

# Amma

*Visionary  
Humanitarian  
and Spiritual  
Leader is  
visiting  
Denmark*

**Meet Amma**  
**Brøndby Hallen**  
**Copenhagen**

Organizer

**Amma-Danmark** Free entrance

[www.amma-danmark.dk](http://www.amma-danmark.dk) • [info@amma-danmark.dk](mailto:info@amma-danmark.dk) •  / Amma.i.Danmark



## Come and meet Amma

Join this free event and be inspired by a unique humanitarian and spiritual leader who is now visiting Denmark for the second year in a row. There is a good reason why 39 million people worldwide have visited Amma to receive her embrace. Amma's presence and love are contagious and deeply inspiring. During the event you can receive Amma's personal embrace and also experience guided meditations, talks about solutions to everyday problems and worldwide challenges and beautiful meditative songs and concerts. You can choose to attend for a few hours or both days and you can also buy delicious Indian and Western food, snacks and drinks at the event.

## Who is Amma?

Mata Amritanandamayi, better known as Amma, is world- renowned for her humanitarian and spiritual work, and she has received numerous international awards. For more than 30 years, Amma has traveled across the globe, bringing love, hope and peace with her mere presence, wisdom and special embrace (darshan)- which touches many hearts. Amma embraces all faiths with her message of universal love.

Amma is the head of the global and voluntary humanitarian NGO, Embracing the World™. Embracing the World™ helps the world's poor by meeting their basic needs - food, shelter, education, healthcare and livelihood.

### Embracing the World™

- has donated \$ 75 million to disaster relief since 2005
- has treated 4.7 million patients for free
- has built more than 47,000 homes for homeless
- has planted more than one million trees as part of the United Nations Billion Tree Campaign
- has helped more than 200,000 poor women in India in starting their own business

***"I was very struck by how much of what is generated, how much of the money that is mobilized, actually goes and benefits directly those in need."***

Olara Otunno, former chairman of the UN Security Council and the commission of human rights



“**Amma** is the  
embodiment of **Love**.  
Her presence heals.”

Deepak Chopra, MD

## Tuesday

### Morning

08.45 am Handout of darshan-tokens for Amma's embrace  
10.00 am Amma arrives at the hall. Followed by guided meditation and hereafter her personal embrace (darshan) going on to around 04.00 pm

### Evening

06.00 pm Handout of darshan-tokens for Amma's embrace  
07.30 pm Spiritual talk by Amma, guided meditation, spiritual songs (bhajans)  
10.00 pm Personal embrace (darshan) starts.

Amma embraces everyone who has received a darshan-token. There is no exact end time for the program – the session may last till past midnight.

## Wednesday

### Morning

08.45 am Handout of darshan-tokens for Amma's embrace  
10.00 am Amma arrives to the hall. Hereafter guided meditation followed by personal embrace (darshan) going on till around 04.00 pm

### Evening

05.45 pm Handout of darshan-tokens for Amma's embrace  
07.00 pm Spiritual talk by Amma, ceremony for peace (Puja)  
09.30 pm Devi Bhava-embrace (special form of darshan)

Everyone can get a darshan-token this evening- including those who received Amma's embrace earlier in the event. During Devi Bhava, there is the opportunity to receive a mantra from Amma and get an introduction in how to use it. Amma ends the event with a flower ritual. There is no exact end time for the program- the session can last until the morning.

– more than 7.000 people met Amma last year in Brøndby Hallen

# Become a volunteer at the event

*All help - from one hour to several days - is greatly appreciated and we look forward to seeing you*

The Amma event is organized exclusively by volunteers, and many from all over Europe are participating year after year, enjoying the good atmosphere. Volunteering for Amma is educational and fun. It opens your heart and expands your horizon. We really appreciate your help, so if you want to volunteer just an hour or two, e.g. in the kitchen, at the sales stalls, with logistics, transport and more, you can sign up today at [www.amma-danmark.dk](http://www.amma-danmark.dk), where you can also indicate what you would like to contribute with. Or you can come to the stand for volunteer helpers in the Brøndby Hall during the event.

## Free Entrance

The event with Amma is free of charge. No reservation is needed. Donations to Embracing the World's humanitarian work are welcome.

## Receive a personal embrace from Amma

If you want a personal embrace, please, get in line for a darshan-token, which is handed out approx. 75 min. before each event starts. Everyone must have their own number- including children and babies- and it is not possible to reserve or receive tokens for others. Show up early if you want to get your embrace early. We expect that there will be a queue again this year and the wait can be enjoyed with coffee / tea and snack in the lobby where the queue is arranged. You can get two personal embraces during the event, one of which is at the last day's evening program. If you are physically or mentally challenged, volunteers will help to take into account your special needs.

## Accommodation

You can find a list of accommodation options near the event at [www.amma-danmark.dk](http://www.amma-danmark.dk)

## Meals

An exciting selection of Indian and Western inspired vegetarian food, snacks, cakes and beverages prepared with the love of Amma's volunteers is offered.

## Children's Area

Here your child can play, draw, paint and have fun during the event. Please remember that parents are responsible for their children at all times.

## Animals

People with an official license are allowed to bring their guide dog. For safety reasons, no other animals are allowed.



[www.amma-danmark.dk](http://www.amma-danmark.dk)

Info-telephone during event: (+45)2282 3037 or (+45)2428 9153

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