

# Meditation, Love and Service

---

by Swami Veda Bharati

I have received a question from a spiritually advanced friend who has a following of his own:

“I have one question in mind. A person decides to go to a world-famous Meditation Centre (Ashram) in South India, for 10 days. Supposing that the person, while leaving the city finds family person seriously ill, but continues with journey to that Ashram, will it be fair? Especially if the ill person at home has no one by his/her side and needs emotional support, more than anything?”

Attachment or no attachment, should the person heal the family member and necessarily postpone it till problem at home is over OR carry on with the programme?”

My brief reply was:

“If meditation does not teach compassion, love and service to be rendered to the ill, poor and the bereaved, it is not a meditation; it is escapism.

Non-attachment does not mean neglect of those who are suffering.”



[\(Click for larger photo\)](#)

This simple answer should not need any elaborate commentary but, still, here are a few thoughts to share.

The meditative mind is a pleasant mind, a stabilized mind. That state is called *chitta-prasadana* in Yoga-sutra 1.33. According to the sutra, such a state is

obtained though the practice of

- ***Maîtri***: Universal love towards those who are happy
- ***Karuna***: Compassion towards those who are in suffering
- ***Mudita***: Joyfulness at seeing others virtuous
- ***Upeksha***: Indifference towards the evil in others

Without these practices the mind will never stabilize in meditation. The karmic debts we have not yet paid off will continue to disturb the meditation. While one is sitting with eyes closed, the mind will keep racing in all different directions.

Therefore, even to have undisturbed meditation, one is advised to

- Pay off one's karmic debts
- Not incur any more debts (such as one incurred by leaving a sick person untended, in order to go sit in meditation!)
- Do one's LOVING DUTIES, and
- Dedicate oneself to acts of compassion and selfless service.
- It is the selflessness in service that constitutes nonattachment.

Here, I would like to quote two stories with a single theme.

One of these stories occurs in *Prayaga-mahatmya* (the text extolling the sacred importance of the holy place called Prayaga) as far as I can remember as I do not have the book with me. Here is a paraphrase:

*Shiva and Parvati were looking down on the holy land of Prayaga at the time of a great mela (like Kumbha, or some other). Shiva was expressing to Parvati his disappointment about how no one had made the pilgrimage. Parvati, looking down from Kailasha, disputed with Shiva, saying how many millions are there and why Shiva could not see them?*

*Shiva and Parvati decided to test how many pilgrims there were. They came down and sat in a corner disguises as a couple suffering from leprosy, begging.*

*Of millions who thronged, no one paid the leper couple any attention.*

*Finally one person stopped and gave the couple the last morsel of food he was carrying for himself and washed the couple's wounds.*

*Shiva said to Parvati, "See, as I told you, at this holy occasion only one person has come to make the pilgrimage".*

There are stories with the same theme in many different religions. Here an Islamic story, also paraphrased:

*Allah sat on his throne in heaven, expressing to archangel Jibrael (Gabriel) great disappointment about humanity because 'this year no one has yet come to make the Haj pilgrimage.*

*Jibrael protested. 'But, Lord, there are millions who do the circumambulation in the holy Qaba'. The Lord could see no one.*

*A very poor man in Damishq (modern Damascus) had a lifelong wish to undertake the Haj pilgrimage to Makkaa-sharif (Meccah). He laboured hard and saved from his meagre earnings the requisite amount needed to make the pilgrimage.*

*But his neighbour, even poorer than himself, fell ill and needed medicine and nutrition just as the man from Damishq was about to leave for the Haj. He saw how his neighbour needed his savings and, furthermore, needed to be tended in his acute illness.*

*He gave his life savings to the needy neighbour and stayed back to tend to the sick man.*

*Allah said to Jibrael: Oh yes, I do see one man, only one man, who has made the Haj pilgrimage this year.*

I have a principle that if anyone asks for admission to my Ashram, I ask him/her about his/her family. Any parents who need service in their old age? Unless I am satisfied that the person is not just using the Ashram as an escape from his/her duties, I do not admit them. But, I must confess, many do manage to fool me; alas.

If you had planned to go to an Ashram but someone needed to be served, serve the needy while silently, secretly, keeping on with your mantra-japa; that is spiritually more meritorious than leaving someone untended, unloved, and 'becoming holy' by going to an Ashram or a pilgrimage.

One benefit of making the wise choice to render selfless service is that the Divine Guru is keeping His eye on you. As your karmic debt is paid off, the circumstances will unexpectedly present themselves so that you can actually go to your Ashram or your intended pilgrimage. It will happen without an effort of your own. I have seen it happen many times.

Remember, the true Ashram is in a selfless loving heart.

# Service To Our Elders As A Path Of Love and Spiritual Growth

---

©2011 Randall Krause

Mother and Father are two eternal principles in this world. They're two gods to the infant, and are so important to us both physically and emotionally that the effects of our relationship with our mother and father reverberate throughout our whole life.

There is a quote from an ancient scripture of India that goes like this: "The root of comfort and happiness is harmonious relationship and sufficient wealth. The root of harmonious relationships and sufficient wealth are wise choices. The root of wise choices is self control. The root of self control is humility and discipline. The root of humility and discipline is service to the elders. Through service to the elders, one obtains experiential knowledge and wisdom."

Father's Day is a good time to be thinking about this, about service to the elders. What does service to the elders mean? Such service is not well understood in America and so this is a real question. Service to the elders is a tradition in India, especially out in the countryside where people still carry on their traditions. The culture of India is one of the only cultures in the world that has been basically the same for thousands of years.

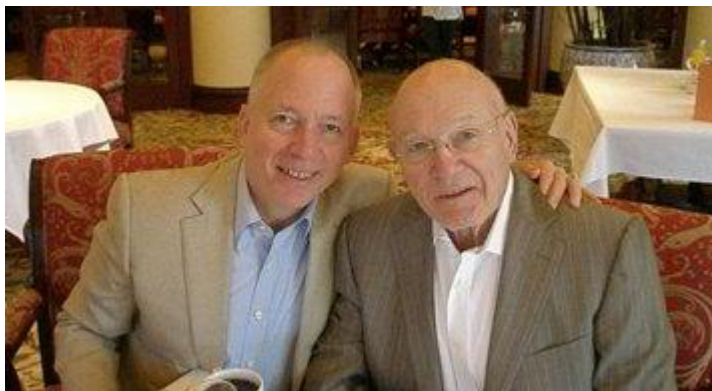
Service to the elders certainly wasn't in vogue in America when I was growing up: It was the time of questioning authority and rebelling against tradition. The idea never entered my mind. I was unexpectedly led to this service. Here's the story.

When I had been married for a short time, my father and mother came to visit one time and Dad and I had a terrible fight. I don't remember what the fight was about, but it was awful. He ran out of the house shouting, "You're a rotten son," and I felt terrible.

I felt so bad that I asked myself, "Who can I talk to? Who can help me with this?" and ended up phoning the person who was the wisest person I knew, my meditation teacher, Dr. Usharbudh Arya (now known as Swami Veda Bharati). He was not an easy person to reach, always traveling around the world attending to thousands of students. Yet, somehow, I got him on the phone, told him about the terrible fight, and asked for his guidance. He said something so simple: "Learn to give your father reverence. Treat him with reverence." I didn't understand what that meant. Yet I heard and took it in.

Over many years after that, I endeavored to understand "reverence" and put it into action. This

was a focus of mine, a living meditation. I kept asking myself, "How do I treat my parents with reverence?"



[\(Click for larger photo\)](#)

It was hard for me to do this. Every time I'd get around them I'd feel like I was a little kid again, and I didn't want to feel that way. Then I'd feel like they were telling me what to do and I didn't want to have to do what they told me. So I had all these resistances. But slowly I learned.

I found that the more I accepted and loved myself, the more I could appreciate them as people just as they were, rather than wanting them to be a certain way. That was a big insight: They were just people and they were who they were. Once I began realizing this, I was able to accept them and revere them as my parents, just as they were. Over time the relationship improved.

After about 14 years of doing this, I felt our relationship had gotten pretty good. Certainly it was immensely better than it had been when Dad and I had that fight. Then something happened that took the whole process to another level.

I was on a long, five month stay in India, and felt very concerned for my parents. I sensed they needed something and didn't know what it was. So I'd call them every day or so just to stay in touch.

After returning to the States, I went back to my home in the woods near Santa Cruz, California, with a plan to go back to India. In the meantime, I went down to L.A. to visit my parents and also to visit and help Swami Hari, a monk I respected and loved, who happened to be visiting L.A. at that moment. Several days were spent with him there.

One day, Swami Hari and I were together the whole day at the Canadian consulate so he could get a Canadian visa. While we were there, I told him how my Mom had become mostly blind from macular degeneration and also had very bad osteoporosis, and how my Dad took care of her while running his business, even though he was well into his 80s. Suddenly, Swami Hari looked at me like a lion, with great intensity and gravity, and forcefully said "Now you should move to LA and serve your parents!"

I wanted to jump away from him. The forcefulness of his statement was piercing. "Are you out of your mind?" I said in exasperation. Yet, though I resisted outwardly, inwardly I realized that while I did things for my parents, really it was very little. My mind jumped from side to side. "Me serve my parents? Aren't they there to serve me?" I thought. Then the next moment came a thought that they had served me and had given me a chance to live and grow. They'd done so much for me.

In the midst of all of these mixed feelings, and a strong compulsion to get away from Swami Hari, who'd just turned my inner-world upside down, a plan developed in my mind: The next three days would be spent with my parents doing everything for them, fulfilling every need, being their servant. This would be an experiment to experience serving them, and it would also get me away from Swami Hari. So I said goodbye to the swami and went to my parents' home and for the next three days I was their butler, their cook, their driver; I did everything I could for them. At the end of that time they were glowing and I felt strong, deeply happy, and filled with energy.

I felt so good that I went back to Swami Hari and thanked him. Well, actually, I said, “Swami-ji, I don’t know whether to kick you or to thank you. But a thank you is in order.” He looked puzzled at first, and then seemed to understand.

Based on the results of my experiment, I decided to move my home to L.A. to care for my parents, and made the move in the next month or so.

After settling in L.A., another unexpected event occurred. Up to that point in my adult life, I’d felt that something was missing from my father. Actually, I felt he didn’t see me, as if I was invisible to him, and was always upset with him because of this. I didn’t know how to get him to notice me and so wanted his attention.

At the time I was a lawyer. I’d say something about law and he would ignore it. At least I felt he did. But the strangest thing happened: Once I became his helper, by being there for him instead expecting him to be there for me, everything changed. He would banter with me. Then I realized that he liked to throw mild insults and have them thrown at him. Previously, when he’d say things like that to me, I thought he was just being cruel. Now I realized that doing so was how he was with friends. Bantering was his way of being with a friend.

Over a short time, our relationship completely changed and I got everything I’d always wanted from him, by serving him. There was this wonderful connection with him, this wonderful feeling of understanding who he was, and I knew he saw me. It was better than being his son. Now we were friends.

He liked being playful, and I came to appreciate him as a human being, with foibles, rather than expecting him to be perfect. That was a tremendous relief for me. It meant that I didn’t have to be perfect either.

It was in 2005 when I moved back to L.A., and as the years passed, the lessons kept coming. In 2006 Dad had a stroke. At the hospital, he appointed me as his health care agent, and I really felt trusted. Afterward, when he was back home, rather than the strong man he had been before the stroke, he was like a child, having to learn how to speak all over again. He couldn’t run his business, and, rather than hiring someone, I took over control of it, and took on the role of caring for Mom and Dad. This was a huge transition for me. Although I was an adult and had been married, raised a child and practiced law for many years, still I’d always known that Dad was there and felt I could fall back on his strength if necessary. Now that was gone. At first the responsibility seemed overwhelming, and I felt the weight of it every day. Over time it became something I greatly valued.

Once things started leveling out after Dad’s stroke, suddenly, in 2007, my Mom died, and that pushed things to yet a higher level.

I’m still overseeing my 89 year old father’s care, and spend most days at his home in the office where I manage the business he founded. That same office was my first bedroom in that house more than 50 years ago. Now our roles are reversed.

Many times, in the deep recesses of my mind and heart, I've felt vast gratitude for Swami Veda, Swami Hari, and the timeless yoga tradition for guiding me onto the path of reverence and service to my elders. Doing so has given me great treasures that I could not have found elsewhere: The chance to care for my parents when they needed help, and the growth that has come from doing so.

Based on my experience, I recommend service to elders as a practice. It's true that the requirements of earning a living and the place we live (if distant from where our parents live) can be a hinderance. Yet the opportunity is fleeting, and so the more we can do, the better. Even spending a week now and then doing such service can make a difference for all concerned.

Of course, doing such service often brings up unresolved emotional challenges, as it did for me. Although this feels uncomfortable, it's a good thing: The way we get through challenges is to face them. Yoga practice, i.e., meditation, relaxation, contemplation, are invaluable in this process, for they enable one to find a new path through what feels like old emotional terrain. In addition, an intention to heal the old emotional wounds that are unearthed in the process, rather than creating new ones, enables the process to be positive. It also helps to have support, from friends, a counselor/coach, or perhaps a spiritual teacher.

The most important thing is to begin. There is no time to waste in getting started.

---

About the author: Randall Krause is the Founder of Himalayan Yoga Meditation - Los Angeles (Hym-LA), (website: [www.hymla.com](http://www.hymla.com) and also edits [www.bindu.org](http://www.bindu.org)), and teaches the meditative practices, wisdom, and life-style of Himalayan Yoga Meditation, leads retreats and workshops. In addition to his work in yoga, he is a Certified Professional Co-active Coach and provides yoga-based life-coaching.

Randall is currently forming an internet-based program to inspire and support people on the path of serving their elders. If you'd like information about joining this program, please contact him at [Randall@hymla.com](mailto:Randall@hymla.com).

Randall can be found on Twitter at [twitter.com/hymlayoga](https://twitter.com/hymlayoga) and also on Facebook at [www.facebook.com/randall.krause1](https://www.facebook.com/randall.krause1)

Hym-LA also has a Facebook page: <http://www.facebook.com/pages/Hymlayoga/216160912891>

Father's Day is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. It is celebrated on the third Sunday of June in many countries and on other days elsewhere. For more information: [http://en.wikipedia.org/wiki/Father's\\_Day](http://en.wikipedia.org/wiki/Father's_Day)

## HYT-TTP Replacement, Rishikesh

---

(Announcing Maryon's Replacement as HYT-TTP Office Manager in Rishikesh)

## By Maryon Maass

Namaste Dear Sisters and Brothers,



[\(Click for larger photo\)](#)

It is my privilege to announce my replacement for the HYT-TTP office management here at Swami Rama Sadhaka Grama (SRSG) as of the end of the November 2011 TTP. Our own Carolyn Hodges will take over the position. Gangesh Chaitanya, a long time ashramite, will be assisting her. Carolyn's background in education and administration makes her a natural choice. She has clear and certain visions of the future of the Indian TTP and will offer professional and loving guidance to the new Indian students coming aboard. Carolyn has already been participating in coordinating the July 2011 Minnesota TTP and has a good solid lead on the ins and outs of our system and is working closely with Chuck Linke, our Director.

You may already know the office in Rishikesh is moving in the direction of being independent from the North American TTP. We will not be offering official Yoga Alliance credit hours for the teacher training retreats in India, but participants will be able to earn Yoga Alliance Continuing Education Units (CEUs) and Ahimsin participation letters. For those who wish to receive formal hours, you will be attending in Minnesota for your trainings.

It was an honor to serve our teachers and student teacher since 2007 in the Rishikesh office. I love calling this office the "Pink Cave." It is complete with two extra-large photos of Swami Rama on either sides of an enormous desk, reminding me of many of his loving quotes from Him. I feel truly transformed since the conception of this position, ( it was possibly my rebirth). In June I will be traveling to Santiago, Chile, to explore an opportunity to serve our tradition there. Then I will renew my visa in San Francisco, California, this fall and return to SRSG to be tending to the November TTP.

As always, I will be available by email [maryonmaass@gmail.com](mailto:maryonmaass@gmail.com) , and for certain I will be on the TTP email at [hyt.ttp@gmail.com](mailto:hyt.ttp@gmail.com) to look after our students' questions and registrations as usual until the end of the year or as long as it takes... Thank you all for your loving support to make the TTP a success for our tradition.

Please continue to come to the ashram to be with our continuous programs and events, particularly February and March 2013, for the messages from Swami Veda to ALL teachers in our tradition. Meaning ALL of those who teach their children, their neighbors , their community and those who have ever taught in our tradition ..ALL . The message is the final message for us before his long awaited silence.

Do know we are always open to have your time for seva during any and all events. Do let the organizers know what you are available for, and I cannot end this note without mentioning that the costs for bringing our teaching staff from around the globe is expensive, ( you would know if you have bought an airline ticket lately), thus your dakshina offering of any amount will be a blessing that keeps on giving.

In Loving Service,

Maryon Maass

# Transitions in TTP

---

**by Chuck Linke**

*Editor's note: Chuck Linke is the director of the Himalayan Yoga Tradition – Teacher Training Program (HYT-TTP) and serves on the AHYMSIN Board of Directors and Executive Committee.*

---

The Himalayan Tradition is often times spoken of as a teaching tradition pouring out of the high mountain monastic lineages. As a family, we see this as a focal point in all of our gatherings - be they large or small.

At the birth of AHYMSIN at Swami Rama Sadhaka Grama (SRSG) in 2007, we established a centralized office on campus to oversee and administer the teachers training program in efforts to ensure that all members of the AHYMSIN family can have access to a uniform level of training around the world.

For the last several years, we have enjoyed the TTP office lovingly tended to by Maryon Maass after she had made the decision to devote herself fully to the tradition. Leaving behind a life in the San Francisco area she came to SRSG in service of the tradition.

For many students coming to SRSG for the first time, Maryon was one of the first people they would meet and be welcomed to not only to the Himalayan Tradition and its teachers training program, but in a larger sense to India herself.

In her warm and loving way, she would guide all visitors into and through a two week program starting early in the morning and often lasting late into the evening. She was often looked upon as mother, friend, confidant, guide and guru bhai.

Maryon will be leaving SRSG in June to begin a program in Chile, continuing to enlarge her arms around the globe with her warmth and care, this time for a different group.

Moving in to the TTP office we will soon be seeing a familiar face - that of Carolyn Hodges, who will assume Maryon's duties and continue to support students arriving at SRSG to participate in TTP programs.

While many of us attended the Yoga Nidra conference in February/March of this year, other concurrent activities included putting together a plan for the consolidation of the various aspects of AHYMSIN's educational offerings. At some point in the near future, that will include rolling the Teachers Training Program into this oversight function, which is planned to be located at SRSG also.



Warm hugs to Maryon for all you've done over the years from all the students. And more hugs welcoming Carolyn to her new role in our family.

We invite you to visit the HYT-TTP website:  
<http://www.himalayanyogatradition.com/>

Any of you who have participated in an HYT-TTP retreat at Swami Rama Sadhaka Grama have had the pleasure of meeting Maryon Maass. Please read the previous article which was written by her.

[\(Click for larger photo\)](#)

Carolyn Hodges has served the tradition for many years, recently as AHYMSIN Office Director. She is also actively involved in helping to organize the Yoga

Youth and Children's Retreat, which will take place at SRSB 22nd – 31st December 2011 (please see <http://www.ahymsin.org/main/index.php/2011-Youth-and-Children-s-Retreat/yoga-youth-and-childrens-retreat-december-2011.html>), and the **Himalayan Yoga Meditation Congress 2011 in Minneapolis, USA, this summer** (please see [http://www.themeditationcenter.org/jnana/index.php?option=com\\_content&view=article&id=165&Itemid=116](http://www.themeditationcenter.org/jnana/index.php?option=com_content&view=article&id=165&Itemid=116)).

# “I’m telling you of the joy I have experienced.”

---

## An Interview with Nina Johnson

by John Barry Stutt

*Editor’s note: Nina Johnson is a disciple of Swami Rama. She was made an initiator and asked to teach by him. She founded The Yoga Society in Milwaukee, which is affiliated with AHYMSIN. This is their website: <http://www.theyogasociety.com/>. Now in her 80’s, she divides her time between Malethi, India, and Milwaukee, Wisconsin, USA. She has a strong practice and still continues to teach and give mantra initiation.*

Nina indicates that she only teaches what she experiences.

She was an only child. She took care of her Mother who passed at the age of 107. Her husband was quite ill during his life. While she would care for these two relatives, she felt sorry for herself. These two relatives passed during the same year - 2005. Thereafter, she was totally free to pursue her spiritual practice.

Her first India trip was in 1974 for the Kumbha Mela. The next time she went was in 2006.

When she arrived in India for the third time, Nina was anxious to advance her practice quickly. She was surprised to hear from Swami Hari the remark to do her mantra and sleep. She was disappointed. Yet she did her mantra and slept and later contemplated and read yoga books. Her practice improved.

A lot of her friends by now had gone or were old. She abandoned grumpiness.

She recommends to householders that they tend to their family and work and get your yoga practice in anyhow. When kids were sick, she also got sick. She was glad when school was out because the sick periods disappeared. She continued to do her practice.



She recommends that you lay the ground work. Writers say when you reach enlightenment, all cares leave. She is very happy. How did she reach this stage?

[\(Click for larger photo\)](#)

## **Nina's comments:**

*As a householder, you are like a juggler, multi-tasking.*

*There is no magic to spiritual progress. No instant enlightenment.*

*Brother Lawrence, such progress in his book. It is like a tree branch in winter...looks dead but isn't. Make a resolve to serve. Brother Lawrence joined the Carmelites. His adviser told him to practice, and he felt God was with him all the time. Brother Lawrence worked in the kitchen and was not a scholar.*

*In the beginning, it is hard, arduous. For example, in India during cold periods, there is no heat in the room, no real electricity in remote places; solar heat is not effective. It is not a vacation. [She has spent 6 years of practice in rather austere environment.]*

*Yet the Himalayan Mountain foothills is the Land of the Gods, a special place. Because of the mantras and their vibrations, one senses a spiritual haven.*

*People are kind to the sadhakas, the students seeking spiritual truth.*

*Watching the native people, foreigners see how hard it is for families in the foothills. Women carry on their heads and shoulders great weights. Even while pregnant, they walk up steep slopes. They deliver their young without medical personnel.*

*They have adversity; parasites are quite common in their systems. It is rare to see an old native woman because of their adversity. Schools are canceled because of landslides. The men are gone to far away villages for work. Bugs, rats and crawling creatures are common. We intrude on their homes, their environment.*

*Yet sitting on a chair of a 2nd floor veranda, there is something magical about the mountain vista. The mantra comes, easy to meditate.*

*I say, students, your time will come! You need to have good soil to grow anything; same in spiritual practice you need to have good soil...you cannot rush things. It's a process. Give your best and you still may think: I'm not getting anywhere.*

*Keep the practice going. How can I fire you up? I'm telling you of the joy I have experienced.*

*In the past, I dragged a lot of garbage with me into my practice.*

*Swami Rama would say: "that has to pass". You're missing the now if you only dwell on the past or on the goal.*

*Nina recalls in 1965, when she was a young student, her first hatha yoga teacher instructed her to peel the potatoes, focus on peeling the potatoes and nothing else (no distractions). The same instruction applies to your practice.*

*Do everything conscientiously.*

*Another anecdote: Observe the second hand clock's tip and observe its movement without thought. Be centered on the second hand with total concentration. When a thought comes, go back to focus on the second hand of the clock. You can't do that for more than a few seconds.*

*Swami Rama says the Bible indicates: Be still and know that I am God.*

*If you are going for broke, you won't fool around. Lay all Karma on Swami Rama's shoulders and just let go of all expectations.*

When she dies, she wants to be left alone. For example, in India, it is okay to quit eating.

She recommends avoidance of all the Western life sustaining measures at death's door. Dying is ok. She's having a marvelous time. She has no visions.

She was born Baptist; there were pieces missing in her spiritual upbringing. She never considered what Asia could offer.

Swami Rama told her: Your Jesus came from the East. When he finished his commentary on the *Enlightenment without God* book, Nina told him it was a terrible title.

Swami Rama replied to her: You will know where you've been; you will know where you will be; you will know where you are. You will have great joy! Do you need God then?

*Feel total surrender, by God.*

*Do your practice.* She does not always hit the jackpot...all the time. She claims to know a little more, not a whole lot.

*Practice your meditation.* Once upon a time, an Indian living in Louisville asked her: do you really meditate? She replied no, and then described her practice and the nature of mantra. It turned out that the woman did not know more about meditation.

*Many things may happen because of your practice...bad dreams, pain. Empty your mind.*

*Let it come...it is part of the process.*

*Keep on doing your practice if you are serious like having another joyful job. It is not easy, but a joyful job. It's not a drudge.*

What is the yogic passage related to death?

She replied: "beats me." *Many people die with desires. There is the concept of reincarnation. Life is like a pattern.*

Swami Rama asked Nina: Don't you recognize me? Her reply was no.

*When you mother dies and your husband dies, then you come to me!*

*Swami Rama was gentle.*

*Keep doing the practice!*

*Death is sweet.* She professes no knowledge about dying but she cannot wait. She indicates she has many fears in living.

*We are just sort of covered [by the Himalayan Masters].*

*I have to get better, I know. I'm not there yet.*

---

Editor's notes:

You can hear Nina speak yourself on YouTube:

- Nina Johnson of The Yoga Society talks about Swami Rama, mantra, meditation, and hatha yoga: <http://www.youtube.com/watch?v=-mkK7oyvFHI>
- Nina Johnson – Breath: <http://www.youtube.com/watch?v=268AjyxjSvo>
- Nina Johnson, Director Emeritus of The Yoga Society, talks about her guru, Swami Rama: <http://www.youtube.com/watch?v=f-Euckt9AT0>
- Nina Johnson, Director Emeritus of The Yoga Society, talks about yoga: <http://www.youtube.com/watch?v=nyyGx7Ctwok>

Regarding Brother Lawrence mentioned above: ***Brother Lawrence of the Resurrection*** (c. 1614 – 12 February 1691) served as a lay brother in a Carmelite Monastery in Paris. Christians commonly remember him for the intimacy he expressed concerning his relationship to God as recorded in a book compiled after his death, [The Practice of the Presence of God](http://www.wikiquote.org/wiki/Brother_Lawrence). (from [http://en.wikipedia.org/wiki/Brother\\_Lawrence](http://en.wikipedia.org/wiki/Brother_Lawrence))

Malethi, where Nina spends her time in India, is the site of the SRIVERM (Swami Rama Institute of Vocational Education and Research, Malethi) Project started by Swami Hariharananda. This mission was entrusted to him by his Guru Swami Rama. The project is located in the village of Malethi, in the Puri Garhwal District of the Himalayan Mountains, in the State of Uttaranchal, India. This mission was entrusted to him by his Guru Swami Rama. SRIVERM is a non-profit educational institute serving poor Himalayan communities with primary education for children, adult vocational education, and agricultural outreach services for the local farming community. Its current initiatives include a public school, vocational training and an herbal plantation. More information about Swami Hari and SRIVERM can be found at this link: <http://sites.google.com/site/iamasimpleforestmonk/home>

# Emergency in the Cowshed!

by Dr. Shirin Venkat



[\(Click for larger photo\)](#)

Prarabdha (KARMA that cannot be altered) follows you wherever you go! Being an Obstetrician I tried to escape from my patients and ran away to my Guru's Ashram, Swami Rama Sadhaka Grama. But guess what? The mother of all mothers Gomata (beloved Cow) was in trouble, she had delivered a female calf and had pushed the baby bag out too!



[\(Click for larger photo\)](#)

Personally I had never seen anything like this. A large 20 kilogram watermelon turned inside out lay beside her tail. Large rounded bodies (cotyledons) were covered with membranes, these were removed. Two very capable Vets drove into the area on their mo-bike. I felt assured. Dr. Satish drew up 4ml of adrenaline (enough to kill 4 humans) and injected it locally to reduce blood loss and shrink the mass. An epidural was given in the coccygeal space. Then we rubbed ice over the swelling to reduce the size. The three of us struggled; one held the mass, the others tried slowly, to push the vaginal sleeve in. Two or three young Yogis held the cow and also tried to help push the mass. We were almost half way through when the cow gave a huge push and it was all out again! This occurred 2-3

times! The chief Vet Dr. Joshi had ankylosing spondilitis, yet he struggled. Being the most experienced, he hit on another plan. This time he decided to put the external most part in first; this is known as the fundus. Sugar was sprinkled over the mass for its hygroscopic effect, and we waited more to recover than anything else.

This time we called Baba (Swami Rama) to help us help the poor cow! I had started to feel desperate. It had been over 2 hours! We were all near exhaustion. The chief vet held the fundus and he pushed his entire fist in and with all our skill we slowly slid the adjoining areas in. A good 15-20 minutes later with careful pushing we actually, actually managed it! Jai Gurudev! Then we took 2-3 sutures in the vulva with a needle as thick as a pen. We quickly milked the cow to release the hormone (oxytocin) which would help contract the uterus. Then we pushed and prodded to help the cow stand, so gravity could keep the uterus in place. The calf quickly latched on and ALL IS WELL!

Talk of emergencies in Obstetrics a branch full of tricks!!

---

**Editor's note:** Dr. Shirin Venkat, MD> FRCOG FICOG, is an obstetrician and gynecologist. She and Dr. Manju Talekar also act as the Managing Directors of Swami Rama Sadhaka Grama.

# Buddha Purnima at SRSR

---

with Lama Doboom Tulku Rinpoche

by Jagadananda Das



[\(Click for larger photo\)](#)

May 18th was Buddha Purnima, which was celebrated with a brief ceremony at the Buddha shrine in the AHYMSIN building. We had a special treat, as Lama Doboom Tulku Rinpoche, former director of Tibet House in Delhi, has been staying at Swami Rama Sadhaka Grama for the past few weeks working on a project. The Lama is a well-known scholar of Tibetan Buddhism and a translator.

He is also a long-time friend of Swami Veda Bharati's and was the head priest when the Buddha statue was consecrated in 2007, bringing a team of monks to assist him on the occasion.

The ceremony was short, with Doboom Tulku offering a silken kata<sup>1</sup> and some Tibetan prayers. Then the ashram residents joined in a prayer, the *Jaya Mangala*

*Gatha*<sup>2</sup> and *bhavatu sabba mangalam*<sup>3</sup>.

**Bhavatu sabba mangalam - rakkhantu sabba devatâ**

May there be all the auspices, may all the deities protect me/you;

**Sabba Buddhānu bhāvena - sadā sotthi bhavantu me**

By the power of all the Buddhas, may there be blessing to me/you.

**Bhavatu sabba mangalam - rakkhantu sabba devatâ**

May there be all the auspices, may all the deities protect me/you;

**Sabba Dhammānu bhāvena - sadā sotthi bhavantu me**

By the power of all the Dhamma, may there be blessing to me/you.

**Bhavatu sabba mangalam - rakkhantu sabba devatâ**

May there be all the auspices, may all the deities protect me/you;

## **Sabba Sanghanu bhâvena - sadâ sotthi bhavantu me**

By the power of all the Sangha, may there be blessing to me/you.

In the evening, the Lama consented to answer a few questions in the meditation hall. Having eaten mangoes earlier that day, he said he had chosen to begin by speaking on mangoes, "though I am not a horticulturalist..." He referred to a verse by Nagarjuna in his "letter to a friend" . There Nagarjuna discusses the ripeness and mere appearance of ripeness in mangoes, and advises that in seeking a kalyana-mitra, a noble or spiritual friend, or guru, to seek one who is internally ripe spiritually, and at all costs to avoid those who only make an external show of advancement.



[\(Click for larger photo\)](#)

He answered questions about the word “tulku”, which he explained as originally meaning the same as the nirmana-kaya of the Buddha, or the form the Buddha takes to appear in the world to benefit all sentient beings. Then later it came to form a tradition in Tibet, where great lamas or monastery heads are thought to reappear again in another body after their death. The custom is wide reaching, he said, so that there are literally thousands of tulkus in Tibet. “I believe that many of the tulkus are genuine, and then there are some, like myself, who are tulkus in name only.”

In answer to a question about meditation, he spoke of the three practices of shila, samadhi and prajna (morality, meditation and wisdom), in particular the last two. He gave the example of a strong arm and a hammer. Through meditation, we develop strength in the mind through one pointed concentration. Then we can wield the hammer of wisdom, or direct experience of the highest truth.

Another question was asked about personal challenges he has faced in life. Tulkuji laughed and said that one should not think of challenges as challenges at all. One should accept the appearance of difficulties in life as inevitable and foreordained. This does not mean that we should ignore the upaya-paramita, or “skill in means”; in other words, to act appropriately in whatever circumstances we find ourselves, but we should not allow ourselves to be troubled by the idea that there are obstacles before us.

The Lama then finished with a blessing in Tibetan.

## Editor's notes

More about Lama Doboomb Tulku

Rinpoche: <http://www.loselingmonastery.org/index.php?id=60&type=p>

Doboomb Tulku's Remarks at a Translator's Conference:

<http://tibetanaltar.blogspot.com/2009/03/doboomb-tulkus-remarks-at-translators.html>

Jagananda Das has a blog: <http://jagadanandadas.blogspot.com/>

---

<sup>1</sup> Tibetans have an ancient tradition of presenting a kata as a symbol of pure intention and devotion. They are usually offered to important Lamas, sacred images and holy places prior to requesting a spiritual blessing or the receiving of an initiation. They come in a variety of sizes and colours and can be adorned with auspicious symbols or made from the finest silks. (from [http://www.garudashop.com/Tibetan\\_Katas\\_s/89.htm](http://www.garudashop.com/Tibetan_Katas_s/89.htm))

<sup>2</sup> See <http://zen4859.blogspot.com/2008/04/buddhist-chanting-jaya-mangala-gatha.html>

<sup>3</sup> To hear a recording of Bhavatu Sabba Mangalam:

<http://www.youtube.com/watch?v=My47zkY6IYY>

<sup>4</sup> Here is one edition of *Nagarjuna's Letter to a Friend: with Commentary by Kyabje Kangyur Rinpoche*: [http://www.snowlionpub.com/pages/N71\\_12.html](http://www.snowlionpub.com/pages/N71_12.html)

# Between Samadhi and Solar Science

---

## Stoma Parker and Pandit Dabral in Milan, Italy

by **Daniele Belloni**

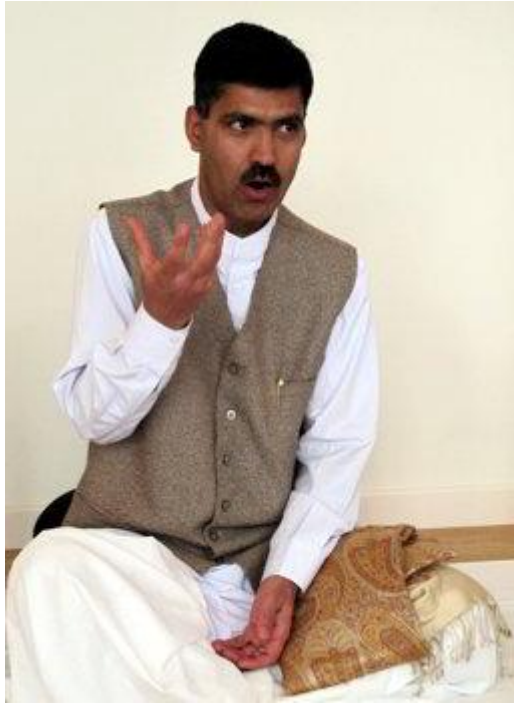


[\(Click for larger photo\)](#)

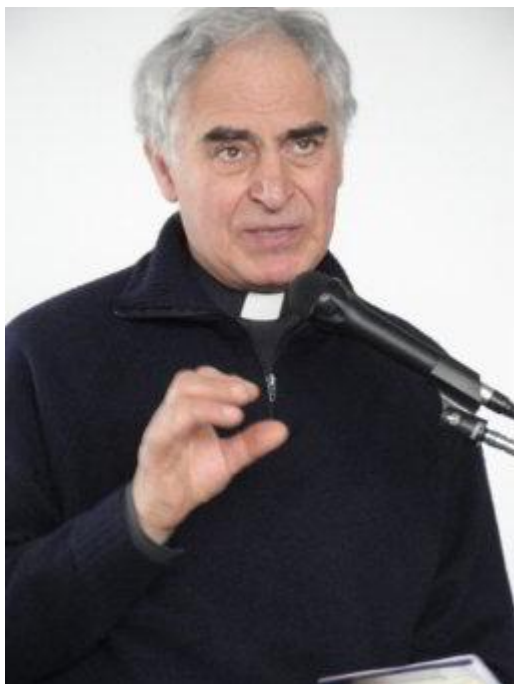
Our last two YMT meetings, in January 2011 with Stoma Parker and at the end of March with Pandit Hari Shankar Dabral, have brought to our attention two personalities with different features: Stoma Parker, the intellectual, the Sanskrit scholar, the Western psychologist applying yoga and meditation techniques within a clinical context; and Pandit Hari Shankar Dabral, the Indian Yogi, the man going by mantra, songs, and intense physical approach. However, this differentiation, only apparent at times, has shown a unifying feature: both are disciples of Swami Rama. Therefore they are a unique expression of the wealth and depth of a yoga tradition deeply rooted in Indian philosophy and thought.

In addressing the theme of samadhi, Stoma Parker has emphasized the fundamental importance of the direct relationship with a qualified teacher, rooted in a tradition, essentially when practicing yoga takes a serious, deep pathway toward the final goal. On the road to a higher understanding, to transforming and realizing one's self, one encounters difficulties and tricks. In the Tibetan tradition this takes shape in the image of the angered deity guarding the gateway to the Mandala-temple, whose task is casting fear onto the disciple. He has shown us how the path leading to Samadhi requires leaving behind certain aspects of personality and individual history; and how going out of a predefined scenario (how we view ourselves) is often seen as fear and pain. Connecting with a living tradition, a direct relationship with a teacher, is seen as an antidote to emerging strong emotions capable of causing delays along the path or even outright derailments.

[\(Click for larger photo\)](#)



Pandit Hari Shankar Dabral, whom YMT has been honored to host for the second time (Milan once again the only European stopover by the Indian teacher who lives in Canada), has focused his teachings on solar science, Surya Vijnana. This is a less known aspect of yoga, combining asana, pranayama, yantra, mantra and meditation. The adoration of the sun at the base of these practices is an inner ritual where managing and channeling the subtle energies allows firing up the inner sun in the heart chakra. The science of mantra has played a central role in this group of practices; within this context the Gayatri-mantra has been replayed very effectively. This mantra, as explained by Panditji, is seen as the ultimate mahamantra and the Mother of the Veda. Therefore it was the turn of mudra, energy seals lifting the level of the practice and channeling the prana according to specific paths. All the discipline's tools available to those who practice it have been put in unity within the practice of Sun Salutation. This is a sequence representing the foundation of a daily routine proposed by Panditji as a practice to execute for the duration of one semester.



[\(Click for larger photo\)](#)

In our first two meeting in 2011 once again we hosted with pleasure professor Antonio Rigopoulos, who presented a knowledgeable and at times emotional conference on the “Notion of Samadhi in the Sutra Yoga of Patanjali”. We also hosted Dr. Marilla Albanese – with us again after the October 2010 gathering in Umbria - whose conference “Introduction to Tantra” had the merit of opening up an often misunderstood aspect of Indian philosophy because of its complexity. Professor Luciano Bernardi has brought us up to date on his research in Finland on therapeutic applications of pranayama. Finally, Father Luigi Mazzocchi has helped understand one thing we may have been suspecting: Samadhi is not an objective to look for selfishly. Rather, it is a mooring where we

find out about being part of the whole; that final understanding can be preceded by smaller realizations that populate the path to the heart – toward the inner sun. The example of the Last Supper can be the North star guiding us in our roadmap to yoga. We can think of that event in a revolutionary way, as Father Luciano suggested, with Jesus transforming himself, his body and

blood, into bread and wine: “so that friends may walk”. Father Luciano has called “sublime Samadhi” a similar gift of himself. May this image and these words be the greetings we wish to each other while we proceed along our path, as we wait for our next gathering in June.

English Translation by M. & M. Barbesta

---

**Editor’s Note:** Daniele Belloni and Susi Stefanini are center leaders for the AHYMSIN affiliate center Spazio Shanti <http://www.spazioshanti.com/> in Cremona, Italy. Through Yoga and Meditation Training <http://www.yogamt.com/> seminars are offered at various times throughout the year.

# AHYMSIN Taiwan April Workshop

---

## Yoga Nidra & Energy Yoga Workshops, April/May 2011

by Joanna Siau and Tinyu Chen

In April 2011, AHYMSIN Taiwan was blessed with two senior teachers from the tradition, providing the local family members and new friends a wonderful chance to take a step into the yoga nidra as well as other wisdom of the lineage.



[\(Click for larger photo\)](#)

The Yoga Nidra workshop was held on 23rd to 24th of April, and was participated mostly by new friends who either have been practicing yoga for some times or were interested in yoga philosophy. Swami Ritavan guided over 90 participants into a deeper meditative state. Almost all of the participants expressed that they had never had such a magnificent experience in

meditation, that they felt entering a peaceful and quiet space within themselves.

During the workshop, Swami Ritavan introduced the four states of Yoga Nidra and guided the participants in practicing Om Kriya, as well as A-U-Om focused meditation.

The next workshop was held on 30th of April to 1st of May. Guided by both Swami Ritavan and Ashutosh, the workshop was titled “Energy Yoga”, derived from the effect of the practice of asanas and meditation with the focus on breath awareness. This workshop also was participated in by nearly 90 people, with some who originally only signed up for Yoga Nidra workshop that decided to also return for more, and some who were recommended by friends who participated in Yoga Nidra and signed up at the last minute. Among the participants, there were near 20 monks and nuns from the local Buddhism community that were offered free attendance and reception – as part of the teaching from Swami Veda.



[\(Click for larger photo\)](#)

In addition to the breathing and meditation practice guided by Swami Ritavan, Ashutosh not only guided the participants in practicing joint and glands exercise, but also led the participants to practice asanas with

breath awareness. Both teachers also shared their insight that enlightened the participants. At the end, so many participants, deeply touched, showed their appreciation to teachers and organizers.

During their stay, Swami Ritavan and Ashutosh also visited Nantou County, the central city famous for producing the finest tea in Taiwan, and guided 40 participants on a one day workshop. Participants were introduced to the mantra guided sun salutation practice. Teachers were also invited by the YogiLini Yoga Center in Taichung City as visiting teachers, and led a short four hours session introducing our lineage and some practices. Some of the participants were regular visitors of the AHYMSIN Taiwan blog/website who have been inquiring on the chances of workshops in the Taichung area; they were very happy to have this opportunity, and would like us to held more workshops and even regular classes in the area. We will seek to make it possible in the near future for our family members and friends in central and southern Taiwan regions.



[\(Click for larger photo\)](#)

In addition to the workshops, there were also a number of smaller sessions for TTP students to meet with the teachers for their questions in practice. Four level 3 students also reviewed their learning by conducting a 45 minutes teaching practicum in front of their peers and the teachers.

Swami Ritavan also initiated 40 people into our tradition. These people also became the members of AHYMSIN Taiwan, who in the future will provide their different expertise to assist in teaching and organizing events in Taiwan.

**Editor's Note:** Taiwan Himalayan Yoga Meditation Association has a blog [http://tw.myblog.yahoo.com/hymt\\_taiwan](http://tw.myblog.yahoo.com/hymt_taiwan) and also a Facebook page [http://www.facebook.com/home.php?sk=group\\_123732924355599](http://www.facebook.com/home.php?sk=group_123732924355599)

# A Letting Be Concept

---

**by Denise**

After the workshop today I went for a walk up to the top of Mount Lofty and explored the notion of making the exhale active, and was pondering how this affects my concept of Letting Go being an action. I realised that with my recent understanding that instead of Letting Go I would Let Be, I was getting a bit ahead of myself.

Whilst walking up Lofty I realised that by making the exhale active it wasn't so much that I was making Letting Go an action but more importantly was not making the inhale (or the bringing in of "stuff") the complete focus without any effort or awareness being put into the exhale - so in other words not making all my efforts on gaining stuff without creating space for this stuff to come in by letting go of other stuff.

The other side to this is that by being so focused on bringing stuff in I am not allowing things to come into my life freely and effortlessly from the "flow" of life - there is no room for this natural flow to come in. So now I understand why the focus needs to be shifted to the exhale (and letting go) until such time that it become a natural action - I allow stuff to come in and I then let it go. And from here the concept of Letting Be can be embraced, and not just for the exhale/letting go but also for the inhale or those things that we bring or allow into our life - trusting that what comes in is right for us and for us to Let it Be.

The Letting Be is to be embraced with both the creation and the release - actually I believe Letting Be goes even further and covers all of the breath - Letting Be is the space between the breath, that stillness where there is neither creation nor release - with practice we can hold this stillness or Letting Be as the breath moves again, we can remain in a state of Letting Be as the creation and release of life flows.

The other realisation I had was that when the trail got very steep and my breath was laboured, the more I focused on the exhale the easier it became, there were certainly times when I wanted to make the inhale active (this felt like a fear of not having enough breath) - but I remained disciplined and kept with the exhale which made the journey so much easier and more enjoyable.

From this I understood that when life brings in challenges and all I want to do is get more stuff or people to make me "happy" again, instead of focusing on this I should focus on that which is causing me to feel "unhappy" and Let the attachment to this being any different Go - simply change the focus to the exhale/Letting Go rather than on the inhale/making things better by covering the unhappiness with bringing in stuff. Then when life settles or the track becomes less steep I can go back to Letting It Be.

And lastly.....Inhale/Creating - Rajas.....Exhale/Letting Go - Tamas.....Space between the breath/Letting Be - Sattva

And further to my Mountaintop contemplation, I have been thinking about your comment about Aiming our arrows - and this almost seemed like the missing piece to the my Letting Be concept (or as you have put so beautifully: Let Be, Let Flow, Let Go and Grow) - the Aim becomes like a foundation that anchors our Letting Be, gives it grounding. As it is with the postures, the Aiming of the Arrow is the Alignment of the body, which gives us grounding. So first we align (Aim) and then let the breath lead us deeper into the beauty of the posture or beauty of Life.

---

**Editor's note:** Denise is from Adelaide, Australia, and attended the April workshops in Australia with Swami Ritavan Bharati. To read about these workshops, please visit this link <http://www.ahymsin.org/docs2/News/1105May/05.html>. Himalayan Yoga Meditation Society of Australia is an AHYMSIN affiliated center. We invite you to visit their website <http://www.himalayanyogameditation.org/>

---

# Yoga for Self Awareness

---

## AHYMSIN-Asia Retreat 2011

by Jean Bibby



[\(Click for larger photo\)](#)

The Himalayan International Institute of Yoga Science and Philosophy in Kota Kinabalu, Sabah, Malaysia, led by Joseph Wong and the Kota Kinabalu team organized a 3-day Ahymsin-Asia retreat from May

20th to 22nd 2011.

The retreat begins with heartwarming welcome dinner, sponsored by Tan Sri Datuk Dr. Mohan Swami, President of AHYMSIN, on the May 19th in Kota Kinabalu that serves perfectly cooked Chinese vegetarian courses. We were also entertained by traditional dances by performing group and also by participants.

A total of 52 participants met at Kota Kinabalu early next day and took a 2+ hours bus ride up to Kundasang.



[\(Click for larger photo\)](#)

Kundasang is the closest village to Mount Kinabalu and the resort; Celyn Resort Kota Kinabalu has a magnificent panoramic view of the mountain with cold refreshing climate.

The 52 participants were from United Kingdom, Singapore, Taiwan, Japan and Malaysia.

It is a blessing to have an experienced guest teacher, Swami Nityamuktananda Saraswati who guided us on the subject of self-awareness. Participants responded well to the teachings in awareness of the small self, exploring the mind body connection, exploring the emotion and mind connections and how awareness of the self affects how we are in the world.

The lectures helped many to gain insights into spiritual aspect of Self as well as to motivate them in exploring how old patterns that affects their daily life. Swami Nitya told many stories to reflect the teachings and making it easy to understand to all.



[\(Click for larger photo\)](#)

The other inspiring teachers are Judy Rajah who led the Hatha Yoga classes, Joseph Wong and Fuku Lida (from Japan) who shared their practices on joints and glands. Rajah Indran and Yoong (from Singapore) led guided meditations.

We were taught a variety of stretching exercises and postures in Hatha Yoga with an emphasis on muscular, joints and limbs positions.

Awareness was also emphasis in the inhalation and exhalation and making sure that they are properly regulated by practicing breathing techniques e.g. nadi shodhanam. Joseph demonstrated neti kriya, which involves cleaning of nostrils by pouring lukewarm saline water through the nostrils.

There was a wonderful selection of books by Swami Rama, Swami Veda Bharati and Swami Nitya for the benefit of all participants.



[\(Click for larger photo\)](#)

Sharing of experiences and thoughts occur not just during lectures, but also informally among all participants.



[\(Click for larger photo\)](#)

Meals are absolutely wonderful and sattvic, helps in clarity and equanimity of mind while also being beneficial to the body. Handcrafted souvenirs were given to all participants and were carefully prepared with love by volunteers from the organizing team in Kota Kinabalu.

Participants look forward to returning to the next yoga retreat in Sabah. This retreat has been uplifting and stirred many minds.

Lastly, AhymSin-Asia would like to extend many thanks to the organizing committee of Kota Kinabalu's center. Due to their commendable selfless dedication in serving Karma Yoga, it was a successful retreat to unite people from Asia in the path of spirituality.

OM TAT SAT

# Inspiring Israel- Being Inspired

---

by **Swami Nityamuktananda**



Born in Germany and having been through the de-nazification indoctrination of German children immediately after the war, I was filled with an irrational mixture of guilt and fear, when I was invited to go to Israel. Time to face a deep, even collective samskara!!

[\(Click for larger photo\)](#)

To my surprise, the security forces before entering the country were very friendly. We even joked together. My anxiety dispersed in a few minutes. In fact, I was received with much love and respect everywhere.

My hosts were deeply involved in the Yoga world of Israel and had arranged for meet- to- meet with many people. I first shared in a Yoga studio way out in the country thoughts about asana practice and their place in Sadhana, and to my surprise it was not only well attended, but people were so open and willing to enter ‘conversation’, which soon turned to exploring chitta prasadanam and the motto of our tradition: Love, Serve and Remember. The core of the group was a beautiful kindred soul – who later invited us for celebrating the Shabbat in the traditional Jewish household.



[\(Click for larger photo\)](#)

Next I met the core and head of the Israeli Yoga Association and her students; talking about the Five Elements, the focus soon turned bringing balance and harmony to ourselves and others, creating a ‘beautiful mind’, opening to understanding oneself-and others.

Then came the Big Annual Yoga Congress, in a Kibbutz – a huge hall, so many people! Talking about the Yoga Sutras for several long sessions again became a sharing about Ahimsa and how to understand, cultivate and re-educate one’s mind. It was such deep sharing with so many people, that one day, after the two hour session, the sharing went on in the shade, under the ‘proverbial tree’ for another three hours! Such was the inspiration and enthusiasm of the people, some of whom had even read some of Swami Rama’s books.

The next topic was “Love”, again talking in a packed studio, where there was lively interaction with people, students of all ages, different cultural backgrounds – united in a deep quest for

peace and understanding, which was amazing. Again the focus came to: Love Serve and Remember – a young woman wrote afterwards ‘am grateful to come across a being who speaks beyond the words I hear. Thank you for sharing a piece in the path.’ This comment shows how deep people’s involvement was! – And moreover how the lineage works through us, making all this possible.



[\(Click for larger photo\)](#)

From the beginning on, people seemed to follow from one venue to the next; it was wonderful to be touching the world of such inspired earnest, open sadhakas. There was no dearth of invitation to continue; i.e. to come back ‘asap’.

Of course there were many informal gatherings, sharing with all sorts of wonderful people, in beautiful restaurants by a blue sea and while I was shown some of the beautiful sights: Cesarea, Jaffa – and Jerusalem. (Jews, Arab and German, side by side at the Wailing Wall!)

I bow to the lineage, by whose grace these wonderful encounters could take place. May SHE bless the sadhakas of Israel.

---

**Swami Veda writes:**

*Blessed Swami Nitya*

*You are going where no one of our AHYMSIN and SRSG has gone before.*

*Love and blessings -- swami veda*

# Register NOW!

---

## International Yoga Youth and Children's Retreat

December 22-31, 2011  
Swami Rama Sadhaka Grama  
Rishikesh, India  
[Click Here](#) to visit website

---

Dear Family,



[\(Click for larger photo\)](#)

This upcoming International Family Yoga Meditation retreat is dedicated to guiding and encouraging our younger generation to grow and flourish on the path of yoga and to gain self-confidence, spiritual awareness and self-discipline so they are able to conduct their lives peacefully and healthfully.

Our program for the children and youth will include practical age specific teachings from the Himalayan Yoga Tradition. Children and youth will develop a basic yoga practice on site which they will carry with them in the future. Fun activities including arts and crafts, dance, music, drama, games, journaling, storytelling etc. will be utilized as means to study the yamas and niyamas and as tools for observing a healthy lifestyle in action. There will also be programming especially for adults and older youth as

well as optional opportunities to participate in scientific research on the beneficial effects of meditation in the family setting, etc. We will be celebrating holidays and traditions from various cultures, so bring your party spirit along and any traditional activities you wish to share with others!

Many of you have inquired about how much to budget for this retreat. Since Swami Veda has invited you as his family, there is no fixed monetary contribution. Your donation would be based on the Guru-Shishya relationship basis of love offerings. This being said, we are estimating that we will need about \$30 per day per person to cover the expenses to the SRSR ashram. A breakdown of our estimated costs is available upon request. **If you are able to make a payment upfront and perhaps give extra so that others can also benefit, please let us know and we**

**will send you the details of how to do that through your regional center. It is vital that we start collecting some funds now in preparation, so as not to put too much strain on the ashram and other parts of Swami Veda's mission at this time.**



[\(Click for larger photo\)](#)

We are hoping to accommodate nearly everyone here at the SRSB ashram. Swami Veda says, "We are overwhelmed with gratitude to Divine Mother that She is sending so many of her children to this retreat. We wish to welcome them all." Since we are expecting a large number of participants, we are hoping you will

be open to sharing space with others and flexible regarding the facilities and accommodations. If we exceed capacity, alternative accommodations may be necessary so please be flexible.

We are strongly encouraging group travel. Please contact your local center and/or let us know if you would like more information about is traveling to this retreat from your regional area.

Please get in touch with Lela Pierce at [VedaYouthCensus@gmail.org](mailto:VedaYouthCensus@gmail.org) and/or write to [childrensretreat@gmail.com](mailto:childrensretreat@gmail.com) ASAP to let us know your current plans... We are looking forward to welcoming you all to SRSB!

Sincerely,

Lela Pierce, Nalini Behari, and your family at Swami Rama Sadhaka Grama

---

Editor's note: For more about *Guru Dakshina*, please use this link:

<http://www.ahymsin.org/main/index.php/Swami-Veda-Bharati/guru-dakshina.html>

# 2013 All Teachers and Sangha Gathering

---

Just before Swami Veda Bharati **begins a 5 year vow of silence**, he will impart special guidance on secrets of effective teaching.

- 27<sup>th</sup> February 2013: Arrive at Swami Rama Sadhaka Grama.
- 28<sup>th</sup> February — 9<sup>th</sup> March: 10 days of inspiration from Swami Veda Bharati, other leading teachers and experts.
- 10<sup>th</sup> March: Final offering of the current three years of Gayatri practice and introduction of the new AHYMSIN community practice.
- On 10<sup>th</sup> March, Swami Veda Bharati will begin his 5 years of silence.
- 11<sup>th</sup> — 19<sup>th</sup> March: Sangha will take 9 days of silence.
- 20<sup>th</sup> March: Leave SRSG or continue your silence practice.

## Who may participate:

- Certified Teachers: who are teaching.
- Certified teachers: who are not teaching.
- Non-Certified teachers: who are teaching.
- TTP all level participants: present and former.
- Teachers who are teaching (even if you are teaching a neighbor or child, you will benefit from this event).
- AHYMSIN affiliated center leaders.
- All the Swamis.
- All Initiators.
- All Initiates.

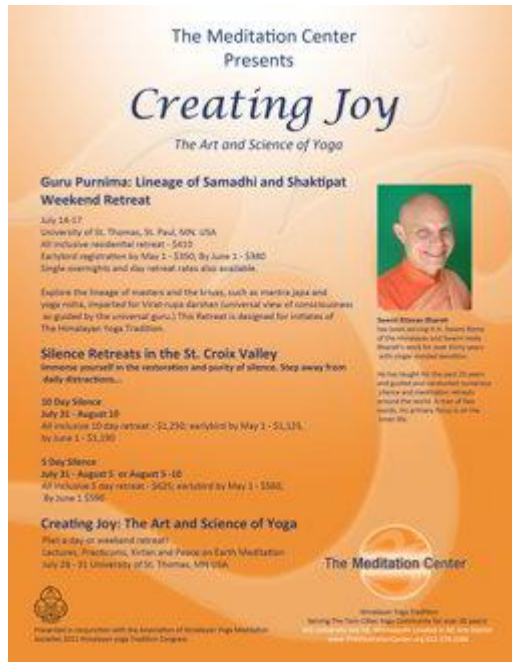
Many have already expressed their intent to attend the 2013 All Teachers and Sangha Gathering. There are limited accommodations available, and these accommodations generally speaking will be allotted on a first come, first serve basis.

---

For more information, please follow this link: <http://www.ahymsin.org/main/index.php/2013-Gather-of-the-Sangha/2013-all-teachers-and-sangha-gathering.html>

# The 2011 Himalayan Yoga Meditation Congress

## Creating Joy, the Art and Science of Yoga



[\(Click for larger image\)](#)

July 18 – August 10, 2011

*Three-week series of events addresses how to create joy in one's life through the art and science of Yoga.*

Led by Swami Veda Bharati, the 2011 Himalayan Yoga Meditation Congress, sponsored by [The Meditation Center](#), will explore spiritual responses to the aspects of life that block our natural experience of joy as informed by the 5,000-year-old Himalayan Yoga tradition.

**July 14 – 17: Guru Purnima, Lineage of Samadhi**

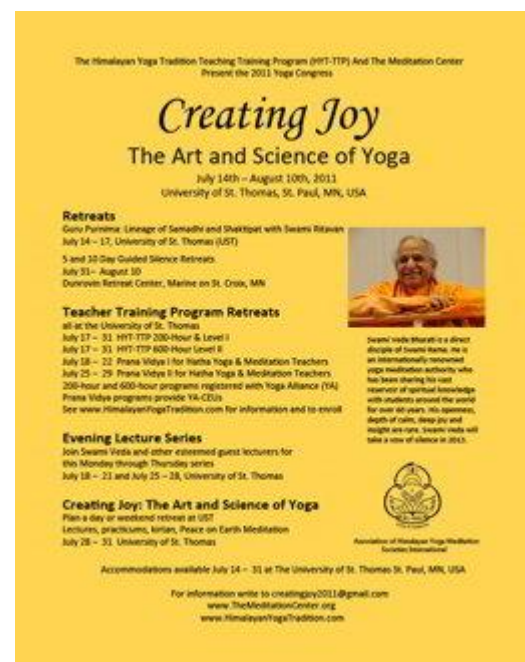
**and Shaktipat.**

This weekend retreat is designed for initiates of The Himalayan yoga Tradition.

- July 15: Guru Purnima: Full Moon Meditation  
6:00 pm Meal  
7:30 pm Lecture at St. Maron's Cedar's Hall (Across the street from The Meditation Center)  
9:00 pm Group Meditation at The Meditation Center

## Evening Lecture Series

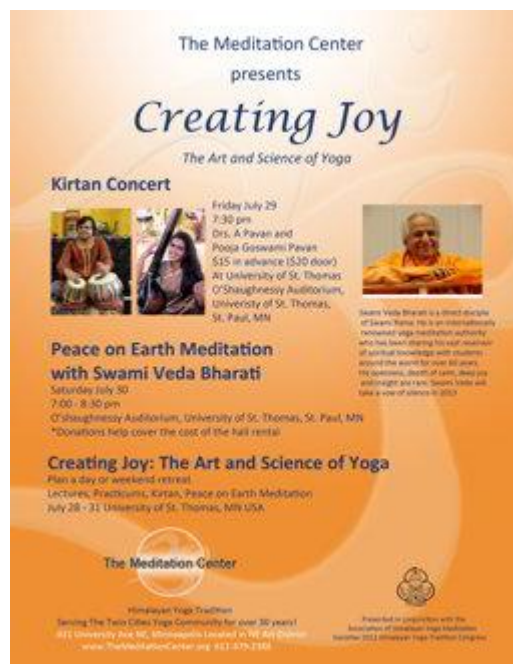
[\(Click for larger image\)](#)



**July 18 -21 and July 25 - 28, 2011**  
University of St. Thomas, St. Paul, MN

In keeping with the theme, “Creating Joy,” the Monday through Thursday evening lecture series will explore how to create a joyful life through the art and science of yoga. Swami Veda will be the keynote speaker on July 18; other speakers will include Swami Nityamuktananda Saraswati, Dr. Rene David Alkalay, and Dr. Stephen (Stoma) Parker. The evening lectures are open to the public for a fee and are included at no charge in the four HYT retreats. A complete list of the lectures is provided below.

- July 18** – Swami Veda Bharati – Creating Joy: the Art and Science of Yoga.
- July 19** – Dr. Rene David Alkalay – And God SAID “let there be LIGHT.” A Perspective on Mantra and Yantra
- July 20** – Dr. Rene David Alkalay – Diet & Nutrition for Yogis
- July 21** – Swami Nityamuktanada – Samkhya, Yoga and Your Personal Philosophy of Life
- July 25** – Dr. Stephen (Stoma) Parker – Philosophy of Prana Vidya Hatha Yoga
- July 26** – Swami Nityamuktanada – Systems within the Human Personality and the Five S’s
- July 27** – Dr. Stephen (Stoma) Parker – Yoga Nidra: Can Consciousness Be Measured?
- July 28** – Swami Nityamuktanada – Tantra and the Five Elements



[\(Click for larger image\)](#)

---

## Public Lectures & Events

**July 20: University of Minnesota Lecture, "An Evening with Swami Veda: Integration and Ecstasy"**

Co-sponsored by University of Minnesota Center for Spirituality and Healing

**July 28 – 31: “Creating Joy: The Art and Science of Yoga” Weekend**

Lectures and practicums led by Swami Ma Radha, Swami Nityamuktananda, , Swami Ma Gita, Dr.

Stephan (Stoma) Parker, Jim Nelson and Randall Krause.

**July 29: “Kirtan Concert!”**

With Drs. Pooja Goswami Pavan and A. Pavan

**July 30: “Peace on Earth Meditation”**

Lecture and guided meditation with Swami Veda Bharati - preceded by kirtan with Melissa Fossum

**July 31–August 10: Five- and ten-day guided silence retreats**

Led by Swami Ritavan Bharati, and Swami Ma Radha Bharati

For more information about these events, please visit The Meditation Center website:

<http://www.themeditationcenter.org/jnana/index.php?> Or write to [creatingjoy2011@gmail.com](mailto:creatingjoy2011@gmail.com)

---

**About The Meditation Center:** Located in Minneapolis, Minnesota, USA, The Meditation Center was established in 1971 by Swami Veda Bharati. It currently serves as a resource of the Himalayan Yoga tradition, which was established in the West by Swami Rama of the Himalayas. The ancient methods taught in this tradition underlie the variety of meditation systems found in all faiths. This approach not only includes the physical postures and stretches that people often refer to as yoga, but also includes efficient breathing, control of the senses, enhanced concentration, the cultivation of personally healthy habits and social relationship, and training in higher stages of meditation. The Meditation Center is the host of the 2011 Himalayan Yoga Meditation Congress. For further information, visit [www.TheMeditationCenter.org](http://www.TheMeditationCenter.org).

# Himalayan Yoga Tradition Teacher Training Programs (HYT-TTP)

---

## **An Integrated Program of Self-Transformation**

July Yoga Congress 2011

[www.HimalayanYogaTradition.com](http://www.HimalayanYogaTradition.com)

In keeping with the 2011 Summer Congress theme, Swami Veda's Himalayan Yoga Tradition Academy will be offering four events for those wishing to deepen their knowledge and skill in the Art and Science of Yoga. The first two retreats are an integral part of our Yoga Alliance (YA) certified Teacher Training Program (HYT-TTP). The next two retreats offer YA Continuing Education Units (CEUs) for registered Yoga Teachers.

We invite you to immerse yourself in the Himalayan Yoga Tradition (HYT) for up to two weeks by registering for full accommodations in one of the five concurrent retreats.

### **July Yoga Congress 2011**

#### **Himalayan Yoga Tradition Teacher Training Programs (HYT-TTP)**

#### **Programs and Accommodations at the University of St. Thomas, St. Paul, Minnesota, USA**

July 17 - 31: 200-Hour & 600-Hour, Level One HYT-TTP

July 17 - 31: 600-Hour Level Two HYT-TTP

July 17 - 22: Prana Vidya I

July 24 - 29: Prana Vidya II (New this year!)

July 17 - 29: Prana Vidya I & II (New this year!)

### **Level One HYT-TTP students – become Yoga Alliance certified**

HYT-TTP students who have attended a Level One retreat in the past may now complete requirements for Yoga Alliance 200 hour certification this summer. Please send an email to [promotions@hyt-ttp.com](mailto:promotions@hyt-ttp.com) and let us know the best way to reach you to map out a plan for certification.

### **What is Prana Vidya?**

Prana Vidya is the meditative style of performing Hatha Yoga asanas and Subtle Body practices taught in the Himalayan Yoga Tradition. This style utilizes a process of gradual relaxation of effort and breath awareness as the practitioner's flow of attention gently moves from physical to pranic to meditative. The practitioner uncovers a new depth of self-knowledge, vitality and self-purification.

All yoga teachers, active HYT-TTP students, mentors and graduates, are invited to attend the Prana Vidya Retreats.

### Prana Vidya I

This weeklong workshop, beginning Monday morning (July 18) and ending Friday afternoon (July 22), will explore the theory, practice and teaching of the Prana Vidya style of Hatha Yoga. Additionally, an in-depth study of the *anatomy & physiology of the physical and subtle body* will be included. Participants will have an opportunity to practice teach at least three classes based on the HYT introductory courses (Joints & Glands, Hatha-Level 1, and Integrated Practice-Level 1) in a small group setting and receive individual feedback from Senior HYT Faculty and Mentors. This workshop is recommended for those wishing to enhance their yoga teaching skills. It provides Yoga Alliance continuing education units (CEUs) and credits for the Yoga Alliance Registered HYT Teacher Training Programs. We encourage those currently enrolled in HYT-TTP and those wishing to become HYT-TTP Mentors to attend.

### Prana Vidya II – new this year

Join Dr. Stoma Parker, Swami Ma Radha, Swami Nityamuktananda, Mary Bowman-Cline and Barbara Aschettino for this weeklong retreat. Prana Vidya II provides instruction to deepen your Sadhana with advanced practices and provides 3-days of Silence to allow time to uncover a new depth of self-knowledge, vitality and self-purification.

This weeklong retreat, beginning on Sunday evening (July 24) and ending Friday after lunch (July 29), will take the participants on a journey inwards utilizing the ancient wisdom practices of the Himalayan Yoga Tradition. This experiential workshop will provide an opportunity for Yoga Teachers to deepen their personal practice, be guided to a deeper state, and learn how to support their students from this deeper state. The program, based on Swami Veda Bharati's books, *The Song of Silence* and *Daily Schedule of a Sadhaka*, will highlight HYT Level 2 Practices: Silence, Intermediate Hatha, Surya Namaskar with Bija Mantra Concentration, Intermediate Pranayama (Kapalabhati, Bastrika, Bhramari, Sitali, Sitkari, 108 Nadi Shodhanam), the 4 Primary Bandhas, Nauli, Shat Kriyas including Kunjar Kriya (upper wash), Subtle Body Practices (31 Point, 61 Point, Om Kriya), Intermediate Meditation, Inner Dialogue, Contemplation Practices (Mahavakya), and Sankalpa Shakti Practices. Requirements: Participant should be teaching Yoga or Meditation in any tradition.

All retreats follow a daily Ashram schedule (Swami Veda's Indian Ashram schedule) including daily silent meditations, hatha yoga, pranayama, contemplative walks, morning and evening prayers, and more.

Whether you are aiming to deepen your Yoga practice, further your education, or planning a spiritual journey, you will be delighted with the opportunities awaiting you at the 2011 Himalayan Yoga Tradition Congress.

Please visit [www.HimalayanYogaTradition.com](http://www.HimalayanYogaTradition.com) for more information and to register now!

# New Jersey Satsang, July 9-10, 2011

## Swami Veda Bharati in New Jersey

Dear friends,

Namaste.

It is almost summer and Swami Veda Bharati will be arriving soon in New Jersey [USA] for the weekend satsang on July 9-10!

*If you have not already sent in your registration, please do so now. We would like to receive all registrations by June 20th. This will secure your seat, add your name to future emails with more details about the program/venue, and help us plan the event. Thank you in advance for registering early using the attached form.*

In March of 2013, Swamiji plans to take a 5-year vow of silence. So this is a rare opportunity for us to hear Swamiji and then sit with him in silence. The main focus of the satsang will be to learn to sit in silence. Please join us in this special program with Swamiji.



[\(Click for larger image\)](#)

### Weekend Satsang with Swami Veda

*JOIN US FOR A SPECIAL WEEKEND OF  
INSPIRATIONAL TALKS AND SILENT  
MEDITATION*

**WHEN:** Saturday, July 9th: 3 to 7 PM & Sunday  
July 10th: 9 AM to Noon

**WHERE:** Balaji Temple, 1075 US Hwy 202/206,  
Bridgewater, NJ 08807 Cultural Center Auditorium:  
[www.venkateswara.org](http://www.venkateswara.org)

**Program**

## Saturday

- 3 PM registration
- 3:30 to 5 PM Guided Preparation;
- 5 to 6:30 PM Swamiji's Lecture and Blessings.

## Sunday

- 9 to 11 AM Guided Preparation: Yoga & Pranayama
- 11 AM to 12 noon Silent Meditation with Swamiji.
- Vegetarian meals available at the Temple Cafeteria 9 AM-8:30 PM

(For more information: [jfenglund@aol.com](mailto:jfenglund@aol.com) or [pushpaamin@optonline.net](http://pushpaamin@optonline.net))

To defray the cost of the event, a contribution of \$30 per person for the two day event is recommended. Additional donations are appreciated to support Swamiji's mission.

For more information on Swamiji's vow of silence, please go to the link below on the AHYMSIN website: <http://www.ahymsin.org/main/index.php/2013-Gather-of-the-Sangha/2013-all-teachers-and-sangha-gathering.html>

On behalf of the AHYMS NJ Group, we look forward to seeing you in July!

With love,  
Janice