



Important: If you are unable to see the pictures in this message please turn on "Display images" by clicking on the "Always display images from ahymysin@gmail.com" at the top.

HAPPY NEW YEAR

Consecration

"Thousands of years ago, in the epic Ramayana, ... Rama shows a puzzlement over the fact that people celebrate the dawns and the dusks, the sunrises and the sunsets. They rejoice at the change of seasons. They celebrate the terminations of the years, not realizing that with each sundown and sunrise, one night and one day of their life span has passed. That there is one less season now left available in our karmic scheme to perform debts we have come to perform. That there is one year less to pursue the ideal goal of moksha, of spiritual liberation. The only moment, the only change of moment worth celebrating is the moment of enlightenment. The only moment, the only change of time worth celebrating is the moment of enlightenment. We need times to celebrate but the celebration should be internal ones. The meaning of celebration here should be consecration. That we consecrate ourselves. That we say one year has past. In this one year how much did I manage to cultivate my spiritual self?"

- Swami Veda Bharati

Gathering of the Sangha, 1-12 February, 2010

Swami Rama Sadhaka Grama

*"A community is a single mind-field
in which the stabilized personal minds,
the stabilized lives of individuals,
are a soft, gentle ripples in a calm lake."*

- Swami Veda Bharati

Three years ago, February 2007, Swamiji called the global Guru family to gather at SRSG, so we could meet one another and learn from one another becoming a community strengthening each member. What a richness we share!

The Association of Himalayan Yoga Meditation Societies International (AHYMSIN) was officially formed with the passing of a constitution and the election of officers.

A three year practice of the Ityukta mantra was started, and Swamiji continued to guide us towards stabilization of the spiritual mind-field.

“If the individual minds are not stabilized, the individual lives do not become stabilized.

If there are instabilities in life, they are so, not because your circumstances are unstable, but because your minds are unstable. With a stable mind, you can stabilize all external circumstances.

So the chain is as follows:

- *When you stabilize your personal mind,*
- *your personal lives become stabilized.*
- *People thus stabilized become part of a larger mind-field,*
- *a mind-field thus stabilized is called an organization or a sangha.*

Let us use the word sangha, for it is a term used for a spiritually-oriented community. You are all aspiring and part of this global network of spirituality in the Tradition.”



—Swami Veda Bharati

Now we will come together again for the purnahuti of the 3 year practice of the Ityukta mantra, AHYMSIN meetings and elections, introduction of new practices, silence, contemplation and more: <http://www.ahymsin.org/docs2/miscellaneous/poster/>

Once more we rejoice in the community that is with us always even when we are not aware of it, the rejoicing reaching into the centers worldwide and through the sangha worldwide.

Immediately after the Gathering of the Sangha, the Sarva Yoga International Congress will be taking place in Rishikesh 14th – 25th February 2010 (See http://www.sarvayoga.org/cgi-bin/pagine_eng/carica_pag.cgi?pagina=0).

International Yoga Week runs 1st – 7th March 2010 at Parmath Niketan Ashram, Rishikesh with H. H. Swami Veda Bharati listed as one of the Revered Saints, Spiritual Masters and Yogacharyas, who will present during this event.

“The International Yoga Festival is honoured to host some of the greatest Yoga Masters from the eastern and western lineages of Yoga. These individuals have influenced and defined Yoga in the 21st century.”
(See: <http://www.internationalyogafestival.com/>)

Himalayan Yoga Tradition – Teacher Training Program

Why do we teach Yoga?

“We teach out of compassion. We teach because the world suffers and our teaching will reduce that suffering. We teach because we have received that compassion and want to share it with others who suffer. The cause of suffering, in the Yoga-sutras, is ignorance. Our teaching reduces the level of that ignorance. The student arrives because s/he is seeking help - our desire to teach arises directly out of our compassion for the student.”

—Swami Veda Bharati

600 Hour HYT Teacher Training Retreat

Level I: Mar 6 - 20 and Oct 31 - Nov 15, 2010

Level II: Mar 6 - 20 and Oct 31 - Nov 15, 2010

Level III: Mar 6 - 20 and Oct 31 - Nov 15, 2010

Location: Swami Rama Sadhaka Grama,
Rishikesh, India

In March and October 2010, Swami Rama Sadhaka Grama will host a two week Himalayan Yoga Tradition - Teacher Training Program (HYT-TTP) training session. A comprehensive education in the Himalayan Yoga Tradition will be presented to the students by the highly acclaimed AHYMSIN international faculty of senior travelling teachers.



For further information and to enroll in the programs, please visit: <http://www.himalayanyogatradition.com/india.html>

Himalayan “Insight-Seeing” Tour from 21-25 March, 2010

Spiritual Travel designed by the staff at Swami Rama Sadhaka Grama

“Enjoy the spiritual richness and the natural beauty of the Himalayas during the early spring season. This five day trip includes some of the most spectacular and inspiring views of the region known as “Dev Bhumi,” Land of the Gods. The power of nature and devotion come together to make available to the traveler a fulfilling tour experience.” More about this opportunity:

<http://www.ahymsin.org/docs2/miscellaneous/srsgtravel/itmar2010/>

European Retreat 27 – 30 June 2010

“Dear friends,

It is with great joy we announce that

Swami Veda Bharati will be again in Italy, as the emissary of the millenary knowledge of the Meditation and Yoga Tradition of the Himalayan Masters,

along with Swami Ritavan Bharati and Swami Nityamuktananda.

Follow the link for more explanation about this special meeting with the teachings of the Himalayan Tradition

in Italy.”

—Christina Nobile

Read more about this retreat at:

<http://www.ahymsin.org/main/index.php/European-Events/european-retreat-of-the-himalayan-tradition-of-yoga-and-meditation-with-swami-veda-bharati.html>

Heart Yoga Becomes a Best Seller in Taiwan

Swami Veda's first book in Chinese is titled Heart Yoga (or Spiritual Yoga). It was the translation of a collection of 20 of his inspiring lectures. The book reached the hearts of many in both Taiwan and China. Many reprints have been made since its first release in May 2009. It is ranked as one of the top 300 best selling books of 2009 in Taiwan, among the 40,000 or so titles released during the year, without any advertisement, celebrity endorsement or other promotional tactics.

Forthcoming, as soon as next January, is his second book in Chinese, the translation of "Kundalini - Stirred or Stilled." It will be released first in Taiwan and then, as soon as it is cleared by the Chinese authorities, in China. It will be interesting to see how the "market" will respond to the somewhat more abstract knowledge contained in the second book. But I (and the publisher) have faith in the seekers who will seek out the book.

As with many other things in life, the popularity has yet to translate into visible cash flows, but the main point is we have reached out to tens of thousands of Chinese readers so far and on the first book alone.

Swamiji visited Taiwan in May 2009 to talk briefly and sign books on the introduction of Heart Yoga.



One of the best links for the Chinese book is: <http://book.qq.com/s/book/0/16/16955/index.shtml>

—Submitted by Shi Hong

Shi Hong met Swami Veda Bharati when he chose to attend all of Swami Veda's lectures at an international yoga conference in Hong Kong several years ago which inspired him to follow Swamiji to his next stop, Taiwan. Since then Shi Hong has taken upon himself the task of making Swami Veda's work known in Chinese speaking communities including Taiwan and mainland China. He compiled and translated the lectures in Heart Yoga and is similarly working on "Kundalini - Stirred or Stilled."

The AHYMSIN Office staff wishes you a happy new year filled with spiritual growth.

HIMALAYAN TRADITION OF YOGA MEDITATION