



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

August 2021

Dear friends,

The monsoons finally brought great relief to the soaring temperatures in the Northern and Eastern parts of India. With the rains came an abundance of mangoes which is a treat and its lovely to see people relishing its sweet taste after months of Covid fatigue.

During the lockdown a sangha friend Sheela Reddy, committed herself to writing and sharing a haiku a day with the larger sangha, which supports her enormously in her practice. She inspired many including Mamta who wrote:

*'Vibrant colours in
my lawn, mango tree
and some flowers
heaven showers on me'*



We hope you and your loved ones are keeping well.

UPCOMING EVENTS

Dh. Shantum is offering a Day of Mindfulness, titled 'The Path of the Buddha' at the Insight Meditation Center at Newburyport in Massachusetts, USA on Saturday 21st of August from 10.00 am to 3.00 pm (EST). If you would like to attend, please register at www.imcnewburyport.org

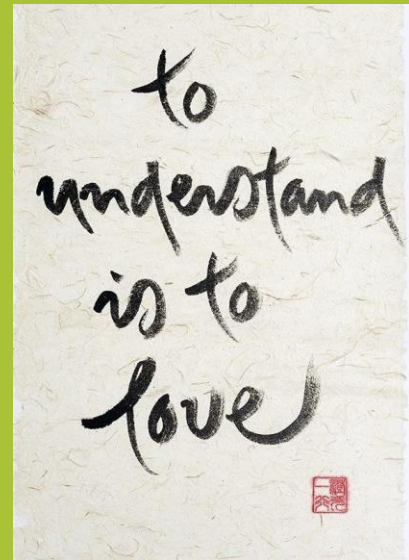
Online sessions continue and are open to everyone. We will keep you updated on new events.

1. Dh. Shantum shall be offering a meditation/talk for a sangha in the tradition of Thich Nhat Hanh based in San Diego via Zoom on Wednesday 25th of August from 7.00 pm to 8.30 pm (PST). The link is Zoom: <https://us02web.zoom.us/j/142343741?pwd=QzR5eVZiYUdDQVB2aUNCVmpMbmw3QT09> Meeting ID: 142 343 741 Passcode: 291689. All are welcome.

2. An Evening of Mindfulness (*includes talks, practices, meditations*): Every last Saturday of the month. Details will be sent by email.

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 <https://www.ahimsatrust.org/Events.html>. You may contact the coordinators directly or write to us at ahimsa.trust@gmail.com

4. Course/Retreat: An eight week retreat for the CRPF (Central Reserve Police Force) in Kashmir is planned for September/October. Also a Day of Mindfulness at the Police Training Centre in Haryana in September.



AHIMSA NEWS

Since our last newsletter in February 2021, 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 endeavour 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. Covid Relief Programme

The second wave in April shook the entire Nation. No family was spared by the Covid 19 virus. Ahimsa Trust reached out to the villages in Shantiniketan and Dehradun in providing Covid relief supplies to the people affected. An appeal letter was sent out to the globe and it was very heartening to receive the generous contributions which our donors both in India and overseas made to Ahimsa. The work carried out was only made possible because of their timely support. [Read More](#)

II. 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](#)

III. 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. An Evening of Mindfulness with Sister Chan Khong, True Emptiness (30th January 2021) [Read More](#)

B. 60 days of Mindfulness Meditation on 'The Blooming of a Lotus' (Mid- February 2021 to Mid- May 2021) [Read More](#)

C. An Evening of Mindfulness on the 14 Mindfulness Trainings (27th February 2021)

D. An Evening of Mindfulness with Sister Hien Nghiem, True Dedication (27th of March 2021) [Read More](#)

E. Talk and session by **Dh. Shantum** in collaboration with **Prof. Jeremy Engels** at the **Pennsylvania State University (Feb 2nd and again on 23rd March 2021)**

F. Guest lecturer Dh. Shantum on The Role of Buddhism in Globalisation and Education at the **University of Toronto, (March 10th, 2021)**

G. Talk and session by Dh. Shantum on Cultivation of the mind' to a group in **Michigan, USA. (March 20th, 2021)**

H. **The 14 Mindfulness Trainings of the Order of Interbeing (2nd May 2021)**. This ceremony was live streamed from Plum Village on their YouTube channel. [Read More](#)

I. Commemoration of the **25th year of celebrating Buddha Purnima** by the Ahimsa community (**26th of May 2021**) [Read More](#)

J. Talk on Zoom by Dh. Shantum for the **Vesak 2021 celebration of the Brazilian Centro Buddhista Nalanda on 27th May, 2021**

K. A three-day online retreat '**The Art of Inner Healing**' was organised from the **14th to 16th May, 2021** by Plum Village in France.

L. A conversation between **Dharmacharya Shantum and Shri Jairam Ramesh**' Shri Ramesh's latest book '**The Light of Asia**', the poem that defines The Buddha (**27th of June, 2021**). [Read More](#)

M. Online retreat offered by Plum Village, France, '**How to Grieve... Transforming Our Pain into Compassion, Strength and Peace**' from **July 29 to August 1st, 2021**.

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

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

IV. 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. [Read More](#)

V. Jamun Village

Over the past few months, work has been progressing on the land. [Read More](#)

AN APPEAL

We are very thankful to our donors who supported us for our **Covid Relief Programme** in Shantiniketan and Dehradun. We continue to 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. The work on Jamun Village is already underway and it has been put under 3 phases for its final completion. 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.

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.

[Donate](#)

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

“Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.”

- Thich Nhat Hanh

VOLUNTEERING OPPORTUNITIES

Ahimsa is a volunteer driven organisation. We are very thankful to the volunteers who have worked very hard on a **new Ahimsa website**, which we should be up in the next few weeks. 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 !



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MEDIA & OUTREACH

Inspiring articles in Newspapers

Ahimsa Trust's Communications Team continues to supply articles online by Thich Nhat Hanh to the Economic Times and Speaking Tree, a supplement on wellness by The Times of India national daily. Do watch out for the articles. The Covid relief work carried by Ahimsa Trust was also featured in the Garhwal Post, a leading Newspaper of the Uttarakhand region.



SUGGESTIONS

"The Birds are Still Singing" Dharma Talk by Sr. Từ NghiêM,

As we come in touch with the newly blooming flowers and the rising bird-song of Spring, Sr. Từ NghiêM guides us in inquiring: how may we offer Spring cleaning and renewal to our body, and to our mind.

<https://www.youtube.com/watch?v=IYasVVjyFUo>

Book Recommendation: Fear by Thich Nhat Hanh

*When we're not held in the grip of fear,
we can truly embrace the gifts of life.*

Published by: RHUK

TRIBUTE TO SHEKHAR MALHOTRA, FOUNDER OF FULL CIRCLE PUBLISHING AND BOOKSHOPS

We at Ahimsa Trust, deeply mourn the sad demise of a dear friend Shekhar Malhotra who along with his wife, Poonam was the Founder of Full Circle Publishing. Full Circle has been instrumental in publishing Thich Nhat Hanh's books in India and also translated versions in Hindi under the imprint of Hind Pocket Books. The mindfulness meditation sanghas started by gathering in the Malhotra family home from 1997, after they hosted Thay at their home. The COVID 19 virus surge claimed Shekhar's life on May 2, 2021, taking with it one of the finest pillars of Indian publishing and a much loved and cherished friend. He brought music into our lives with his very presence.



A tribute to Shekhar by Vikas Raheja:

<https://scroll.in/article/997699/shekhar-malhotra-1954-2021-reluctant-publisher-avid-bookseller-another-person-lost-to-covid>

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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[Read More](#)