

FOLLOW UP SESSIONS

Daily

Padmasadhana

5.00 AM
AOL Centre

Thursday Evenings:

Long Sudarshan Kriya:

7.00 PM
Villa no 28, Busheri Gardens,
Budaiya
(Tel: 39478144)

Friday Morning:

Long Sudarshan Kriya:

8.30 AM
1st Floor, Taekwando bldg,
Marina Club
8.30 AM
Art of Living Centre

Saturday Morning:

Sri Sri Yoga:

7:15 AM
Long Sudarshan Kriya:
8.30 AM
Art of Living Centre

Saturday Evening:

Long Sudarshan Kriya:

8.00 PM
House No. 2, Area 4103
2ndBlock after Bahrain
Society of Engineers,
Juffair (Tel: 17811430)

LITTLE ANGELS

Every Saturday
4.00PM—5.00PM
AOL Centre

ART EXCEL

Every Saturday
4.00PM—5.30PM
AOL Centre

YOUNG ADULTS (YES)

To be announced

MISSION GREEN EARTH

By Bindu & Pankaj



It was an overwhelmingly beautiful experience to see everything falling smoothly into place at each and every step we took. Things were falling into our laps from day one though we started late... Nothing can explain the gratification. All doors opened for us to see a greener earth.... Commitments simply poured and exceeded our expectations to contribute towards our Master's vision of planting 100 million trees globally.

Following the first commitment letter from Star Cement Factory for 350 plants and 25 tree plantations by the Indian Ambassador, H.E. Mr. Balkrishna Shetty there was no looking back! Commitments just flowed from individuals, large establishments, social associations, schools, colleges and others. Alba, GPIC, Banagas, Gulf Arabian University, College of Health Sciences, The New Horizon School, The New Indian School, The New Millennium School, APG School, Indian Club, British Club, Al Kindi Hosptial, Al Noor School, Telugu Kala Samiti, Nass Group, to name a few, but many more joined the mission.

Our sincere thanks to H.E. Mr. Balkrishna Shetty, Ambassador of India to Bahrain, Mr. Nejjib Friji, Director of United Nations Information Centre, Bahrain, Mr. Habib Habr, the Regional Director, United Nations Environment Program (ROWA), Bahrain for their support.

We also take this opportunity to express our special thanks to Sheikha Maram Bint Isa Bin Ahmad Al Khalifa (Director, Office of Her Highness, Wife of the King of Bahrain) for her guidance and reinforcement.



Global Plantations including commitments for plantations till July 2009:
65,648,925

Total AOL Stand Up Counts: **8,045,095**

IN BAHRAIN

Total no. of trees planted: **4,125**
Total no. of trees committed: **96,367**
Total no. of Stand Ups: **22, 705**

The team work of volunteers made it possible to touch 22,705 people to join the pledge



COURSES & EVENTS

Nov
2008

LOCAL

UPCOMING ADVANCE COURSE IN BAHRAIN

Refresh, Recharge, Renew...

Many times when we go on vacation we return feeling exhausted and in need of another vacation to recover from the first one! AOL Part II courses are a vacation in the truest sense of the word - they offer a chance to dive deep into rest, relaxation, and rejuvenation.

This course is an opportunity to experience powerful silence along with the deep serenity of Hollow and Empty meditations. The practice of silence has been known throughout the ages, in many different traditions and cultures, as a great tool for elevating consciousness. When profound meditations are added to this silence we find that our ever-changing thoughts come to a rest and our mind becomes clear giving rise to a sense of natural joy.

The next Part II course is scheduled for Bahrain during **Eid Al Adha holidays in December** (approx 8 - 11 Dec)

Starts the evening before Eid Al Adha and continues for 3 full days.

Contact Volunteers:- Sreeni 39478144, Ram 39404260.

NEW COURSES AND TEACHERS IN TOWN

KYC (Know Your Child) program

Bringing up a child is a unique experience every parent goes through. Challenges arise in an attempt to discipline and bond with the child simultaneously.

As a parent, one might:

- Get confused with certain things your child asks
- Be bothered about what your child watches on TV
- Be concerned if your child has bad eating habits
- Get irritated with your child's constant questioning
- Be unsure if you are providing the right environment for your child.

KYC workshop is an interactive 2- hour workshop conducted for parents of children less than 10 years of age.

We have **two KYC (Know Your Child), an SSRVM program teachers** in Bahrain

Mrs. Rama Nair - ramanairtk@gmail.com Cell: 39057961

Mrs. Latha Sreeni - adv_latha@yahoo.com Cell: 39119237;

Eternity Process

The Eternity Process is a past life regression technique that provides a tool to relive events that lie at the root of a pattern, whether mental or physical. The pattern can be something that needs to be changed or merely understood. A past life regression also provides a gateway to a vast, invaluable resource of information on previous times, places, and cultures. It helps the individual clear mental impressions that may block one's progress.

Sessions are conducted one to one and lasts for two to three hours (once only). The participant should have done Part 1 course. It is a powerful, deep, cleansing and meditative process.

Mrs. Rama Nair has been blessed as the latest Eternity

Process teacher in Bahrain. You can contact her at ramanairtk@gmail.com Cell: 39057961 for more information.

DIYA PAINTING FOR GIFT A SMILE: ART EXCEL PROJECT

With a view to raise funds for the Gift A Smile program, a spirited group of ART Excel kids and volunteers with a passion for painting gathered at the AOL centre to hand paint 300 diyas that were made to order in the Al Ali Pottery village. Done in 3 phases, the lamps were initially given a coat of base paint, decorated later with designs, beads/sequins, and finally were neatly packed into attractive gift packs ready to be sold for Diwali. The proceeds of sale would go towards educating underprivileged children, the Gift a Smile project. It takes about 80BD per child per year. *All those who wish to donate towards this noble cause may kindly contact ; Kala on 39069335 or Vani Vasudevan on 36664684.*

BEACH CLEAN UP

Volunteers of Art of Living cleaned up the Marina Corniche on 3rd October 2008 in order to create awareness regarding clean and healthy environment. About 17 volunteers participated in the project. Keep up the good work AOL Volunteers!

FREE MEDICAL CAMP



AOL organised a free medical camp in association with Shifa Al Jazeera Medical Centre for the staff of MRS Fashion company at Sitra. More than 200 members benefited from this free medical check up. Mr. Moosa, Marketing Manager of Shifa Al Jazeera Medical Centre led a team of doctors and staff nurses from the hospital supported by Dr. Sandhu (Consultant Obstetrics & Gynaecology, Salmaniya Medical Hospital), Dr. Jayanthi (MBBS), Dr. Vani (Obstetrics & Gyn KIMS) and Dr. Bhramara Madduri, other AOL volunteers who gave their valuable time. Those who wish to conduct such medical camps may contact Leena Kulkarni at 17699790 or Jayaraj at 39221579.

LOCAL COURSES

2 - 7th Nov: Part I at AOL Centre & Palms Villa, Budaiya

16 - 21st Nov: Part I at AOL Centre

23 - 27th Nov: SriSri Yoga at AOL Centre

COURSES & EVENTS

Nov
2008

INTERNATIONAL

TEACHERS' TRAINING COURSE (TTC) AT BANGALORE ASHRAM

Dates: 25th December 2008 to 8th January 2009
Applications deadline: 29th October 2008

For details please click on the following link:

<http://sites.google.com/site/ttcdesk/next-ttc-dates/next-teachers-training-course-ttc-dates-for-bangalore-ashram-india>

CONTACT Rekha Bloor at 17811430 for more information

INTERNATIONAL PART II COURSES WITH THE MASTER

Plenty to choose from... limited space filling up fast

Course Dates:

Dec 8-13, 2008
Jan 8-13, 2009
Jan 18-23, 2009
Jan 28-Feb2,2009
Feb 11-16,2009

Pre-requisite: Art of living Part I & 21 years old.

Course contribution includes stay and food during course dates and the program cost.

On special request **Sahaj Samadhi meditation** course will be organized provided the criteria of minimum number of participants being fulfilled.

Please email courses@vmmvp.org to confirm your remittance and participation at least 15 days before the course beginning date.

Please visit <http://vmmvp.org/newsite/events.html> for course schedule in Bangalore Ashram or contact Pankaj Nallur at 39653007 for more information.

WOMEN'S CONFERENCE

Dates: February 6th – 8th, 2009

Location: International Art of Living Centre, Bangalore, India

Participants: Women leaders from civil society, media, private sector and government

Partners: The conference will be hosted by the International Association for Human Values (IAHV) and Ved Vignan Maha Vidya Peeth (VMMVP)

Participants can look forward to:

- Thought Provoking Sessions: The biennial conference brings together the world's most fascinating women thinkers and doers, who are challenged to give the talk of their lives (in 15 minutes).
- Networking: The conference provides a platform for women leaders to meet, share their views and ideas and form networks through which they may support each other.
- Action-Oriented Outcomes: As an outcome of the deliberations, the participants are encouraged to initiate and create concrete action-plans for community service

and women empowerment projects globally.

- Sri Sri Yoga - Wisdom and techniques of yoga taught in a pure and simple manner, bringing one back to oneself.
- The Art of Living Part 1 Course - Eliminate stress and experience peace through simple breathing techniques.

For more information contact Rekha Bloor at 17811430.

LOCAL NEWS CONTINUED...

HEALTH AND HAPPINESS WORKSHOP

The Health and Happiness workshop was conducted for the first time in Bahrain with an overwhelming response, on the 31 October.

The 150 minute free workshop includes yoga, meditation and an insight into the secrets of the breath. A diverse group of 40 enthusiasts attended the workshop. Due to popular demand, this course will be conducted on a regular basis. All those who wish to organise this course in their workplace/ homes/ kindly contact any of the teachers (contact details on website).

BREATH WATER SOUND WORKSHOP: BWS

A simple, yet effective 4 day free workshop that highlights the importance of the breath, water and sound and includes yoga and meditation.

In just about a month there were 5 such workshops held: (1)

Kannada Sangha, 15 participants, conducted by Vinod &

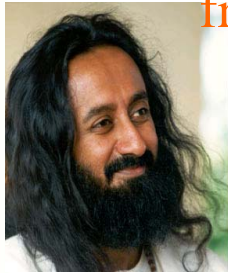
Reena (2) **Vinod & Reena's home**: 8 participants, by Reena (3) **Hisham Park**: 18 participants, by Suresh KV & Ram Subramanian (4) **MRS Fasions**: 30 participants, by Leena Kulkarni & Kalaiselvi (5) **Abdulla Al Dirazi Constructions**: 60 participants by Suresh KV & Ram Subramanian.

All those who wish to organise BWS courses kindly contact: Leena Kulkarni at 39263173.



Columns

from the master



Diwali :The Festival of Lights (27th -29th October)

Diwali is lighting:

The lamp of love in one's heart;

The lamp of abundance in one's home;

The lamp of compassion to serve others;

The lamp of Knowledge to dispel darkness

Every lamp that you light is symbolic of a good quality. There are good qualities in every human being. Some have forbearance, some have love, strength, generosity; others have the ability to accept all as one's own, yet others have a scientific temperament that will uplift humanity; and others have the ability to unite people from all religions. A latent talent is a lamp. When latent talents awaken, that is Diwali.

Don't be satisfied with simply lighting one lamp; light a thousand. Eg. If you are a good sevak, (one who serves) don't be satisfied only with that; light the lamp of wisdom in you. Acquire knowledge. If you are interested in acquiring knowledge, don't limit yourself only to that. Take an interest in the creative arts, in dance, music etc.

Do you know why we do aarti? (lighted lamps/camphor taken around the deity) It is so that light of our life always rotates around the Divine.

Do you know why we burst crackers? We suppress many emotions within ourselves; cravings, aversions, hatred or too much attachment and we reach bursting point. When there are a lot of worries, people say, "I feel my head is going to burst." If there is a lot of sorrow, people say, "My heart is going to burst."

Knowing this experience, the ancient people said that when you see an explosion outside, you feel similar sensations within you as well. Along with the explosion, there is so much light. Similarly by lighting the crackers, when there is an explosion outside, you release the suppressed emotions and become hollow and empty. You become free and are able to celebrate the festival and distribute sweets. The darkness is dispelled, light has come into the house, and joy spreads. This is a festival of joy.

DUTY

Where there is duty, there is no beauty.

Duty is a heavy stone.

But when there is love, that very stone becomes a flower. The same actions will happen... but as an expression of joy.

Don't think, "I have lots of duties, how will I fulfill my duties?" Duty, responsibility, becomes a burden – a bondage on your head.

Love the job that you are doing.

Like looking after children – take it as a service;

Service is different from duty.

You have been a door for these little kids to come into this world.

They are not yours; they belong to the Divine.

You have just been a door.

-Sri Sri Ravi Shankar

aolnewsletterbh@googlegroups.com



Nov
2008

Few guidelines in keeping with the commitment to plant trees...

The ideal time to plant a tree is during the rainy season, in the tropics and subtropics, or the dormant season, in temperate zones, after leaf drop or before bud break. Trees that have been well cared for in a nursery can be planted throughout the growing season.

Proper handling during planting is essential to ensure healthy growth. Proper site preparation before and during planting, coupled with good follow-up care, allows the seedlings to quickly establish roots in the new location and overcome what is known as transplant shock, a phenomenon that can slow the growth and reduce the vigour of the tree.

Seeds can be sown in seed beds or seedling containers (preferably biodegradable) prepared with a mixture of sand, compost and soil. The plants will need watering before and after germination. Reduce the frequency of watering as the seedlings grow. Shade the seedlings and gradually reduce the shade as they grow. If you decide to plant seeds, collect them from an area that enjoys similar climatic conditions to where the trees will be planted. Collect the seeds from a number of healthy mature trees.

<http://www.unep.org/billiontreecampaign/howtoplant/index.asp> .

For a complete list of trees that grow in Bahrain, please contact one of our Mission Green Earth volunteers, Bindu, 36191126 and Sunita, 39676617.

Weekly Celebrations

07-Nov-08 Reena & Vinod - 36288318

14-Nov-08 Latha & Sreeni - 39478144

21-Nov-08 Rama & Pankaj - 39653007

28-Nov-08 (Date Available)

Interested to host? Contact Ramesh @ 39620585

For interesting stories and further information on Art of Living programs and activities, visit

www.artofliving.org

www.artoflivingbahrain.org

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Yoga & Recipes

HEALTH IN YOUR HANDS: MUDRAS FOR AMAZING HEALTH

... continued from October issue

Mudras are very powerful. If you practice these mudras regularly you can see the wonderful health benefits:

Apana Vayu Mudra (Mudra of Heart)

Method:

The tips of the middle finger and ring finger touch the tip of thumb, while the index finger touches the base of thumb and little finger stretched out.

Specialty:

It benefits the heart. It works like injection in the reduction of heart attack. It is as powerful as sorbitate tablet. It reduces the gas content in body.

Time Duration:

Practice it as many times as you can. Heart patients and BP patients can practice it for 15 minutes daily twice for better results.

Benefits:

It strengthens the heart and regularizes palpitation
It regulates excretory system
It redeems gastric trouble



Linga Mudra (Mudra of Heat)

Method:

Interlock the fingers of both the hands and keep the thumb of the left hand vertically straight and encircle it with the thumb and the index finger of the right hand.

Specialty:

It generates heat in our body.
Take milk, ghee, more water

and fruit juices in addition to practice of this mudra for much benefits.

Time Duration:

Practice it any time you want. But don't practice it a lot as it produces heat in the body. It can cause sweating even in winter if you practice it longer.

Benefits:

It stops production of phlegm and gives power to lungs
It cures severe cold and bronchial infection



FOOD FOR HEALTH

Peanut Walnut Laddu

Ingredients:

Peanuts 1 cup
Walnuts 1/2 cup
Honey 3-4 spoons or as per taste
Sesame seeds or Dessicated
Coconut 1 tbsp



Procedure:

- Roast Peanuts
- Grind Peanuts and Walnuts into a powder
- Mix Honey to make a thick mass
- Roll it into balls and coat these balls with Desiccated Coconut or Sesame Seeds

Pumpkin Soup



Ingredients:

Pumpkin 250 gms
Coconut Milk 1/2 cup
Celery 1 stick
Salt 1 1/2 teaspoon
Black pepper 1/4 teaspoon or as per taste

Procedure:

- Steam pumpkin for 10 minutes.
- Grind it into fine puree.
- Boil Water and add celery and Black pepper.
- Boil it for 2-3 minutes.
- Add pumpkin puree and boil it for 5 minutes.
- Turn off the stove/heat and add coconut milk and salt..
- Garnish this soup with different vegetables like Peas, Corn, Carrot etc.

“Celebrate Life. Care for others and share whatever you have with those less fortunate than you. Broaden your vision, for the whole world belongs to you.”

Sri Sri Ravi Shankar, Founder, Art of Living Foundation.