



# AHYMSIN

Association of Himalayan Yoga Meditaion Societies International

ahymsin@gmail.com

Two minutes meditation

Full moon meditation

Silence programmes

## Meditation Research Institute (MRI)

The Meditation Research Institute at Swami Rama Sadhaka Grama was created by Swami Veda Bharati in 2005 to bring together the ancient wisdom of the Himalayan Tradition and contemporary science. Following in the footsteps of his Master, Swami Rama, Swami Veda has maintained a keen interest in the scientific, medical and therapeutic studies of yoga meditation. Using some of the most sophisticated equipment currently available, the lab was opened for the purpose of documenting the various meditative techniques of the Himalayan Tradition and to test their effectiveness with scientific tools and methods.

During the summer, the Lab moved to its new location in Cottage 2. Construction was completed by October and the Lab again opened its doors to guests, sadhakas, gurukulam students, staff, and visitors. All are welcomed by Manuel Fernandez, the Lab Director, and his two new assistants, Meena Bhatt and Sharada Panigrahi. Manuel, Meena and Sharada are now implementing the Lab's programs of research, education, and community outreach and services.



All guests and visitors to SRSR are able to take advantage of the various types of testing offered at the MRI. Comprehensive tests measure the effects of meditation on one's body and mind, how deeply one can relax, or check diaphragmatic breathing. Guests may also receive biofeedback training to learn how to lower blood pressure, breathe more effectively for meditation, reduce migraines, reduce muscle tension or manage stress. There is a nominal fee for testing and biofeedback training.

The MRI helps people work toward good health, enjoy an overall sense of well being, and live more efficiently and fully through clinically proven methods and the use of cutting edge technology. Manuel, Meena and Sharada await your visit.

For further reading about the scientific investigation of states of consciousness and experiments with Swami Veda, read "Yogi in the Lab; *Future Directions of Scientific Research in Meditation*" by Swami Veda Bharati.

**SRSR Presents: "Insight Seeing" March 16-21, 2009**

Enjoy the rich beauty of the Himalayas in late winter/ early spring as you wind your way up to the Chamoli district of Uttarakhand.

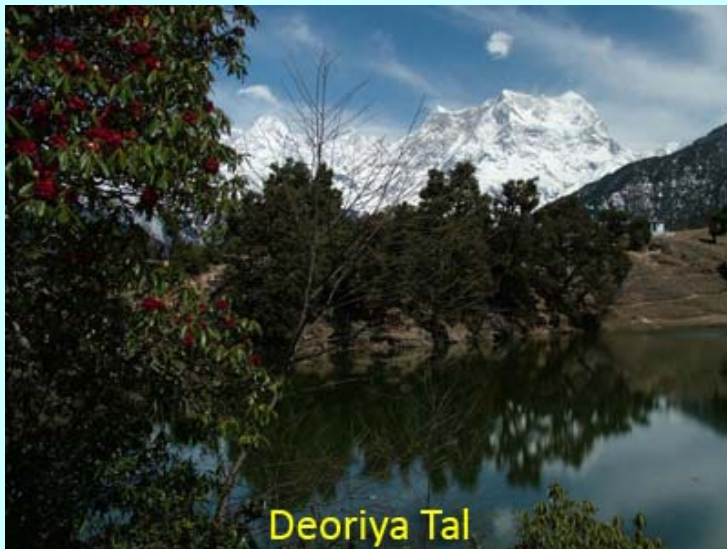
On our first day we will head to the town of Ukhimath, home of the Omkareshwar Shiva temple and winter seat of the famed Kedarnath shrine.

During winter when Kedarnath is buried in snow rising 2 meters high, the head priest and other priests come down in procession to Ukhimath to do their worship. Kedarnath is one of the four main pilgrimage spots of the region and a must do for all devoted Hindus.

At a 17 km distance from Ukhimath sits Sari Village. There we will start a 2.5 km trek up to the lovely Deoriya Tal Lake. Views of the majestic Himalayas can be enjoyed while resting by the calm lake waters.



Views from Ukhimath



Deoriya Tal

Participants will also have the opportunity to visit some of the numerous temples in the region around Ukhimath. The charged Kalimath temple, sitting alongside the Kali-Ganga River, resonates with the palpable energy of the Goddess Kali. The famous Vishwanath Temple at Guptakashi sits behind a kund (pool) that is fed by two underground tributaries of the holy waters of the rivers Ganga and Yamuna. Also at the Vishwanath temple complex, pilgrims pay homage to the balance of opposing forces at the shrine of Ardhanarishwar, the deity depicted

as half Shiva, half Shakti.

The male and female principles of the universe are further celebrated at a visit to the marriage spot of Lord Shiva and Parvati. A temple devoted to Lord Vishnu lies on an ancient bridge path at the village of Triyuginarayan. At this holy spot legend says that Shiva wedded Parvati. All the sages attended the wedding of which Vishnu himself was said to be the master of ceremonies.

As we head home, awe inspiring views of the Himalayas can be further taken in at the Kartik Swamy temple, a 3 km trek from the trail head at Kanakchowry. Legend says that Kartikeya, the son of Shiva and Parvati, came here in a huff when his mother granted the Raj Tilak to Ganesha (his brother). Kartikeya is worshipped here.

Participants should be in good health and able to trek.



Kartik Swami Temple

Please register on or by Feb 25th.

For registration and cost information, please write to [sadhakagrama@gmail.com](mailto:sadhakagrama@gmail.com)

*Pictures by Dr. Stoma Parker*

## News from the HYT-TTP Rishikesh office

Pranams Everyone,

Hello! This is Maryon Maass writing to you from Rishikesh. It is my privilege to present you with my *first* HYT-TTP (Himalayan Yoga Tradition-Teacher Training Program) news report since becoming the TTP office manager in Rishikesh last August. I will do my best to follow in Pierre's formidable footsteps. Pierre has now returned to the Gurukulm as both student and faculty. Thank you Pierre for the stellar job that you did.

Swami Rama Sadhaka Grama hosted a training session of the HYT-TTP October 5th -19th, 2008. It was a lovely time of year and the ashram was busy with guests from all over the world.

Maya Balog, Ahsutosh Sharma, and Peter Fabian were present to lead the training. We also thank Gurukulm faculty Ma Radha and Ma Nityamuktananda for their invaluable contributions to our training.

Nine students, coming from six countries, received a certificate of participation in TTP Level 1. Please congratulate the new teachers-in-training and provide them with your support! They are:

Abha Dabral (India), Diane Teh (Malaysia), Dora Wong (Hong Kong), Giancarlo Colombo (Italy), Katherine Stueve (USA), Lenny Wong (Hong Kong), Madhavi Wessendorp (Italy), Dr. Sivanasen Sivananthan (Malaysia), and Yvonne Dekker (Holland).



Swami Veda Bharati in the center

**Sitting :** Katherine Stueve, Maryon Maass, Diane Teh, Madhavi Wessendorp

**Back row :** Swami Ma Radha, Dr. Sivanasen Sivananthan, Prof. Jagadananda Das, Margo "Maya" Balog, Giancarlo Colombo, Yvonne Dekker , Dora Wong, Peter Fabian, Lenny Wong, Ashutosh Sharma, Abha Dabral, Swami Ma Nityamuktananda

The certificate ceremony for the students was inspiring as Swami Veda blessed us with a heartfelt lecture, leaving everyone understanding what a **Himalayan Tradition Yoga Teacher** *is* and *is not*. Thank you, Swamiji.

Yvonne Dekker's husband, Adi, beautifully closed the ceremony with a lovely and sacred mantra chant. Saying goodbye was, and always is, a moving experience for us all.

**March 1st-15th, 2009**, we will be hosting a **TTP Level 1** training at SRSG immediately after the Meditation and Pain Management Conference (24-28 February). We hope this will be a convenient date for those who are traveling great distances as it provides a unique opportunity to have two programs in a row. Swamiji will be in residence for the Conference, but not during the March TTP. Nonetheless, everyone present will experience Swamiji's very strong spiritual energy throughout the training.

Please refer to the HYT-TTP website, [www.himalayanyogatradition.com](http://www.himalayanyogatradition.com) , for more information about our program and upcoming retreats.

You may also email me in the TTP office at [hyt.ttp@gmail.com](mailto:hyt.ttp@gmail.com)

Wishing you continuing success in your practice and in your sadhana.

Yours in Service,  
Maryon Maass

## **HYT-TTP Rancho La Puerta Memories**

Namaste and Hola to Everyone,

The Teacher Training Program (TTP) retreat last August at Rancho La Puerta (RLP) was an amazing experience. The resort was transformed into an ashram for the month. In many ways it was as if we were in the ashram at Rishikesh. The presence of Swami Veda in the realm of Mt. Kuchumaa was *truly a special sacred* experience for everyone. The peace was felt by all.

We feel we were blessed to have Rancho La Puerta host us this year. We were grateful to the staff of RLP for their hospitality, wonderful food, accommodations, and impeccable service. Our 2 week TTP was a total success with 14 students. Several CEU (Continuing Education) students joined us as well, making their way from Trinidad, Holland, UK, Canada ,USA , Mexico and Korea. Our senior teachers and other honored speakers came from around the world. They shared with us their decades of experience of studying and practice with Swami Veda and Swami Rama. Swami Ritavan, Maya Balog, Ahsutosh Sharma, Peter Fabian, Stoma (Dr. Stephen Parker), Jim Nelson, Ma Radha, Ma Nityamuktananda, Dr. Beugle, Ragani, Dr. Dinesh Sharma, and Salvatore Zambito kept the lectures stimulating throughout.

Below you will find the list of participants in the August 2008 TTP Level I retreat at RLP. After the retreat they are catapulted into the age of online homework. The "homework" is designed to be completed throughout year along with support from a mentor. After completing the retreat and homework requirements, students complete their program with exams and interviews. Please join us in congratulations and support for their journey to becoming teachers in the Himalayan Tradition.



**Sitting Front Row :** Phyllis Newmark, Tejaswini, Swami Veda Bharati, Janie Vlahos, Donna Anderson, Miryang Key,

**Sitting Back Row :** Dr. Beugel, Adel Enderson, Lynda Sharp, Dr. Varsha Morar, Seval Askoy, Stephan Brown, Dr. Nazari, Maya Balog, Barb Bowie, Peter Fabian,

**Standing Row :** Stoma Parker, Ma Nityamuktanada Swamiji, Ragani, Michael James, Murray Kwachuk, Ashley Gandisch, Maryon Maass, Lisa Murray, Kelvin Ramprasad,

## UPCOMING EVENTS

***It is not too late*** to make plans to attend the  
**International Conference on Meditation and Pain Management at  
Swami Rama Sadhaka Grama, 24th to 28th February, 2009.**

Learn new tools in pain management. Keynote speaker Swami Veda Bharati will speak from his own experience with both pain and meditation and lead guided meditations . Pain of any type is the most frequent reason for physician consultation in the United States, prompting half of all Americans to seek medical care annually. Yoga teachers, meditation practitioners, research scientists, medical doctors, psychologists, dentists, and ayurvedic doctors will share secrets of pain control . Meditation as a tool in pain management will be explored both experientially and scientifically. The conference will feature meditation, relaxation, breathing, biofeedback, and hatha yoga asana practices useful in controlling pain and reducing stress; the latest scientific research; lectures by the medical staff of Himalayan Institute Hospital Trust; the Combined Therapy Program; Ayurveda; a lecture on dental pain management; Eastern and Western philosophical views on the nature of pain; formal and informal dialogue; discussions on implementation of presented ideas; poster sessions; evening entertainment with Indian dance and music.

***Don't miss the chance to attend this groundbreaking event!***

Write to [ahymsin@gmail.com](mailto:ahymsin@gmail.com) .

### **Himalayan Yoga Tradition - Teacher Training Program (HYT-TTP)**

March 2009: Rishikesh, India

July 2009: St. Paul, MN, USA

October 2009: Rishikesh, India

Visit our website at [www.himalayanyogatradition.com](http://www.himalayanyogatradition.com)

Or write to our office at [hyt.ttp@gmail.com](mailto:hyt.ttp@gmail.com)

### **“Insight Seeing” tour to the Chamoli district of Uttarakhand in the Himalyas**

March 16th to 21st, 2009

Write to [sadhakagrama@gmail.com](mailto:sadhakagrama@gmail.com)

### Indian Intensive Yoga Camp

April 12th to 19th, 2009

Write to [ahymsin@gmail.com](mailto:ahymsin@gmail.com)

### ITY-UKTAA SAA TADAA DEVEE...

#### Final Fire Offerings

Swami Rama Sadhaka Grama, Rishikesh

February 1st to 14th, 2010

Write to [ahymsin@gmail.com](mailto:ahymsin@gmail.com)

## CALLING ALL CHILDREN AND YOUTH!



Swami Veda would like to gather all of the children in our community for a world wide "International Children's/Youth Yoga Retreat." Any of you who have children or youth in the family or among friends, please write to [vedayouthcensus@gmail.com](mailto:vedayouthcensus@gmail.com) to send us your child's contact information to receive further updates. The main event will take place in December 2011 (around Christmas time) at the SRSG ashram in Rishikesh. We are taking bookings now.

**"Save for it now, travel later.  
Make me feel flooded with  
children's love."**

--- SVB

## THE HIMALAYAN TRADITION OF YOGA MEDITATION

PURIFICATION OF THOUGHTS DHYANA MINDFULNESS JAPA DHARANA SHAVASANA

BREATH AWARENESS QUALIFIED PRECEPTOR TRANSMISSION