

AHYMSIN Newsletter December 2011 E-mail

Namaskar!

We have more articles and photos than any other issue to date! They include:

Happy 40th birthday to The Yoga Society in Milwaukee, Wisconsin, USA! Swami Rama created the Milwaukee center in 1971. May this anniversary be a celebration of the past forty years, of the present, and of the promise of future growth and potential.

Congratulations HYT-TTP on your biggest class yet at Swami Rama Sadhaka Grama!

The Children are Here! Enjoy the photos from the Opening Ceremony of the Yoga Youth and Children's Retreat at SRSG.

A new Swami Rama Sadhaka Grama video produced by AHYMSIN Publishers! See it here: <http://www.youtube.com/watch?v=DaHoC3INImA>

A new book by Swami Rama. A Shiva Sutra Series download. A February retreat with Swami Veda in Thailand. A Shri Vidya Sadhana in March. And more....

What was the Something Swamiji Said that impacted your life?

We hope you enjoy the shared experiences from individuals in our Sangha in this newsletter and invite you to also share.

Once again, if you have not registered for the 2013 All Teachers and Sangha Gathering before Swamiji takes to a 5 – 7 year vow of silence and want to attend, please contact us at <http://www.ahymsin.org/main/index.php/Contact-Us/AHYMSIN-Office.html>

We need your help

Swami Veda wants to stay in close contact with each person individually. For this, we maintain a private database of contact information.

If you haven't done so yet, please register in Swami Veda's database at this link: http://www.ahymsin.org/main/index.php?option=com_civicrm&view=Profiles&Itemid=175

[Please click here for your Ahymsin December 2011 Newsletter.](#)

Or, if you'd like to jump directly into any of the articles, here they are:

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Our next edition is planned for end of January. Also, we might be skipping February, depending on some personal schedules.. However, that could still change <smile>.

As always, please send in any articles, or ideas of what you would like to see, any news releases and/or program announcements to the [AhymSin office](#).

Please forward this newsletter to anyone you feel would be interested!

If you're a center leader, please ask all your members (and you too!) to:

- [Register](#) themselves at ahymSin.org
- [Sign up](#) for their own copy of the newsletter, also at ahymSin.org

We want to list your newsletter

If you have a newsletter (English or any other language), please let us know. We would like to put a list of all (known) newsletters in a future issue.

New design coming

For those of you who have read this far <smile>, just wanted to let you know that we're going to be changing the appearance of the Ahymzin website very soon. Check it out after January 1st!

Yours in service,

— Ahymzin Office

Fasting for Enlightenment

by Swami Veda Bharati



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

Some controversy seems to have been generated regarding the recent fasts of the Gandhian leader Anna Hazare challenging the corruption in India.

Here my purpose is not to say anything about the controversy, if any. The purpose here is only to point out that many ‘modernised’ Indians do not seem to realize how ancient a part of the Indian tradition this type of fasting is.

It is still quite common in Indian families for a disgruntled member to stop eating and the whole family becomes concerned over the issues that have created such a situation and every family member rushes to assuage the hurt feelings and to examine what can be done to fulfil whatever is amiss.

“Dharnaa denaa” (to sit down with an insistence), “dharnaa de kar baiTh jaanaa” (to express an insistence and sit in one place without moving), are common phrases in Hindi and there must be similar phrases in other languages of India.

The ancient Sanskrit word in all classical texts (Ramayana, Mahabharata, Raja-tarangini, et al) is *praayopaveshana*, sitting down awaiting death; *upa-veshana* = sitting down, *praaya* = (*praayaNa*), departure, migration, that is, death.

Here we give two examples from the story of the well known avataara, Shri Rama. The first of these is from the well known Valmiki’s Ramayana (VR). The second one is from the Rama story in Yoga-vasishtha (YV) also attributed to Valmiki. The normal contents of such a practice are

- sitting down
- remaining silent
- lying only on one side and not changing sides
- remaining in a darkened room without a lamp
- sometimes with one’s face covered.

(see Sanskrit commentaries on VR called Tilaka, ShiromaNi and BhooShaNa, publ. Parimal Publications, Delhi,1990, vol. II, pp.1006ff.) It is also referred to as *praty-up-veshana*, sitting down with a purpose.

(1) From VR, Ayodhya-kanda, sarga 111

Bharata is trying to persuade Rama to return to Ayodhya and take up the throne. As Rama cannot be persuaded (see verses 12ff. Paraphrased here):

Having been thus addressed by Rama, Bharata commanded the nearby chariot-driver (Sumantra): Spread the (seat of) kusha grass. I shall sit in the presence of the noble one (arya = Rama) in praty-upa-veshana. Without food, without light, like a pauper Brahmin. [commentary: the way someone lies down in front of a defaulting debtor to recover his loaned out wealth.] I will stay in the house and lie down [only on one side].

As Sumantra looked at Rama awaiting the support of that command of Bharata, Bharata spread the kusha-grass mat by himself and sat down.

Thereupon Rama trying to dissuade Bharata from such an undertaking, said: What harm have I done to protest which you sit thus to persuade me? Furthermore, such *prayopaveshana* is advised to the others but not to those whose heads are consecrated (with royal consecration).

Upon this, Bharata addressed the surrounding people pleading: Why don't you all persuade Rama? Upon which they all said: We cannot do so as Rama is only following upon the father's command.

Rama then persuades Bharata: Rise, Bharata, touch me and touch some water (by way of consecration and ending the vow). Bharata thus abandons his sitting.

The rest of the narrative may be read in the original text.

(2) Yoga-vasishtha first Section, Vairaagya-prakaraNa

In Yoga-vasishtha first Section, *Vairaagya-prakaraNa*, speaks of Rama's announcement that he would fast until he finds a way to enlightenment. This is reminiscent of Buddha's 49 days of fasting and sitting still under the Bodhi tree.

In YV the story unfolds as Rama, not yet 16 years old, returns from a pilgrimage to holy spots and sacred rivers. Thereafter he is immensely saddened, disinterested in all things external.

In the meantime, sage Vishvamitra arrives at Dasharatha's court asking that Rama be sent with him to protect his ashrama that is being invaded by demonic marauders. Dasharatha argues that Rama is yet young, not an expert in the arts of warfare and, instead, offers to accompany the sage himself to protect his ashrama. Vishvamitra expresses his displeasure, and Vasishtha persuades Dasharatha to obey Vishvamitra's command.

A chain of messengers is sent to bring Rama, but in the meantime Rama comes on his own, prostrates to his father, the sages and all the venerable elders. The Father calls him over to sit in his lap and speaks to him lovingly and soothingly. Sages Vasishtha and Vishvamitra ask him the cause of his confusion. His reply begins in chapter 12 and goes on to the end of chapter 31 in 674 beautiful and forceful verses. It is an eloquent speech of deepest wisdom about the futility of worldly involvements. In itself it constitutes supreme teaching of metaphysical truths and dispassion towards worldly involvements.

After elaborating on his contemplative concerns, he requests the sages present to teach him the right way and method and emphatically sums up his determination (1.31.16-27):

There is no possibility of diminishing (this sorrow) without proper way and method (yukti), so do tell me the best and sufficient method so that practicing accordingly the sorrow no longer comes to me. Or, just tell me the method for right practice; how, wherewith, what is to be done with a high mind first, whereby the mind comes to restfulness and highest purification. Blessed one (do teach me) as you know for turning off my confusion; tell me of that by which definitely the noble ones (sādhu) indeed achieved sorrowlessness.

Or, if such a method, oh Brahman—(knower) does not exist, or one clearly exists but no one tells me, and if I do not find that unexcelled restfulness by myself, in that case I will abandon all movement, go into a state of non-ego; I will not eat, I will not drink water, I will not wear clothing, nor will I indulge in any activities like bathing, giving, eating and so forth⁽ⁱ⁾. Nor do I stay in the activities whether in cordial conditions or in crisis. I (will) want absolutely nothing except to renounce my body, oh Contemplative Sage; only free of all malice, devoid of ‘Meum’ without any anxiety I (will) sit here absolutely silent as though painted in a picture. Abandoning in sequence the awareness of exhalation and inhalation I (will) abandon the calamitous inhabitation named ‘body’.

Neither am I of this (body and world) nor is anyone else mine; I extinguish myself like an oilless lamp. Abandoning all, then I abandon this cadaver.

Valmiki said:

Rama, charming and delightful like immaculate cooling moon, his mind blooming with the highest thoughts, having spoken thus, then, like a blue-throated peacock who makes his cry towards heavy clouds and then (ceases) as though wearied, fell silent.

Upon hearing Rama’s eloquent speech, all the ladies of the palace, the courtiers, sages, all sit spellbound. The celestial sages, too, have heard the adorable words. They shouted “*saadhu, saadhu*” (well spoken! well spoken!). They sprinkled celestial blossoms on Rama for a full 12 minutes (4th part of a *muh~rta* which is 48 minutes in modern parlance), forming a veritable canopy over him. They spread the word throughout the heavens about this great council and all celestial sages such as Narada, Vyasa, Pulaha and others, all gathered, descended – a whole army of them – and were duly honoured, full of poetic praises for Rama.

Then Vishvamitra said:
Rama, there is nothing that is left to be known by you.
You are yourself highest among the knowing ones.
You have come to experiential knowledge (*vi-jñāna*) by your own subtle intelligence.
It only needs a little refinement.
Your wisdom is like that of Shuka the son of Vyasa.

Comment: here ensues Rama's question about Shuka and Vishvamitra narrates the wisdom dialogue of Shuka and King Janaka.

Vishvamitra continues and advises that Vasishtha the family guru carry out the teaching as his preceptor. Vasishtha says:

Venerable Sage, as you command; I shall pass on the knowledge that Brahma had conferred in the past on the Niñadha mountain and I remember it in full and unfragmented.

It is here with the 3rd chapter of Section 2 that Vasishtha's teaching really begins. On that promise of knowledge, Rama no longer needed to undertake to fulfil his promise of a fast unto death.

This is just one story, of many, about a true adhikarin, sitting down to fast and in silence till enlightenment is reached.

⁽ⁱ⁾ He is describing the daily schedule of a well brought up person in which first one cleans one body, then gives some charity, then eats.

Abbreviations

VR

Valmiki's Ramayana

YV

Yoga-vasishtha

“The Yoga Society” 40th Anniversary

by John Barry Stutt

Blessed by the Himalayan Tradition, Milwaukee’s center is thriving.

Swami Rama in 1971 created the center and asked Nina Johnson, depicted here with his Holiness, to become the first Director of The Yoga Society.



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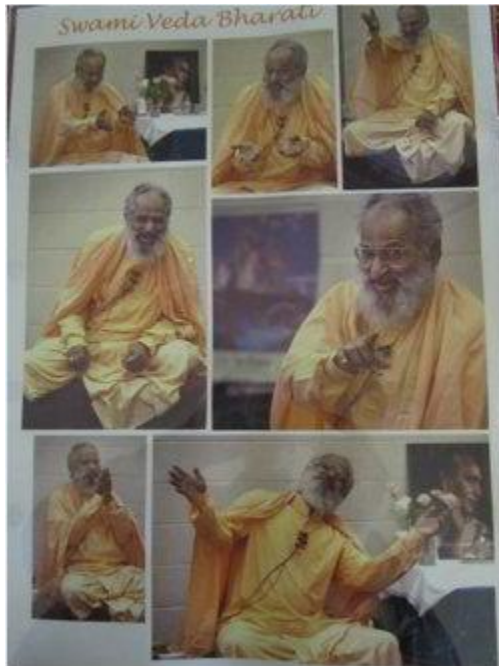
The Center was blessed with many lectures by Swami Rama at a variety of settings such as the University of Wisconsin-Milwaukee, the War Memorial Building, and the Shorewood Center as well as others.

Special events included weekends at Green Lake, Wisconsin, where Swami and Pandit Arya presented talks. Swami discussed meditation in action. He indicated that we should refrain from identifying with actions during the day. We should see our actions going by without emotional attachment.

Pandit Arya spoke on the 5th Yoga Sutra. He stated that it is not true teaching to say mind over matter because mind is matter, probably the refined part. Identification with the body is fruitless because body changes every minute. Body’s purpose is to serve as an instrument for providing for family, spouse and for teaching others. When mind is not preoccupied with the body, it will reflect Self. Always remember you are what you dwell on.

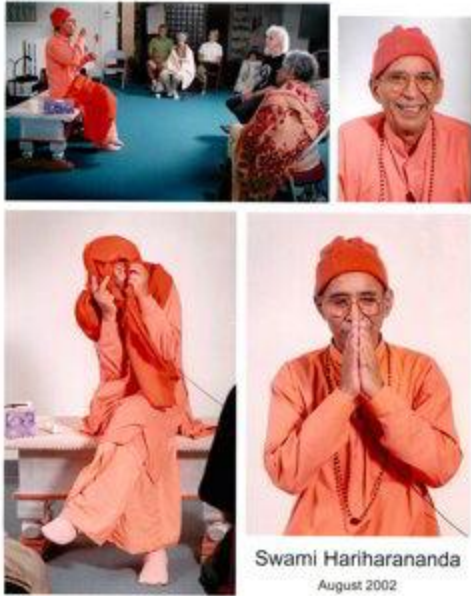
During the course of the Center’s history, the Center’s teachers have served the community in many ways. Nina Johnson, Ginny Lucktenberg, Wesley Van Linda, and Warren Garstecki have taught mediation classes to students at UWM. Dr. Kathleen McKeehan has taught yoga to students at University of Wisconsin-Waukesha. Teachers have provided classes in yoga, meditation and breathing practices at hospitals, a cardiovascular institute, massage therapy centers and a men’s state prison.

As part of its history, the Center is especially excited to have hosted the National Conference of Yoga Centers on the grounds of a seminary on the shores of Lake Michigan.



[\(Click for larger photo\)](#)
[Swami Veda at the National Conference in Milwaukee](#)

During the course of our contact with Swami Veda Bharati, he indicated that Swami Rama was a visionary who flew at the height of 35,000 feet or out in Space at 1,000,000 feet or beyond. Swamiji distributed his work to many different disciples.



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

[The Yoga Society also experienced the blessings of Swami Hari who conducted lectures and meditations. He was an inspiration to our practice.](#)

The knowledge of yoga, the spiritual knowledge of the Tradition and the lineage has been passed on not so much in words, but more in transmission. Transmission called diksha. Many of us at the Milwaukee center experienced that diksha in the form of Swami Rama's gaze.

The essence of our work at the center is in meditation, the intricacies of the various paths of meditation, transmission of Shakti, and the training of the future generations of that the teaching may continue in 2021, 2051 and beyond.

Swami Veda indicates: "From among those thus being taught, some will be true disciples to whom much greater Shakti will be granted from the Master and his grace."

The Yoga Society currently is located on the East side of Milwaukee, Wisconsin, and is in the planning stages of property acquisition that will expand its capacity to conduct classes. The Board of the Society is currently under the able leadership of Wesley Van Linda. Nina Johnson continues to be a mantra initiator and provides spiritual guidance, including talks. Here she is at the center, discussing daily practices conducive to our spiritual progress.



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Swami Rama says: “Learn to cultivate discipline. Learn to say no to yourself, not to others. Say: I can do it. I will do it. I must do it. The key is to not accept any suggestion from others about yourself — negative or positive. These are false crutches.”

Any yogi learns to monitor and direct his sleep (awakening, dreaming & timing). Learn to get up by a certain hour.

Any yogi learns to improve his memory.

Learn the joy of non-action.

The Yoga Society of Milwaukee prays for the suffering, ignorant and oppressed of the world. May all Centers prosper and relieve such suffering, ignorance and oppression!

Editor's Note:

We invite you to visit the website of The Yoga Society in Milwaukee, Wisconsin, USA:
<http://www.theyogasociety.com/>

Largest HYT Teacher Training in Rishikesh EVER!!

by Maryon Maass



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



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

Our November 2011 SRSG Himalayan Yoga Tradition Teacher Training Program (HYT-TTP) was the largest EVER!!

Sixty-five students came from twenty countries for this retreat: Japan, Ecuador, Brazil, Italy, USA, Canada, Holland (Holland wins for the country with the most participants), Denmark, Australia, Turkey, Scotland, Taiwan, UK, India, China, Hong Kong, Thailand, Russia, Mauritius, Hungary, and Germany. They were an awesome, diverse group. Connected by the sutra of our lineage, they tied the knot by bonding with each other. Levels I, II, and III, were all attended with great interest.



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The students' backgrounds ranged from pain specialists, medical doctors, professors, a poet and author, an engineer/inventor, experienced yoga teachers, many creative people, photographers, business entrepreneurs, financial consultants, a piano teacher, swamis and other spiritual aspirants. They have all completed the 140 hours towards the next level!!

It is so wonderful we can see the effects our hard working traveling teachers have had world-wide. We are blessed to have Swami Ritavan Bharati, Dr. Stoma Parker, Ashutosh Sharma, Peter Fabian, Sonia van Nispen, and Ma Radha Bharati serve this TTP. Additional faculty included Dr. Daniel Jalba, now a resident of SRSB and the Director for the Meditation Research Institute (MRI); Rahul Baluni, one of our own students who teaches Sanskrit; and Dr. Manju Talekar, who wears many hats (rather ...Dupatas) in the ashram including Managing Director of SRSB, physician on call, TTP staff, and always a friend and Mother to us.



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



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Swami Veda graced us with his participation at our closing ceremony. He talked to the students about what it means to be a teacher. He personally handed the completion certificate to each and every student, greeting them personally. Then there was time for a few photos with Swamiji and the students. We felt the love and the depth of his blessings. Thank you, Swami ji, we appreciated the time you spent with us.

We can say with great pride that the programs are filled with amazing content in the forms of practical practices and educational information about those practices. Some who are experienced yoga instructors and others taking the course will tell you that they have experienced a level of depth that they have not felt from other trainings.



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This November Carolyn Hodges joined our International Rishikesh office. We welcome her wisdom and experience. As our program here grows we will benefit from her administrative skills. Carolyn and I will work together to run the office and support the International TTP.

The autumn weather is in Rishikesh. Just now the days are perfect with cool nights, and the ashram is filled with guests from all around the world. Currently half the cottages are filled with HYT Teachers in Training Program students. We are growing and feeling wonderful about the expansion. As I write, we are midway through a Chinese TTP. Twenty students from Taiwan are participating. Thanks to Hans and Joanna for interpreting and to Joanna for organizing the program. Welcome to the Taiwan Group!

Our next training at Swami Rama Sadhaka Grama is 11th – 24th March 2012. Please see <http://www.himalayanyogatradiation.com/>

Just write to Maryon at hyt.ttp@gmail.com to let us know you will be coming in 2012 or for more information.

It's good to note:

- The cost of the retreat does not include the accommodation fee.
- NO 200 hour certification is offered in our India ashram. The 200 hour certification is in USA only.

The fee structure varies depending on the economy of your country, so do check with us when you are ready. You should also note that each level may take approximately one or more years to complete as the “home study” requirements need to be completed to advance. However, if you prefer to “just” participate for your own spiritual growth and do not wish to be a certified teacher, you will participate to your own capacity without obligation to write assignments.

If you do not have a mentor and are still looking, please contact the office for assistance (hyt.ttp@gmail.com).

We invite you to visit the Himalayan Yoga Tradition – Teacher Training Program (HYT-TTP) at this link: <http://www.himalayanyogatradiation.com/>

(Pictures courtesy of Michelle Kinsey and Jay Prakash Bahuguna)

TTP Graduation Talk

by Swami Veda

Transcription from Swami Veda's talk on 19th November 2011, done by Michelle Kinsey



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

Cannot stop my old habit of speaking.

Just a few words to share.

In the path of Yoga, there are two sides, you can say three. The state of deep serenity and silence, that is what true yoga is.

That is what our goal is. Not the path of excitation. Not the path of thrills. Not the path of advertising. Humble silence.

Then, there is the method. Scientific method.

From the changes that occur in your personality, in your mind through that scientific method: how they show themselves, how they express themselves in your behavior in your pattern of speech, in how you sit, in how you walk... How does one speak, how does one sit, how does one walk, how does one conduct himself in company, in relationships, in the society?

The three are integrated. Now when you are a teacher you are teaching all these three.

Not just the method.

But does your teaching of the method lead the student to serenity. To silence. Does it improve his relationship with his wife? Does it improve her relationship with her husband? Does it improve your interaction with the society? Do you take a little less from Nature than you used to take.

All of that is part of our teaching.

Bearing that in mind, think of your role as a teacher.

Not one who will go back from here and hang a certificate. I have a certificate from the Himalayas. I have no certificate

First time back in 1950's when I first went to the west, I was taken to see a very modern yoga studio.

Yoga what? Studio? What is the connection between the two? I could not figure out. I thought yoga was sitting in silence practicing meditation. I had no idea that yoga had studios.

So I was taken to this yoga studio and for the first time I saw a certificate hanging behind the easy chair of the director. From the forest university of Rishikesh. I am looking. As a gentleman, I am looking at the certificate. Where is the yogi? I did not know yogis had certificates

It was a shock. One of the shocks that one gets, especially sixty years back.

Nowadays India is also flooded by thousands of these certified teachers.

That is the END of YOGA.

So please understand what the goal aim and purpose of yoga is.

Please understand what your role as a teacher is.

It is only and none other but leading suffering humanity to spiritual enlightenment.

Health, beauty, clear skin, the studio yoga – will come along by itself. It will happen for you without announcing, without pulling the yoga down to the level of your skin.

And you detect a slight anger in my voice in the last sentence; it is intentional.

You have brought the yoga down to the level of the skin.

If you have come to learn from the tradition of Swami Rama and all the sages of the past going back to Patañjali and you have learned something from these great teachers who have been serving you day and night, then you will go back and you will not teach yoga at the level of a certificate. You will not teach yoga on the strength of a certificate. You will teach yoga on the strength of your spiritual personality. Your magnetism that comes from meditation.

The meditative magnetism is far stronger than any other type of magnetism. It is because of that that you are drawn to this ashram. IT is the specialty of this ashram, that magical meditational magnetism.

And wherever you are your ashram is.

Wherever you are, people look at you and say, there is something about you- will you teach me. Then you are a yoga teacher. Not on the strength of your certificate. The only certificate that I recognize is the certificate your students give you. Not the certificate that your teachers give you. But the certificate that your students give you.

Oh, I went to this yoga class and I felt so loved. I went to this yoga class and I came back feeling serene and silent.

That is the only certificate you need.

Gurudeva Swami Rama taught us, made his body disappear. Went away. This body of 79 will not last forever. These teachers will continue, and I am hoping that they will be teaching and training the next line of teachers and that you will help them, in carrying out the mission that Gurudeva Swami Rama and his humble servant has established.

I am now withdrawn from all management, all teaching, all activity, as I'm contradicting myself obviously. And the only thing I will have to teach you is silence.

As you know 2013... in the meantime I have a few loose ends to tie.

And I need everybody's help and these people, self sacrificing people are giving that help.

So bear this in mind: what you learn, let it become part of your personality, part of your magnetism.

Your presences should have a healing power on the mind of those who sit by your side in a train. Your mind should have the power to heal those wounded minds who you do not know who sit on the plane next to you on an airplane.

Then you are a yoga teacher

Aspire

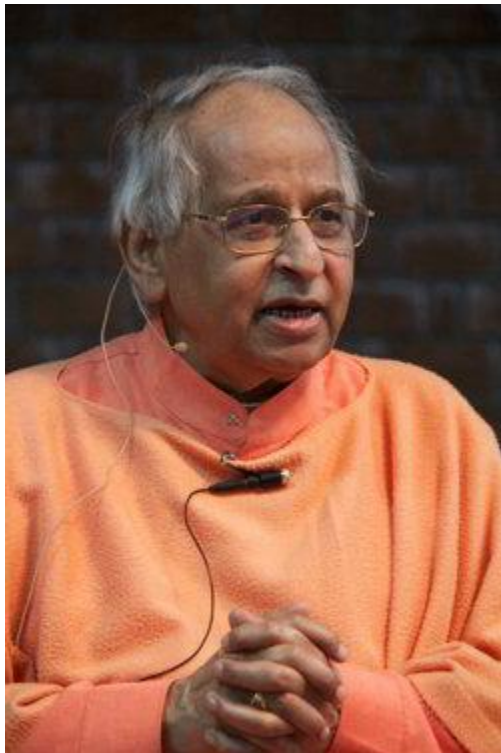
Some of you will say at this time, “Who me? Well, if that is the standard required, then I better not teach.”

Teaching is the teacher’s best teacher. Teaching is a teachers best teacher.

It is by teaching that you learn. Because when you are teaching on the path of yoga you’re not teaching from your notebook, you are teaching not from a text book, you are teaching from your heart and soul.

And if you are teaching from your heart and soul, you will not claim to be a teacher. You will not say, “I am a teacher.” You will not advertise yourself tomorrow when you go back home freshly enlightened in the Himalayas.

There are people that are doing that. And they are doing it in my name! And I see their advertisements. And I see their websites. Please, don’t do that to me. Don’t do that to my Guru, ok?



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When you teach, surrender.
Tasmai shri guruave namah.

Namah
Not mine
I surrender all my claims of ego

To that guru
Guru deva
Guru lineage

You please teach and let the holy spirit teach and you listen. That is how you learn.

All these teachers. What they learnt at the feet at Swami Rama. What they learnt from this humble self. More than that is what they learn by teaching in this way. What they learn by teaching in this spirit.

Continue that spirit.

And seek that your students give you the certificate. Not a written certificate. Not testimonial that you can put on your website. "Dear teacher, I came to your class very disturbed and I went away feeling very peaceful you are the greatest teacher." You put that on the website. You don't need to do that. You don't need those testimonials.

Your presence is the testimonial

And let the student go back and say, "Yes I went to that yoga class I went to that yoga group and I came away feeling my mind touching the fringes of silence."

If you can teach that silence to the people, you have taught everything.

God bless you all. Wish you success. Success in what? Wish you success in your self enlightenment. Wish you success in what? Wish you success in your obtaining Your inner serenity and silence. Wish you success in discovering your hidden lights so that it may come out and illuminate your presence and the whole world.

God bless you all

Wish you success

Something Swamiji Said

by Katie Stueve

In February 2008, I volunteered to help with the Himalayan Tradition's Information Booth and Book Store at the SYTAR Yoga Therapy Conference in Los Angeles. Swami Veda was the keynote speaker, and we sat right in the front amongst hundreds of aspiring Yoga Therapists. Throughout the day, the previous talks had been filled with Power Point case studies and intellectual lectures. When the time for his talk began, Swamiji sat there, in silence, and allowed the pure stream of consciousness to flow forth. There was a shuffling of notebooks and clicking of laptops. He patiently waited until the entire space became silent and then proceeded with a guided 2 minute meditation. Gently, yet firmly awakening the pure essence of yoga, which served as a reminder of our highest spiritual self.

During the conference, I was asked by Randall Krause, if I was able to stay at the house where Swamiji would be residing for a few days, and attend to him. Swamiji would be offering a lecture series at Loyola Marymount University in days to come. I immediately accepted the honor and began to rearrange my "obligations."

In between personal lessons on how to prepare proper Indian chai, and fetching the New York Times, I spent hours at Swamiji's feet during the Full Moon Meditations. While sleeping, Swamiji came to me in a dream, and gently patted my shoulder to awaken me for my time of meditation. I felt completely transparent in his company as if nothing I said really had any influence on his perception of me.

One evening we sat in the living room and he passed over a small stack of recently published transcripts. As I was reading one on Ayurveda, I found myself in pure awe, looking up to see Swamiji peacefully sitting there also reading. The transcript I read spoke of disease and how in Ayurveda it is a manifestation of things like being greedy or not giving reverence to our elders. I asked him, "How do I give you reverence?" He chuckled and said, "Oh...in India they bow and touch their hands to me feet!" Then he asked me, "How do you offer reverence to your mother?" I replied, "I give her a hug!" He chuckled again and with open arms said, "Oh child, come and give me a hug!" Even to this is day I feel that warm and loving embrace. As I was preparing to leave, I had asked him, "Is there anything more I can offer you?" and he replied, "Only a hug."



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

At the end of my time with Swamiji, he asked if I could travel with him and assist him further. Although this was my greatest calling, I declined. At the time, I was in a relationship with a person who was not supportive of my path and was jealous of the joy and contentment I was sharing. So, I packed my bags and headed home only to find a stagnant, low-frequency relationship anxiously awaiting my arrival. I justified it for awhile, but knew in my highest, truest self that I had made the wrong choice for the wrong reasons. In the following months, the relationship dissolved. In the process of healing and reestablishing my center, I made a resolve to find relationships, in the future, that supported my spiritual path.

Even so, it has taken a few years of lessons. Recently, one morning I found myself spontaneously writing the recollection of this experience and it has been instrumental in reawakening my resolve to be and stay on my path. I may never be offered an opportunity like the one with Swamiji again, but I do know, if so...the answer WOULD BE YES!

Editor's Note:

As we know, Swami Veda Bharati is planning to take to a vow of silence for 5 -7 years on 10th March 2013. This column is to celebrate his many years of traveling and teaching and also to honor what he has given us through this. What is the Something Swamiji Said that has impacted your life?

There is no set length. It can be short or it can be long. It can be a sentence, a paragraph, an article. It can have pictures and photos. It can be prose and/or poetry.

Please write to us at <http://www.ahymsin.org/main/index.php/Contact-Us/AHYMSIN-Office.html>

If you have already sent us “Something Swamiji Said,” please know that it will be published in a future edition. We thank you for sharing.

Contemplative Walking in a Peace Garden

by Lori Beron



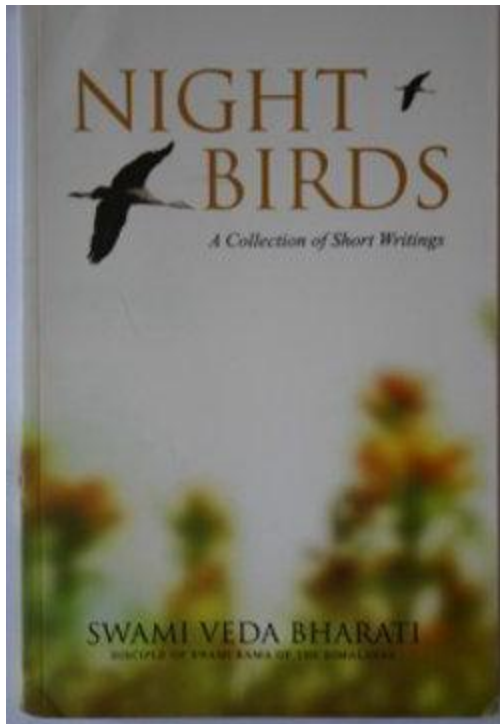
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A recent conference/vacation on the Big Island of Hawaii brought me to an incredible place called Paleaku Gardens Peace Sanctuary, a botanical garden with many shrines devoted to various spiritual traditions and religions. At the center of the property was a galaxy garden, a walk through model of the Milky Way, mapped in flowering plants and based on astrophysical data.

Towards the end of my visit I walked a labyrinth, incorporating contemplative walking. Ma Radha was recently in Minneapolis and gave a workshop on teaching contemplative walking; with the technique fresh in my mind, I taught my traveling companion, and we slowly wove our way through the labyrinth. I've walked labyrinths before and felt I never really "got it", but by practicing the techniques of contemplative walking it really helped me to "get it" this time. At the end of the path I simply sat quietly on a bench absorbing the incredible vibration of this place.



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

Departing, I commented to the caretaker about the strong energy. He said some native bones were taken from the land and displayed at the Smithsonian Museum for many years. The bones have been rightfully returned to this place complete with a ceremony from the native Hawaiian people; the caretaker said this place is sacred land.



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

Once again I am struck with immense gratitude to the Himalayan Tradition for the teachings that allow me to be aware and appreciate these subtle places, and thanks so much to Ma Radha for teaching contemplative walking, it really enriched my experience (and my friends too!). Although I may never get to Paleaku Gardens again, I can still practice contemplative walking anywhere, honoring and reminding myself of the sacredness of this earth.

Website for the Paleaku Gardens Peace Sanctuary: <http://www.paleaku.com/index.htm> (To see one of the labyrinths, click on the "[See an arial view of Paleaku](#)" link). Additional views of the "Galaxy Garden" can be found here: www.galaxygarden.net

Editor's Note:

Contemplative Walking is a chapter in Swami Veda Bharati's book *Night Birds*. *Night Birds* is available at <http://www.yogaineurope.eu/store/books/catalog/13/>. In India, it can be found at the SRSG Bookstore and through ahymsinpublishers@gmail.com

Night Birds as an E-Book can be ordered through <http://dansdigitalbooks.com/all-books/swami-vedas-complete-books/night-birds/>

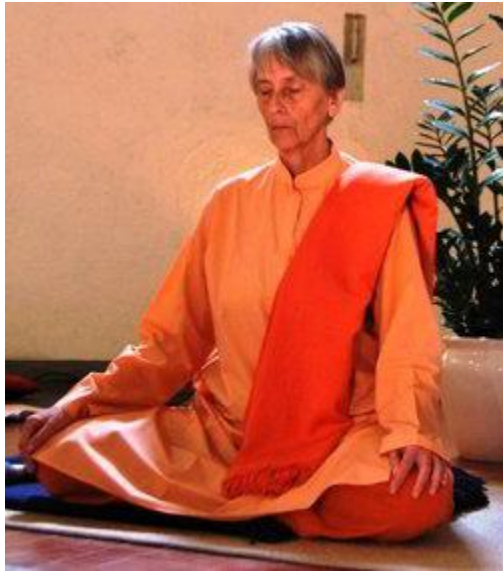
The "*Contemplative Walking*" booklet by Swami Veda Bharati can be purchased through the online bookstore at The Meditation Center (<http://www.themeditationcenter.org/jnana/index.php?>) which ships nationally and internationally. The booklet is described like this: "Swami Rama used to say, 'When you walk it should look like you are dancing.' He walked like a king and a lion, as a yogi is both of these. In this little presentation, we shall try to work towards the habit of proper walking. Includes sections on Controlled and Guided Walking, Body and Breath and Mind."

For a power point presentation of Contemplative Walking, please use this link to download: http://yogaineurope.himalaya-yoga.nl/ppt/Contemplative_Walking.pps

Swami Nityamuktananda in Florence

by Sabina Cesaroni

Considerations on the seminar held by Swami Nityamuktananda Florence (Italy) 29-30 October 2011 II Seminar - I YEAR Himalayan Yoga Tradition Teachers Training Programme Organized by Himalayan Yoga Institute – Italy



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

Swami Nityamuktananda looks at us, smiles... then invites us to focus on the breath closing the eyes.

Two minutes silence... still.

Those two minutes Swami Veda always reminds us to practice through daily life, suspending all movements of the mind.

...Hari Om...

The rays of light enter the room, still a beautiful sunny day!

Swami Nityamuktananda welcomes us, introduces the Himalayan Tradition, then "tunes" on the notes of the subject chosen for this seminar: "The Philosophy of Yoga".

The seminar is part of the 4 years Teachers Training Program (TTP) including 6 workshops per year to be followed by the students.

The Course started in October 2011 (1-2 October) with the first seminar led by the Italian teachers of the Himalayan Yoga Institute-Italia. The subject was "Meditation".

Also this second appointment led by Swami Nityamuktananda, as all non-residential seminars, took place in Florence.

"Virtually...all action arises from our thoughts;
all our thoughts are controlled by our emotions"
and all emotions are interpreted by the mind...

The words of Swami Rama sound very clear through Swami Nitya's voice.

What is then mind and how does it work? From where emotions arise? How to be able to act and not to re-act?! Yoga is in service to study, to analyse human nature, the so called "personality", what we are used to define as I, mine... our conditionings. Yoga is an instrument of testing and direct experience in order to understand what we call...we, the world, the others, other... the spirituality, the Yoga and even the definition of God Himself!

A pause, a brief silence. Swami Nitya smiles again while Laura, our excellent translator, follows her words with careful precision.

Words enter our space and try to adhere... sometimes it's easy, sometimes is not!

"Yoga is the science of the mind
yoga is the science which heals the mind "

As a water drop, reaching the ocean, loses its small identity of tiny little drop, so the I-ness loses its confined identity embracing the vast wholeness.

Everything is in service of the Divine and everyone is perfectly equipped for this very special life trip. In the circle of life, everything is in service and every Being is a "unique" and "universal" manifestation... from subtle to gross, from gross to subtle.

Back again to that original source, Tattva, which from Sanskrit means exactly that matrix, origin... source.

Swami Nitya introduces us to the ancient texts Tattva Samasa and the Yoga Sutras.

The first 3 sutras being just the compendium of all others.

"Cultivating the eternal wisdom of the Yoga, timeless wisdom...
Studying the modifications (vritti) provoked by the movements of the mind,
and calming the mind, canalize the energy to higher and nobler goals".

Practice, practice and experience...
Again and again we are told to follow this teaching!

Time for questions, curiosity, perplexity... everyone would like to know more and satisfy the mind doubts!!



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

Swami Nitya smiles and reminds us that "Rome was not built in a day" and that Buddha took 5000 incarnations in order to find his way back home!

Being patient, observing the right practice (Raja Yoga) and through Karma Yoga, the Yoga of action, we begin our trip to Rome!

Know and practice the ethic principles of Yama and Niyama to change our relationship to the world and the others... and for that we change ourselves!

Keeping in one's heart the first and absolute principle of non violence- Ahimsa: don't hurt others the way you don't want to be hurt yourself.

Swami Nitya closes her eyes and invite us, again, to follow her for two minutes silence; in the quiet of this moment the words, all considerations, enter an inner space and are just seeds ready to be cultivated.

We bow honouring Her and through her Presence, Gurudeva and that ancient precious Divine memory reminding us of our Eternal Being

..Hari Om

Editor's Note:

Swami Nityamuktananda Saraswati has written a book titled Tattva Samasa. Please see <http://www.athayoga.info/cds-and-books-for-sale/tattva-samasa>

We invite you to

- visit the website of Himalayan Yoga Insitute Italia at <http://www.himalayaninstitute.it/>
- read an article "The Himalayan Tradition in Italy" at <http://www.ahymisin.org/docs2/News/1107Jul/05.html>

Something Stolen

by Swami Nityamuktananda Saraswati

November 2011

Well, it wasn't just something; it was "my" passport. It raises the issue, what is ours... what can be stolen. It's a serious question, what is mine...? In this case it was very drastic, because what was stolen was that which allows me "free movement". "Free"... well "free" in as much as the restrictions our society imposes on us. Once a passport is lost – your official identity is questioned. Once the loss is registered, a UK passport is immediately cancelled, so that "your identity" might not be used by others (UK-passports are in high demand, for illegal human trafficking!)

So what happened? While entering a train in Germany, a thief slipped his hand, underneath the flap of my locked shoulder-bag and skilfully removed my valet (which included the passport, money and tickets for onward travel). One must admire the guy, such skill! Immediately he pushed in the opposite direction from the train-boarding-people, jumped off as the door closed and the train left the station. Fantastic! Such skill-full action!

I just about saw it happen, yet it was so fast, I couldn't take any action. Something in me observed... I opened my mouth to shout "thief", yet at the same time it stopped the sound; there was awareness that a different language was needed. My mind... was unsure which language to use... the shock caused confusion, and a kind of state in between... (subconscious loss of identification ? British – German? Frequently I reject either and say "I am a citizen of the globe")!

As the mind kicked back into action, awareness rises of the huge impact: I was on a teaching trip through several countries in Europe, but without passport... no legal identity, no travels, no schedule! Without money... what to do..?

Thought arises “I hope he feeds his children with the money”!

There was no clear thinking, only collapsing on the next seat in a mental paralysis! Gradually that state made way to arising thoughts like: why my passport? Followed by: Why did I need to have my passport stolen; my identity-paper? It was not lost, it was stolen, it was forcefully removed, invasion...! It was not me freely giving it up – no, it was “taken”! But no answers were available in that shocked mind; and eventually the story just took its course...

What remained was this awareness...of how attached we are to our identity and how the whole functioning within society, within the world we live in is dependent on this identification... with what? With a piece of paper! Later on in the British Embassy and even later in the Passport and Identity Office in London... you have to prove who you are, despite you being a number in the data system of world! You have to prove that you are that number... for ‘your own’ protection, and to protect others as ‘Human trafficking’ is big business! What a world do we live in!

So masses of papers were to be dug out to prove: I am the German born, yet naturalized Brit! I am the one who was married to XYZ; who lived in...XYZ (difficult to prove if you are just in the middle of moving house!) etc. etc.; endless bureaucratic puzzles had to be solved (how to find someone to authenticate/ co-sign your application, if you just moved into a town where you don’t know anyone?). It appears that in our modern societies we are nothing but legal papers or even numbers given to us- by others to identify with...!

Swami Rama said over and over, you identify with the opinion of others; you carry a satchel of burdens of other people’s opinion on your back... Take off your “rucksack”, then who are you?

Having the passport, your “identity” forcefully removed...really highlights this issue, which turns into the question: In the world you are a number- within yourself: who are you?

In this case, this is compounded by the life of a travelling Swami.

For in her, the mind cannot hide quickly behind a family, place, home or nationality! We have been challenged to let go of our attachment to these by the great teachers over and over! But ask: where am I in the depth of my being with this?

This being is constantly moving, not just amongst places and people, but is itself “moving energy”. We hear it, we talk about it. Yes, we are ever-changing, ever- moving intelligent energy! Shiva and Shakti, Purusha and Prakriti together; that which is ever-changing and that which is not, together like a river!

The banks appear as if “relative steady”; within the water flows, ever new... yet ever “Water”!

We can give different names and shapes to the river, even to the water ...yet the water flows – both: constantly new....and yet always Water.

Water has no fixed shape, no form, no nationality, no identity other than “Being Water”; and ‘being Water’ it serves; from it life, forms take their nourishment.

Let the thief too, drink from the water; letting him quench his thirst is part of the WAY; is the DAO – is the Water-course-Way!

Live as Water, remember what you are, serve from that knowledge, become love - give to all fully, indiscriminately – then none needs to take!

Only A Life: A Journey to the Vashishta Cave

by Arlene Matthews

During a trip to SRSG in March 2011, I visited the Vashishta cave, a venue in the Himalayan foothills where yogis have sat in meditation for countless years. When I recently saw a photograph showing how ecstatic I looked when I emerged, I was inspired to write a brief recap of my experience inside.

First, I should say that I have a retinal condition, a symptom of which is that it takes my eyes quite a while to adjust to a dark space – so I did not think I would be so comfortable in a cave of all places! But once I became acclimated, I felt I never wanted to leave. I never smelled anything so sweet as the scent of the stone and earth in that cave. And I felt so warm – wrapped-in-a-blanket kind of warm – even though you would think a cave would be cold and dank.



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

After a while nearly everyone else in my group had left, and I found myself sitting in lotus pose on a rocky perch, breathing more deeply than I ever had before. It was the kind of breathing you always feel you are "supposed" to do in yoga, but never quite get. In truth, it wasn't like I was breathing at all, but rather as if I were "being breathed." It was utterly effortless. And on each inhalation and exhalation I internally heard the word "peace, peace, peace" – which, again, is something I sort of mouth at the start and end of yoga classes, in an obligatory way when the instructor says to do so, but never really experience.

After a while I felt as if the outside world was slipping away. I had this vague sense that I should probably get going, that my companions would be ready to get back on the bus that had brought us here. I had this thought that I should go and get back to my life, and then I heard that internal voice again. This time it said, very clearly, "It's only a life." Note the indirect article: "a" life. One of many, but none of them real...or at least not nearly as real as the timeless energy in that cave.

On the drive to Vashishta I had a number of moments on those crazy, twisty Himalayan roads where I thought, "Oh God, this is it, we're all going to die." But on the way back I was, briefly, fearless. For a while, "death" had no meaning for me. Only a life; only a death. None of it true. All a story we tell ourselves while, underneath, the heart cave breathes its eternal, brilliant breath.

It's hard to hold on to such moments, but I have noticed that back in what I (ironically) refer to as my "real" life, when I feel stressed about what is, in the grand scheme of things, some inconsequential nonsense, I remind myself: "It's only a life." I cannot tell you how much that helps.

Editor's Note

An initiate, Arlene Matthews is a writer and editor with a special interest in psychology, communications, and spirituality. She has authored and co-authored over 30 books, including *The Seven Keys to Calm*, *The Complete Idiots Guide to Beating Stress*, and *The Complete Idiots Guide to the Psychology of Happiness*.

John David Wilson composed three devotional poems on a pilgrimage to the mountains outside of Rishikesh, "*Vashishta's Cave*", "*Shiva Consciousness*" and "*Yajna*" We invite you to read John's poems at <http://www.ahymsin.org/docs2/News/0210/06.html>

A Walk in the Winter Dawn

by Joanne Sullivan



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The magic of winter in the foothills of the Himalayas is the flowers. They don't quit. The early morning chill is warmed by the rising light in the bougainvilleas that form protective arches, vaulted ceilings, their own Place where Man and God almost touch. The mist is the silent trumpet of a new day.

The chrysanthemums are bursting light and the fragrance of the honeysuckle sings away the winter chill. The tendril fingers of the hibiscus on the steps from the sadhaka cottages to the crystal Shiva lingam temple touch the akasha, the vastness of space from which all beings arise and to which they return. We remember the world in a bindu as it remembers us: That infinitesimally small dot—the gateway—at the center of every mandala, of every life and all of life, from which all worlds emerge and through which they withdraw. In the manasa puja, the internal meditation, the mental offering of a flower recalls this singular act.



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



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

What am I in the glory of nature but a part of the same one inhalation, the same exhalation that the whole earth stream breathes as one? What hand could bear to pick a flower, to try to own This, this magnificence?

I remember once in Honesdale when Swami Rama roamed those grounds, Dr. Arya took a small group on a nature walk through the splendid deer-filled woods, carpeted with neon-orange newts, whom scientists have studied for the way their pineal glands, not the eyes, perceive light. Humans also field light through the pineal gland in the crown of the head, a good reason not to wear a hat. I'm sure this is why Swami Nitya told me to take my wooly hat off in the bright winter sun one day when I really wasn't cold at all.



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



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

Getting back to that day in the woods, one member of the group kept tearing leaves off of bushes and then tearing them some more. It was not an intentionally cruel act. Rather, it was an unconscious violation. The boy had no clue that all of life was burgeoning in a leaf. How could anyone explain this to the innocent fellow? When Dr. Arya finally got back to his room, he wept.

For more about the flowers here, see:

Flowers of India Catalog at: <http://www.flowersofindia.in/catalog/himalayan.html>

Himalayan Flowers by Manuel Fernandes at: http://www.reocities.com/man_fern/flowers.html

(Pictures courtesy of Isaac Sullivan and Chia Yuan W of Taiwan)

A Himalayan Blueprint

by Joan Anundson-Ahr

Chicago and Midwestern area yoga enthusiasts were treated to a visit by Swami Veda Bharati at the eighth Himalayan Yoga and Meditation Teacher Association Retreat in Illinois. Swamiji very generously graced us with his presence on October 8th at Techny Towers Retreat Center.



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The theme for this year's retreat was "A Himalayan Blueprint for the Architecture of Your Life".

Swami Ma Radha got us started Friday evening, October 7th, with advice on making use of "Himalayan Architecture Tools for Self Transformation". She encouraged us to declare a timeline for personal short term goals. After the chosen timeline during which we have worked with a teacher, practiced and persisted in spite of difficulties, we can monitor our own improvement. We were reminded that a teacher's graces come when we have prepared ourselves.

We began our ashram experience weekend by rising early with prayers, asana and meditation. Swami Ma Radha continued with her theme by talking about “Tools, How to Let Go and Live”.

She quoted Swami Rama; “Attachments are the biggest obstacles to happiness”. We were challenged by her statement, “When I let go of who I think I am, I can become the person I might be”. She talked about the benefit of family happiness from the practice of a yogic lifestyle.

A presentation by Man Mohan Shukla was given on Saturday afternoon. He is a transformation coach who has written a book titled Transformation Through Yogic Consciousness. His presentation and his book combine his scientific profession with his background of growing up in the yogic tradition. His book is available on Amazon.com.

We took a break from being indoors to practice asana under a bright blue autumn sky, sheltered by big trees full of colorful changing leaves.



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



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

Gauri Jog brought her skilled Classical Indian Dance students to Techny for an afternoon recital. What a joyful way to celebrate the beauty of life!

Saturday evening many more yoga enthusiasts came to see Swami Veda. He brought us to that point of silence within us that allowed us to follow his guided meditation. He spoke of Taila Dhara-Vat, the visualization of the thin stream of oil as we breathe in meditation. He taught us to use “Hum, Om, Ksam” as we visualize a crystal flame or flower petal at the point between the eyebrows.

Swamiji encouraged us to visit AHYMSIN centers around the world and spoke of the need for volunteers to work on transcribing documents of his teachings.

Sunday morning we continued with the ashram schedule and concluded the weekend with a contemplative walking and problem solving meditation led by Swami Ma Radha. A gentle shower of cascading golden leaves surrounded her as she passed under a tree, blessed by another warm, blue sky autumn day.

Editor's Note:

The Himalayan Yoga and Meditation Center of Illinois in Palatine, Illinois, USA, is an AHYMSIN affiliated center. They offer programs that are designed to teach yoga to persons of all ages and physical abilities. We offer yoga and meditation instruction for both individuals and families and offer classes for beginners, intermediate and advanced students. Gentle yoga classes are also offered for physically challenged or mature adults with physical limitations. Personal consultation and instruction are also offered for individual needs and interests. They offer a teacher training program that is a certification program that meets all standards with Yoga Alliance and workshops on Yoga, Philosophy, and Lifestyle related topics. We invite you to visit their website at <http://www.hymcillinois.com/>

Pictures courtesy of Al Anile

February Retreat in Thailand

by Thaniya Kevalee

Himalayan Yoga and Mediation (Thailand) is pleased to invite you to

“Feel the love and wisdom of Himalayan Masters”

**Join a Spiritual Retreat with Swami Veda Bharati in a peaceful surrounding
Friday 3rd – Sunday 5th February 2012
at Rose Garden Riverside,
Km 32 Pet Kasem Road, Sampran, Nakhon Pathom, Thailand**

In addition to meditation sessions with Swami Veda Bharati, you would enjoy lectures on Philosophy of Hatha Yoga, Mantra Meditation and Guru-Disciple relationships from teachers from the Himalayan tradition, Ashutosh Sharma and Dr. Stephen (Stoma) Parker.

The course also includes various interesting activities; healing through sound vibration of Crystal Singing Bowl by Dr. Kampanart Buahombura, Kirtan – devotional singing by Teacher Lek Ekachai and lecture on Yoga as a tool for development of kids and youth by Teacher Kay Rosukon.

In a peaceful atmosphere of Rose Garden Riverside (Suan Sampran) at only Bt4,900/person (accommodation, 7 meals and seminar facilities). Special price of Bt2,000/person is also offered to and reserved for people with difficulties to meet the normal price.

Interested persons please write to svbretreat2012@gmail.com for more information and/or a registration form.

Only 80 seats available. Registration would take effect only after the registration officers have received the registration fees and send back the confirmation to you.

For the visitors from outside Thailand, you may need to arrive Bangkok by February 2 (Thursday) and stay one night here before moving to the retreat venue (Rose Garden Riverside) the next day. For those who can arrive on February 3rd in the morning and would like to go to the retreat site straight from the airport, we can arrange transportation pick up for you. The cost is around Bt1,500/sedan vehicle/single trip (3 persons maximum) or Bt1,950/van/single trip (6 persons maximum)

Note: Thai translation will be offered throughout the course

You will also meet with three exceptional guest speakers

Dr. Kampanart Buahombura

A master of Crystal Singing Bowl, the art and science of sound therapy and healing. As a president of Ban Thor Phan (house of weaving dreams), he has also devoted his life to helping the orphans and underprivileged children.

Ekachai Staporntonapat (Teacher Lek)

A young yoga teacher and healer, specializing in helping people with serious illness through a combination of various eastern medical approaches and yoga practices. He will lead us through a devotional singing session (Kirtan), a natural extension of yoga practice.

Rosukon San Juan (Teacher Kay)

One of a very few specialists in yoga for Kids and family. She is a true believer that yoga can help young kids to develop high quality emotions, attitudes and relationship with the society. She will share her direct experiences working with hundreds of kids through the art of yoga.

Program Schedules

Friday, 3rd February

8.45: Leaving the assembly point

10.00-11.30: Registration at Rose Garden Riverside

11.30-12.00: Orientation

12.00-13.30: Lunch (Vegetarian meal)

13.30-14.00: Break/Check in

14.00-16.00: How to sit and breathe correctly in meditation (**Ashutosh Sharma**)

16.00-16.30: Silence and individual reflection

16.30-18.30: Meditation with **Swami Veda Bharati**

18.30-19.30: Dinner (Vegetarian meal) - Eat in silence with awareness

19.30-20.00: Break (bathing)

20.00-22.00: Crystal Singing Bowl – healing through sound vibration (**Dr. Kampanart**)

22.00-22.15: Short meditation

Saturday 4th February

5.30-6.00: Wake up and personal businesses

6.00-8.15: Hatha Yoga, Yoga Nidra and Meditation (**Ashutosh Sharma, Sopa Tamachotipong**)

8.15-9.30: Breakfast (Vegetarian meal) – Eat in silence with awareness

9.30-10.00: Break

10.00-12.00: Subtle aspect of Philosophy of Hatha Yoga and importance of Breath Awareness (**Dr. Stephen Parker**)

12.00-13.30: Lunch (Vegetarian meal) – Eat in silence with awareness

13.30-14.00: Break or Digestive Breathing exercise (optional, **Sopa Tamachotipong**)

14.00-16.00: Mantra Meditation and sacred Guru-disciple Relationship (**Dr. Stephen Parker**)

16.00-17.00: Silence and individual reflection

17.00-19.00: Meditation with **Swami Veda Bharati**

19.00-20.00: Dinner (Vegetarian meal) - Eat in silence with awareness

20.00-20.30: Break (bathing)

20.30-22.00: Kirtan - devotional singing - natural extension of yoga practice (Teacher **Lek Ekachai**)

22.00-22.15: Short meditation

Sunday 5 th February

5.30-6.00: Wake up and personal businesses

6.00-8.15: Hatha Yoga, Yoga Nidra and Meditation (**Ashutosh Sharma, Sopa Tamachotipong**)

8.15-9.15: Breakfast (Vegetarian meal) – Eat in silence with awareness

9.15-9.45: Break (packing)

9.45-11.30: Yoga for the kids and families – building a strong foundation for younger generation
(Teacher **Kay Rosukon**)

11.30-12 .30:Q&A /closing sessions (**Dr. Stephen Parker/Ashutosh Sharma**)

12 .30-13.30: Lunch (Vegetarian meal)

14.00: Returning home safely

Divine Mother at SRSB

by Swami Veda

By the kindness of an anonymous donor, we are now in the process of establishing a shrine to the Divine Mother in our Swami Rama Sadhaka Grama. The shrine will be next to where the present crystal Shivalinga is luminously established.

1. In this shrine, a crystal Shri Yantra will be established on 31 March 2012 morning.
2. On 1st April 2012, the Lady of Compassion, a marble statue of the Divine Mother, will receive consecration, i.e. prana pratishtha.
3. From 1st April 2012 for 21 days, there will be akhanda paatha, 24 hour nonstop recitation of Lalita Sahasranama, thousand names of Mother Lalita.
4. From 2nd April to 8 April, there will also be Indian Yoga Meditation Training Retreat (Shivir). On 2 and 3 April, participants will be offered a choice of going into the mountains or experiencing silence and contemplation and the Shivir will begin on 4th evening. The Shivir is primarily for Indian initiates and friends.

If your participation in this programme does not conflict with your intention to participate in our 2013 programme, then you are invited and are most welcome to participate in this 2012 programme also.

Please let us know your wish to participate at ahymsin@gmail.com and sadhakagrama@gmail.com.

You may order Swami Veda's booklet on Shri Vidya by writing to ahymsinpublishers@gmail.com.

In Service of Gurudeva

Swami Veda Bharati

Swami Veda Bharati



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

[Shiva Linga Shrine on right](#)



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

[Future home for the Divine under construction](#)



[\(Click for larger photo\)](#)
[Crystal Shiva Linga](#)



[\(Click for larger photo\)](#)
[Crystal Shiva Linga \(front\)](#)

A Retreat to Re-Treat Yourself

(Solar Science with Pandit Dabral) November 10-13, 2011 Calgary, Alberta, Canada

submitted by Rose Reindl



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

We wish everyone could have experienced the three day retreat with Pandit Hari Shankar Dabral near Calgary on the November long weekend. As anyone who has had the good fortune of meeting Panditji can tell you, there truly are no words to describe how it is to be in his Presence, to learn from him and to enjoy his laughter, cheer and selfless ever-giving nature. Listening to Panditji sing mantras and prayers creates an inner joy beyond expression. So we wish you had been there yourselves since these words will not do justice to what was an inspiring, nourishing and beautiful retreat.

We can not wait for Panditji's next retreat being planned for April 2012. Be sure to mark your calendars!

The November retreat began with everyone gathering together for the Full Moon Meditation on Thursday evening. Friends from the city also came out to join us for a cozy evening of candlelight, prayers, and the deep meditation that comes with Full Moon.

We began each of the next three mornings of the retreat with meditation, prayers and gentle hatha. The hatha was undertaken mindfully with breath awareness, invoking energy and

pranas. Under the skilled guidance of Panditji, we felt energized and fully awake by practicing the gentle movements of Swami Rama's "Exercises for Joints and Glands".



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

After breakfast we met again for 2-3 hours of teachings in the vast and mysterious philosophy and practices of Solar Science. Many yoga practitioners are familiar with Surya Namaskara (Sun Salutations) as a series of twelve yoga postures linked together in a vinyasa. Panditji showed us the many ways Surya Namaskara is much more than a physical practice. A different kind of energy is created when we invoke the sun at the beginning of the practice and then recite the mantras as we move through the poses. By moving mindfully with breath, mantra and a concentration at the solar plexus, *Surya Namaskara* takes on a whole new meaning.

Approaching our yoga as spiritual practice with conscious awareness of the Sun within invokes a sacredness that creates a unique and beautiful experience.



After the morning session, a delicious lunch awaited us followed by a couple of hours to ourselves: to nap, walk along the river, visit with new friends, contemplate, journal or meditate. Later in the afternoon, we met again for more practices including Surya Namaskara with seed mantras, Agni Sara and recitations of Gayatri Mantra - learning even more about the subtleties and philosophy behind these intriguing Solar Science practices. The afternoon session was followed by chai and cookies, the inspiration of Satsang and then yet another delicious *sattvic* meal prepared lovingly by our professional and very skilled cook, Sat Pal Maharaj (Darshan Lal).

The last day of the retreat was also the 15th anniversary of Shri Swami Rama's *mahasamadhi* - the day he consciously left his body at HIHT in India, November 13, 1996 at 11:08pm. On that special Sunday, we met



for morning meditation, prayers and hatha once again. Panditji also gave a beautiful tribute to Swamiji: reminding us of the great privilege of being part of this Living Tradition that dates back over 5000 years, passed on from teacher to disciple for millenium. Also reminding us of the selfless work and determination of Shri Swami Rama of the Himalayas, the one who brought these teachings to the West and did so much for humanity. We feel forever grateful for the transformations Swamiji has inspired in countless students thereby creating more and more people to serve humanity in selfless ways, guided by the wisdom and blessings of the Himalayan saints and sages. With tremendous reverence and gratitude, we humbly bow to Shri Swami Rama.



Science Retreat with Pandit Dabral

Many of us did not want to go home on Sunday, wishing we could stay basking in the Light and Joy of our teacher, the teachings and like-minded friends. We all feel very grateful to have such an Amazing Teacher and Great Soul as Panditji living here in Calgary, for his kindness and generous offering of Swami Rama's teachings, and for the Yoga Family he has created that will remain eternally connected by the beautiful and sacred Himalayan Tradition.

Panditji Dabral



*A few of our
Calgary Yoga
Family
walking to
class
November
2011 Solar*

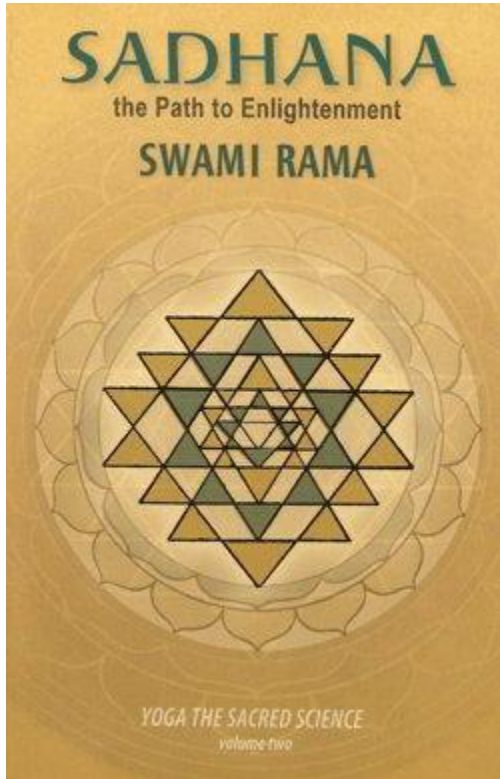
Hari Om!

Editor's Note

For more about events with Pandit Hari Shankar Dabral and for more about the center in Calgary, Canada, please visit the website at <http://himalayanmeditation.com/>

New Swami Rama Book

SADHANA, the Path to Enlightenment Yoga the Sacred Science, Volume 2



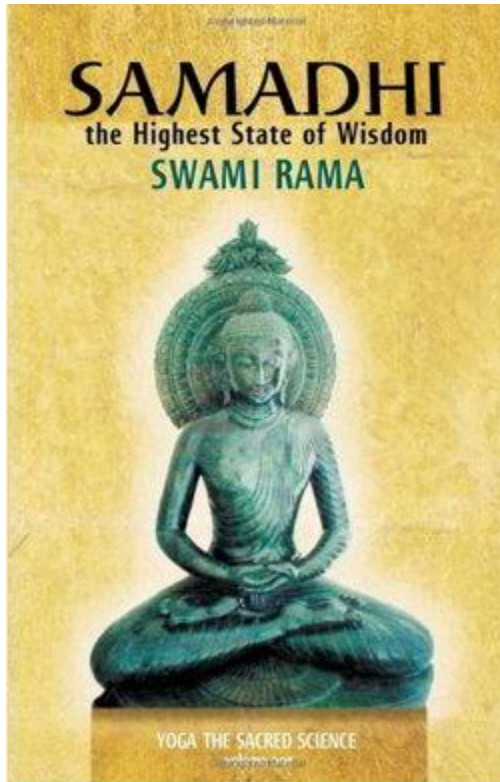
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"All sadhana is meant to purify the mind and make the mind one-pointed and inward so it can be directed toward the center of consciousness within the inner chamber of your being. Physical growth is in the hands of nature; mental growth and spiritual growth are in your hands. The second chapter of the Yoga Sutras is completely devoted to sadhana and is replete with methods of practice to help you improve yourself by learning to control your mind and its modifications. Then, you can attain a state of samadhi and realize the Self within." - Swami Rama

Sadhana: The Path to Enlightenment, Yoga and the Sacred Science Vol 2, by Swami Rama has just been published by HIHT press and is now available from [The Meditation Center](#) online bookstore, which ships nationally and internationally. [Lotus Press](#) is a distributor for HIHT Publications. Also, please see [Amazon](#). This book is also available in Kindle at Amazon. In India, inquire at [AHYMSIN Publishers](#). In Europe, inquire at [YogaInEurope.eu](#).

“The focus of the second volume of Yoga the Sacred Science is sadhana, spiritual practice. In this volume Swami Rama reminds us that we are here in this world because we have a purpose to

fulfill. That purpose is enlightenment, a state of awareness of the Self, the one Absolute beneath all forms and names. The height of enlightenment is the realization that God is within. The path to enlightenment is sadhana. Based on personal experience, Swami Rama leads us through a systematic step-by-step description of how to tread the path to enlightenment. True sadhana is a silent experience.” – Lotus Press



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You can also buy *Samadhi: the Highest State of Wisdom, Yoga the Sacred Science, Vol 1*, at the places mentioned above.

"The day that you attain a state of samadhi, not only will you stop identifying yourself with the objects of the world, but you will be established in your essential nature. You will become yogi. Your mind, actions, and speech will be guided by pure consciousness and you will no longer commit mistakes. You will not hurt, harm or injure anyone in any way. You will become more creative, dynamic, and selfless, and you will understand the meaning of life. Once you have attained the highest state of tranquility you will not be affected within by worldly turmoil and worldly situations." – Swami Rama

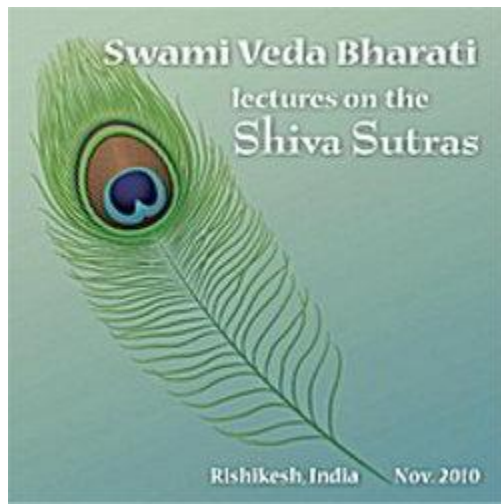
Lotus Press writes: The contents of the first volume of *Yoga the Sacred Science* have been taken from Swami Rama's lecture courses on the *Yoga Sutras*. Swamiji states that Patanjali's *Yoga Sutras* are the basis of ancient psychology. The explanations in this book include many practical

pointers on how we can work with the mind in daily life, as well as study and direct the mind when in quieter states of meditation. Swamiji's description of the totality of the mind, the functions of the mind, and the emotions, goes far beyond the concepts of modern psychology, and provides insight into the intricacies of yoga psychology, making this an invaluable edition from the therapeutic viewpoint as well as its practicality as a guide for living a healthy, balanced life.

Swami Veda often asks if people know about the publishing work that is being done through the Himalayan Institute Hospital Trust. The preparation of Swami Rama's unpublished writings and lectures for publication and audio recordings for public release is among the priorities of Swami Rama Centre. These are priceless resources to serious sadhakas. HIHT publications of Swami Rama books and audio cassettes are available by mail order through Swami Rama Centre. They have books in English, Hindi, and Spanish. Please visit [Swami Rama Centre Publications](#). For wholesale inquiries and general information about book availability in North America and Europe contact [Lotus Press](#).

Download the Shiva Sutras Series!

by Wesley Van Linda



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Ahyma Publishers has made the Shiva Sutras series of lectures available on CD Baby. The 22 lectures are available in 2 volumes @ \$39.99 for each volume.

Here is a link to Swami Veda's page on CD Baby:
<http://www.cdbaby.com/Artist/SwamiVedaBharati>

The Children Are Here !

by Carolyn Hume

Wonderful laughter and play of children, youth, and families fills Swami Rama Sadhaka Grama as we come together in one global family during the Yoga Youth and Children's Retreat. The busy days are filled with sharing, learning, playing, serving, and laughing...and also the fullness of silence.

The Opening Ceremony delighted young and old. Flower petals showered us as our hearts overflowed with love...love that continues to flow through the unfolding events.

After a short silent meditation, Guru puja and the singing of ashram children marked the official beginnings.

Swami Veda gifted each of us with Verse 13 of the Su-baala Upanishad, Upanishad of the Beautiful Child: "baalyena tishthaased baala-sva-bhaavah

Seek to remain in childhood, With child nature through whole life."

Noting his age and the ages of the senior teachers, Swamiji spoke about the multi-generational families in our tradition and the future represented in the young. He remarked that Swami Rama Sadhaka Grama is a village of spiritual seekers.

Bhagabandev brought students from the Orissa Nav Prabhat Ashram, who had composed a song, which they sang and also translated into English for us.

So pleasureable too – the sewa of sadhakas working together and so creatively too.

Lela Pierce has worked on organizing this event for over three years, and Nalini Behari has been active in this effort for over a year. Carolyn Hodges, also part of the organizing committee, gave a brief outline of the program and introduced the many volunteer teachers.

What a rich and joyful time this is for everyone here! A time made more full with the realization that this richness and joy is not confined to SRSG.

Photos by Michelle, Stoma, Stephan



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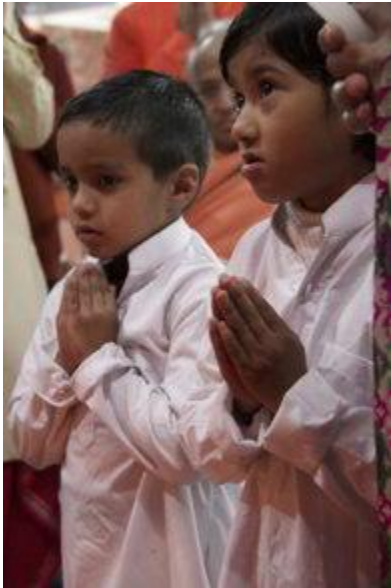
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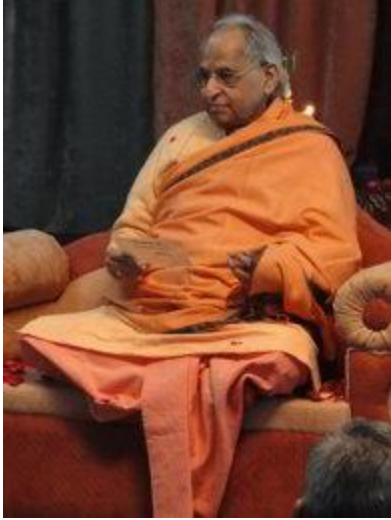
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