

One Must Run One's Life by a Spiritual Plan

by Swami Veda Bharati

Silence Announcement

Dear Initiates in Gurudeva,

May the Guru Lineage continue to bless you.

One must run one's life by a spiritual plan. I have attempted to do so, with some failures, throughout this life. Now, after 63 years (at age 78) of continuous traveling and teaching (which will be 65 years in 2013), it is time to move on to the next rung. I need to

- Complete the sadhana of my meditation in its next level
- Heal my currently ailing body so it may continue to serve, and
- To bring the teaching to a higher level.

For these purposes I need to go into a prolonged period of silence. From March 10th 2013 I will undertake a five year period of silence (may be ten!).

The teaching will continue

- Through other highly qualified teachers both at Sadhaka Grama in Rishikesh, and in all parts of the world,
- Through many writings and recordings of Gurudeva and of this self, and
- Through yourself coming and sitting in the experience of silence with this disciple of the Guru.

An aspiring yogi's true teaching begins when s/he takes to silence.

Just before starting the five-year silence, there will be few weeks of intensive teaching at the Ashram. It will be followed by 9 days of silence for all, who will be at the Ashram, from March 10th to 19th.

Please make your plans from now and do confirm your participation.

These kinds of decisions are not made in a vacuum. These are parts of the traditions of the yogi Lineages.

Also, please see a little, for the first time, about my own physical family's inheritance. It will explain many things to you about the steps I am taking.

Yours in service of Gurudeva

Swami Veda Bharati

Ed. note: You can download a copy of Swami Veda's invitation to the “2013 All Teachers and Sangha Gathering” at <http://www.ahymsin.org/docs2/News/11Jan/2013AllTeachersandSanghaGatheringInvitation.pdf>



Swami Veda Visits Taiwan

January 2011

Swamiji's lectures in Taiwan, “*Joy Yoga: Resolving the Challenges of Your Life*”, were as always, a huge success. The two lectures received altogether around 800 people, with near 300 people in Kaohsiung and near 500 in Taipei. Almost half of the participants were new faces; they were either introduced by friends or were attracted by the event announcement in the book *Joy Yoga*. The lectures were conducted in English and were interpreted by Shi Hong.

In Kaohsiung, Swamiji renamed the lecture to “Become a Bodhisattva” and shared with participants the mantra “Smera-smera-stimita”-- Smiling, smiling, serene and stilled !” Many participants said that they were so touched by Swamiji’s wisdom and selfless love. They stood in a long queue to receive Swamiji’s blessing and we almost missed the last high speed train to back Taipei.

In Taipei, Swamiji renamed the lecture to “You Are a Bodhisattva” to encourage people having ambition towards the path of Bodhisattva. We received so much good feedback from old and new friends; some even said this lecture instantly changed their mind.



AHYMSIN Taiwan prepared prayers CDs, booklets, and Swamiji's mudra photo card for the participants. As the prayers CD were played before the lectures, the CD was the most popular item. Many people enquired about the prayer times at the ashram, expressing interest in visiting SRSG.

Friends from AHYMSIN Taiwan devoted their effort in making the event successful. The preparation work, which had started as early as November 2010, paid off when people saw Swamiji on the stage talking to a full house of enthusiastic crowd.



Between the lectures in Kaohsiung and Taipei, Swamiji was invited to be a speaker at the TEDx Taipei event on the 15th of January. The subject was

“Big Hopes for the Next Decade” and Swamiji was the last speaker to give an overall conclusion. Most of the audience were in the younger generation and were business people, Swamiji lead a meditation and brought everyone into deep silence. People were impressed with the power of silence. The energy flow enveloped everyone for such a long time that it was felt even after Swamiji left the stage. The founders of TEDx Taipei, Jason Hsu and Kevin Peng, expressed their special appreciation, because no one had been able to lead the entire audience into such a feeling of peace and joy before.

“TED” stands for “Technology, Entertainment and Design”. They hold international conferences all over the world consisting of innovative and experienced leaders of those areas.

On the 18th, Swamiji guided over 50 people in a special meditation session. He provided special guidance to those who were initiated on how to meditate with their personal mantras. A participant shared with us that she had never felt such concentrated energy that was so soothing, relaxing, yet strong.

AHYMSIN Taiwan was also glad to see so many people leave their contact information and express their interest in receiving our event/message announcements.

Note: To read more about Smera-Smera-Stimita, please visit <http://www.swamivedablog.org/?p=694>.

TED^x-Taipei 2011

Swami Veda Bharati

January 15, 2011, Taipei Taiwan

[TED](#) (Technology, Entertainment, Design) holds their conferences worldwide and attract thousands of innovative thinkers in these fields. TED^x is a program, encouraged by TED, of local, self-organized events that bring people together to share a TED-like experience. “x” = independently organized TED event.

In a recent [TED^x conference](#) in Taipei (Taiwan), on 15th January 2011, Swami Veda Bharati was asked to do the closing session. Each speaker in this conference is limited to 18 minutes. The speakers were asked to present their views on any one or many of the nine questions:

1. What is it like to learn like a baby again?
2. Is our culture controlled by media?
3. What makes a life worth celebrating?
4. How close are we to sustainable energy?
5. Is simplicity gone forever?
6. How far is our imagination frontier?
7. What world will we live tomorrow?
8. What is the price of clean water?
9. Do we have room for disappearing cultures?

Swamiji started his presentation with the usual short and intense meditation which need not be reproduced here. His closing of the meditation was:

Maintain the flow. Observe how the mind, the name and the breath are flowing together as a single stream.

Maintain the feel of the flow and gently open your eyes without breaking the stream of consciousness.

As he led the audience to open the eyes from meditations he continued ...

(following is the transcript of his talk)



Now you look with your eyes as a baby looks at the world. Everything new, everything fresh, nothing warped out from imprints and impressions, everything new.

One who learns the art of contemplation and making the mind flow as a smooth stream negates nothing excludes nothing.

He sees the world as a baby sees it.
At the same time sees the world as an adult sees it.

Such a one does not abandon spirituality, the inner happiness, in favour of technology, does not abandon technology in favour of spirituality.

What can be obtained by technology — do obtain that. What can be obtained by contemplation — do obtain that.

I'll give you an example. Mr. Gunter Pauli (who spoke before me) is so impressive. He talked to us about how the heart may be made stronger with very simple technologies.

But, without the technology what can you obtain? I was doing some MRI experiments in Germany in Bremen University testing what kind of brain waves are generated through different techniques of meditation. After the test, the gentleman moderating called me and said, "Look at the computer screen, the picture of your brain. How old did you say you are?" That was four years ago. I was seventy four. He said, "This brain the picture shows is fifty three years old." Without technology.

So,
with technology,
without technology,
operate in life with both options.

In the exterior world and in the interior world, both, a contemplator will look at the production quotient, will also look at, as the King Wangchuck of Bhutan has proposed, the national happiness quotient.

One of my yoga students went from India for the first time to Germany. They took him out to show him the big malls, shopping malls, supermarkets, very impressive. He came back. They asked him, "What did you think"? He said, "Fine, but nobody was laughing." So big malls and laughter – can both go together?

Not only the worship of youth. The worship of youth, the worship of modernity together with the stories of the ancients. What the youth can create and what narratives the elders can give - listen to both at the same time.

Sometimes I dream of a global TV network that only broadcasts traditional cultures. People sitting in a village square by the bonfire through the night and singing the songs in those six thousand languages which are about to disappear by the end of this century.

Why can we not enjoy those songs, those epics, those narratives while we also enjoy all the modern Hollywood-Bollywood stories and whatever else that we can create, both at the same time? Interior and the exterior, spiritual and the physical, gross national product and gross happiness product.

This you can obtain not by negating, not by canceling your busy business life. You can create also by finding those few moments in the day that are kept concealed by your lack of observation.

Five minutes before leaving your bed, you have time. Two minutes before breakfast, you have time. Two minutes after sending the children to school, you have time. Two minutes after coming home from work, you have time.

Wash off that which you have gathered of the tensions and stress. Come back home to your interior self and make your brain younger and look at the world with the eyes of a baby and speak also the wisdom that your elders could give you.

Do both at the same time.

It can be done.

A contemplator negates nothing, excludes nothing, is both ancient and modern. He recites the texts as I do from the third millennium B.C. and also reads the modern newspapers, both, at the same time enjoying both, and imbibing wisdom from both.

Ten seconds are left out of 18 minutes.

As he always does, Swamiji closed the session with a short meditation:

Bring your attention to yourself again. Relax your forehead. Feel the flow and the touch of your breath in your nostrils with whatever name of divinity, flowing in each breath. Continue feeling the breath flow in your nostrils.



At this point, Swamiji gently slipped off the stage but the audience did not know that he had left. They continued in contemplative absorption.

Intimacy

by Swami Nitya



Our everyday life perspective and behavior is shaped by our sense of time. We think time passes, we need to do this and that...even: "I need to accomplish this or that". We build up stress because of dates and 'time passed'. We measure our life in time..so many years, so many days..yet what is this time....we measure in seconds, hours, years etc.

These measurements are certainly not the same in all cultures; for example we have Gregorian calendars, Chinese calendars, Roman calendars, sun calendars, moon calendars etc. They differ, i.e. the year in Balinese culture until recently had 180 days. The "New Year" is celebrated at all sort of points during a year, and in some cultures 2/3 times in "our year".

What is this time? How about time? We know of time passing because things have happened. We know of time because something has moved, be it the sun, the dial on the clock or we ourselves have moved, whether from our house to the office, from babyhood to adulthood, or from Washington to Tokyo... or indeed whether one planet or the sun from one side of the firmament has moved to another; Time has passed means something has moved (whether physical or of an event) and so we measure time as progression of movements (or in some contexts - events). So time itself does not exist separate from life, existence, beings; it is no thing by itself.

Imagine you lie in your bed for a good night's sleep of 8 hours. HM? By the time you wake up and think 8 hours have passed, the earth, spinning at the speed of 67 000 miles per hour around the sun, we will have travelled over a million miles. At the same time the sun, around which the earth travels, itself is travelling around the Milky-way at 486 000 miles an hour... We measure time in sixty seconds, 60 minutes and speed in 60 km/m per hour... so what times has passed while you think you have slept for 8 hours?

To complete one orbit the sun (with the earth in tow) needs to cover a distance of 156 trillion miles....So if you lie in your bed tonight, picture that the last time the spot where your bed is now was at that very same location within the universe - was approximately at the time of the dinosaurs....!

These are nice number games, but sorry, it is wrong too, because our universe itself is in motion; ... for ever expanding....at speeds we cannot imagine... So even if you lie in your bed, tonight for a few hours... you are in fact moving unimaginably fast through space. Movement through Space is by what we measure time (earth spinning around its axel, i.e. sun-rise, sun set...); an immense, un-measurable time has passed...but you call it 8 hours.

Time cannot be looked as at separate from life, existence, being...it is no thing by itself. Let's take a different approach: In the Zen tradition (Dogen Zenji) said a day consists of 6,400,099,180 moments. A moment is Sanskrit is called "ksana". This is not so different from Swami Rama talking about 'now' as eternity. Time really consists of tiny moments of "eternity", which means time is eternity. What? In Japanese the word for time is mujo; 'mu' is 'nothing';

mujo means no permanence; no real object. It means we actually live in or even as - activity within an un-measurable moment of eternity. This is the background of the Zen teaching of Impermanence. Everything appears and disappears in a “moment”, constantly appearing and disappearing. We say: everything always changes; yes transience is the nature of time, of existence, of being.

We don't see this because our sense and the mind cannot perceive the subtle changes. Think of an old movie filmstrip, which appears continuous yet has a space between each still-photo. The moment passes so fast, we cannot keep up, or even be-aware of the space “in between”; whether it is the change from in-breath to out-breath, or from one micro moment to the other. Furthermore there is no real gap...as one state of existence is already inherent in the next. Time becomes the dynamic working of energy. It is Shakti, it is dynamism. And this dynamism includes what we call stillness, the pause; hence time is dynamism that includes stillness. (Shiva and Shakti are one)

This sounds very strange, because it sounds as though timelessness and time are the same. And yes, it is just that, because everything in existence is connected in each moment; there is no gap between stillness and dynamism. Everything moves at the same time, I, you, my day, the globe, the suns the moons, the universe, the galaxies...everything moves permanently at all times...and in all directions.

Now take this one step further, than we can see that nothing can possibly exist separately, neither in time nor in space! In our experience, in practice...your breath is my breath, your life is my life, your pain is my pain. How? Just simply watch your breath beyond your nostrils...where does it go...into my neighbor's nostrils. I breathe in what he breathes out, the tree breathes in the nitrogen and other gases I breathe out. The tree gives off the oxygen the cat breathes in and I breathe in the air that the cat breathes out. A simple example! We are totally - all life forms - intimately connected!

But watch out! Well if we say we are connected, we are still two! Think back of the moment of time. A moment according to Buddhist scriptures is one seventy-fifth of a second (or in the Abhidharma, sixty-five instants). Being-connected to such depth, in each moment, in each instance...that means: being One. The whole world is intimately connected with you, as David Bohm (Physicist) talked about, and that in: n.th – dimensions.

How foolish we are to think we are separate? We use phrases and even words such as: ‘being in relationship’, or ‘intimate relationship’, or ‘intimacy’ and we understand them intellectually and according to some ethic principles set up by our minds. But we don't really understand intimacy! Real intimacy is: knowing that we are ONE. From there we have a different attitude to life, we know we must live in peace and harmony with everything else, because we are intimately related, have no separate existence!

Without other people, our ancestors, our children, without the grass, the fruits, the plants, the earth, the water, the fire, the air, the space... and all forms of these there is no “me”. “Me” is all that; ‘I’ am all that...this is intimacy! And this is what sometimes is called freedom, because there are no limiting barriers between me and other existence.

If you see yourself only from the narrow perspective of time, then you have a birth and a life-span, and death. It's only a game of time and time is “no thing”; time is millions of moments in many dimensions. Understanding time, we are aware of being connected with all beings all existence permanently always “now”. From knowing this comes spiritual security.

When we see the table, the grass, the flowers, the trees the earth as intimately connected to us, we behave differently towards them. The entire world is “my relation” as many indigenous traditions tell us. But we don’t listen! “I am the entire world”, meaning: I am the Amazon forest (they are my lungs), the glaciers in the Himalaya (they are my water reservoirs), the rivers that flow (they are the bloodstreams irrigating the fields of my body, nurturing and nourishing; the oceans that provide us with food and water are all part of me; they are my hair, my bones, my blood. Seeing that is Intimacy! Caring for the environment has such high profile these days... as long as we care for it out of fear of catastrophe or death we do not understand!

The vision needs to change, the understanding needs to change, into knowing that “each moment is the universe”; each moment, each dynamic moment of action and stillness is me; each form of existence is me; that is real “intimacy”.

And there are times we think: “I understand”; and there are times we recognize that we have understood nothing yet, because we behave not from a point of Oneness, there are myriads of moments where we behave and think as separate beings, i.e.: I don’t understand him; I don’t like this, I don’t think she is right; etc. etc. etc. “I want to do it my way....”.

Even though we understand, we are not with that awareness at each moment. So we need to observe, to practice, to learn. Try to open a door, handle a table, stroke the cat, talk to a person, look at a tree, tread on the earth wholeheartedly, with the awareness that you are that. Approach the object with love, kindness and compassion. Observe that there is no gap between subject and object, there is no thing...only permanently changing, dancing energies. Be aware, that there is neither time nor thing...only dynamism; only Shakti.

A practice Swami Veda Bharati recently gave in a course on the Shiva Sutras seems to me to help with becoming aware of the moment where time becomes timeless. Observing the point where breath arises and breath subsides, on the subtle level is becoming aware where the “moment is the universe”; where “now” is eternity; where separation becomes intimacy. Living with intimacy, is being time, is being aware that everything you do, whether intentional or not, is always influencing other, because your life is interconnected with all life. If we understand that we know we cannot live just taking care of our own life, our own happiness, our own interests and ignore other beings, indeed other existence (human and animal, plants, rocks....). To live in harmony we need to live with the awareness that across time and space our life is always connected and always influences others.

That is true Intimacy.

A Sufi - Yogi Dialog

New Delhi, February 7th, 2011

by Swami Chetan Bharati



Syed Ahmed Shah Chishti, who is the foremost leader of the Chishti sufi order from Herat – Afghanistan, and Pir Zia Inayat Khan, successor to the late Pir Wilayat Khan.

A Sufi-Yogi Dialogue about The Nature of Oneness was held at the Dargah of Hazrat Inayat Khan at New Delhi, India on February 7th, 2011; organized by Dena Merriam of the Global Peace Initiative of Women.

This was the fourth in a series of dialogues between practitioners of meditation in the Sufi and Yogic traditions on the nature of Divine Reality, the path of awakening to the relationship of the self with the Divine, and the nature of oneness. The purpose of this fourth dialogue was to explore the deeper understanding of oneness in the Sufi and Yogic traditions in the context of meditation practices.



Swami Veda graced the occasion for the morning session and was received with great reverence and devotion by Dr. Farida Ali, Director of the Dargah of Hazrat Inayat Khan and Pir Zia

Inayat Khan, their present Spiritual Director, and the event-organizer Dena Merriam with friends..

People were drawn to Swamiji like bees towards flowers. Even as Swamiji approached the dargah to make offerings the muslim-hindu devotees flocked to Swamiji touching his feet and requesting him to place his hands on their heads to receive his blessings.

The mazar of the late sufi Pir Inayat Khan where Swami Veda offered the traditional devotional golden 'chaddar', sheet to cover the mazar.



Swami Veda offered chaddar, rose-petals, perfumes, and incense-sticks at the dargah. Swamiji's act of worship was delightful to watch. He then sat in meditation along with the sufi's and other participants present in the dargah. The place was vibrant with love energy. After meditating a while, Swamiji proceeded to the hall where the proceedings of the day's events followed.

Among the delegates, was also present Syed Ahmed Shah Chisti Maududi from Herat, Afghanistan, who has great love and admiration for Swami Veda. The re-union of the two sufis, or should one say yogis, was a delight to all eyes, for the love that they shared was evident to all.

Swamiji tells us that there are four major Sufi Orders that branch off further into nearly three dozen worldwide. The four major ones are, Chishti, Qadiri, Suhrawardi and Naqshbandi – each with own tariqat (methods) and silsileh (guru-parpampara=lineage). Of these, Chishti is followed by 95% of Sufis of South Asia (India, Pakistan, Bangladesh, Afghanistan) and India is full of the sacred ziyarats (places of pilgrimage) where the Chishti Sufi masters are enshrined.

Syed Ahmed Shah is direct descendant of the founder of the Chishti Sufi Order that was established in 930 A.D. in Chisht, near Herat, Afghanistan.

Syed Ahmed Shah Chisti presented and re-presented gifts as an offering of love and devotion to Swami Veda and then to Pir Zia Inayat Khan and Dena Merriam.

The morning session commenced with invocations to the Divine Beloved through the chanting of Bhajans by Swami Mangalananda and few recitations from the Koran by Waris Miyan.

Thereafter Swami Veda took us through a short meditation simultaneously in English, Urdu, and Hindi, connecting the sufi-yogi traditions of meditation through Hosh-dar-Dam (breath-awareness), and a divine name like Allah or, as he said, using 'a divine name according to your own mazhab (religion) and language'. The whole gathering seemed motionless and still.



Swamiji then honoured the six Sufi guides present by ceremoniously wrapping each with a Kashmiri Pashmina shawl and offering them a rose.

This was followed by Syed Ahmed Shah Chisti sharing the aspects of meditation using breath-awareness and sacred word in the sufi tradition. It seemed like a continuity of Swami Veda's guided meditation with several references to Swamiji's meditation session.

This was followed by two other delegates sharing their thoughts; after which, Pir Zia Inayat Khan expanded on Swami Veda and Syed Ahmed Shah Chisti's sessions with primary focus on breath-awareness, speaking about the sufi-yogi nexus since the times of the great Yogi Gorakshanath of Nath sampradaya.

The informal session was concluded with a summing up by Dena Merriam and a bhajan by Swami Mangalananda.

The delegates and participants flocked around Swami Veda seeking his blessings. It seemed that everybody wanted Swamiji's blessings and a picture taken with him.

Pir Zia Inayat Khan expressed pleasant surprise that Swamiji was so familiar with the Sufi tradition and confided with Swamiji about the similarities of the guided session that Swamiji had lead in the gathering earlier, to the very practices he shareD with his group of Sufis. Swamiji and Pir Zia reminisced about the connection that his illustrious father Pir Wilayat Khan had with Swamiji's Gurudeva Swami Rama of the Himalayas.

Dr. Meem Zaffar also sought Swamiji's blessings guidance. He has translated into his native Kashmiri the Shiva-sutras, along with the commentaries of Kshemaraja and Bhaskara.

Syed Aslam Andrabi who takes care of about 600 mosques in Kashmir (and who had also been to the Ashram for the first Yogi-Sufi Dialogue in January 2010) requested to see Swamiji along with Syed Ahmed Shah Chisti and a few other high-profile guests to seek his personal advice and blessings. It was agreed that they would meet Swamiji later the same evening.

This was to be followed by lunch, but Swamiji begged off, reluctantly indicating a need to rest his body. As we prepared to leave, the Sheikh from Afghanistan again hugged Swamiji several times, addressing him, 'My Beloved, My beloved', and thanking him for his presence while assuring that he would visit Swamiji the same evening.

People present rushed to seek Swamiji's blessings as we approached the car. People were always waiting upon Swamiji to serve him wherever he went. They couldn't help but fall silent and feel the love pouring out of him. Many people and particularly spiritual aspirants are often overwhelmed and speech-less merely by Swamiji's presence.

While several other Sufis were planning to visit Swamiji along with Syed Ahmed Shah, the latter chose to come accompanied only by Dr. Sharif (who is the director of the Ziarat of Sufi Pir Inayat Khan) serving as interpreter. Even though Swamiji's command of Urdu language is fluent, he found it difficult to understand the Urdu spoken by Syed Ahmed Shah which was heavily accented and mixed with Pashto and Farsi (Persian).

Swamiji keeps receiving invitations from Sufis to visit the highest Ziarats like Ajmer Sharif, but Swamiji's physical condition now prevents accepting these invitations.

AN EVENING WITH MY BELOVED...



The following evening Syed Ahmed Shah Chisti arrived with his guide Dr. Shareef. After the exchange of greetings, the Sheikh confessed that he did not bring the others with him because he wanted Swamiji's company just for himself.

The sheikh's devotion towards Swamiji was so evident and it humbled us who were present. After the preliminaries, Swamiji asked the Hazrat about their core practices.

Hazrat replied, saying that the aspirants seeking the Divine in the sufi tradition approach a Murshid (master), and make requests for the teaching. Then the murid (disciple) stays at a khanaka (a place where a trainee stays during his training) near the master to absorb the teachings and practice the same.

After initiation by the master, the disciple begins with breath-awareness, and mantra. The master then gives instruction in one of the two concentration-centers where the mantra is remembered; either navel or heart center (two finger breaths from the spiritual heart center, he said).

First the mantra is chanted using tongue and vocal organs, and after uninterrupted practice for a long period of time the mantra is embedded deep in the disciple's heart and then the disciples tongue rolls up applying a natural tongue lock (kechhari). This is the stage when mantra becomes ajapa. Syed Ahmed Shah referred to this as "sultan ul azkar - The King of Meditations".

The sheikh expressed his desire to see a picture of Swami Veda's master and after looking at a picture requested one of Swami Rama photographs for his personal collection.



Syed Ahmed Shah stated that after his previous visit to India when he returned home, people asked what he saw in India; did the Hazrat see the Taj, for which the Hazrat replied: "Noor Noor Noor", (light light light), referring to Swami Veda as the Light of Allah. He said that he often tells people that Swamiji is the beloved of Allah and Allah is the beloved of Swamiji.

As the two shared thoughts it seemed as if the Divine rejoiced by showering grace in the form of rain bringing coolness. It was a blessing to be part of such a meeting of the 'hearts'.

Reluctantly, the Hazrat sought Swami's consent to leave him so that Swamiji could rest. But not before promising to visit upon him at SRSR, Rishikesh did the Hazrat walk out the room.

Joyful Living with Yoga in Tokyo



A “Joyful Living with Yoga” retreat was held in Narita, Japan, for 3 days and 2 nights, from January 21st, 2011.

With Swami Veda Bharati and Swami Nityamuktananda Saraswati, the retreat was attended by around 60 people, not only from Japan but also from Asian countries including Korea, Malaysia, and Taiwan.

We began by releasing body tension by hatha yoga.

And we listened deeply about Love in two days of lectures by Swami Nitya. True love is without any barrier. Protecting only your own family, only your own boyfriend/girlfriend, only your own community, and only your own country is not love, but is possession and attachment.

By protecting only a part of us, we make barrier around us and become less concerned about others. Swami Nitya explained simply and clearly about such self-deceived love that we have a tendency to practice, or that we actually have practiced.



Swami Veda told us that anger is the biggest poison for us. It is harmful for not only our own mental and physical health, but also our surroundings. This has much influence on environmental pollution. When everyone has awareness and focuses on making ourselves and our surroundings better, then protecting the natural environment of this world will be better. However, no one, including politicians, has not realized it.

Fuku Iida from HYMS Tokyo, organizer of the retreat, gave us 2 hours of Ki massage practice by pairs that makes smooth flow of prana.

The welcome event was Otome Bunraku by the famous Japanese puppet show group Hitomiza. It has been really exciting, and both audiences and players enjoyed together.

In conclusion, with Swamiji's lead, we had a recording of his guided meditation for future use of Japanese practitioners.

This recording with Japanese translation by Fuku Iida will become available in Japan.



Also some mantra initiations were given by Mr. Rajah Indran.

The retreat was really a productive one.

Description
Joyful Living with Yoga

Date : January 21st to 23rd, 2011

Place : Narita View Hotel

Organized by HYMS Tokyo

Editor's Note: Himalayan Yoga Meditation Society of Tokyo is an affiliated centre of the Association of Himalayan Yoga Meditation Societies International (AHYMSIN). Fuku Iida is the centre leader. Their website: <http://space-be.net/hyms.html>

Peter Fabian Receives His E-RYT 500!

By Maryon Maass

Great News for the Himalayan Tradition Teacher Training Program! Peter Fabian just received his E-RYT 500. It is official!! Congratulations Peter!!

What is the E-RYT 500? Yoga Alliance defines it like this:

E-RYT 500

- A yoga teacher with a minimum of four years and 2,000 hours of teaching experience
- Can provide continuing education
- Can be a Director and/or Primary Instructor of a 200 and/or 500-Hour teacher training program

According to Yoga Alliance, a Director of Teacher Training must be an Experienced Registered Yoga Teacher (E-RYT 200 or 500) at the corresponding level of the training, and for the Himalayan Yoga Tradition Teacher Training Programme (HYT-TTP) to be a registered program with Yoga Alliance, this compliance must be followed.

To our HYT-TTP readers, this is an encouraging piece of news.

Have you had the thought that the E-RYT 500 or the RYT 200 are just too far out of reach to deal with even though you have tons of teaching hours behind you? Since you took the TTP training ages ago, it is a nagging thought from time to time. Do you wish too that you had followed through when Yoga Alliance was grandfathering in teaching hours?



Peter writes about his experience, “Started with the meeting both Swami Rama and Pandit Usharbudh Arya in Chicago in the late 70’s--started sharing what I was learning all along--never did I think that what was given to me had to be only shared in some formal class setting.

“The more interested I became in people the more I wanted to have a relationship with them. Teaching became just a part of this relationship. Going through life’s ups and downs in this supportive community of the Lineage makes it doable, never easy though.

“Spending 5 years living at SRSR ashram in Rishikesh was a wonderful experience. I started out once again as a student, then slowly started helping out more. Soon there was no time for formal study, only serving.

“This learning and serving continues through now (both formally and informally).

“I did not arrive at getting this E-RYT 500 easily. There was sufficient procrastination on my part. Parts of it were done with some excellent help by two very supportive people, Maryon and Aaron. Having a deadline really helped.

“There is a spirit to our lives. Living life fully brings us into contact with more than we can think, feel and do. This path we walk together is the love we share together. In this way, the doing becomes the introduction to the being.



“So we must do what is needed. (E.G. Get your RYT or....) If this means to serve as a householder, student or some globetrotting teacher, then walk on this ground that we currently stand. (Taking care about trying to do something else or certainly being careful about trying to be something or somebody else)”

Currently Peter resides mainly in Northern California, USA (He is working as a Physical Therapist in private practice and teaches yoga courses in the San Francisco Bay area). He continues to serve at the SRSG ashram twice a year (and other locations as needed). He remains a perennial student of his teachers. (Website: <http://peterfabian.com/blog/>)

A teaching history can be a good thing. Please know that we are extremely proud and grateful and congratulatory of Peter Fabian (RYT 500). He has been teaching in the Himalayan Yoga Tradition for decades and has been on the Himalayan yogic path all this time, teaching and training students in California and in India, Europe and Asia. He has done the seemingly impossible by qualifying for the E-RYT 500. We wish him all the best in his blossoming career. May we have his brilliant and well liked teachings for many more decades.

Should you need assistance with recalling your teaching history or just some encouragement from us, we have a team that will help you to see if you qualify for a Yoga Alliance certification under the Himalayan Yoga Tradition Teacher Training Programme. Write to Maryon, hyt.ttp@gmail.com. You can also go to www.yogaalliance.org for details on criteria.

Children’s Yoga Camp 2010

at Swami Rama Himalayan Yoga Ashram, Orissa, India

Joy characterized the participation of 80 children in a Children’s Yoga Camp held at Swami Rama Himalayan Yoga Ashram in Orissa, India, in December. Pamela and Surya Khudan, a dynamic mother-daughter duo from Trinidad, led the camp and were aided by Sudhir Chaitanya, ashram leader.



Pamela, a student of Swami Rama, has led many such camps in Trinidad and says that the youth and children have so much fun that they do not want to go home at the end of the day. Now Surya competently and energetically co-organizes and leads these events with her mother.

Swami Rama Himalayan Yoga Ashram normally has about 40 youth, but with the day camp children and youth from the surrounding area were invited to participate with the total number reaching about 80 with the age range from two years old through teenage.



India is a country with many languages. Even though Pamela and Surya speak Hindi, they found that the youth and children did not speak Hindi. No problem. Pamela says that not being able to speak a common language does not seem to be an impediment in yoga camp activities.

It was a busy time of hatha, meditation, games, sports, storytelling, havan, arts and crafts, tailoring, and hygiene. Surya and Pamela feel that it is important that children and youth have fun while they are learning. And fun they did have!

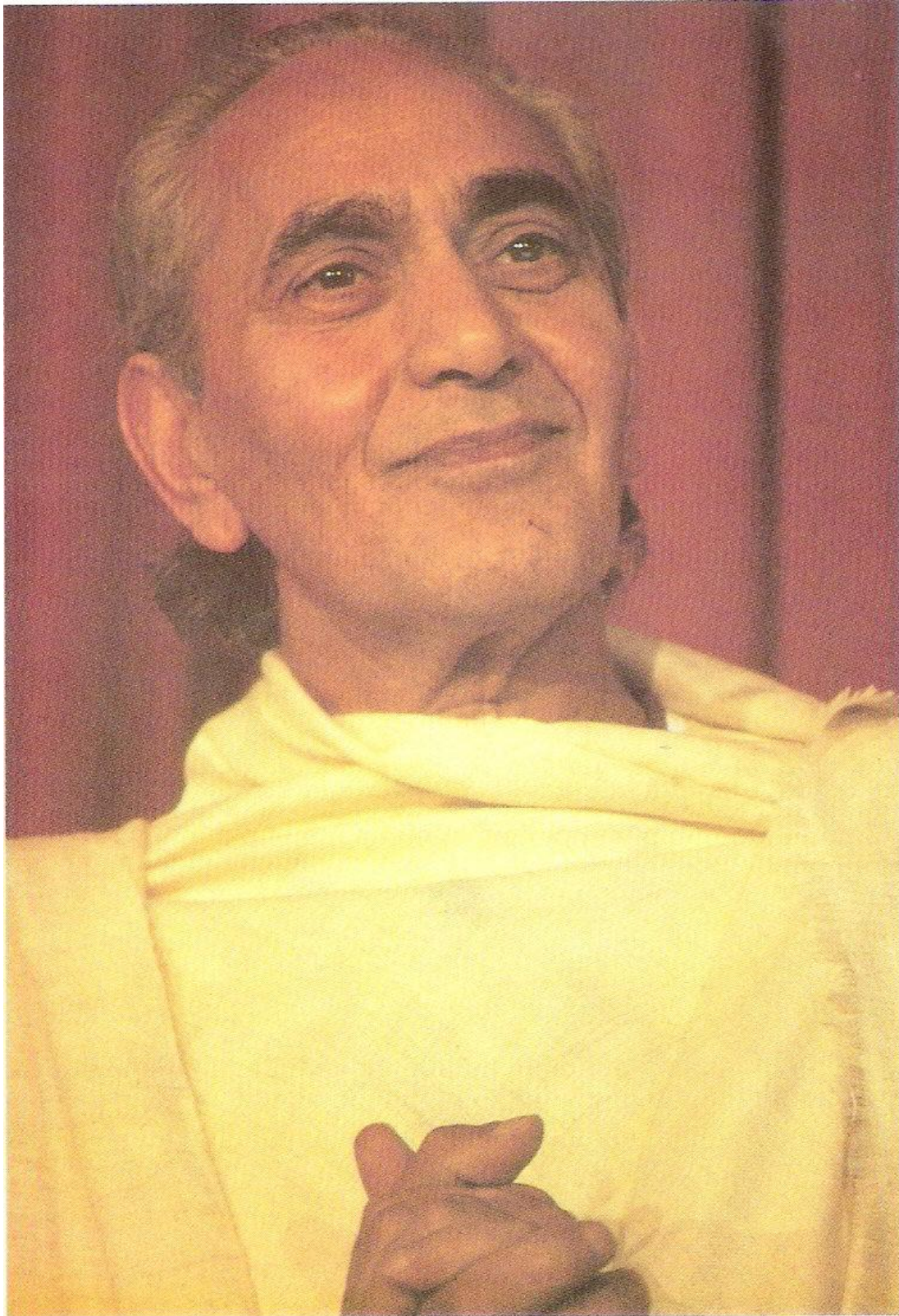
Two minute meditations work very well with young yoga campers.

Swami Rama Himalayan Yoga Ashram is affiliated with AHYMSIN, and Sudhir Chaitanya acts as centre leader. Sudhir resided at Swami Rama Sadhaka Grama for a number of years and was both a student and teacher during his time at SRSR.

This event was sponsored by Mahabir Khudan, Mala Boodoo, Dr. Samal, Madhusudan Agasti, Warren Mohammed, Ria Khudan, Reshma Khudan, Ranu Bisram, Sudesh Bisram, Harrydath Alisir, S. Hosein, N. Mohammed, R. Balkaran, Mrs. Grace, Dr. S. K. Singh, W. Bedassie, Chandradan Bisram, Navita Tiwari Rampersad, Vesesh Tiwari Rampersad, Sister Parbati Gosine, Jagassar Balramsingh, Ramdai Singh, Gopaul Dattoo, Bisram Bone, Neafa Khan, and Surya Khudan.



The Human Being Is Born Out of Selfless Love



A Quotation from Swami Rama of the Himalayas

“...the human being is born out of selfless love, sacrifice. Thus if one wants to live in harmony with the law of the universe, he should learn to lead his life by loving all selflessly. The wheel of life rotates only on the basis of sacrifice; it cannot go forward without it. That process can be understood as an expression of the cosmic will. Every individual is gifted by providence to do selfless actions and to remain non-attached by constantly maintaining awareness of the real Self.”

from: *The Perennial Psychology of the Bhagavad Gita*

5th Keningau Annual Retreat

By Judy Chin

Namaste!

The Keningau Himalayan Yoga Association has successfully organised a yoga retreat at the Crocker Range Park, Keningau, Sabah, Malaysia.

There were about 23 teachers and students participating in this retreat. We would like to thank all participants especially Datuk Rajah Indran, Datin Judy Rajah, Datuk Hiew Thien Choi and Mr. Joseph Wong for guiding our retreat.

Click photo for the full size one.





Mind Your Mind

by Mehrad Nazari, Ph.D.



On the way to teach a class, I was pondering, what angle should I teach about Raja Yoga (the mental yoga) today? The answer came through loud and clear. Our brain is a computer, our mind is the software and our consciousness is the software engineer. This software could be designed to make or break the computer. It could be of credit or discredit to its host.

Daniel Siegel, author of *The Mindful Brain* writes: "The cortex is the outer part of the brain, enlarged in mammals. It enables us to mediate the more complex processes such as perception, planning and attention. With many lobes carrying out different functions, there are varied ways of describing complex capacity of this region, which is not highly developed at birth and thus very open to being shaped by experience."

What is interesting is that our brain is not being shaped by our environment or interactions, rather, by our perception, our interpretation and experience of them. In order not to have a distorted view, we must clean and fine-tune our instrument through meditation. This will allow the light of Atman to shine through the mental body (manomaya kosha).

Professor V.S. Ramachandram in his new book *The Tell-Tale Brain* shares that Indian and Buddhist mystics assert that there is no essential difference between self and other, and that true enlightenment comes from the compassion that dissolves this barrier. I used to think this was just well intentioned mumbo-jumbo, but a neuron has been discovered that doesn't know the difference between self and other.

Are our brains uniquely hardwired for empathy and compassion?

Editor's note: Mehrad Nazari, Ph.D., teaches yoga along with his wife, Michele Hébert, in California, USA. This is their website: <http://www.rajayogis.net/>. Mehrad and Michele Mehrad are arranging a satsang with Swami Veda in the La Jolla area of California for 13th August. Contact: <http://www.rajayogis.net/contact>

This and other events are listed on the AhymSin "[Upcoming Events](#)" page as well.

Great Spiritual Inspiration

From the Himalayas to Bangkok

January 31th, 2011



After two months of preparation, it is hard to realize that Swami Veda's visit to Thailand has just been over. With the possibility that this could have been his last visit, the organizing team had put extra efforts to make his event bigger than the previous two occasions. As a result, we all felt some moments of anxiety and tension. In the end, however, results turned out much better than we had imagined, reinforcing one spiritual principle that Swamiji has always emphasized as the key to spiritual progress "Surrender".

Swamiji arrived on evening of Thursday 27th of January from Hong Kong where he met with 120-130 people. Prior to Hong Kong, he also led a 3 day retreat in Japan and gave lecture in Taiwan where almost 800 people attended. As usual, Eric Levine the owner of Thailand's biggest Fitness Center chain, California Wow Experience, has generously and warmly received him at his home. He and his girlfriend, Joy, are impeccable in making Swamiji stay in Bangkok as comfortable as possible.

Swamiji started his mission in Thailand, guiding a meditation session to a small group consisting of Ma Radha, Swami Prayaggiri, nine initiates (4 from Thailand, 4 from Malaysia and 1 from Singapore) and the other 21 people feeling drawn towards him. Again, Kawee, the Head of Thai Yoga Institute, has offered his selfless service and served as a wonderful translator. "Breathe the wisdom", Swamiji told of all of us to remember this message and implement it in any of our daily life situation. With his radiating compassion, he helped open the hearts of people who met him for the first time here. Eric and Joy gave us a big treat by having two young yoga instructors from California Wow Experience to demonstrate the delicate yogic movement and posture skillfully regulated by the breath awareness and exercise.

The most important highlight of his trip, however, followed the next day on January 29th, when he was scheduled to speak in front of the big audience. In fact, it had been the key moment for the organizing team ways before the event took place. We originally booked the other venue (where his previous lecture in 2007 was held, which could accommodate only 150 people). Upon "Great Spiritual Inspiration" from Himalayan to Bangkok learning that Swamiji has a plan to take five years of silence from mid 2013, we felt an urge to find much bigger place so that as many people as possible may have opportunities to listen to the great spiritual inspiration from him. We followed through with that inner urge and moved the venue to Thammasart Association, a place that can fit in about 500-550 people.



Yoga may be widespread in Thailand as in any country it came to be known, but most people are only exposed to physical part of yoga. In isolation, however, this type of yoga is not yoga in its true sense. Thus, to get many people required a lot more efforts perhaps beyond our abilities. In

the end, however, helps came from everywhere. Eric was one of the biggest forces drawing people to the event. We also had cooperation from several yoga studios; Bangkok Yoga, True Balance, Green Yoga, Good Life Center, Natra Yoga, Hatha Raja Yoga, Yoga Element, Reun Yoga, Yoga Sutra and Yoga OM. We end up having around 500 people attending his lecture. The audience are also diverse, consisting also of people from finance and business worlds, catholic nun and followers as well as laymen.



Upon arriving at the stage, Swamiji immediately had strong impact on several people. One person felt a tear falling down her cheek just seeing him. Swamiji guided the crowd



through a deep relaxation and meditation that last for more than 30 minutes but many thought they only did 10-15 minutes as time seemed to be moving faster in his presence. This was such a contradictory because when thought process slows and one just sits still, one would normally feel time pass more slowly. He also formed the tender bond with people when he opened his lecture with the sentence “Whenever I left Thailand, I started counting the days when would I come back again”. He encouraged Thais to preserve our own value of being so kind, generous and friendly and share these values to the world. According to him, spiritual life should not be separated from worldly life. No rule should also be imposed on meditation practice. As you don’t think how much time you should enjoy holding your beloved baby or spouse in your arms, there is also no need to impose time limit on your practice. His message was to enjoy your meditation and fully integrate that into your daily life.

The spiritual energy radiating from him was so strong that it kept most people in a happy state, with smiles on their faces. Many told us that they did not think they could meditate until they had this opportunity to do so under his guidance. One lady told us that we have given her the best ever Chinese New Year gift. Two people, Pakpong and Jeraporn , have felt some connection with Himalayan Tradition (even before Swamiji arrived) and meeting him has deepened their interest to pursue their relationship with the tradition further. All these were the biggest rewards for the organizing team.



Another key highlight for his trip was the meeting with Most Venerable Shi Kuang Seng, a highly respected Thai Bhiksuni in Mahayana Buddhism. Master Kuang Seng is a rare and unique Master. A very fervant buddhist (even before she took Bhiksuni ordination in 1991), she has built big temple in Bangkok dedicated to the Lord Shiva.

Her unconventional decision came after the Lord Shiva appeared in her dream asking her to build the temple for the poor on the land her son intended to develop into a housing estate. The Lord Shiva also inspired her in the dream that there is oneness in all different religions. Swamiji and Master Kuang Seng quickly formed intimacy and great respect for each other to the delights of their followers.

Master Kuang Seng then took the group to another temple she has established; the Kuan Yin Temple where one would enjoy hundreds of beautifully crafted stones of Kuan Yin images. Is



it a coincidence that Kuan Yin happens to be Swamiji's favorite Deity? Swamiji was in awe that one lady's dreams and visions are manifested in such an amazing place. Master Kuang Seng's close disciple said that she had never seen Her Master had tremendous love for any one like Swamiji before. Swamiji presented Master Kuang Seng with an Indian Shawl. Out of affection, Master Kuang Seng gave a Jade mala to Swamiji and all of Swamiji's followers also received wonderful gifts and blessing from the Master.



Swamiji ended his trip with a short but honorable visit to Himalayan Thailand center and led the group through 5-7 minute silence meditation. He blessed the center with spiritual prosperity and growth that may lead to the need for a bigger place in the future. He departed Bangkok on Monday, January 31st 2011. With the 5-year silence retreat his top priority, we were left wondering when we would have another great honour of having him in this country again.

Nonetheless, his love and wisdom have left strong imprint in our minds, which would continue growing and being a source of our inspiration in our own inner searches.

Special thanks to Sopa, Thanawalai and Udomporn for demonstrating strong team work.

You can download the original (and very beautiful) PDF version with additional photos [here](#).

Interested in learning more about meditation practice as taught by Swami Veda Bharati? Please write to ahymsin_thai@yahoo.com or

call: 089-681-1078, 084-668-3780

089-112-5998 and 081-932-541

AN ODE

Honoring Swami Veda

S/ Silent sounds from the Sage's souls
W/ Whispering to us in silent meditation
A/ Always nourishing our earthly lives
M/ Mentoring us onward to our goal
I/ Infinite infinity

V/ Victorious in his journey
E/ Everlasting merits won
D/ Divine graces always flowing
A/ Anointing us through him/
Amen, Alleluia, Amen.

— written by a devoted disciple

Offerings^[1]

O Master!
As you came walking
On the path made of roseate crimson earth,
My consciousness waltzed around
As smoke from smoldering *sambrani*^[2]
Where your foot-impressions were!

Innumerable shreds of my ashes
Finer than the softest of dust
As half-bloomed jasmines
Immersed in their own fragrance
Spread around invisibly
Where your foot-impressions were!

The life-giving element of water
Flowing through my veins
As droplets of blood and vital fluids
In harmony rushed unasked
As a gentle stream of love
To where your foot-impressions were!

The element of fire in me
Carrying the dross of mind and heart
Burned joyously as camphor
Offering homage to the Self-luminous
Pervasive infinite form
To where your foot-impressions were!

Purified by the holy Word (Mantra)
Peacefully self-aware
My controlled breaths
Offered themselves
In moments of quiet surrender
To where your foot-impressions were!

The space taken by my form
Shrugged off my *very being* —
The way the *parijata* tree
Scatters its coral jasmines by dawn —
Invisibly merged, O Master!
With where your foot-impressions were!

— Vijaya Subramani

[1] (Offerings to Swami Veda's Master) Based on the meditative Hindu ritual of offering to God, in the form of five elements, oneself along with one's consciousness.

[2] An Indian incense powder used on hot coals to cleanse the environment with smoke; and is also used in the daily religious rituals as an offering to God. Now it is sold in the form of sticks as well.

Yoga Congress 2011

Creating Joy: The Art and Science of Yoga

July 14th – August 10th, Minnesota, USA

Mark your calendars now and plan to attend the 2011 Himalayan Tradition Yoga Congress, Creating Joy: The Art and Science of Yoga, sponsored by [The Himalayan Tradition Teacher Training Program](#) and [The Meditation Center](#) of Minneapolis, July 14th – August 10th in Minneapolis/St. Paul, Minnesota, USA.

There will be several precious opportunities to receive darshan and words of inspiration from Swami Veda before he curtails travel and enters silence in 2013. Joining Swami Veda, our faculty includes Swami Ritavan, Swami Nityamuktananda, Swami Ma Radha, Swami Ma Sewa, Peter Fabian, and Dr. Stephen (Stoma) Parker.

Guru Purnima Celebration, July 15

This special celebration of our guru tradition begins with a fire ceremony (havan), **4:00pm** at The Meditation Center, NE Minneapolis. **6:00pm** brings food and fellowship at Cedars Hall, located across the street from The Center. Swami Veda will bless us with his Guru Purnima message at **7:30pm** to be followed by a Full Moon Meditation at **9:00pm**.

Lineage of Samadhi and Shaktipat Weekend Retreat, July 14 – 17

You are invited to participate and enjoy in this experiential weekend of Guru Purnima. This retreat is for initiates in the Himalayan Yoga Tradition who want a spiritual immersion for their sadhana at this auspicious time. The theme will include exploring the Lineage of Masters and the kriyas, such as mantra japa and yoga nidra, imparted for Virat-rupa darshan (universal view of consciousness) as guided by the [universal] Guru. Participants will attend the Guru Purnima celebration at The Meditation Center on July 15th (see description above). The retreat will be led by Swami Ritavan with Swami Nityamuktananda. Program and accommodations on the beautiful University of St. Thomas campus in St. Paul, MN.

All inclusive residential retreat - \$410; earlybird registration by May 1 - \$350, by June 1 - \$380. Single overnights and day retreat rates also available.

Creating Joy: The Art and Science of Yoga Weekend Retreat, July 28 – 31

Rediscover your inner joy and explore how to create a joyful life through the art and science of yoga. How do we create more joy in our lives? This weekend features inspirational speakers, yoga practicums, meditation and hatha classes, a classical Indian musical performance (kirtan) on July 29th and the Peace on Earth Meditation with Swami Veda on July 30th. Joining Swami Veda, the faculty includes Swami Nityamuktananda, Swami Ma Radha, Dr. Stephen (Stoma) Parker, Swami Ma Sewa, Swami Ritavan and Randall Krause. The kirtan features virtuoso artists Drs. A. Pavan and Pooja Goswami Pavan.

All events are on the beautiful University of St. Thomas campus. Overnight accommodations are available on campus or you can come for the day or single lectures/practicums.

All inclusive residential retreat - \$425; earlybird registration by May 1 - \$380, by June 1 - \$410. Single overnights, day retreats and single lecture/practicum rates also available.

Silence in the St. Croix Valley, July 31 – August 10

The five and ten day guided silence retreats take place at the beautiful Dunrovin Retreat Center on the St. Croix River. We will be lovingly guided in this key practice of our tradition by Swami Ritavan, Swami Ma Radha and Swami Ma Sewa. Enjoy a systematic approach to reaching deep levels of peace. Hatha yoga, pranayama, guided mediation and subtle body practices are used to enable us to experience our inner most light and beauty.

All inclusive ten day retreat - \$1,250; earlybird by May 1 - \$1125, by June 1 - \$1190

All inclusive five day retreat - \$625; earlybird by May 1 \$560, by June 1, \$590.

The above announcement is also [on the AHYMSIN website](#), Please refer to the Ahymsin site for up to date information.

Yoga & Meditation Teacher Training Retreats

Himalayan Yoga Tradition Teacher Training Program (HYT-TTP)

- Level I: July 17 to July 31, 2011
- Level II: July 17 to July 31, 2011

HYT Teacher Training offers an integrated program of self-transformation leading to self-realization in the authentic tradition of Swami Rama of the Himalayas. For those wishing to deepen their personal practice, we offer a Continuing Studies program. For those wishing to become teachers, we offer a 200-hour and 600-hour program both registered with Yoga Alliance. See www.HimalayanYogaTradition.com for more information and to enroll in HYT Teacher Training. All participants must be accepted into this program. Accommodations and programming at the University of St. Thomas in St. Paul, MN, USA.

Prana Vidya I and II for Hatha Yoga & Meditation Teachers

- Prana Vidya I: July 18 to July 22, 2011 (arrive July 17)
- Prana Vidya II: July 24 to July 29, 2011 (arrive July 24)

These workshops are designed for Yoga Teachers wishing to both deepen their personal yoga practice and enhance their yoga teaching skills. They provide Yoga Alliance continuing education units (CEUs) and provide credits for the Yoga Alliance Registered HYT Teacher Training Programs. All programs and accommodations are on the beautiful University of St. Thomas campus in St. Paul, MN, USA.

Prana Vidya I will explore the theory, practice and teaching of the Prana Vidya style of Hatha Yoga. Additionally, an in-depth study of the anatomy & physiology of the physical and subtle body will be included. Participants will have an opportunity to practice teach at least three classes based on the HYT introductory courses (Joints & Glands, Hatha-Level 1, and Integrated Practice-Level 1) in a small group setting and receive individual feedback from Senior HYT Faculty and Mentors. This workshop is recommended for those wishing to enhance their yoga teaching skills. We encourage those currently enrolled in HYT-TTP and those wishing to become HYT-TTP Mentors to attend.

Prana Vidya II is a weeklong residential retreat which will take the participants on a journey inwards utilizing the ancient wisdom practices of the Himalayan Yoga Tradition. The program, based on Swami Veda Bharati's book, "*The Song of Silence*", will highlight HYT Level 2 hatha, pranayama, meditation, subtle body practices, inner dialogue, and sankalpa shakti practices for the teacher and their students. We encourage those currently enrolled in HYT-TTP and HYT-TTP Mentors to attend. This experiential workshop will provide an opportunity for Yoga Teachers to deepen their personal practice, be guided to deeper states, and learn how to support their students from this deeper state.

You can read additional details about all of the TTPs events [on the AHYMSIN website](#), as well as at www.HimalayanYogaTradition.com or write to CreatingJoy2011@gmail.com