

AHYMSIN

Association of Himalayan Yoga Meditation Societies
International



Dear AHYMSIN Newsletter Readers,

Namaste

[Please click here for your AHYMSIN October 2010 Newsletter.](#)

The topics of the month are:

1. [Dive into the Depths of Your True Nature — Swami Veda](#)
2. [Yoga Nidra Conference \(Feb-Mar 2011\)](#)
3. [SRSG Outreach](#)
4. [Summer 2010 Satsangs](#)
5. [Stoma in Lithuania](#)
6. [Canadian Visitors](#)
7. [Upcoming Worldwide Events in Asia, Europe and North America](#)
8. [Full Moon Meditation Dates](#)
9. [Location of SRSG on the Globe](#)

We hope you enjoy this month's edition.

Yours in service,
AHYMSIN Office

[To Subscribe Ahymsin Newsletter Click here](#)

HIMALAYAN TRADITION OF YOGA MEDITATION

Dive into the Depths of Your True Nature

“Svabhava and Svarupa”

A Satsang with Swami Veda, 05/06/2010, Singapore



We have made our mind a place of noise. Whenever we do something that is not natural to us, we are unhappy. When we are unhappy we should know that the unhappiness is a symptom of something we are doing that is not natural to us. Therefore, whenever we are unhappy we should dive into ourselves and discover, search and find, what is natural to us; what is not in our temporary nature. That which is not nature, which is habit. We must learn to distinguish between our nature and our artificially cultivated and formed habits.

Our true nature is beyond those habits. That we like something is a habit. That we dislike something is a habit. Habits change. Same things we liked once, we begin to dislike later. Something we dislike at first, we begin to like later. That shows that we are capable of changing our habits and we change our habits all the time.

I pause so that you can think over it, contemplate and look at yourself in the light of what I have said.

(Pause)

What I am referring to as our nature is something far below our habits, our habit-forming patterns. Not of the samskaras, the imprints we gathered from many lifetimes and this life.

Often when we make a statement and say, “This is the way I am,” whether we say it to others or we say it to ourselves, we reinforce thereby what we think we are. Actually, in those instances what we are referring to is not our nature but our conscious and unconscious habits. Our likes, dislikes, preferences, attractions, aversions, fear about something, anxiety about something, intense desire for some things. These are all mental habit patterns we have formed.

These are temporary. Some of these may last us a lifetime but they are still temporary. We may change them, we may not change them. They are still temporary.

When I refer to nature, I refer to that which is an intrinsic part of our being; which is perennial, eternal, from beginning-less times to endless times. That nature, being intrinsic, is not alterable. It is not mutable. It is forever that; it is our very being.

The meditator meditates to dive through the surface habits, to the depth where our nature, our Svabhava and Svarupa lie hidden.

In our philosophy we use these two words frequently. Svabhava – our own being. Our own intrinsic permanence of nature. Our own aspect that is not of learnt behavior. It simply “Is” and through that I simply “Am.” Svabhava, one's own very being which is the word we use in our philosophy for nature. Our nature. The perennial nature which is ever sacred, satvic, serene, of true silence.

The other word which is often used in our philosophy is Svarupa. The word rupa means form, configuration. Form - like that of a body; configuration – like that of a face.

But we are also told that the consciousness principle - Purusha, Atman, the Self - that some prefer to translate as the very soul of our being, is arupa – formless. Then how can this arupa being formless, in the same philosophy, have a Svarupa, its own form? Here we are taught in the philosophy, that therefore Atman, the spiritual self, being Arupa, formless, is a Svarupa, its own form.

In Vedanta, they speak of Brahman, the Absolute Reality as:

Sat - total, pure, perennial, eternal, absolute existence, being;

Chit – Consciousness, which has no antonym, no opposite in the Unconscious because it is total, pure, absolute, eternal, complete in itself, perfect;

Ananda – joy, bliss, which is not part of the duality of pain and pleasure, not a pleasure for which an opposite pain exists, but total, pure, the absolute, eternal.

Sat, Chit, Ananda.

So the great Shankaracharya asked a question. "We are repeatedly told that Brahman, the transcendent absolute, is Nirguna, beyond conditions, beyond qualities, beyond attributes. That being the case, are you not imposing the concept of attributes - Sat, Chit, Ananda, upon Brahman, the transcendent absolute?"

The answer given is that these are not conditions, qualities, attributes, gunas, being imposed upon the nirguna – Brahman. These are the very Svabhava and Svarupa of Brahman. The very being, the very nature, what you would call the very form, the very existence that is the nature of Brahman, Atman.

This ever-pure Nityashuddha; ever-wise, ever-enlightened Nityabuddha; ever-free, ever-liberated Nityamukta; ever-pure, ever-free, ever-wise and enlightened, ever-liberated, by nature – Svabhava.

Nitya, Shuddha, Buddha, Mukta, Svabhava.

Such a one becomes Jivatman, giving life to buddhi, mind, prana, and physical body. We begin to attribute the gunas, the qualities, conditions, attributes of the physical body, of prana, mind and Buddhi; we begin to attribute their conditions, qualities, attributes - to this Atman - becomes Jivatman, our individuated soul. But it never truly loses its nature.

Whatever we think we are at the moment and whatever terms we identify ourselves to the identification principle, Ahamkara. That kind of “we” lost in the maze, the tangled vines of the jungle of conditions of qualities, of attributes, of non-perennial temporary time-bound, space-bound, causation-enslaved habit patterns. This kind of “we.” Learn to dive into the depths of our true nature.

We call that meditation. We call that practicing stillness. We call that the practice of silence.

Through the interstices, in the tangles of our noises, we sometimes enter moments of silence. For that silence we sleep but in that sleep you are not aware of that silence. That silence which is not an emptiness, not an absence of noise alone but a stream of the serene silence that is a completeness, a fullness of Sat, Chit, Ananda; our very Svabhava and Svarupa.

Sat, chit, ananda – their plenitude, bhuma; their fullness, completeness, purnatvam. Total and perennial self-pacification – Shamau – expressed by the bija mantra, seed mantra – Om Sham. We learn to dive into that sea of silence that is our nature - Svabhava, Svarupa.

It is not of forming a new habit pattern. It is of eliminating, erasing, deleting, the time-bound, the space-bound; the time-bound, the space-bound, the causation-enslaved habit patterns. For someone who has rediscovered, who has re-discovered his once atman’s nitya, shuddha, buddha, mukta, svabhava; who has reawakened, re-awakened to his once Atman’s sat, chit, ananda’s, Svarupa. He thereby knows that the ever-disturbing noises of

the surface mind, are not his own. They are of the superimpositions of what is our non-nature. Knowing this he dwells ever in silence, even while teaching, singing, dancing, letting the senses do their duties. But he remains a non-doer, an absolutely still point in the centre of all riotous commotions.

When you will walk the world with this awareness of your Svabhava and Svarupa, these habit patterns, these noises of the mind, these riotous commotions around you, will no longer be your masters. They will become your instruments, wield your servants to command. And you - the transcendent, the absolute.

Go into that silence for now.(Silence)

Om Sham.

Thank you all

Personal Reflection of Semi-Silence



Two weeks ago in Singapore, Yoong and Atem had organized a Semi-Silence session with SVB (Swami Veda Bharati) at the Oasis Yoga Studio. The session was intended for a small group of selected people who are mostly initiates and thus are already very familiar with the practice and philosophy of the Himalayan Tradition. During the whole session (lasting about 1.5 hours), we remained in deep meditation. The session started with a wonderful guided relaxation from Yoong. It was so peaceful that I wasn't aware of when SVB had arrived and taken the session over from Yoong; there was no interruption at all. Without breaking our meditation, SVB (he himself was in a deep state of meditation) gently guided us with his words of intuitive wisdom; this helped us to go even deeper into our center of consciousness. I felt like I was living safely with divine mother in SVB's presence; there were no fears, no anxiety and even though I was unable to stop the flows of thought in my mind, they did not produce an impact on my mind but were as if they were some incidents happening far away from my attention. After he ended the session, there was no further lecture; he just left us in that state of mind. The positive impact for me still lasts, although I still notice my own weaknesses and shortcomings in my handling of external situations.

— *Submitted by Thaniya Kevalee*

Yoga Nidra Conference 2011

Yoga Nidra conference dates:

- 24th Feb. to 2nd March, **Intensive Yoga Nidra Practicum**
- 2nd March, **Shivaratri**
- 3rd – 6th March, **Yoga Nidra Conference with Swami Veda and Others**
- 7th - 14th March, **Assimilating the Experience** (teacher training and certification track)

Please see [this article on the conference](#) for additional information, recommended readings and practices, and for details on registering and reserving space at the ashram.

[Additional Readings](#)

[Index of articles](#)

Books

OM the Eternal Witness: Secrets of the Mandukya Upanishad
Swami Rama

Available: (1) [HIHT Press](#) (India), (2) The [Meditation Center Bookstore](#) (USA, International), or (3) [Yoga in Europe's](#) store (Europe, etc).

The Upanishads are called shruti, revelations. Mandukya Upanishad, though the shortest of all Upanishads, is a most revered, profound Upanishad that teaches us how to know four states of consciousness: the waking, dreaming and sleeping states, and turiya, the fourth state, beyond the first three. In this Upanishad, there is a unique combination of psychology and profound philosophy; a clear exposition and understanding of the four states of consciousness.

ISBN 978-81-88157-43-3, paperback, 202 pages

This book is **required reading** for the Yoga Nidra certification track, recommend for all others.

Practices

Details for downloading the OmKriya practice from the "Om" book will be provided when you register for the conference.

[Register for conference here.](#)

Divya Prem Sewa Mission Project

A new Sewa Project was started by sadhakas at SRSG on 3th August 2010. The project enjoyed the support of Mr. Rajah Indran (Ahymisin Global Executive Director) and Ms Jackie Hsu.

There is a residential school named **Vande Mataram Kunja**, located in Ganga Bhog Pur Village, about 6km from SRSG. At the school there are 200 children, ages 5-16. Their families are very poor and some are affected by the disease of leprosy. The children come from thirteen different states in India. They are looked after by the Divya Prem Sewa Mission.

A group of ashramites went there and organized a satsang. Brahmachari Sukru Chaitanya delivered a small inspirational talk to the small children. Geeta and Swami Sukhmit sang bhajan and kirtan, making a spiritual and joyful atmosphere. All the children were very happy with this concert.

After the Satsang, the sadhakas served prasadam to all. We donated a bhati (gas stove) which is very much needed by them.

The inspiration and support of our Guru lineage guided us and strengthened us along this path.

— Submitted by Adhikari Bhoi and Br.Sukru Chaitanya

(Click image for a larger picture)



Summer of Satsang 2010

Events sponsored by our International AHYMSIN Family

June 2010

In June, Singapore hosted New Minds for a New Economy: shifting from Recovery to Renewal by Himalayan Master Swami Veda Bharati. [Article here](#)

Courtesy of Christina Nobile and Randall Krause, the report on the June European Retreat of the Himalayan Tradition of Yoga and Meditation with Swami Veda, Swami Ritavan, and Swami Nityamuktananda, which was organized and hosted by Himalayan Institute Italia: [Article here](#)... Christina sent the report (I think you will enjoy it – I did), and Randall put it on Google docs so that it can be seen as submitted.

Christina Nobile and Debora Ghiraldelli of the [Himalayan Yoga Institute-Italia](#) organized the European Retreat of the Himalayan Tradition of Yoga held 27 - 30 June 2010 at La Verna, Italy.

This video taken at the event was uploaded to YouTube by Daniele Belloni (<http://www.spazioshanti.com/>). It is in [English with Italian Translation](#).

July 2010

July in Toronto, Canada, Swamiji lectured on “Is Yoga a Religion?, The Relevance of Eastern Philosophy to Modern Minds, and What is right with the World - The Human Urge for Peace” as part of a large event, the Inspire 2010 – Dharma Convention co-chaired by Chander Khanna, Executive Director, Himalayan Yoga & Meditation Society of Ontario. You can read more about this event and other things at the newsletter published by Dan Prideaux at <http://www.swamiveda.org/html/newsletter.html>

Swamiji urges use to subscribe to newsletters within the AHYMSIN family, such as the one published by Dan.

There was a Satsang with Swamiji in Princeton, NJ, USA, on 22 July.

Stoma in Lithuania, July 26-30

See separate article [in this newsletter](#)

2010 Himalayan Yoga Meditation Conference

[The Meditation Center](#) hosted the 2010 Himalayan Yoga Meditation Congress in Minnesota, USA, with many events. [Full details here](#).

August

Here is a transcript of “[Signs of Meditative Progress](#)” a talk given by Swami Veda at the University of Minnesota, USA, on 4 August 2010.

There were 2 live internet broadcasts from Minneapolis this summer. We hope that some of you were able to listen to them. Here is a report on the first one, which was on [Guru Purnima 2010](#) For Guru Purnima at SRSG, please read the newsletter at www.swamiveda.org

Swami Veda's Video Club: http://www.swamiveda.org/html/video_members.html

Recently Swami Nityamuktananda Saraswati made a radio appearance. You can listen to the archived interview from the [Raising the Consciousness website](#).

Dan Prideaux has put together a site <http://www.himalayanmasters.com/> Currently, it has these videos which people can watch online just by visiting the website, and more are being added:

- Swami Nitya & Khandro-li Discussion
- Gyuto Wheel Of Dharma Lecture by Swami Veda (a short clip from a larger lecture)
- Save The Planet Video by Swami Nitya
- Death and Dying in Eastern Traditions
- What Is Atman? with Swami Veda • New Video Direct From India – “Sangha”



Tinyu Chen reported: “AHYMSIN-Taiwan assembled the members for electing the directors, who then elected a new president. The meeting was set on August 14th and went well. Tinyu Chen is now elected as the President of the Association and Shihong is elected as the Vice-President. We also elected seven new directors to the board.”

(Click on photo for larger version)

Trinidad

Trinidad hosted 2 weeks of Yoga Camp in July. The first was for ages 3 to 15 years old, and the second had participants ages 3 to 65. (See photo to right)

Project Neem Plantation

Project Neem Plantation has been undertaken by Himalayan Yoga Meditation Association, Ludhiana as humble service and thanksgiving to Mother Earth. Neem is selected for its varied health benefits. The Association aims to develop an exclusive Neem Nursery so as to make its plantation, a regular feature. Please visit their [Facebook page](#).



7th Himalayan Yoga & Meditation Teacher Association Retreat

The 7th Himalayan Yoga & Meditation Teacher Association Retreat was held the 20th – 22nd August 2010 in Techny, Illinois, USA. “Immerse Yourself in the Himalayan Tradition with Swami Veda, Ma Radha, and Gary Gran”. See more [about this event](#) here.

— submitted by Carolyn Hume

Himalayan Tradition Retreat in Lithuania and Hungary

Stoma (Dr. Stephen Parker) visited the Soham Yoga Camp in Dzukijos National Park in Lithuania, July 26-30, 2010. He was asked to give some talks about the Himalayan Tradition based on one person from that Center having visited SRSG in January 2010.

Report from Lithuania



This was even more lovely than I had hoped. Among the campers there was a real sense of family and perhaps 1/3 of the people there were kids. The camp sits beside a large lake where we swam every morning before dawn in the misty waters. In the afternoon they sat me down under a tree on a slope above the lake. I gave talks on "An Introduction to the Himalayan Tradition," "Subtleties and Breath, Prana and Pranayama," and "Vedanta Sadhana and Psychology." The talks seemed well received.

The family feeling was so strong that while I had not intended to talk about mantra initiation on the first visit there, there was a strong inner urge to do so. Sixteen people decided they wanted initiations, so the next day was a long one. With a lot of help from Darius Plikynas, who invited me to Lithuania on behalf of the Soham Center, and Rokas Zemkauskas and Kristijanos Paskevicius, a couple of 15 year olds who were very eager to help, we managed to get everyone initiated before I left.

In addition to the usual lectures, asana classes and satsanga sessions, there was a talent show and a folk music concert. At the end of the concert, near dusk, people wanted to keep singing and so they formed a circle and began to sing traditional rounds addressed to the setting sun, doing a slow shuffling dance step as they sang. I was talking to several people when suddenly someone grabbed my arm and pulled me into the center of two circles moving in opposite directions singing these beautiful rounds. They sang with such love that I was (almost) speechless. I felt as if I stood in the heart of Lithuania.

Report from Hungary

Swami Veda gave a three day seminar on the Yoga Sutras for a large audience as he has done in several previous years. There were 263 in attendance. The lecture duties were shared by Swami Ritavan Bharati and Stoma (Stephen Parker), and asanas were taught by Ashutosh Sharma.

During the lectures, the Hungarian students would bring their children for a blessing and many received an initiation as well, right on stage! After the seminar, about 40 initiations were given. Swami Ritavan, Stoma and Ashutosh then conducted final practical examinations for the Hungarian Teacher Training Program, completing 12 exams in two (long) days at the Budapest Himalayan Yoga Center. <http://www.himalayan yoga.hu/>

Silence Retreat at Lake Balaton

On July 10th Swami Ritavan, Stoma and Ashu headed off to Lake Balaton for a seven day silence retreat with the Hungarian students. For photos of Swami Veda in Budapest 2010, please visit

<http://www.flickr.com/photos/37736500@N02/sets/72157624450753302/>

Canadian Students “Lived Traditions of India”

SRSB recently hosted a Canadian group from the Department of Religious Studies, University of Waterloo (located near Toronto). The group of 12 students, Professor Doris Jakobsh and her graduate student assistant, Asma, spent ten days at the ashram as part of a three month study adventure in India. The course, developed by Dr. Jakobsh, is titled “Lived Traditions of India.” The students will experience first-hand the living religious traditions of India while completing their coursework at the same time.

While at SRSB, the group learned about the Himalayan Yoga Tradition and the basics of relaxation, sitting, hatha and meditation. They were able to experience the ashram lifestyle and use the ashram as a base for exploring the surrounding area.

For an enjoyable read and to learn more about UW-India-2010 Happenings, check out their blog at www.uwindia2010.wordpress.com.

(Click on photo for a larger version)



Upcoming Events

2010 Upcoming Events

2nd – 9th October, Rancho La Puerto, Mexico

Swami Veda Bharati, “**What is Right with the World?**” With Linda Johnsen, Mehrad Nazari, Ph.D., Michele Hebert, Ragani and Dale Buegle, M.D. For Information and Reservation Please call: 1-800-443-7565 [Contact Form](#)

9th October, La Jolla, CA

Swami Veda Bharati, “**What is Right with the Mind and the World?**” La Jolla Yoga Center, La Jolla, CA, USA <http://www.lajollayogacenter.com/events-1010swamivedabharati.html>

14th October, Pacific Grove, CA

Satsang with Swami Veda for “Himalayan Yoga Day” Asilomar Conference Grounds, Pacific Grove, CA, USA <http://www.ahymsin.org/main/index.php/North-America-Events/himalayan-yoga-day-14-october-2010-in-california.html>

16th – 23rd October, Holland

European Silence Retreat and Teacher Training: “THE INNER TEACHER: Transitions & Transformations” Full retreat 16 – 21 October Weekend Retreat 16, 17, 18 October Midweek 18 – 21 October

Special Practices Teacher Training Days: “Working with The Inner Teacher; Elements of Teaching” 21, 22, 23 October Guided by: Swami Ritavan Bharati, Swami Nityamuktananda, Dr. Stephen (Stoma) Parker, Ashutosh Sharma [Click for full information](#). Please visit us at: www.yogaineurope.eu, www.swamiveda.org, www.bindu.org, www.himalayanyogatradition.com

5th November – 31st May 2011, SRSG, Swami Veda in Residence

Swami Veda in residence at Swami Rama Sadhaka Grama, Rishikesh, India, except for short absences for conferences within India. Contact: Ahymsin@gmail.com

2011 Upcoming Events

21st – 23rd January Narita, Tokyo, Japan

“**Joyful Living with Yoga Retreat**” with Swami Veda Bharati and Swami Nityamuktananda Saraswati. Sponsored by AHYMS (Himalayan Yoga Meditation Societies) Tokyo and AHYMSIN-Asia Contact: Fuku Iida, spacebe29@gmail.com

24th Feb – 14th March SRSG, Yoga Nidra Intensive

- 24th Feb. to 2nd March, **Intensive Yoga Nidra Practicum**
- 2nd March, **Shivaratri**
- 3rd – 6th March, Yoga Nidra **Conference with Swami Veda and Others**
- 7th - 14th March, **Assimilating the Experience** (teacher training and certification track)

(Note: this is a brief summary. Please see full description at [main article](#))

16th – 30th July, University of St. Thomas, St. Paul, MN

600 Hour HYT Teacher Training Retreat. Level I, II, and III, also Prana Vidya I and II:

Level II & III Prerequisites: Completing the required home study assignments and receiving mentor and/or faculty approval. <http://www.himalayanyogatradiation.com/>

22nd – 31st Dec, Yoga Youth and Children's Retreat

2011, Swami Rama Sadhaka Grama, Rishikesh. “So that the Grace and the practices and teachings of meditation in our lineage may continue into next generations and meditation may become a family-centered experience.” Please visit [article on Swami Veda's upcoming Yoga Youth and Children's Retreat](#)

Announcements

AHYMSIN now has a Facebook Page. If you are on Facebook, we invite you and others in the AHYMSIN family to join: [AHYMSIN Facebook Group](#). This comes with good wishes to you all.

Send in your news !

We hope that you share the news of what is happening in your centers with ahymsin@gmail.com so that the news can be shared with the larger global family, so we can learn more about one another and so we can strengthen one another in sadhana, becoming a true “sangha”.

Full Moon Meditation Dates

2010	JAN 30	FEB 28	MAR 29	APRIL 28	MAY 27	JUNE 26
	JULY 26	AUG 24	SEPT 23	OCT 23	NOV 21	DEC 21
2011	JAN 19	FEB 18	MAR 19	APR 17	MAY 17	JUNE 15
	JUL 15	AUG 13	SEPT 12	OCT 11	NOV 10	DEC 10

For more details please visit : www.globalmeditations.org , www.swamiveda.org , www.ahymsin.org , www.bindu.org , www.yogaineurope.eu , www.themeditationcenter.org etc.

TIMINGS:

- 7 AM in India (IST), surrounding countries adjust the time accordingly, for example Iran is 5 AM.
- 8 PM in East Asia, 8 PM Singapore time. Australia, China, Hong Kong, Indonesia, Japan, Korea, Malaysia, Taiwan, Thailand etc. adjust their times to coincide with Singapore time 8 PM.
- 8 PM in U.K. (Greenwich Mean Time). Those in all European, and all African time zones, please adjust your sitting time to coincide with 8 PM United Kingdom (GMT).
- 10 PM in New York. Surrounding countries and regions of South, Central and North America and the Caribbean to match their time to 10 PM New York time.

WHEN IS THE FULL MOON ?

The dates of the Full Moon Meditations are announced after our Ashram Pandits have worked out the exact hours and minutes of the full moon each month. The hours of the full moon span two calendar days in western time. By Swami Veda's request, the date with the most full moon hours is chosen for the Full Moon Meditation.

Location of Swami Rama Sadhaka Grama on the Globe

Below image shows the location of Swami Rama Sadhka Grama (SRSG) on the globe. Also visit this link to know the exact location of Swami Rama Sadhaka Grama (SRSG) in the world

<http://maps.google.co.in/maps?q=Swami+Rama+Sadhaka+Grama&oe=utf-8&client=firefox-a&ie=UTF-8&hl=en&mid=1237030782>



[To Subscribe Ahymisin Newsletter Click here](#)