

How to get to the venue

The venue is called Energia Areena and it is located in Vantaa, next to Helsinki, approximately 15km from the Helsinki city centre.

Public transport:

▣ *Busses:* from the airport 51; from Tikkurila: 50, 53 and 55; from Helsinki (bus stop at Elielinaukio) 452; from the centre of Espoo 530; from Tapiola 510; from Reuna 45

▣ *Commuter train:* line M from the Helsinki city centre (station: Myyrmäki)

Please note that most lines stop running already before midnight

Taxi: local taxi in Vantaa tel. +358 (0) 100 7300

Car parking facilities for more than thousand cars.



PROGRAM

Energia Areena. Rajatorpantie 23, 01600 Vantaa
Tel. +358-(0)41-528 3588

Monday 5th of October

10 am – 3 pm Meditation. Amma's *darshan* (embracing).

7.30 pm – 2 am Devotional songs, Amma's speech and *darshan* (embracing).

Tuesday 6th of October

10 am – 3 pm Meditation. Amma's *darshan* (embracing).

6.30 pm – 2 am Devi Bhava Celebration. Amma's *darshan* (embracing) starts at 8.30 pm. It is possible to receive a mantra from Amma for meditation.

Free entrance. There is only a restricted number of chairs available. Please take along slippers and a cushion to sit on. Delicious vegetarian meals and refreshments will be for sale at the café during the program. *Queue numbers for meeting Amma are distributed one hour before each program.* Amma will embrace the first timers before other participants in the morning programs. The evening programs go on until Amma has embraced everyone with a queue number.

For further information please contact

Inquiries: Arja Pennanen +358-(0)41- 528 3588, info@amma.fi

Accommodation: Jyri Turkki, +358-(0)400-495 590, majoitus@amma.fi

Coordinators: Kirsi Salo, +358-(0)400-525 005, and Pertti Jääskä, +358-(0)40-529 5593, ammavisit@amma.fi

Website: www.amma.fi

How to join our activities

Amma evenings and other activities are being arranged in several cities in Finland regularly.

For further information please visit our website www.amma.fi or contact our secretary Kirsi Pettersson +358-(0)440-425 595 (after 6 pm.) or ammacenter@amma.fi.

You can enrol as a member of our association by paying 25 euros to our account 157230-334425 (please include your name and address).

Information on Amma's teachings is provided in the *Matruvani* magazine. Subscriptions: Arja Pennanen, matruvani@amma.fi or +358-(0)50-532 3754.

Voluntary work and donations

Would you like to volunteer to help us arrange Amma's program in Finland? Please contact Hannele Teljomaa +358-(0)41-432 9591, seva@amma.fi.

Please address donations for organizing the event to our account Nordea 157230-334458 (licence OKU 491 A).

All the sales income acquired in the event will be donated to Amma's projects.

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The State Provincial Office of Southern Finland has granted the Amma Centre of Finland the licence OKU 491 A to raise funds for Amma's program in Finland. The licence was granted on June 4, 2009 and it is valid from June 15, 2009 until June 14, 2011. Licence OKU 393 A was granted to raise funds for Amma's charitable projects. The licence was granted on July 23, 2008 and it is valid from October 1, 2008 until September 30, 2010. The licences are valid in the whole country and all the donated funds are to be used within the donation year or the following calendar year.



Amma

5th-6th October 2009
Energia Areena, Vantaa
Finland

- FREE ENTRANCE! -

Love

is the foundation of a happy life

Amma is a famous Indian messenger of peace and love who shares her compassion by embracing people. She has embraced already more than 26 million people all over the world.

Atheists and people from different religions, such as Catholic nuns, Buddhist monks, Christians and Muslims, queue to be embraced by the radiantly smiling Mother. According to Amma love is the religion that our world needs most at the moment.

She has comforted those who have arrived to her for more than 30 years. She says that she was born to bring love and that she will not rest. Other people's happiness is her rest.

Amma teaches unconditional love, compassion and service of others with her own example. She says that most of our sufferings and illnesses are due to lack of love. "We have to learn to love and be compassionate towards each other, since love is the foundation of a happy life."

As the religious and other conflicts are daily in the world, we should develop our willingness to listen and our capacity to understand each other. We should accept even those who do not agree with us.

Amma was born as a fisherman's daughter in the village of Vallickavu in Kerala, South India. She was discriminated and made a servant in her family due to her dark skin colour. She did not, however, complain about her desti-

ny. Instead, she sang, prayed and praised God constantly while working.

Ignoring the old tradition which prohibits women to touch strangers in public, Amma started to embrace those who arrived to her.

Today there is an ashram in Amma's home village. The ashram accommodates more than 3000 people from all over the world. Amma is a spiritual example and a source of inspiration to even a larger group of people. She teaches spiritual practices such as meditation to all those who are willing to learn. Amma is a great soul, a Mahatma, who has dedicated her life to helping the suffering humanity both materially and spiritually. She has transformed the lives of millions throughout the world.

Her books have been translated into 35 languages and there are 350 spiritual centres established in her name all over the world.

International recognitions

- *Speaker in the UN's Summit Meetings in 1995 and 2000*
- *The Gandhi-King Award for Non-violence in 2002*
- *Amma's charitable organization was conferred a consultative status in UN's Economic and Social Council (ECOSOC) in 2005*
- *Interfaith Award in 2006*

Donations for the charitable projects: Account No. 157230-344663. Licence OKH 393A



Helping the suffering humanity

Housing projects

Amma has organized the building of more than 30 000 free homes for the homeless, the poor who used to live in the slums and those who have lost their homes in natural disasters.

In addition, houses are being built with millions of euros to replace those destroyed by the tsunami in South India and Sri Lanka.

Health

Amma has established a 1300-bed AIMS Hospital in Cochin. More than 2 million patients have received treatment in AIMS and its affiliate hospitals. 750 000 of them have received free treatment.

Among other things, heart operations are made to newborn babies and dialysis patients are treated in AIMS.

In addition to hospitals, Amma has established several hospices, palliative care homes and nursing homes, e.g. for AIDS patients.

Education

Amma has started more than 50 elementary schools. In addition, she has established several institutes for professional education as well as universities that teach medicine, technology and economics.

500 children are educated in the supporting and loving

atmosphere of Amrita Niketan Orphanage. More than half of the children come from tribal communities.

Senior citizens

More than 50 000 widows, who would otherwise be without any income, receive a monthly pension. The same support is given to single parents and those who suffer from physical or mental problems.

In addition, Amma has built several old people's homes.

Social projects

Amma feeds and gives clothes to millions of Indian poor yearly. Mother has kitchens in several districts in the United States. Free food and clothes are distributed to the poor from there. The most recently launched projects help suicidal farmers, their families and prostitutes.

Environmental projects

Amma has several environmental and water projects. GreenFriends plant trees in several areas, e.g. 100 000 saplings are planted in Kerala yearly.