



AHYMSIN

Association of Himalayan Yoga Meditation Societies International

ahymsin@gmail.com

TWO MINUTES MEDITATION

FULL MOON MEDITATION

SILENCE PROGRAMMES



Meet the Ahymsin Office Staff



From Left to Right—: Mamta, Anjali , Sujit, Meena, Carolyn, Pooja, Meiwan

We, the staff of the Ahymsin office, are happy to take this opportunity to introduce ourselves to you. We hope to meet many of you in the future. Below are short bios about each of us.

Mamta Nakoti is the library clerk for Swami Veda's more than 10,000 (and growing) collection of books. She is finishing a graduate degree in Education, Sociology and English and also has a diploma in Computer Applications. Mamta has been an initiate since December 2003. She is married to Surendra and has two children; a daughter (Aditi, age 6) and a son (Udayan, age 3). She enjoys singing, cooking and taking care of her family.

Anjali Singh is our database manager and all-around office clerk. She has a Bachelors Degree in Mathematics from Garhwal University in Rishikesh. She also has diplomas in Computer Applications and Accounting. Anjali has been a member of the Ahymsin staff from the very beginning, helping to open the new office in September 2006. Her hobbies are singing, dancing, fashion designing and traveling.

Sujit Mishra is our computer graphics designer. He has a Bachelor of Science in Chemistry, Botany, and Zoology and a diploma in Computer Graphics. Prior to coming to SRSG, Sujit worked for six years as a graphic designer for an export house and another spiritual organization. He enjoys travelling, working in spiritual organizations, doing Yoga and Meditation, listening to music, playing cricket and chess.

Meena Sharma is our accounting clerk and is also responsible for correspondence within India. Swami Veda Bharati invited her to serve at his ashram, Sadhana Mandir, in 1995. Since then she has worked primarily in the front offices of the two Rishikesh ashrams before joining the Ahymzin staff. Meena has a Masters Degree in Economics and has taught math to students in classes 5th-8th. She enjoys the beauty of nature and reading inspirational books.

Carolyn Hodges is our Ahymzin office director. She moved to India in May 2008 after retiring from 20 years as a Montessori teacher and program director in the St. Paul, MN, public schools. In 1975 Swami Veda (then Pundit Arya) both initiated her and performed the marriage ceremony for herself and Stephan. Carolyn and Stephan now have two grown daughters and four grandchildren. She is enjoying learning Hindi and becoming a part of the ashram community.

Pooja Sharma serves as SwamiVeda's executive secretary. Her duties include correspondence, purchasing of books, maintaining accounts and filing. She has a Masters of Arts in English literature and is presently pursuing an MBA. She began working at SRSG three years ago as office administrator for Publications before moving to Swami Veda's office. Pooja was initiated in January 2008. She enjoys listening to soothing music and reading books when she has a break from school.

Mei Wan (Medhawati) Mei Wan left her busy life in Hong Kong to dedicate herself to service at the ashram. She is happy to fulfill whatever role is needed. This past summer she directed the Gurukulam program. Mei Wan serves now as one of Swamiji's personal secretaries and also works to keep the offices running smoothly. She has been an initiate since 2006.

The Ahymzin office is dedicated to the realization of Swami Veda's global vision and the sustainability of the spiritual mission of the Himalayan Yoga Tradition. In addition to sending news and information, the Ahymzin office will be seeking ways to help and guide the Affiliated Centres and other groups associated with our tradition, helping to organize programmes for the travelling teachers, and seeking ways to raise funds in India and elsewhere. We look forward to this challenge and to working with all in our extended

"Lab" news



The Meditation Research Institute (MRI), officially named in 2007, has changed location to cottage #2. Manuel Fernandez, lab director, has been busy renovating the new space and getting the lab ready for the coming academic year (see photo). The up-to-date new lab will have a sound-reduced and partially electrically shielded testing room.

Last year was very busy with a successful completion of many activities. These included the visit during the months of March and April of neuroscientists Dr. Arnaud Delorme from France and Dr. Rael Cahn from the US, the performing

of more than 170 tests, and many sessions of biofeedback training. Testing with the lab's state-of-the-art 64+8 channel BioSemi device also started thanks to the visiting scientists' aid. Drs Delorme and Cahn taught Manuel and some Gurukulam students how to operate the device and do preprocessing of the data by using the sophisticated EEGLAB software.

Look for initial findings of research activities from the lab in the near future. The lab and its activities will be featured in an upcoming newsletter.

SVB RETURNS TO SRSG

Swami Veda Bharati returned to SRSG and Ma Ganga on October 7th. At his *Omcoming*, we stood on both sides of the driveway to welcome with reverence the return of our beloved teacher.

Navatrātra, The 9 Nights of the Goddess, was just drawing to a close. He arrived just in time for the following morning's Kanyā-pūjan, Girls' Day, to place his head at the feet of the Goddesses and wash their feet—9 little girls who are The Goddess Incarnate — and a few glowing little boys too.

This quiet place by the Ganges and the Little Kali Rivers, with just a handful of people here during the monsoons, has again opened into a quiet place filled with friends. By October 10th, the Meditation Hall was full for the morning meditation and satsang.

He asked us to consider what we ask for— not for beauty nor long life —but the power to pray. "For a true yogi," he said, "that is meditation— silent, wordless prayer." Before closing, Swamiji reminded us to keep our foreheads smooth (A smooth forehead reduces the wrinkles of the mind) and to do many little 2-minute meditations throughout each day.

It was not even an angel's sigh since he last left SRSG. At that time, he said "I never go anywhere. I don't know why you think I am leaving." Though we missed him and know that he is always with us, it is good to have him back. From Hong Kong to Assisi, from Russia to America, he finds his place in the hearts of so many of his children.



Submitted by Joanne Sullivan

Dear Fellow Traveler on the Path of the Sages,

Our Ashram specializes in the science of silence ----a methodical science in which you are guided when you come to practice silence at the Ashram.

May I invite you to undertake this adventure into the depths of the Ocean of your own Self, and come take a silence retreat. I will be there to serve you:

7th October 2008 to 28th February 2009

7th April to 25th May 2009

7th October 2009 to 28th February 2010.

You may choose any dates out of these. Just write to our office ahymsin@gmail.com for details. I await to see you.

With a very personal affection in service of Gurudeva,

Swami Veda Bharati

Swami Veda Bharati



Swamiji Looks to the Future

Speaking to a group attending the Board of Directors meeting at Rancho La Puerta, Swami Veda urged those present and those not present to make a special sankalpa for the continuation of the spiritual work of our tradition.

We need a sankalpa (resolution) of those present and not present. Each person decides this needs to be done. .. You can't take me for granted, this physical self... The kind of rest and food I have had here and my own time table and all of that... I need that time if I am to continue to serve you. I have a plan to serve you 10-15 more years, but want to serve in the form of writing. .. So you have to free me.

I charge regional AHYMS organizations to go and implement the spiritual parts. .. What has been accomplished in the 10 years since Gurudev left his body... wouldn't have happened without you people. It really is the base of the feminine organization that you appear to be inactive, but you are doing something. .. I don't want to be the central person for administrative things, just for the spiritual things. Spiritual organization and the administrative are not separable. They are one and the same.

We are here to teach people to lead a life in which problems do not arise. Teaching people that on a spiritual level. So once again priority... What you have, work with that. Get started. Make experiments and go along. ... When you teach, make sure you bring people to initiation level. That is the base of our spiritual work... linking them to lineage...

The working sessions of the Board of directors took place over a week. There were many presentations and long discussions. Action plans taken up by the Board of Directors include procurement of an advocate in India who is familiar with Indian laws governing non-profit charitable societies in India and recruitment of an AHYMSIN General Manager. "We are ready to start executing, and that will be our challenge," summarized Dave Hume, senior vice president, as the working sessions ended.

In closing, Swamiji spoke of sustainability. "Sustainability is still dependent on one person, the resources this person (SVB) raises. My hope is the sustainability part will be shared in more ways."

Submitted by Carolyn Hume

Impressions from our Insight Tour



Our group in front of Badrinath Temple

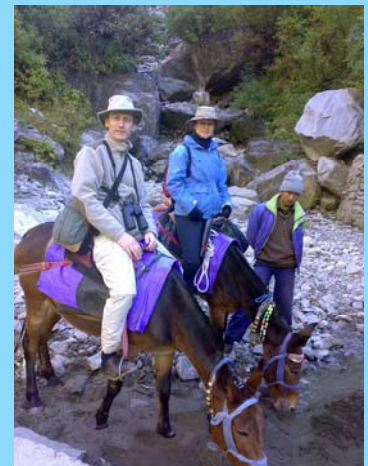
Our InsightSeeing Tour to Badrinath, Valley of the Flowers, Hemkund Sahib, and Mana Village was by any measure, “breathtaking!” One could possibly write heroic stories, dramatic poems and spiritual essays of this journey. It included all. But let us just sum up some impressions and experiences: a beautiful, sometimes bumpy, sometimes scary drive along the Ganges up-north, with – praise the Lord - a very capable driver; stops along the way at serene temples, historical religious places and gorgeous gorges; pilgrims cheering us up with sweets on the long but fulfilling

walks up the mountain; even happier pilgrims sharing their experiences with us on their way back; many horses and horse guides – both of them extremely tough - who walk up and down the mountains for a living, day in day out; moments of outer and inner silence in the Valley of Flowers and high-up in the mountains; a refreshing stream during a hot day; many hot teas during sometimes cold evenings; magnificent birds including a hoopoe and a red-billed blue magpie; joyful moments with pilgrims in the Vishnu temple in Badrinath; a meditation and an inspiring chanting experience within the same temple; buying authentic handmade (!) and more than reasonably priced shawls and blankets from the makers themselves in tiny villages. This list could go on and on, but lets tell a little bit more about an afternoon walk.

While others group members went into Badrinath to do some shopping and sightseeing, I (Addi), and another group member decided to go up in the mountains. Badrinath is also famous for the footprints of Lord Vishnu. Lord Badrinath (one of the names of Lord Vishnu) is said to have 'landed' in the mountains nearby. Reason enough for an exploratory walk. Leaving from Badrinath, the streets became alleys, alleys became dirt roads, and dirt roads became a footpath. Going further up, closer to the glacier, nature became rougher on the one hand, more tranquil on the other. The only sounds were the wind and the stream nearby. A little black redstart accompanied us and seemed to lead the way. After three hours going up we found the footprints. Fortunately, they were marked or we would have been very lucky to find them. They were impressive. On the surface of an otherwise flat rock, a “negative” footprint stood out. It was more or less size 10 ½ (as mine coincidentally is). About two meters away another rock also had such a “footprint.” Whether Vishnu had been there we didn't know, but those rocks and the magnificent scenery around made quite an imprint on us. At our highest point of the walk, before returning, we sat for a while for an inner moment of contemplation.

Being from a country with no mountains at all (the Netherlands) the altitude of the Himalaya's were a real challenge. Without the help of the wonderful little horses and without making use of diaphragmatic breathing I (Yvonne), never would have made it! The air was so fresh, the sights so beautiful, the atmosphere so much filled with spiritual vibration. We are grateful for the wonderful stories of our guide Vikram about the history of India, about the Hindu gods and goddesses, about the places visited. And we are grateful for the loving care of Silvia. Thank you also to the other group members. We supported each other along the way and had good fun. You all made a dream come true for us!

Submitted by Addi Dekker and Yvonne Dekker (pictured at the right)



MEDITATION AND PAIN MANAGEMENT INTERNATIONAL CONFERENCE

FEB 24-28 2009

At Swami Rama Sadhaka Grama, Rishikesh.

Body is cured by the body –Rg-Veda
Let not body conditions become mind conditions
---Swami Veda

We are expecting the highest level of practitioners of medicine and meditation, neurologists, and research scholars, who will share with other discussants the secrets of pain control through the practices of meditation in the Himalayan Tradition as well as in some other traditions.

In addition, the advanced faculty of the Himalayan Hospital -- and disciples of Gurudeva Swami Rama including Dr. John Clarke --- will impart their knowledge based on Gurudeva Swami Rama's teachings.

Swami Veda Bharati will also teach from the results of his own experimentations.

We encourage you to write to ahymsin@gmail.com to make inquiries about registering or download a registration form at <http://www.ahymsin.org/painconf/> and e-mail it back to the Ahymsin office.

Yours in Service of Gurudeva
The Ahymsin staff
Serving Swami Rama's Ashrams, Rishikesh

View all of our newsletters online!
Just go to <http://www.ahymsin.org/docs/> and click on Newsletter archives

This part of the AHYMSIN website is a community wiki. A Wiki is a website that includes the collaboration of work from many different authors. The main AHYMSIN site is not quite ready for prime time, but look for its debut soon!

To learn more about wikis, go to <http://en.wikipedia.org/wiki/Wiki>

Please share your news and stories with our global family. We welcome your articles, pictures, and funny quotes to ahymsin@gmail.com.

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THE HIMALAYAN TRADITION OF YOGA MEDITATION

PURIFICATION OF THOUGHTS DHYANA MINDFULNESS JAPA DHARANA SHAVASANA
BREATH AWARENESS QUALIFIED PRECEPTOR TRANSMISSION