

Integrated Amrita MeditationTechnique®

Weekend Course:

**June 12th-14th,
Townley Hall near
Drogheda, Co Meath.**

This course is open for beginners and previous participants.

Cost: 90

Facilitator: Maura Russell

Refresher Course:

April 26th, 10-12 am, Cork.

For all previous participatns who wish to review the technique, renew inspiration, restart daily practice.

Cost: 15

Facilitator: Mary Allen

The Integrated Amrita Meditation Technique® is a powerful way to reconnect with our real center, our inner Self, and thereby experience true joy and peace in life. Born out of Amma's deep resolve for our spiritual enhancement, this technique, when practised with dedication, is designed to bring about integration in our lives, an integration of body, mind, intellect and heart.



To participate, please complete and return the form below, together with 40 deposit (15 for short Refresher Course April 26th) to secure your place on the course, to:

Integrated Amrita Meditation, c/o 49 Lake Lawn, Well Rd, Douglas, Cork. We will then send you directions and further information. Please make all cheques/postal orders payable to Amma Ireland. **Please do not send cash by post!** Thank you.

Application Form - Integrated Amrita MeditationTechnique®

Name _____

Address _____

Email _____

Tel _____

I'd like to join the **Refresher Course in Cork, April 26th**

I'd like to join the course at **Townley Hall, Co Meath, June 12th to 14th**

I will participate as: Beginner Refresher

I enclose: 40 deposit 15 (Refresher course, April 26th)

I am paying by: cheque postal order (please tick)

For further information

phone 021-4936908 or 085-7471483 or email iam@ammaireland.org



NEWSLETTER

Brahmachari Shubamrita Evening Programme in Dublin July 8th 2009 - 7.30 pm



Brahmachari Shubamrita, one of Amma's senior disciples, has won many hearts with his warmth, lively humour and profound knowledge. His visit is a wonderful opportunity to reconnect with Amma's spirit and enjoy a programme of spiritual wisdom, music and chanting in the company of like-minded people. Allow yourself to relax and unwind in a simple guided meditation to help you reconnect with your own inner center of peace and joy.

Admission is free.

Venue: Parish Centre, St. Phillip & St. James Church, Cross Ave, Blackrock, Co. Dublin (at the back of Blackrock College).

Served by Dart and bus routes 4, 7, 8, 45. **Tee, coffee & sandwiches are available from 7 pm.**



Amma's visit to Dublin

Word has gone around that Amma's Irish programmes are something very special! The peaceful atmosphere, the wonderful warmth and lively spirit of celebration are drawing people from every part of the country and indeed from all over the world. Last year's visit inspired and uplifted thousands yet again.

Amma's 2009 visit is planned for 6th & 7th October at the National Show Center near Dublin Airport.

(Please check our website www.ammaireland.org closer to the time to confirm.)



Croagh Patrick Mountain Climb

May Bank Holiday Weekend Fundraising Event - Target 15.000
Sunday 3rd May at 11am - Westport, Co Mayo

One of the highlights of the fundraising year is coming up again. Join a day of fun and companionship combined with raising funds for Amma's charities, i.e. free housing, health care and education to combat child prostitution, suicide and other results of extreme poverty.

Accommodation can be organised for groups and individuals.

For sponsor cards and further details please contact Geraldine:
087-6440366 / 01-4933733, email gerbrogan@hotmail.com



David with his bees

'Bees & Beekeeping for Beginners': July 19th in West Cork. David will tell us about bees, introduce us to the bees in his hives, describe what's involved in beekeeping and how to get started. Some suits will be available so you can meet the bees. Book in advance as spaces are limited.

Amma Garden in West Cork is currently planting veggies, herbs and flowers. Learn organic growing and share the fun!

Dublin GreenFriends: Find out what's happening and explore new ideas for GreenFriends projects in the Dublin area. Informal get-together Sunday

GreenFriends® Events and Activities in Ireland

GreenFriends is Amma's ecology initiative to reawaken awareness of our unity with all creation. Activities in Ireland include organic fruit & veg growing, seedsaving, beekeeping, planting & caring for native trees, creating a Sacred Grove, and more. Everyone is welcome to join us!
Contact us on
021-4936908 / 085-7471483, greenfriends@ammaireland.org

17th May at 12 o'clock in Eason's in O'Connell Street. There's a cafe upstairs, it's quite big and we should be able to grab a few seats for us. We'll put a sign saying "GreenFriends" on the table so you can find us. Hope to see you there, all welcome! Call Val on 087-1360757 or email valypap@hotmail.com for more info. Val gets back to Dublin early May.

Tree Planting Voucher Scheme: GreenFriends hopes to start planting woodland (on a small scale to start with of course!) and we should be able to start soon in Clare, Donegal and Wicklow. We hope to kick off before the summer with a Woodlands day in Clare at the woodland John has established over the past

decade, where he'll explore with us many aspects of tree planting & care of native trees and other broad-leaves. Date will be set soon. Call or email for details.

Carpooling: Check out this website: <http://www.tripmi.ie> and use it to carpool when you're travelling to Amma events or anywhere. It's non-profit, was set up with Amma's love of nature in mind. Carpooling helps us reduce emissions and keep the air clean.



Our first harvest in West Cork

Ayudh - Youth Exchange 2009

'Give Peace a Chance', Germany Sun 19th - Sun 26th July

Anybody between the ages of 15 and 25 is invited to attend. Youth from all over Europe and beyond are welcome! A variety of inspirational talks and workshops will be held...Watch out for the recycled materials workshop!!!

AYUDH Musical. Summer 2010 will see AYUDH musical take to the stages of India.

See <http://www.ayudh.eu/2009/musical-europe-2010/> for more information and to get involved.

Our International counterparts are taking part in great ecological projects and it is the hope of the Irish group to do likewise. Contact info.ireland@ayudh.eu for more information or to share any ideas!!



Have a look at our website
www.ammaireland.org

Our website is improving constantly and there is lots of inspiring info to be found!

Charitable activities in Ireland

Inspired by Amma we started a 'Freedom Within Prison Outreach Project' that involves writing to prisoners. Please contact Margaret 067-33314, email shanti.para@gmail.com if you are interested and for a beautiful letter from Amma to prisoners.

Eoin is planning to start a foodbank in Cork to pass on food that would otherwise go to waste to the needy.

Amma Stall at Electric Picnic

This year Amma will send her message of love and compassion to the festival goers at the Electric Picnic in Stradbally, Laois on the 4th to 6th of September 2009. There will be an Amma information point present in the Body & Soul area, where news about Amma and her visit to Ireland will be shared in an atmosphere of joy and celebration. Do come and say hello if you are attending! Contact Susanne for more info:

087-9682042
email suelaois@eircom.net

Digital Newsletter please sign up

This newsletter is now available in electronic format also. This will help us to save paper and money. If you wish to receive future newsletters via email, please send an email to help@ammaireland.org with 'email Newsletter' as the subject of the email.

Satsangs

Donegal - Clonmany

Weekly
Contact: The McLaughlin family
Tel: 074 9374652 / 086 8780912
pbmacand4@yahoo.co.uk

Donegal - Falcarragh

Monthly
Contact: Deirdre Brennan
Tel: 074 9135640 / 087 2701506
sudhab@eircom.net

Belfast - Indian Community Center

Most Saturdays 3pm
Contact: Nair Family
Tel: 028-90862497 / 078-41124284

Dublin 18 - Stillorgan

Monthly
Contact: Senthil
Tel: 086-4031156
s_senthilnathan@hotmail.com

Galway

Weekly
Contact: Kathy Tel: 091-596388
kathydiviney@hotmail.com
or Toni Tel: 091-846265
ammasupplies@eircom.net

Co. Kildare - Maynooth

Last Saturday of month
Contact: Vijay Kohli,
Tel: 01 6245050 / 087 2941588
vjk1947@yahoo.ie

Cork

Every second Thursday
Contact: Mary Allen
Tel: 021-4872322
shraddha108@msn.com

Co. Tipperary - Nenagh

Second Monday of month
Contact: Margaret Whelan-McGuire
Tel: 067 33314 / 087 9840521
shanti.para@gmail.com