

Ahimsa Trust

Mindfulness * Community * Education
Initiatives



'Let us fill our hearts with our own compassion - towards ourselves and towards all living beings'
– Thich Nhat Hanh



Dear friends,

February 2021

As we step into the new year, let us take a moment to pause and reflect on the year gone by. 2020 was a year which turned out to be full of challenges for humanity. We know nothing is permanent, so we welcome the New Year and wish that this year brings with it much peace, joy, love and hope in our lives.

The last many months gave us precious lessons about cherishing our relationships, less is more, resilience and gratitude. We experienced nature as never before with clear skies, singing birds and quiet. We enveloped various skills which we may not have had or made time for earlier such as kitchen gardening, cooking, writing poetry. We made some lifestyle changes. We realised the importance of a community, which is the vision and strength of Ahimsa Trust.



UPCOMING EVENTS

Online sessions continue and are open to everyone. We will keep you updated on new events.

1. Daily Morning Meditations

Monday to Friday: 7.30 am - 8 am

Saturdays: 8 am - 8.30 am

(Please subscribe and log on to our **Buddha Path**

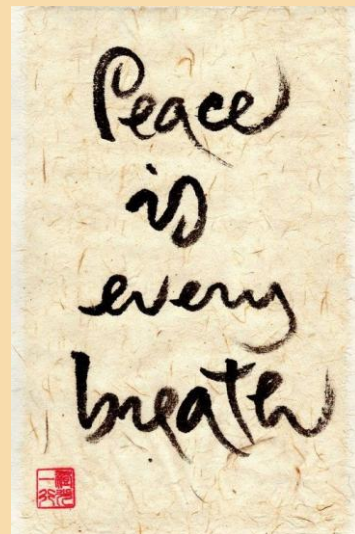
YouTube channel. Click the bell icon to get new updates directly).

2. An **Evening of Mindfulness (includes talks, practices, meditations)**: Every last Saturday of the month. Details will be sent by email. That day there will be no morning meditation.

3. **Sangha Gatherings on Mindfulness**: Gurgaon, Noida, Central Delhi, Dehradun, South Delhi.

Led separately by each sangha on a fortnightly or monthly basis on Zoom. Please visit our website for details www.ahimsatrust.org/events

4. **Course/Retreat** in April 2021 (Dates to be announced)



Jamun Village

We are happy to share that the dream of setting up Jamun Village in Dehradun is becoming a reality as generous well-wishers and supporters have donated a beautiful piece of land in the foothills of the Himalayas. Thich Nhat Hanh called it Plum Village-India when he blessed it. Indians are calling it Jamun Village, as Jamun is the Indian Black Plum.

The Centre is conceived as a living fourfold community, of monks, nuns, laymen and laywomen. A retreat and mindful refuge for individuals and families (including children) for those who want to live in harmony with the ecology and society in the area, while making a right livelihood through non-violent means. It will be a home for those who want to live in the beauty and the magic of mindful awareness and engage in bringing joy and happiness to people's lives, our wider community and nature.

Over the past few months work has been progressing on the land. The road leading to the Centre has been strengthened. Toilets have been constructed. Turmeric planting was done (and during the pandemic organic turmeric was distributed). Reed beds (photo above) planted as sustainable sewage systems. We initiated a 'fundraising' committee to guide and advise on fundraising for the project.



AN APPEAL

We would so appreciate any support to set up Jamun Village, a mindfulness practice centre in India and would love for you to be part of this vision. A funding proposal for Jamun Village was prepared and sent to over 1000 people across the globe. The proposal based on the Master Plan, which will be implemented in three phases, has been finalised. Please write to us if you are interested in knowing more about Jamun Village and we will send the proposal and Detailing of Phase 1 to you.

We have received part of the first tranche of funding from our generous donors. Your donation does not have to be large, please offer whatever you can afford, as every little bit helps.

If you are located in the US please find the following link for donations through 'Friends of Ahimsa Foundation' (FOA), a 501(c)(3) entity
https://www.ahimsatrust.org/contribute_ahimsa.html

If you are in India or anywhere else in the world please click on the Donate button.

VOLUNTEERING OPPORTUNITIES

Nearly all of us at Ahimsa are volunteers. We are very thankful to the volunteers who are working on a **new Ahimsa website**, which we are excited about. We have also had a lot of help in **translating** practices and texts into Hindi. Many friends have offered their time, energy, and resources.

We are still looking for some tech support to guide us on social media, mail chimp and other online platforms.

For our Mindfulness Centre, Jamun Village, we are looking for landscape architects, enthusiastic gardeners, designers who can share their insights and inputs. Please feel free to offer whatever little time or energy you can afford.

Do join our wonderful volunteer team!



Donate

AHIMSA NEWS AND UPDATES

Since our last newsletter in July 2020, we have a lot to share as we have been involved over the past months with many activities during the pandemic. It has been our endeavor to reach out and support people with our programs. If you scroll down or click on the [Read More](#) link at the end of this box you can get details on some of our projects/programs, as well as links to our talks.

I. Sustainable Livelihoods

Community development initiatives which have been supported by Ahimsa over 20 years continue in the villages in the Shantiniketan area, West Bengal, India.

[Read More](#)

II. Mindfulness

A number of online programmes were offered and continue to be offered. Please feel free to join any of them in future and click on Read More for details/ links to talks and programmes in the last few months.

A. A **conversation** between Dharmacharya Shantum and Rob Dube on "Why Now (during the Covid pandemic) Is A Perfect Time To Practice Mindfulness" (17th November 2020) (Link available in Read More section).

B. **Mindfulness in Education** for students, parents and teachers at Pathways Noida, Shri ram School, Shiv Nadar School, Gurgaon (August/September/October 2020) including setting up **teacher sanghas** in schools.(September/October/November 2020)

C. **Evenings of Mindfulness** on every last Saturday of the month since September 2020 (Link available in Read More section)

D. An **Evening with Sister Chan Khong** (5th September 2020). (Link available in Read More section)

E. **Daily Morning Meditations** since July 2020

F. A **Retreat for the Central Reserve Police Force** (25th June to 8th August 2020)

G. **WakeUp Schools, India: Cultivating Mindfulness: A 10 week -Online Retreat Course** (6th June to 8th August 2020)

H. A Talk on Mindfulness for the **British Military** (June 2020)

I. **Saturday Meditation sessions** by Dharmacharya Shantum since April 2020. (Link available in Read More section)

J. Fortnightly and Monthly **Sangha gatherings** led separately by our Gurgaon, Noida, Central Delhi, Dehradun and South Delhi sanghas on Zoom

K. **Translation** of Thich Nhat Hanh's books/practices in Hindi.

[Read More](#)

III. Education Support



Ahimsa Trust, through its donors and well wishers supports the school education of a number of economically disadvantaged children. Please contact us if you want to support a child's education.

Do click on the link Read More for details on any of the projects /programmes listed above.

[Read More](#)

MEDIA & OUTREACH

Inspiring articles in Newspapers

Ahimsa Trust's Communications Team supplied articles by Thich Nhat Hanh to the Economic Times and Speaking Tree, a supplement on wellness by The Times of India national daily. There are online editions too. Do watch out for the articles. We recommend the article 'Five Happy Practices' by Thich Nhat Hanh. Many tried to adopt these practices during the pandemic.

<https://www.speakingtree.in/article/five-happy-practices>

SUGGESTIONS

Talk on You tube by Sister Chan Duc :

'Hope In Action' - Dharma Talk by Sister Chan Duc, 31st December 2020

Sr. Chan Duc is a senior Dharma teacher in the Plum Village tradition. In this talk, she shares about the path of True Love, with the four elements of loving kindness, compassion, joy and inclusiveness. This is a great gift which we offer to ourselves, our relationships and community, and Mother Earth.

<https://youtu.be/pcx2UyOQ39o>

Book Recommendation:

'No Mud No Lotus: An Art of Transforming Suffering'

Author: Thich Nhat Hanh

Published by: Aleph

TRIBUTE TO RITA MITRA, SANGHA MEMBER

We at Ahimsa Trust, are deeply sorry to inform you that our much loved and cherished sangha practitioner, Rita Mitra passed away peacefully on the 12th of September 2020. She continues in all of us through her wisdom, beauty and presence. Rita was an amazing practitioner and loved the Dharma deeply.

She gave generously of her time and spirit to the work of Ahimsa. Under her guidance and leadership, much headway was made over the years in taking the practice of mindfulness to schools in the NCR area. She taught and inspired not only the members of the Noida sangha which she facilitated, but others in the wider Ahimsa community. Rita gave a beautiful talk on 'Noble Silence' in June 2020.

<https://youtu.be/mrqbR0vgIV0>

'Thank you for such a beautiful ceremony to remember such a beautiful woman who touched so many of us.'

- Gabriel Dobrady from UK who attended Rita's online memorial.



With maitri and a deep bow,

Ahimsa Trust

ahimsa.trust@gmail.com

If you have any questions, please feel free to speak with Shalini at 8860694315 (10 am to 3 pm) or you can check our website www.ahimsatrust.org

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