONDING

May 16, 2026: Members of AYUDH Singapore stepped away from the demands of work, studies and daily responsibilities for a day to recharge and reconnect.



Despite the rainy weather, spirits remained high as participants played games and shared lovingly prepared home-cooked meals. Beyond simply having fun and unwinding, the gathering served to strengthen unity within AYUDH Singapore – with the trust and teamwork built becoming the foundation to undertake greater acts of *sēvā* (service) and perpetuate the teachings of dharma that Amma upholds.

LOCAL COLLABORATIONS

AUSTRALIA

Carwash

We continue our 30-year tradition of washing cars in our locality once a month. This sēvā keeps our Satsaṅg united. We are now joined by young secondary students from schools that have requested us to allow their students to join us for community service. Many of our elderly friends who are regular customers now count on us for friendship and support. We never cancel the carwash sēvā even in extreme weather conditions.

Helping the Homeless

A member of our Satsaṅg helps to serve lunches at a homeless centre ever week.

Adelaide

Refugee Support

For many years, members of our Satsaṅg have been teaching adult Sri Lankan refugees English and helping them settle into Australia. These devotees now provide regular one-on-one tuition classes in English, mathematics and science to the children of these adults. The devotees also run Zoom classes for students, when needed. Some of the older students are now in university.

Taikurrendi Children and Family Centre

Recently, members of our Satsaṅg collected good quality educational toys and books and donated them to the Taikurrendi Children and Family Centre.



Melbourne

Clean Up Australia Day

March 1, 2026: In conjunction with this annual initiative, which takes place on the first Sunday of March, the Melbourne Amma community came together at Carrum Downs Recreational Reserve. The devotees came with hats, gloves, water bottles, sunscreen and plenty of enthusiasm. From 1:30 p.m. to 4:30 p.m., volunteers of all ages collected litter, cleared pathways, and helped to restore the natural beauty of the reserve.

The afternoon was filled with joy, teamwork and a deep sense of purpose. Children and adults alike moved through the park with care and dedication, inspired by Amma's teaching: "If we protect nature, nature will protect us." This sēvā not only helped rejuvenate the reserve but also strengthened our unity as a community, reminding us of our shared responsibility to care for Mother Nature.



Perth

Timeless Teachings from Hindu Gurus

May 3, 2026, Wangara: Members of the Amma Perth Satsaṅg attended the ‘Timeless Teachings from Hindu Gurus’ Conference at the BAPS Shri Swaminarayan Mandir. The conference highlighted the enduring wisdom that continues to guide purpose, values and inner growth today.

National Sorry Day

May 26, 2026: In conjunction with National Sorry Day—an Australian day of remembrance and healing that commemorates the ‘Stolen Generations,’ the Aboriginal and Torres Strait Islander children who were forcibly removed from their families and communities by Australian government and church policies—members of the Amma Perth Satsaṅg attended an event hosted by the Naala Djookan and Wadjak Northside Aboriginal Community Centre.

This year’s theme was ‘All In.’ Participants sat around a fire and shared personal stories of loss and trauma. Participants were then invited to create key rings to commemorate the day and to gift the rings to one another.

JAPAN

Tree Planting



March 21, 2026, Iwata City, Shizuoka Prefecture: Members of the MA Centre Japan / Amma's GreenFriends participated in the 'Coastal Disaster Prevention Forest Planting Festival 2026' at Pacific Ocean Coast. This project was hosted by Morino Project, a 'Disaster-Preventive-Forests' NGO, and the local city. The 500 or so participants included the Mayor of Iwata City, representatives from neighbouring companies such as Suzuki Motor Corporation and AIG Insurance, NPOs and NGOs, and citizens from across Japan. Participants carefully planted the saplings of shrubs and trees that had been nurtured for about three years. They planted a total of 4,000 saplings. It is hoped that these saplings will grow over the years to become a green breakwater protecting lives, and that this green circle will spread throughout Japan.

Earth Day Tokyo 2026

April 18 and 19, 2026, Yoyogi Park: Devotees mounted a 'Amma's Earth Day / Embracing the Earth' exhibition on Earth Day Tokyo. The exhibition attracted 100,000 people during the two days. We displayed information on Amma's global humanitarian activities. Devotees from Amma's Tokyo centre, adults and children, spoke on the stage about Amma's global humanitarian activities, and chanted the world peace prayer, 'Lōkāḥ Samastāḥ Sukhinō Bhavantu' ('May all beings everywhere be peaceful and happy') with everyone gathered at the event.



SINGAPORE



Mother's Kitchen

Through its partnership with Kapor Community Services, Amriteswari Society prepares and distributes meals to less privileged households in the Jalan Besar estate every month.

Efforts begin the day before, with volunteers washing and cutting vegetables in preparation for the following day's cooking. After the morning satsang, over 200 packets of 'bee hoon' noodles are packed and distributed to families in need.

Amma says, "In today's world, people experience two types of poverty: the poverty caused by lack of food, clothing and shelter, and the poverty caused by lack of love and compassion. Of these two, the second type needs to be considered first because if we have love and compassion in our hearts, then we will wholeheartedly serve those who suffer from lack of food, clothing and shelter."

Each door knocked, each smile exchanged, each meal handed out—all of it is a small but sincere step towards living by these words of wisdom.



ELDERLY

AUSTRALIA

Adelaide



Our Satsaṅg supports some of the elderly clients of our carwash through visits and the provision of food. One of our volunteers, a woman in her 90s, continues to make cushions for destitute families. Members of the Satsaṅg collect and deliver these cushions.



A few members of our Satsaṅg are part of 'The Threshold Choir,' an international organization that aims to provide comfort and a calming presence to the dying by singing gentle, non-religious lullabies to ease their transition and to offer solace to families.

Meranti Home Visits



”

Behind all great and unforgettable events is the heart. Love and a selfless attitude underlie all truly great deeds. Behind any good cause, you will find somebody who has renounced everything and dedicated his or her life to it.

— Amma

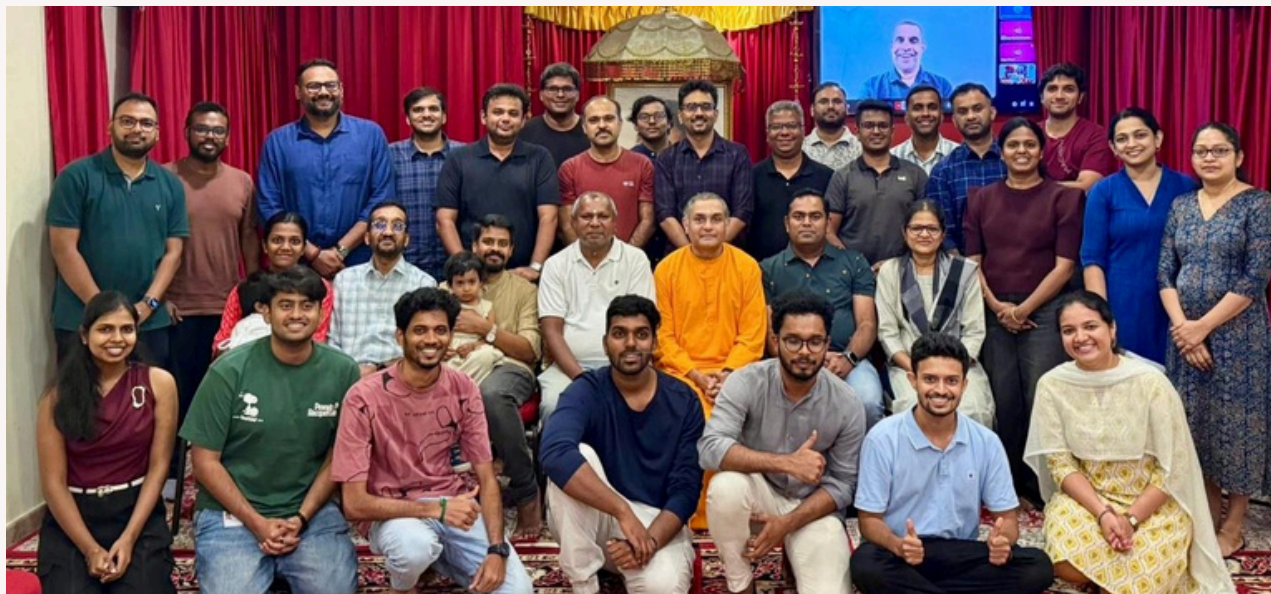


These words of Amma are quietly reflected in the unwavering dedication of Ms. Rubavathy, who has faithfully led the Amriteswari Society's monthly visits to Meranti Home without fail. Volunteers once again visited the Home on **9 May** and **13 June 2026**, bringing warmth and companionship to its male residents living with psychiatric conditions.

Each visit was filled with lively games, song and dance, creating an atmosphere of joy and togetherness. Beyond the activities, it was the simple moments of heartfelt conversation and attentive listening that touched the residents most, offering encouragement as they continue adapting to daily life and reintegrating into society.

The visits concluded with volunteers lovingly serving warm meals, allowing everyone to gather in the spirit of family and fellowship.

AMRITA ALUMNI



SINGAPORE

May 10, 2026: The first ever Amrita Alumni Meet in Singapore was held at the premises of Amriteswari Centre Singapore. It brought together 35 alumni and family members for an evening of reconnecting, reflection and fellowship.

The gathering began with a warm welcome by Br. Mādhavāmṛta. The evening was hosted by alumni Ms. Aparna and Ms. Srivaishnavi, who introduced the guest speaker, Dr. Rajesh Kannan Megalingam, Amrita alumnus and Head, Humanitarian Technologies (HUT) Labs at the Amritapuri Campus of Amrita University. Dr. Rajesh spoke about the growing importance of alumni engagement with their academic departments and highlighted how strong alumni-department relationships help leading universities worldwide strengthen their reputation and visibility.

Following this, Prof. Jayant Misra, Director of Alumni Relations, spoke about the importance of alumni building meaningful connections geographically, through shared interests, and especially through continued relationships with faculty members and classmates.

A highlight of the evening was the alumni introduction session, where participants shared their personal and professional journeys, showcasing a wide spectrum of achievements and reinforcing the strong sense of belonging within the community. Several alumni fondly recalled their student days from the early years of the Amritapuri and Coimbatore campuses.

The event concluded with refreshments coordinated by Mr. Sagar Dharan and Mr. Sudeep Dharan, members of Amriteswari Society's Managing Committee.