



# AMURT NEWSLETTER

## SUMMER 2011



### Basic needs are covered

A 10 meter high tsunami wave hit northeastern Japan on March 11 after an earthquake. Thousands of people died and hundreds of thousands were affected.

Members of AMURT went to the coastal towns to serve the elderly in cleaning houses full of mud, and giving yoga classes in the refugee centers managed by the local authorities. They found that all basic needs are temporarily covered. Voluntary Sabine Taras Thompson says: «What they need now it seems... is the presence of someone who loves, someone who listens, someone who cares.»



### AMURT starts work in Nigeria

In cooperation with the government of Nigeria, AMURT started three health clinics there in November 2010. They were opened by the First Lady of Ebonyi State, and the opening was celebrated with dancing! Read more in Team Talk: [www.amurt.net/newsletter/](http://www.amurt.net/newsletter/)

### A school growing in the forest

Inside the Mabira rainforest of Uganda, AMURT has been running a school since 1988. Before that, the Dada who started the project used to live under a tree! Now the school has 333 children from kindergarten to primary. It serves food to all the children and is now building a system that produces biogas and compost from the manure of both cows and schoolchildren. The school gets electricity from solar panels financed by the collection of Abhisuddhananda from AMURT Norway.



## **The hidden treasure of a wanderer.**

*Shika is from Malaysia and visited the Baan Unrak school in Thailand. Here follows her story:*

In Feb 2011, while i was planning my journey to Malaysia, i remembered a place in Thailand that everyone was raving about during my last few visits to Asia. I had heard so much about this remarkable orphanage that is single handedly managed by a lady called Didi. As curious as a cat, nothing slips through my paw. I was very fortunate this time to be given a chance to greet 'sa wa de ka' to Didi and her children before heading to Malaysia.



Excitement fills me each time i travel, i feel just like a child going to the funfair. The orphanage is called 'Baan Unrak' which means the 'House of Joy' and is located in Sangklaburi, 7hrs bus ride from Bangkok. It is situated at the border of Thailand and Burma. I had informed Didi regarding my visit but the arrival details were vague because i didn't know the efficiency of Thailand's transportation. My journey from Bangkok to Sangklaburi was very pleasant because the Thais are friendly and helpful. I arrived in Baan Unrak very late at night but nevertheless, i was welcomed and greeted by Didi with open arms. I was only there for 4 days to observe and to absorb the inexplicable flow of energy that is sufficient to live with me until the end of my time.

It has been ages since 3 square meals was placed in front of me without needing to move a finger. I Baan Unrak, i got fed 3 vegetarian meals a day together with 150 children aged between infancy to early 20s. Most of them are Burmese from different ethnic background. Every morning, they practice yoga and meditation before heading to a private school that is also run by a lady on a volunteer basis. After school, there are many activities prepared by 'student volunteers' from overseas. The children here are being taken care so well that my senses were numbed by their laughters and smiles. Although they came from an appalling background, Baan Unrak has definitely given them a chance to live normally which every child deserves. They all have a different history but what is important is the present and their future. I was very happy there and all i did was playing, singing, learning, laughing, crying, meditating, eating, more playing and so much smiling like never before. This, i would call it 'Home'.

4 days flew by like flashes filled with happy memories whereby time doesn't exist. Departing from a friend is not easy, leaving this place is even harder. This is definitely the most beautiful place i've ever visited in terms of living out the 'unconditional love' theory. It is solely run by volunteers from a Non Governmental Organization who have devoted their lives to change the fate of children who have been victimized by social immorality. This 'Home' is funded by donors from all walks of life the with one aim, to circulate the flow of love.

To keep in quite short, here's the website '[baanunrak.org](http://baanunrak.org)' and all that you need to know about this hidden treasure is publicly obtainable. I wish you a pleasant reading and i hope it will inspire you someday in someways.

**Ideas and comments for the newsletter:** [Bergenyoga@yahoo.no](mailto:Bergenyoga@yahoo.no). Anirvan, Norway