



Ánanda Marga Pracáraka Saṁgha
Hong Kong Sector Newsletter Souvenir

Highlights

- New year
- Project development
- Regional News
- Ánanda Nagar
- Ánanda Sambhuti MU

Offering to Bábá

To my beloved Bábá

Offering His flowers back unto His lotus feet

Tava Dravyam Jagatguro
Tubhyameva Samarpaye



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Bhusuku and Brahmabháva

To attain Parama Puruśa, to become one with the Supreme Reality, He must be made the summum bonum of human life. But the attainment of the Supreme Reality is not possible overnight. For that the sádhaaka [spiritual practitioner] will have to undergo the systematic and methodical process of spiritual sádhaná for a long period, till every nerve-cell, nerve-fibre, every bit of his physical existence is divinized. Sádhaná, after all, is a scientific process by which the entire psycho-physical existence is divinized. Those who are fortunate enough to have good spiritual saṁskáras [mental reactive momenta] due to their past karma can easily have a balanced mind that will slowly and steadily take them to their goal. But in most cases it does not happen like that. Citta nádi ubhayatah praváhinii – “The mind can have both spirit and matter as its object.” But it is difficult to make spirit the object because spiritual ideation is not possible through inferential vibrations (tánmátrik spandana). The senses do not help a person in spiritual sádhaná. On the contrary, the sense organs are always ready to help the mind to flow extroversially. Material objects, through their tanmátras (shabda, sparsha, rúpa, rasa, gandha),⁽¹⁾ always attract the mind.

Psycho-physical parallelism is very easy, while psycho-spiritual parallelism requires repeated mental efforts. That is why wise sádhakas superimpose Brahmabháva on physical objects and mental thoughts. At once they cease to be physical or mental, they become spiritual. After all, each and every object – physical or psychic – is nothing but an expression of Brahma. As a result, one will not have to reap the consequences of one’s actions. This is the only way by which one can prevent one’s mind from being crudified due to constant psycho-physical parallelism.

Ordinarily, people who are not on sádhaná márga [the spiritual path] look upon physical things as mere things. While they eat food, drink water, read books, talk to friends or perform any action, they get into bondages due to work. Their minds become assailed by karma bandhana. They won’t attain salvation till their saṁskáras are finally exhausted. Hence to get rid of this karma bandhana [bondage of action and reaction], one must take Brahmabháva [ideation on the Supreme].

Over a thousand years ago, there was a wise and devout Buddhist bhikku in Bengal, popularly known as Bhusuku. He was a good poet, a humourist, and a sádhaaka of excellent category.

When the mind rises above body-consciousness and takes constant spiritual ideation, one enjoys the parama rasa [supreme taste]; one who, on the other hand, thinks of gross material objects gets the viśaya rasa [taste of objects]. The latter is only preferred till one experiences the former; once parama rasa is tasted, the other becomes tasteless. On this point Bhusuku humorously remarked: Áj báuṅálii haili [“I became a báuṅálii today” (Báuṅálii can mean Bengalee)]. Here báuṅálii means one who has risen above body-consciousness; the vaṅga, this state, he attained as he took Cosmic ideation constantly.

Bhu: At the time of bhojana (food), he used to think of Parama Puruśa.

Su: At the time of shayanam (lying down), he used to think of Parama Puruśa.

Ku: Before every karma (action), he used to think of Parama Puruśa.

One who always takes the name of Parama Puruśa while eating and drinking, sitting and walking – before every action – is called “Bhusuku”.

When one sleeps on a cot, one’s body comes in contact with the cot. When eating, one’s hand and mouth come in touch with rice, vegetables, etc. When thinking, the mind comes in touch with thought. Everything crude or subtle is His manifestation. In the process of taking constant Cosmic ideation, the sádharma experiences great bliss within – this is called dharmameghánanda.

Demonstration

[Bábá called one sádharma and told him to lie down. The sádharma lay down and Bábá touched his lower four cakras with a stick. Then he asked the sádharma:] Do you feel the presence of somebody, the touch of somebody? [The sádharma replied yes. Then the sádharma sat up.

Bábá again asked the sádharma whether he was feeling His presence, His touch, His affection or not? The sádharma’s answer was always in the affirmative; this time the sádharma stood up.

Bábá again asked him:] Do you feel He is holding your hands, loving you? [Then the sádharma began to mark time. Even then he felt His presence and affection.

Next the sádharma was told to think of something mentally. He was told not to think of anything but Him. In his múládhára, svádhiśthána, mañipura, anáhata,⁽²⁾ he felt His loving presence all the while.

Next the sádharma went deep into samádhi – in Vaekuñthadháma – maintaining the mundane, supra-mundane and spiritual link.]

1969, Ranchi

Shrii Shrii Ánandamurtiji

Messages

I am very glad to present the Mahavishva – Hong Kong Sector Newsletter, sharing the highlights .By Baba’s grace, Hong Kong Sector has made encouraging progress through conferences, retreats, special spiritual practice programs, and expanding online outreach in English, Chinese, Korean, Japanese and Russian languages. Many inspiring films and YouTube programs have also been created to spread Baba’s teachings.

Across the Sector, activities in Japan, Taiwan, South Korea, Central Asia, and other regions are growing steadily. Master Units in Taiwan, China, Russia , South Korea and other places are gradually developing as centers of service, sadhana, and spiritual inspiration for society.

May this newsletter inspire all Margiis and workers to move forward with greater dedication in Baba’s mission. In this time when humanity is searching for a new path, let us serve with devotion, remove suffering, and work together in Baba’s divine Liila. May Baba’s grace guide and bless everyone.

With Best Wishes
Ac Shubhaniryasananda Avt
SS Hong Kong

Namaskára,

It's a great honour to share my feelings through Mahá Vishva.

By His Grace, all Didis in Hong Kong sector have been working very hard to establish Bábá's mission through organising different activities around the sector as well as doing a lot of pracaar work. BÁBÁ said through all works, big or small, Humanity has to be awakened.

His great mission is moving towards self-liberation and service to the suffering humanity by doing different types of socio-spiritual online & offline activities.

Wish you all, all-round progress.

Thank you.

In Him,

Avtk. Ánanda Kalyánashrii Ác.
SWWS Hong Kong Sector

Namaskára,

I feel so inspired to see the progress and read all the wonderful good news from our Didis, Dadas and Márgii brothers and sisters around the sector. We are all truly blessed to have this opportunity to serve Him through His beautiful creation.

“O Lord, O Náráyaña! Oblige me by accepting my services. You are merciful to me, and for this reason you have appeared before me as a living being to offer this very precious opportunity of rendering service to You.” - Bábá

In His Love,

Ác. Yogánanda Avt.
Sectorial Office Secretary,
Hong Kong Sector

Taipei Region

Ánanda Suruci MU

Construction and renovation



Construction is almost complete for the new accommodation room above the DC hall in the main building.



As well as our usual regular fasting camps, we held a Yoga meditation camp from Feb 27th - Mar 2nd with 14 participants.



We harvested hundreds of kilos of vegetables this year and some were sold to our camp participants.



Decoration of the DC hall has almost been completed. The front wall will be completed before the April sectorial conference.



Taipei SDM

New Year 2026 was celebrated in SDM Taipei on 1st January 2026 followed by 12 hours Akhañdá Kiirtana and Ánanda Va'n'ii. About 90 Ma'rgiis attended the program from all unites of Taipei.



15 days Kiirtana Parikrmá started from SDM Taipei on 3rd January 2026. About 75 ma'rgii attended the blissful program.



Brother Keshava and SDM Taipei team organized a program on the importance of Cakra and Rája Yoga from 16th January to 21st January 2026.

Classes and programs were held at Grand Metro Park Hotel Haiquanwa in Xian (Xianyang) city of Shaanxi province in CN. About 375 teachers and students attended the program and got benefitted. A few were initiated. Program was very successful.



Chinese New Year was celebrated in SDM Taipei on 28th February 2026 followed by 3 hours Akhañda Kiirtana. 13 dasas and didis and more than 70 ma'rgiis attended the program. It was a very joyful celebration.



Celebrated Nilakantha Divas by distributing cooked food & cake, to 110 homeless people at Taipei Main Station on Feb. 12.

Margiis & WTs started cooking around 7:30 AM. The food was packed into individual meal-boxes in Taipei jagrti.

Cidatma & SWWS Didi cooked.

A large Ananda Marga banner was displayed during the food distribution. Kiirtan was sang as the food was being distributed.



Taipei Jagrti

First Phase Seminar at Taipei jagrti on 25 January. About 30 people attended.



House entry ceremony in brother Pavitrás house



Spiritual class in park

WWD

Nagar Kirtan with margiis led by SWWS Didi and Avtk. Ánanda Shivanii Ác.



Spiritual awakening program for sisters, 20 sisters attended.



Vegetarian party for Mother House Fundraising benefits \$7000.



Women's retreat on 3/6-8 with 15 participants in Miaoli.

Vegetarian party



Beach cleaning in Zhunan organised by Avtk. Ánanda Shivanii Ác. on 2/14 with 15 participants.



Mayor of Miaoli visited WWD office in Zhunan on 12/10.



HBM Regions

New year program in CN led by Avtk. Ánanda Arusi Ác. and Ác. Madhumaya Brc.



DC organised in Behai and Sanya





Chinese New Year 10 day program with 20 people in Hangzhou Jagrti, led by Āc. Cittarainjananda Avt.



Hangzhou 3 days vegetarian cooking program in February.



Shanghai spiritual program 13 participants



Hangzhou 5 days free class for neighbours



HK pracar programs for new comers and margiis, led by Ác. Madhumaya Brc.



seminar with 10 margiis in Yibin Master Unit, Ánanda Madhurii in Macao Region



Detox program with 10 participants, Chengdu city, Macao Region



HK food distribution for 30 people.



Pracar program for new comers in Beihai city, Macao Region.



Seoul Region

Ánanda Karnika MU

Landscaping development in MU Ánanda Karnika



Vegetarian Cooking Class in Ánanda Karnika MU in January, organised by Brcii. Sumitra Ác.



Seminar and General meeting in MU in February. Indradeva and Bhaktiprema received recognition for their hard work for development of the Master Unit and the garden.



Seoul Jagrti

Renovations of the toilet, kitchen area, ceilings and walls in Seoul Jagrti.



WWD

A series of classes on Yoga Therapy were given by Brcii. Sumitra Āc. in Daejeon Margii Yoga Studio. The workshop lasts 3 hours, followed by DC. So far 3 workshops have been given.



Tokyo Region

A weekend satsaunga gathering at Tokyo unit in January 2026, with class, Kiirtan, DC & dinner with Āc. Vijitatmánanda Avt. and 10 Margiis.



In January 2026, two overseas Margiis from Taiwan and Armenia visited Tokyo region and joined in with RS dada in AMURT daily food support service for the homeless in Osaka.

A diocese conference and seminar in Okinawa was held on February 27-28. The program was led, by acting Āc. Vijitatmananda Avt. and Avtk. Ānanda Tattvaveda Āc. 17 margiis from the 3 units attended.





Open families social day at Shirahama Jagrti. The program included children's board games, Yoga stretches, Kaoshiki & snacks.



Vladivostok Region

Ánanda Annapurna MU

Regional Autumn Conference in Ánanda Annapurna MU 25 Márgiis



Narayana seva in Arseniev & Khabarovsk





Collective meditation in Khabarovsk for beginner



Asana Class from Avtk. Ánanda Sainjana Ác. (20 people)

Ānanda Shivanii MU

Āc. Vireshvara Brc. has been working very hard to improve Ānanda Shivanii master unit. The facade of the Rectors House has been completed.



The Jagrti building is 80% completed.



New Year 5 days Kiirtan



RAWA exhibition



Completed outside lights of the houses



Novosibirsk

RAWA program and lecture in Novosibirsk



Ác. Shiva Brc. has been touring units in Novosibirsk & Irkutsk diocese.



Yekaterinburg

Since December Ác. Nityabodha Brc. has been touring across 3 dioces, visited 16 units, did 16 tattva sabhas for 10-20 people and 2 conference for 40+ people. Overall ~400 people benefitted.



February 26 - 1 March, 4 days seminar for beginners in Tyumen', 50 participants, led by Avtk. Ánanda Lilapriya Ác. and Ác. Nityabodha Brc.



Avtk. Ánanda Lilamayii Ác. toured around Novosibirsk bhukti with her LFT, Vasanti. They visited 7 units within 1 month. Holding lectures, sadhana shivirs, Akhanda kiirtans and satsaunga with margiis.



Tashkent Region

New year was celebrated in Bishkek with 6 hours akhanda kiirtan & in Tashkent with DC, games and satsaunga.

3 day winter regional conference in Tashkent attended by 40 margiis, 4 acaryas and 5 LFTs.



2 day retreat in Issyk Kul, March, 14 attendees, Avtk. Ánanda Sucetá Ác. and Ác. Madhumaya Brc.



Sister's conference in Bishkek, March, 12 attendees



Mother's house project, Bishkek

New year's celebration for single mothers and their children organised by Avtk. Ánanda Sucetá Ác.

Invited performers for the children, distributed \$60 each to 16 families and gifts for 15 mothers and 32 children.



Became partners with Rotary club Bishkek.



VMTR News

Ác. Abhidhyánanda Avt. had a series of programs in Saint Petersburg for new people as well as lectures for the margiis. More than 200 people benefited.



Dada organised 5 days Akhanda kiirtan for 240 margiis in Moscow.



Sadhana Shiviir in Moscow. 300 margiis joined offline and 150 online.



Public lecture for Ác. Sadánanda Avt. 500 people attended, it was the biggest Ánanda Marga program for new people in Russia. The event was organised in a public theater. There were RAWA performances and a presentation about Ánanda Sambhuti project for the subscribers of Meditation Steps channel.



Ác. Abhidyananda Avt. organised a series of lectures for the margiis in Moscow Unit. Explained 40 secrets to improve sadhana, and 3 branches of Tantra yoga. More than 200 people benefited



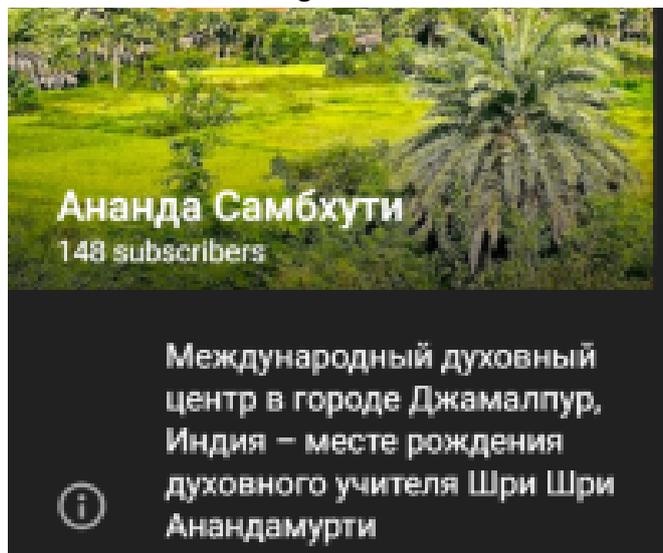
A sister's conference organised by Avtk. Ánanda Sainjana Ác. in Sochi. 55 sisters joined



Departments

Service Department

- Continued fundraising for the Ánanda Sambhuti project under the management of Dada Prasannacitta.
- Ongoing collection and transfer of donations through online channels.



Ánanda Nagar Schools

- 101,479 RUB raised (about 119,595 INR).
- Funds support free schools where children receive education and spiritual practices.



Care fund

- 5 — psychological
- 7 — legal
- 3 — financial

Income: + 70,088.94 RUB

Expenses: – 58,000.00 RUB

Acharyas Fund:

144,300.00 RUB was received and distributed among all Acharyas.

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

- First Volunteer Training in Ánanda Sambhuti with 16 participants from 6 countries and 10 people committed to work 6-12 month



- Opening of Yoga Sadan, Mother's House. 8 March 2026



- First poor children development program for 300 people from nearby villages of Ananda Sambhuti



- Mother's House Construction Foundation started. March 2026



- Farm House construction progress

- Abha Seva Sadan Construction progress finished 95%

Meditation steps and margiis retreat for 100 participants from 25 countries



Ananda Marga Foundation Day. Relief activities for poor people in winter time January 2026. Medical camp, Narayan Seva and blanket distribution. 3000 people benefited



Narayana Seva for 400 people in February 2026



Educational programs in Olipur School for children with foreigners volunteers



The garden is getting more and more beautiful & fruitful



Educational programs in Olipur School for children with foreigners volunteers



The garden is getting more and more beautiful & fruitful

Ānanda Nagar Village Schools

Ananda Nagar village schools are making good progress on many levels





Workers of Hong Kong sector



Āc. Shubhaniryásánanda Avt.
- SS HK



Āc. Abhidhyánanda Avt.
- RS Vladivostok



Āc. Yogánanda Avt.
- SOS HK



Āc. Madhumaya Brc.
- RS Macau



Āc. Rudrapakashánanda Avt.
- DPS HK



Āc. Shiva Brc.
- REI Vladivostok



Āc. Candreshvaránanda Avt.
- CSD HK



Āc. Rudranáthánanda Avt.
- DS Taipei



Āc. Priyabodhánanda Avt.
- AMSD HK



Āc. Caetanyánanda Avt.
- DS Taichung



Āc. Vijitatmánanda Avt.
- INPRO/ FARPRO HK



A Vireshvara Brc.
-Assistant Rector Ánanda
Shivanii MU



Āc. Sadánanda Avt.
- Commerce HK



Āc. Nityabodha Brc.
- DS Irkutsk



Āc. Cittarainjánanda Avt.
- Farm/ SB HK



Dada Prasannacitta Brc.
- DS Shanghai



Āc. Harikrpananda Avt.
- CSU HK



Āc. Indrajita Brc.
- Asst. Rector Ananada Kamika



Āc. Yuktेशvara Brc.
- RS Tashkent



Āc. Paránanda Avt.
- RS Seoul

Workers of Hong Kong sector



Avtk. Ánanda Kalyánshrii Ác.
- SWWS HK



Brcii. Sumitrá Ác.
-RSL Seoul



Avtk. Ánanda Sainjaná Ác.
- HPMGL HK



Avtk. Ánanda Shivánii Ác.
- RSL Taipei & Tokyo



Avtk. Ánanda Tattvaveda Ác.
-Asst. Rector L Ánanda Matrika



Avtk. Ánanda Amalá Ác.
- RSL Macau



Avtk. Ánanda Suceta Ác.
- RSL Tashkent



Avtk. Ánanda Lilápriyá Ác.
- RSL Vladivostok



Avtk. Ánanda Arusi Brcii.
- RSL Beijing



Brcii. Miira Ác.
- DSL Vladivostok

"O tranquil sádhaka! Sádhaná 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 Ánandamúrtijii



Mahá Vishva

Ánanda Márga Pracárika Saṅgha
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