

Amma: "Even lazy people get arthritis"

Interview: [Christoph Landolt](#). Updated 09/10/2010

Even when she is interviewed, they will take the Indian Wanderumarmarin people to the chest. Even pain she could not stop from hugging.



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The phenomenon Amma

"Knuffelgoeroe" called Mata Amritanandamayi in the Netherlands. That means something like "Guru embracing." In Switzerland, the 57-year-old Indian woman called simply Amma. For 43 years she embraces people around the world. In total, there are said to have been 29 million hugs. And because this number is abstract: 675,000 per year, 52,000 per month or 1850 per day if in the 43 years was still not a single day off.

And Amma has time for other things: She founded a hospital, is Rector of their own Amrita University, has served as CEO of her own NGO Mata Amritanandamayi

Amma, they embrace each day 5,000 people. Have you ever calculated how much time remains there for an individual?

In India, at public events, it is only two seconds. The crowds there are huge. But here, depending on how big is the crowd, people get a long embrace.

Is that long enough?

Basically, it's not about the duration of the hug. It is about presence. It's about the purity of presence, it's about the purity of the vibrations that I wear to the people. On what matters.

So Europeans get no better treatment than Indians, because they enjoy longer hugs?

The presence is the same. But it also depends on the openness of the person that I embrace.

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Math, and directs numerous other charitable projects. One may assume that the projects are taking in their quota of hugs to little serious. But apparently the hospital has 1300 beds and provides free arms, the University enjoys state recognition of India and the NGOs will now have built 36,000 houses for the homeless. They also recently received an honorary doctorate to the New York State University have received.

These figures come from Amma, and the organization behind it. Therefore, the question remains whether all this really is true. A proof that it is not so remain, however, critics guilty. (FSC)

Amma, they hug all day, all week, all year. You give people much. But what you feel, even during their embraces events?

The happiness of the people is my happiness. If they feel comfortable, I feel extremely comfortable. As a mother who takes care of a crying child. When it stops crying, the mother is happy. Therefore, the happiness of the people is my happiness, and their pain is my pain.

They make the same movements all day. Have you ever hurt? Physical, in the arms or chest?

(Laughs). Sometimes I sit 24 hours, sometimes even more. Until now, I had the grace of God be thanked, no serious health problems. But I live in

the now and will in the future to predict anything.

You are assuming that you might one day get arthritis?

I do not think in those categories. Even lazy people get these diseases. Even those who sit around all day, suffer from such problems. My point is this: Rather than relax me and to do nothing good for society, I prefer to go broke while doing good.

Do you have any explanation where your special powers?

The source is within. I am aware that I'm not like an ordinary battery, which is broken at some point, after a while was used. I remain forever connected with the source of power.

(Tagesanzeiger.ch / News Network)