



# AMMA

Programme Guide  
London 2018

"An unbroken stream  
of Love flows from  
Mother to every  
being in the  
universe"

Sandown Park Racecourse  
Esher KT10 9AJ

Wednesday 14 - Friday 16  
November

**UK:** [www.amma.org.uk](http://www.amma.org.uk) **India:** [www.amritapuri.org](http://www.amritapuri.org)



“The sun shines down, and its image reflects in a thousand different pots filled with water. The reflections are many, but they are each reflecting the same sun. Similarly, when we come to know who we truly are, we will see ourselves in all people.”

## Vedic Astrology

Steve is a professional Vedic Astrologer offering the following personal services:

Natal Chart Analysis  
Vedic Remedies & Yagyas  
Correspondence Courses  
Muhurta (auspicious timing)  
Astrological Counselling  
Relationships



[steve.hubball@btinternet.com](mailto:steve.hubball@btinternet.com)

[www.vedic-astrology.org.uk](http://www.vedic-astrology.org.uk)

[www.dirah.org/uk.htm](http://www.dirah.org/uk.htm)

01228 674225



*Pranams to  
Amma from  
her children in  
Birmingham*

“The need to feel and express  
love and compassion  
for everyone, with the  
understanding that we are all part  
of a greater reality, is  
the core of spirituality.”



*Welcome to our beloved Amma,  
from your children in the UK*

You are welcome to keep this Programme Guide. However, if you do not wish to take it away with you, please leave it at the Reception Desk so someone else may view it.

*Delicious  
Indian & Western  
Meals & Snacks*

*Served during  
Amma's Programme  
Until Midnight*

*In the  
Esber Hall  
Downstairs*



## **Bhagavati Puja**

**Friday 16 November at 1pm  
for 2 hours (approx)**

There will be the opportunity to participate in a puja — a form of ancient worship, performed in the same way as in Amma's ashram in Kerala. The benefits of the Lakshmi and Bhagavati pujas are peace, happiness and prosperity, material abundance and spiritual prosperity, and to remove obstacles in all our endeavours.

The India Information Table will take special requests from those who want to participate.  
*Please note there is a charge for this.*

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### Amma's Programme 2018

#### LONDON

##### First Day (Wednesday 14 November)

- 5pm** *Doors open (Darshan tokens available at approx 6pm)*  
**7.30pm** Amma arrives, speeches and devotional singing followed by Darshan

##### Second Day (Thursday 15 November)

- 8.30am** *Doors open (Darshan tokens available at approx 9.30am)*  
**11am** Amma arrives, Meditation and Darshan till late night

##### Third Day (Friday 16 November)

- 8am** *Doors open (Darshan tokens available at approx 8.30am)*  
**10am** Amma arrives, Meditation and Darshan  
*Mid-afternoon break*  
**4.30pm** *Token line opens for evening session (5.30pm tokens issued)*  
**7pm** Puja, Meditation and Devi Bhava Darshan  
*Darshan tokens and seating at approx 5.45pm*  
Celebration and prayer for world peace, Darshan through the night

*Availability and timings of giving out tokens are limited to, and by, programme times. Please arrive early to ensure you get a token.  
See page 7 for more details about each session.*

This programme has been produced by Friends of Amma UK. For more information, visit [www.amma.org.uk](http://www.amma.org.uk)  
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Friends of Amma Regd Charity 1056505



## WELCOME

### *Om Amriteswaryai Namah Salutations to all!*

It is with gratitude and great joy that we welcome you to Amma's Programme! In honour of Amma's visit to Europe and the rich spiritual heritage she brings from India, this Programme Guide is designed to provide general information and answer some basic questions regarding Amma and today's programme.

*"Grace comes out of  
nowhere. It can  
happen at any time,  
at any place."*



While you are here we encourage you to take advantage of the meditative atmosphere in contemplation, explore the information tables and bookstore, and enjoy the lovingly prepared meals.

Spending time with Amma is a wonderful and precious opportunity to experience selfless, unconditional Love, which flows from her in abundance. Please feel free to make yourself at home by sitting close to Amma, as space allows, or find a seat that is comfortable elsewhere in the hall. Throughout the day and evening, volunteers will be available to answer any questions you may have, and you may also visit the Reception Table in the programme hall for assistance.

**The free, numbered token you need to meet Amma should be obtained early in the programme.** Due to time constraints, token distribution may be limited.

Once again, welcome! We hope that you enjoy this auspicious event and if there is anything we can do to make your experience more enjoyable, please don't hesitate to let us know.

May Amma's healing presence bring love and joy to our hearts!

**Om Lokah Samastah Sukhino Bhavantu**  
*May all beings everywhere be peaceful and happy!*



## LONDON PROGRAMME SCHEDULE

Amma's public programmes are free of charge and you are welcome to come and go as you please. To receive an embrace from Amma (darshan), you will need a token. Everyone must have their own token, even children and babies. **At all programmes, please be sure to obtain your free token in the early part of the programme.**

### First day

#### **7.30pm Evening Programme** 5pm Doors open

The first evening programme will include a spiritual talk, singing, Meditation and Darshan, and will continue till late.

*Darshan tokens are available at approx 6pm*

### Second day

#### **11am Morning Programme.** 8am Doors open

The second day's programme begins with a short Meditation, followed by Darshan. The programme will continue until late in the evening. *Darshan tokens at approx 9.30am*

### Third Day

#### **10am Morning Programme** 8am Doors open

The morning programme begins with a short Meditation, followed by Darshan until mid-afternoon, according to the number of people present. *Tokens available from 8.30am.*

#### **7pm Evening Programme (Devi Bhava\*)** 4.30pm Doors open

The Devi Bhava programme begins at 7pm with a spiritual discourse (satsang), followed by Atma Puja, a ceremony to help bring peace and well being to the whole world. Darshan begins around 9pm and continues into the morning until everyone with a token has been received. *Darshan tokens available at approx 5.30pm.*

*Availability and timings of giving out tokens are limited to, and by, programme times.*

*Amma's public programmes and retreats are run entirely by volunteers, and helping hands are always appreciated. Please visit the Seva/Volunteering Desk in the programme hall for more information on how to participate!*

\* For more information about Devi Bhava, see page 15.

*"There is nothing in this world that hasn't nourished our growth in one way or another."*



## WHO IS AMMA?

*"Whoever comes into the river of Love will be bathed in it, whether the person is healthy or diseased, a man or woman, wealthy or poor."*

*"Mother does what  
she does because  
she cannot do  
otherwise. To love  
is her nature,  
to serve is  
her nature."*

Sri Mata Amritanandamayi, lovingly known as Amma, or Mother, is revered throughout the world as one of the most outstanding humanitarian and spiritual leaders of our time.

With her holistic vision, Amma works tirelessly to nourish individuals and communities through her spiritual activities and humanitarian projects. Indeed, every moment of Amma's life is dedicated to cultivating a just and compassionate world, one in which selflessness is the core. As the late Yolanda King, daughter of Reverend Dr. Martin Luther King, Jr., once said: Amma "not only talks the talk and is an embodiment of unconditional love, but she expresses that love in action. She walks the talk."

Through the example of her life, Amma demonstrates that true service to humanity is possible when one puts aside one's own concerns for the good of others. Her simple, profound message of love and service has inspired, uplifted, and united people of all nationalities and religions, awakening them to their fundamental oneness in Spirit.

Ultimately, it is difficult to define exactly who Amma is, for she is a humanitarian, a compassionate mother, a humble servant, a healer, as well as, to some, a beloved spiritual teacher. Indeed, the question "Who is Amma?" can only be revealed as we come to know who we are, for as we realise our true selves we come to know the all-pervasive Divinity within.





## AMMA'S LIFE

*"The purpose of this body and of Mother's whole life is to serve her children. Mother's only wish is that her hands should always be on someone's shoulder, consoling and caressing them and wiping their tears away, even while breathing her last."*

Amma was born on September 27, 1953, in a tiny fishing village in the State of Kerala in Southern India. Remarkably, by the age of two she was singing devotional songs in praise of God and spending her time immersed in samadhi, a deep meditative state of absorption. During her childhood Amma was often chastised for remaining in this state of divine intoxication, yet she refused to turn from her chosen path despite the adversity that she met from her family and community.

When Amma was nine years old, her mother became ill and Amma was withdrawn from school in order to help with household tasks and the care of her seven siblings. As she went door-to-door gathering food scraps from neighbours for her family's cows, she confronted the intense poverty and suffering that existed in her community, and the world beyond it.

When Amma encountered people in need, she brought them food and clothing from her own home. She was undeterred by the scolding and punishment she received from her family for doing so. Amma also began to spontaneously embrace people to comfort them in their sorrow. Responding to her affectionate care, they began to call her Amma (Mother). In turn, she naturally referred to them as her children.

Though Amma was never exposed to philosophical texts or spiritual teachers, at the age of 21 she began to attract sincere spiritual seekers due to her unmistakable realisation of oneness with the Divine. By the late 1970s, a small number of individuals came to live near Amma and they became her first disciples. By 1981, an ashram (monastery) was formally instituted at her birthplace. Today, this ashram is known as the Mata Amritanandamayi Math, or Amritapuri, and is home to more than 3,000 devotees from around the world.

*The remarkable story of Amma's childhood is told in her biography, "Mata Amritanandamayi: A Biography".*



*"God-realisation is  
nothing but the  
ability and  
expansiveness of the  
heart to love  
everything equally."*



## AMMA' S DARSHAN

*Amma's embrace "... allows [people] to experience true, unconditional love. When Amma holds someone it can help to awaken the dormant spiritual energy within them, which will eventually take them to the ultimate goal of Self-realisation."*

*"As far as Mother is concerned, everyone is her child."*

Amma's darshan takes the unique form of a tender, motherly embrace, an expression of compassion and empathy. Regardless of people's religious faith or non-belief, Amma receives all who come to her in the same loving way, spontaneously embracing them and whispering a blessing in their ears.

This unique, extraordinary expression of universal love repeated hour after hour, day after day for the last 40 years, has become both catalyst and symbol for the growing humanitarian movement now called Embracing the World.

Throughout her life, Amma has embraced and comforted more than 33 million people. When asked where she gets the energy to help so many people while also building and running a massive humanitarian organization, Amma replied, "Where there is true love, everything is effortless."

Free, numbered tokens to receive darshan are given out approximately 75 minutes before the start of each programme and should be obtained early. Due to time constraints, token distribution may be limited.

*Information about Amma's life, teachings, and charitable activities is available in the Embracing the World brochure.*



## DARSHAN TOKENS

Amma makes herself available to anyone who wishes to receive her blessing and does her utmost to accommodate everybody, particularly newcomers. In order to ensure a harmonious flow, a token system has been developed. Free, numbered tokens are given out approximately one hour prior to the start of each programme and should be obtained early.

Approximately two hours before each programme, a line will form outside of the hall. Please make sure that everyone in your party is present. Tokens will then be handed out one hour before Amma arrives. Be prepared to receive your token and be escorted to a seat. Please keep your token with you at all times, in a safe place such as a pocket, wallet, or purse. We may be unable to replace it if it becomes lost or misplaced.

Due to the large number of people attending each programme, token-holders may have to wait some time before their number range is posted. However, it is important that those going to receive darshan remain mindful of the token numbers so that they join the line when their number range is posted, and not before or after. When not in the darshan line, all are welcome to sit in Amma's presence or explore the various activities in the hall.

## ASSISTED DARSHAN SEATING

Individuals needing special assistance should come to the entrance of the hall where arrangements will be made for darshan. Assisted darshan lines are available for:

- the elderly, and
- those with physical disabilities.

Please consult the host volunteers for information on the Assisted Darshan line.

Be sure to pick up a numbered token near the front of the hall and then consult with the monitors nearby for more information.



*“Behind all great  
and unforgettable  
events is the heart.  
Love and a selfless  
attitude underlie  
all truly  
great deeds.”*



## HALL ACTIVITIES AND GENERAL INFORMATION

The following resource tables are available for your exploration and enjoyment:

**Reception Table:** Come here for information about facilities available at the programme, including local travel options, lost property, and to find local satsang contacts in your area.

**Local Information Table/ AmmaUK Table:** about Amma's activities in the UK. Sign up here to stay in touch with UK events and activities. Find out what is happening nationally as well as contacts for satsang activities in your region.

**Embracing the World Table:** Amma's charities worldwide are now known collectively as Embracing the World® (ETW). This table provides more information about ETW and opportunities to support the organisation's work in India and around the world. Also, you can find out more about Amma, her ashrams and her teachings. [www.embracingtheworld.org](http://www.embracingtheworld.org)

**IAM-Integrated Amrita Meditation Technique®:** Come to the Reception Table to learn more about Amma's meditation technique, which is taught free of charge in the UK and worldwide. [www.iam-meditation.org](http://www.iam-meditation.org)

**GreenFriends:** Learn about Amma's environmental efforts, purchase ecological products, and find out how to become a GreenFriend!

**Puja Information:** Several pujas (ritual worship) are offered at Amma's ashrams in India. Doing puja helps to harmonise our life with the world around us, bringing spiritual advancement and prosperity. You can sign up for pujas for yourself or loved ones.

**Children's Area:** There is a children's area which will be open at designated times of day. Please check at the Reception Table. Children should not be left unsupervised without informing the person in charge of the children's area.

**Amrita TV:** Discover the uniqueness of this values-based television network inspired by Amma. You may purchase a subscription, view recorded demonstrations of the channel's content, and watch live broadcasts at [www.amritatv.com](http://www.amritatv.com).

*"Compassion to the  
poor and the needy  
is our duty to God."*



## Seva/Volunteering Desk

Seva is a Sanskrit word describing the service we perform as an offering, without any expectations or attachment to the results. Everything that takes place around Amma at the programme is accomplished on a volunteer basis, through seva, and helping hands are always appreciated. You too can volunteer to help, even for a short time, with any of the jobs which need doing. Look out for the seva boards carried around periodically detailing urgent requirements, or simply go to the Seva Desk. If you are inclined, please feel free to join us!

*"When we work for others without expectation, we reap the wealth of a peaceful mind and an open heart." – Amma*

**The Amma Shop:** Peruse and enjoy a variety of items including books, music, videos, CD-ROMs, photos, clothing, and items from India. [www.theammashop.org](http://www.theammashop.org) (US)

**Ayurveda / Naturopathy:** Come for a preventative check-up or to address acute/chronic conditions. Each 60-minute session includes a comprehensive evaluation, as well as dietary, nutritional, herbal, and lifestyle suggestions. Pre-registration is required at the Ayurveda Table in the Amma Shop.

**Massage Area:** Ease pain and tension with a relaxing treatment from qualified massage therapists.

**Flower Stall:** In India it is traditional for devotees to give a flower, garland, or fruit when they go for darshan. While this is definitely not expected, if you would like to offer any of these items to Amma when you go for Darshan they can be obtained at the Flower Table (at the entrance to the Darshan line) for a modest fee.

**Meals and snacks:** Delicious vegetarian lunches, dinners, and a range of snacks are served, with a choice of either Western or Indian cuisine, in the Esher Hall downstairs (entrance from foyer). Meal tokens can be purchased in the hall. There is also a café and Juice Bar. All meals and snacks are prepared and served lovingly by volunteers.

**Vedic Astrology:** Astrological chart readings are available (during Darshan times only) by readers trained in Jyotish, the ancient Indian science of light.

*"We should live in this world knowing that we are only an instrument in the hands of God and with the faith that He is guiding us."*



*All proceeds support Amma's charitable projects.*



## IMPORTANT CONSIDERATIONS

Out of consideration for Amma and fellow programme attendees, you are kindly asked to read and respect the following requests:

*“Love is what  
fills life constantly  
with newness.”*

- **No photography, video cameras, or tape-recording** are permitted in the hall; this includes mobile phone cameras. Upon prior arrangement, permission is granted to working, credentialed press or cinematographers. Photos of Amma are available in The Amma Shop.
- **Parents of young children** please be mindful of your children's behaviour, especially during the meditations. There will be supervised activities for children in the Children's Area. Please check at Reception for a schedule.
- **No pets of any kind are permitted** inside the programme hall, except for guide dogs.
- **No alcohol, tobacco, or illegal drugs** are permitted in the hall or on the premises.
- **No bedding or camping** on the premises.
- **Please respect the programme hall as a meditation space** by speaking softly, in consideration of those individuals who are trying to focus their attention within.

*Thank you for helping us maintain a pure and peaceful environment in the hall and on the premises.*





## FREQUENTLY ASKED QUESTIONS

### What is the meaning of the term “Self-realisation”?

Otherwise known as enlightenment or liberation, Self-realisation is the realisation that one's True Self is not the limited mortal body, mind, and intellect, but the eternal, blissful consciousness that pervades creation. When one truly recognises one's own Self in all beings, one becomes an embodiment of peace, love, and compassion capable of uplifting the world.

### What is a mantra?

A mantra is a sacred verbal formula repeated in prayer or meditation. The chanting of mantras helps to open the heart and creates an uplifting and meditative atmosphere for inner communion and one-pointedness of mind. There are several Sanskrit mantras that one may hear at Amma's programmes such as:

**Aum (also written Om):** According to the Vedas, the ancient scriptures of India, Aum is a symbol for the Absolute Reality, or God. It is also the first syllable in many mantras.

**Om Amriteswaryai Namaha:** “I bow to that Supreme Energy, which is Immortal Bliss.”

**Om Lokah Samastah Sukhino Bhavantu:** “May all beings everywhere be happy.”

**Om Namah Shivaya:** “Salutations to the Absolute”. This is also used as an everyday personal greeting to remind us to honour the Divine in each other.

During Devi Bhava darshan, it is possible to receive a mantra from Amma. The opportunity to receive a mantra from a Self-realised Master is a rare blessing that can be of tremendous benefit in our spiritual life. Information about receiving a mantra will be distributed during the Devi Bhava programme.

### What is Devi Bhava?

Literally translated as “the mood of the Divine Mother,” Devi Bhava is a very special event that celebrates the feminine aspect of God, and God's unconditional love and compassion for all humanity. It is a traditional, joyful celebration when Amma gives darshan as the Divine Mother in the manner symbolized by the Hindu tradition.

The evening commences with an Atma Puja, a ceremony to promote peace and well being for the whole world. In honour of the Divine Self that dwells in all, the Atma Puja includes a spiritual talk by Amma, a powerful ceremony that involves chanting the names of Devi (the Divine Mother), and the distribution of holy water blessed by Amma to all attendees.

*“To see God,  
inner searching is  
needed.”*



*“Even when  
there are two  
lamps, light  
is one.”*

Following the puja, Amma offers her darshan to everyone present, typically into the early hours of the morning! Once everyone has been received, Amma blesses all participants by showering flower petals on those gathered in a poignant conclusion to the programme.

Devi Bhava is also the time when Amma gives mantras. A mantra is a group of Sanskrit words used for prayer and meditation. If you are interested in receiving a mantra, information will be given for you to read while you are sitting in line waiting to receive your darshan.

### **What language does Amma speak?**

Amma speaks Malayalam, the language of her native state, Kerala; however, she understands the heartfelt thoughts behind all languages (there will be people available to translate from English to Malayalam). Communication with Amma can also be through our inner resolve, in silence and through prayer.

### **What is Prasad?**

Prasad is a Sanskrit term describing “sacred offering”. After your darshan, Amma will hand you prasad in the form of a sweet, often wrapped in a flower petal. Sometimes Amma will offer vibhuti, or sacred ash, as a gift as well.

### **What is the appropriate dress around Amma?**

In honour of the sacredness of the occasion, people dress modestly in the presence of Amma. However, Amma understands that dress customs in the West are much more relaxed than in India.



**Why do the devotees around Amma wear white?**

White is a symbol of purity and peace. Therefore, some seekers wear it as a reminder of their spiritual goal, but there is no requirement to do so.

**Why do people touch their heads to the floor?**

Humility is an important quality in spiritual life, and bowing down is an outward expression of the desire to go beyond the ego. Lowering the head below the heart represents the surrender of self-importance and pride.

**What is pada puja?**

At the beginning of every darshan programme, Amma is welcomed to the hall with a pada puja. This traditional ceremony involves worship of the feet, or pada, of the spiritual teacher who is grounded in the ultimate Truth. By honouring one who is established in Supreme Love, we are invited to awaken that same Love within ourselves.

**What is the significance of waving the light (Aarathi)?**

Understanding the wandering nature of the mind, the ancient sages prescribed various ways to develop concentration. One of the ways recommended was to offer aarathi (waving of the light) to the form of one's teacher or deity. The burning of camphor that is used during aarathi represents the ego or small self. When the camphor burns, it dissolves into the air and leaves no trace. In a similar way, devotees pray that their individuality will merge with the Divine, leaving no sense of separation.

*"A person becomes fearless once he understands the nature of the imperishable soul."*



## GUIDE TO THE AMMA SHOP

*“Contentment and happiness depend solely on the mind, not on external objects or circumstances.”*

**Publications:** Amma’s advice on matters concerning the environment, women, world peace, and more are available in pocket editions of her speeches at international conferences. In depth accounts of her teachings include the series of books titled *Awaken Children* and *Eternal Wisdom*, as well as the compilations *Lead Us to the Light* and *Lead Us to Purity*.

*From Amma’s Heart* is a special selection of teachings gathered by Swami Amritaswarupananda mostly during Amma’s western tours. Vivid tales and experiences by other senior monastic disciples are contained in *On the Road to Freedom, Volumes 1 & 2* ; *Racing Along the Razor’s Edge*; *Ultimate Success*; *This Blessed Life*; *The Secret of Inner Peace*; *Sacred Journey*; *Torrential Love* and *Eye of Wisdom*.

**Magazines:** *Matruvani*, a monthly magazine published by Amma’s ashram, is available by subscription at the Information Table.

**Audio-Visual Media:** Films, videos and DVDs document Amma’s life, mission, and teachings. The devotional music that you hear during the programmes is also available on a wide range of musical tapes and CDs.

**From India:** Clothing, incense, jewellery, natural and organic beauty products, photos, ritual items, and many other gifts are available.

*Proceeds directly support Amma’s numerous humanitarian activities.*

Shop online at the Amma Shop [theammashop.org](http://theammashop.org)



## ACTIVITIES IN THE UK

We are fortunate that Amma comes to us once a year but we also hold events and activities throughout the year to which all are welcome, whether you have just met Amma for the first time, or have been coming to her UK visit for many years. The aim of these is to help us stay in touch with Amma and the love and energy which she has showered on us during her visit.

These events are run by Friends of Amma, which is Amma's official organisation in the UK. It's a registered charity and is responsible for organising Amma's programme when she comes to London, as well as activities during the year. There are also regional groups throughout the country which you can contact to find out what is going on near you. These events include:

**New Amma Centre:** The Amma Centre UK has recently been established in Bromley, Southeast London. The building includes a large hall, seating up to 250 people with a small kitchen, on-site parking and a lawn area. A group of volunteers has been meeting on a regular basis to transform it into a beautiful centre to host a range of Amma-related activities. To get involved, contact 07809 153082 or 0208 544 0325 or visit the Amma UK Facebook site.

**Satsangs:** meetings held usually once a month for a few hours around the country to meditate on Amma and follow her teachings. They include chanting, singing, readings and silent meditation. If there isn't one already in your area, you could think of starting one up.

**Retreats:** with Swamis sent by Amma to transmit her teachings. These may vary in length from half a day to a week-end and give the opportunity to go deeper into Amma's teachings and practices, as well as participate in the family of Amma's devotees in Britain.

*"Love is not complex  
- it is simple and  
spontaneous. Indeed,  
love is our essential  
nature."*



A Retreat weekend with one of Amma's senior disciples, Br Chaitanya Shubamrita.



*“When one really  
loves, one’s intellect  
becomes empty. No  
thoughts, no mind.  
Only innocent love  
remains.”*

**IAM course:** The IAM (Integrated Amrita meditation Technique ) has been given by Amma for her children. It is learned on either one or two-day courses.

**AYUDH – Youth Group:** A group of younger devotees (16-30) who seek to integrate Amma’s values into youth lifestyles through a variety of environmental, cultural and fundraising activities, or just to have fun.

**Fundraising Activities:** events to raise money to host Amma’s programme are held throughout the year; car boot sales, dinner dances, sponsored walks are some of the enjoyable ways in which to participate.

**GreenFriends:** Amma is promoting environmental awareness. Activities and Eco-meditation are run by GreenFriends in Britain.

**Amma’s London programme:** We always welcome people who want to participate, in whatever way, to hosting Amma’s programme. Please offer what you can.

## HOW TO KEEP IN TOUCH

Sign up online at [www.amma.org.uk](http://www.amma.org.uk) and click on the Contact box. We send out an Enewsletter each month and occasional other mailings when Amma’s visit approaches or we have visits from one of her close disciples..

Your information will be kept confidential and only used to keep you informed about Amma, and you may unsubscribe at any time.





## SATSANGS IN THE UK

London E	monthly	145 Milton Ave, East Ham, E6 1BN. <i>Tube:</i> Upton Park	Kannan/Divia 02084710428 ammaskanna@gmail.com
Somerset	monthly	Glastonbury	Vandita 07915 604838 vandita.amma@gmail.com
Berkshire	monthly	Sunningdale	Balakrishna 07723 346608 a.rohkrachmer@gmail.com
Birmingham	monthly		Adele whereisadele@yahoo.co.uk
Oxford	monthly		Stuart Walters 01865 764 993 stzwalters@hotmail.co.uk
Sheffield	monthly		Kaivalya lucydevi@yahoo.co.uk
Manchester	quarterly	Glossop	Ilana 07733 284422 ilanaalix@yahoo.com
Hereford	monthly	Lower Mascoed	Surya Kalkwarf 01981 241290 suryaletthesunsine@hotmail.co.uk
Derby	occasionally	DE1 3AY	Jane O'Byrne 07989 595483 jane_obyrne@yahoo.co.uk
Scotland	monthly	Findhorn	Mumta Ito mumtaito@gmail.com
Meetings are announced in the monthly Enewsletter. Otherwise, please contact satsang leaders to confirm details			

### Contacts:

General Information

[info@amma.org.uk](mailto:info@amma.org.uk)

Websites

[www.amma.org.uk](http://www.amma.org.uk) [www.amritapuri.org](http://www.amritapuri.org) (India)

Subscribe to Enews at:

[www.amma.org.uk](http://www.amma.org.uk). Click on Contact

Donations:

Friends of Amma UK

Sort Code: 30-96-35 Account 00264508

Ayudh (Youth group)

[info.uk@ayudh.eu](mailto:info.uk@ayudh.eu)

GreenFriends

Tony Hirtenstein [tonyhir@gmail.com](mailto:tonyhir@gmail.com)

General information:

Shanker [shanker@amma.org.uk](mailto:shanker@amma.org.uk) 020 7603 6868 (6-9pm)

Retreats:

Vandita [vandita.amma@gmail.com](mailto:vandita.amma@gmail.com)

## IAM Meditation Technique® Course

**Saturday 24 November 2018. 9.45am-6pm.**

Rokesly Infant School, Hermiston Avenue, Crouch End, London N8 8NH

**“Meditation is as precious as gold” – Amma.**

The teaching of the IAM® is free:  
the cost goes towards hall hire and refreshments.  
This day can also be used as a Refresher for those  
who have already done the course.

**Cost: £35** (refreshments only)

Apply at the **Reception Desk** or visit [amma.org.uk](http://amma.org.uk)



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ILM Certificate in Coaching

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