



# Parmarth News

H.H. PUJYA SWAMI CHIDANAND SARASWATIJI

Newsletter

November, 2011



Featuring

Tony Blair, Diwali Celebrations, Surinder Kapoor's Ash Immersion, BJP/Congress Meetings, Guru Sangamam



# Tony Blair Faith Foundation Meeting



Pujya Swamiji with Tony Blair and Imam Umar Ahmed Ilyasiji

On the 27th September, Tony Blair, the former Prime Minister of UK, met with some of India's top spiritual leaders of the different religions. In India on a short visit to implement activities of the Tony Blair Faith Foundation, he spent several hours hearing the advice and wisdom of India's spiritual leaders. Pujya Swamiji had recently traveled through London on his way back from USA and had been requested to speak to the international youth fellows who had been selected to undergo a month training in London and then work for the Tony Blair Faith Foundation all over the world.



Pujya Swamiji with some of the leaders at the Tony Blair Faith Foundation meeting

# Tony Blair Faith Foundation Meeting



The faith leaders shared with Mr. Blair the beautiful and unparalleled way that different religions co-exist not merely with tolerance, but with love and acceptance, in India. Further, it was emphasized that although in other countries charity and humanitarian work (primarily that in the fields of education and health care) are kept separate from spirituality, in India people's spirituality is an inextricable part of every aspect of their lives and hence a great asset to charitable/humanitarian work. Mr. Blair was very touched and inspired by the words and wisdom of the saints.



**Pujya Swamiji shares with Tony Blair and all present His vision regarding the work that can be done by the Tony Blair Faith Foundation in India**



# Diwali Celebrations



Diwali Celebrations at Parmarth included much more than just sweets and fireworks!

First, on the mornings of both October 25th and 26th, Pujya Swamiji led a massive clean-up of not only Gangaji's banks but also of all the streets surrounding Swargashram. Hundreds of rishikumars, sevaks and people staying in the ashram - both from India and from abroad - participated in the clean-up, as well as visiting saints from the Swaminarayan Gurukul in Ahmedabad, headed by Pujya Swami Madhavpriyadasji. In just a matter of a few hours, a few years' worth of garbage in the streets and on the banks was completely cleared!



# Diwali Celebrations



# Diwali Celebrations



Following the clean up on the morning of Diwali, Pujya Swamiji led all the volunteers, sevaks and rishikumars in a divine bath in Gangaji.



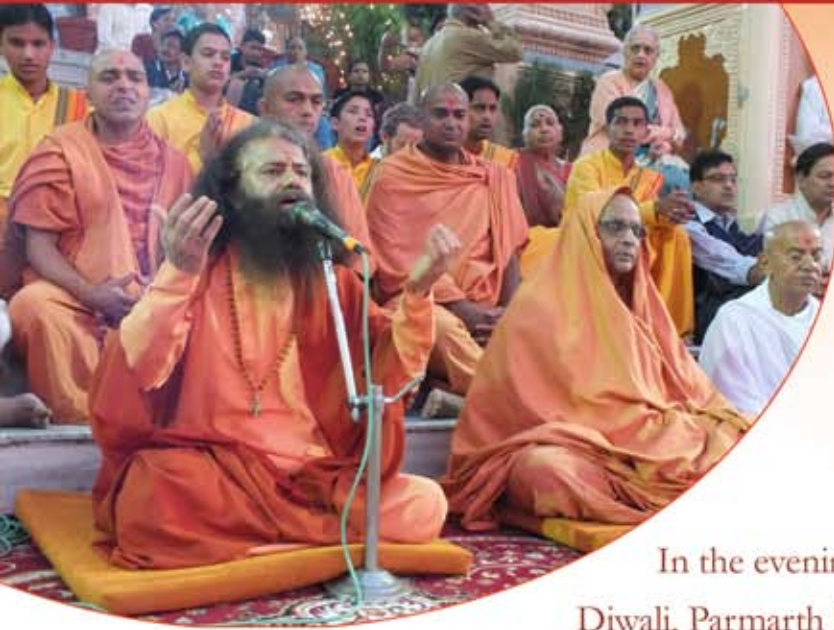
# Diwali Celebrations



After the snan in Gangaji, Parmarth held a large bhandara on the ghat for all the rishikumars from both Rishikesh and Veerpur as well as all guests and pilgrims at the ashram. Pujya Swamiji and Pujya Swami Madhavpriyadasji blessed the bhandara, serving sweets to all the rishikumars!



# Diwali Celebrations



In the evening of Diwali, Parmarth held the

beautiful Ganga yagna and aarti ceremony, followed by a divine Lakshmi Puja conducted by Parmarth's rishikumars, visiting pujaris from the Swaminarayan Gurukul in Ahmedabad, and the many guests celebrating Diwali at Parmarth this year. Beautiful mantras and bhajans were sung by Sadhvi Abhaji (Mataji), and after the puja Pujya Swamiji and Pujya Swami Madhavpriyadasji distributed hundreds of sweets and fruit to all who were present.



**Janaki and Deepen from Australia celebrate Diwali two days before their wedding at Parmarth**



# Diwali Celebrations



Pujya Swamiji offered His love and respect to Pujya Swami Madhavpriyadasji whose birthday was also on the auspicious day of Diwali. Pujya Swamij also blessed Deepak and Kirti Thakrar, who have founded a new organization called “Giving iz Living,” inspired by Pujya Swamiji's teachings and message. Giving iz Living is dedicated to building a girls' orphanage in Rishikesh with Pujya Swamiji's blessings, leadership, guidance and inspiration.

Later that night Pujya Swamiji also graced the mandir of Mataji.



# Diwali Blessings From Pujya Swamiji

## Diwali Blessings

*Not Just a New Year - A New You!*

At this divine time of Diwali we line our homes, our rooms, our offices and our streets with brightly shining diyas. The illuminated lamps signify the people of Ayodhya's love for Bhagawan Rama and their joy at his return. On this day, however, we must light not only beautiful lamps in our homes, but we must light the lamp in our hearts.

Within each of us shines the Divine Light. The Divine Presence is not only everywhere outside of us, it is also within us. In the Bhagavad Gita, Bhagawan Krishna reminds us, over and over, that He resides within our very hearts. Therefore, when I talk about lighting the lamp in our hearts I am not asking you to transform darkness into light but rather to simply shed that which covers our innate light from our view. The sun is always shining outside, but if your windows are covered with 2 inches of mud it will be dark in your home. The answer is not to go out in search of the sun, to sign up for courses or workshops on invoking the power of the sun, or even to bemoan the darkness. The answer is simply to clean the windows so that the naturally occurring presence of light may flow into your home.

In the same way, the inner divine light is always there, always shining, always available. It is the very core of our being and the very nature of our true Self. However, the "windows" of our consciousness have become packed inches-deep with our expectations, our grudges, our judgments, our illusions and our jealousies. Hence, that light cannot shine.

The significance and symbolism of the Diwali lamp is that we must allow the Light of the Divine to burn away all that which is holding us back, all that which is

covering our windows, so that our hearts are filled with nothing but light and love.

These days there is talk everywhere about the "Secret to Youth." Advertisements, commercials, billboards and magazines coax us to purchase their products, subscribe to their services or attend their retreats in order to attain the elusive Fountain of Youth. It is not merely wrinkle-free skin and shiny black hair people are looking for. Rather it is that feeling of youth, that inner experience, embodied by the young and young at heart, of being carefree and unfettered. Most people look back upon their childhood and remember with longing and nostalgia, what it was like not to feel so burdened all the time.

However, it is not the actual responsibilities that age us. It is not the jobs we do, the homes we build, the families we create or the passing years. What actually ages us, what actually is the difference between those who are seventy "years young" and those who are thirty "years old" is the ability to let go. The more we hold on, tenaciously and unrelentingly, to our own conceptions, our own expectations, our own egos, the more stuck we become. A rule of nature is that that which stops flow-



# Diwali Blessings From Pujya Swamiji

-ing stagnates and putrefies. That's what happens in our own lives. When we stop being able to shed the old in favor of the new, we become old. We stagnate. Look at children - they shed their teeth, their out-grown shoes, last year's clothes, their attachment to their homeroom teacher -- on a regular basis. Day by day life is changing -- their preferences, their understanding, their friends -- and they are able to flow dynamically with those changes.

The nature of the universe changes on a minute to minute and moment to moment basis. The sky tonight may look identical to the sky of last night; however, any astronomer can point out innumerable differences. The more we are able to align our own nature with the nature of the universe the more our lives will be peaceful, rich, fulfilling, content and divinely joyful. The more rigid and unyielding we are, the more we hold on to our ideas of yesterday, our grudges of last week, our pain from last year, the more we will suffer, face obstacles and feel old and tired. Look at the life of Bhagawan Rama and Sita Ma. How many new challenges, new situations, new visions of their own reality did each have to embrace? From one moment of an imminent coronation, to the next moment of banishment to the forest, to kidnapping by Ravana, to a righteous victory in the war of Lanka, to Sita's test by fire, and despite Sitaji passing the agni-pariksha, to ultimately them having to live the rest of their lives separate. Each new moment, each new situation required a new way of looking at the world, a new set of values and priorities, new vision and understanding.

It is much harder for us to embody the same freedom within our selves, the same ability to adjust and adapt to the changing nature of the universal Plan. Our habits become rigid and old; but we call it discipline. Our beliefs and ideas are rooted in the reality of yesterday, not today; but we call it virtue. Emotionally we respond not to what we hear, see and receive today but to how it reminds us of what we heard, saw and received yesterday, the day before and 30 years ago.

Erroneously, we call it truth. We are so busy complaining about the damp chill of winter that we don't notice the bright rays of the spring sun peaking through the clouds. This is not the way to live. Like the tree who gladly gives her green leaves of spring to the Divine Painter to turn red and yellow in Autumn, and then lets them fall to the ground as the winter frost sets in, similarly, in order to stay ever-young, ever-free and ever-joyful we need to be able to let go.

Computers have a very clever device called a "screen saver" which comes on after the screen has been idle for a certain number of minutes. Rivers, flowers or even flying saucers move across the monitor in order to prevent the idle screen from literally imprinting permanently upon the fibers of the monitor. If we didn't have screen savers, our screen would be rendered useless quite quickly because wherever we stop for too long, it would permanently fix upon the monitor. The same is true in our lives. If we get stuck with a desire, an expectation, a grudge, a fear, a misconception, it imprints upon our consciousness, preventing us from seeing that which is new with clear, pure vision.

At this divine time of Diwali there is a great emphasis on newness. We start a new checkbook. We clean out our homes and offices to make them feel "new." We celebrate the "new" year. But this emphasis on new doesn't mean that now newness simply should be dumped on top of oldness. It means that the Divine Light of these sacred diyas of Diwali should burn through the darkness of that which is old, that which is stale, and that which is thwarting our progress, clearing the way for new birth. Like a naturally occurring forest fire turns the old, dry branches and brush into fertile soil for new growth, similarly, the Divine Fire of the Diwali diyas should blaze through us, burning away that which is old and permitting the birth of new thoughts, new visions, new ideas and ideals. When we allow ourselves to be truly renewed in this way day by day, then we will be truly forever young regardless of the suppleness of our skin or the color of our hair.

# Ganesh Chaturdi with Pujya Bhaishri

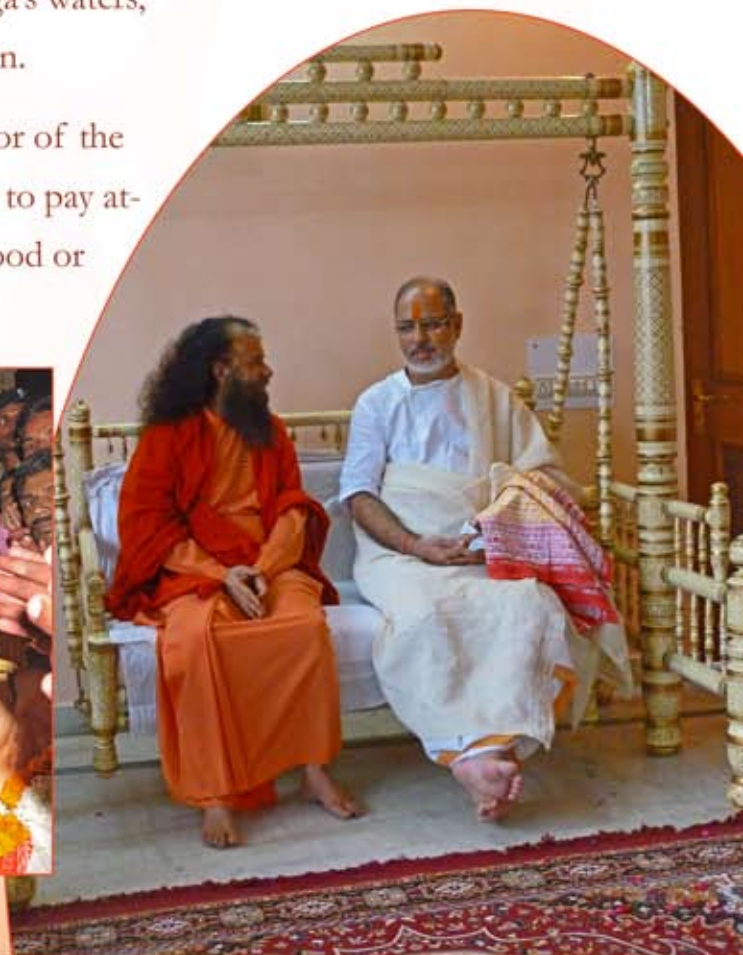


On September 11th, Pujya Bhaishri traveled from Haridwar, where he was giving a divine katha, to visit Parmarth and celebrate Ganesh Chaturdi.



That evening after aarti, a special puja was performed to Ganesh in which the beautiful murti of Ganesh was bathed in Ganga's waters, amidst jubilant singing and colorful powders being thrown.

On this day we also held a few minutes of silence in honor of the 10th anniversary of 9/11. Pujya Swamiji urged everyone to pay attention to their thoughts because everything - whether good or terror - begins with a thought.





## Seva and Sanskaras



Each month, numerous activities take place at Parmarth Niketan demonstrating the meaning of Parmarth: "Dedicated to the Welfare of All." Health care camps, conferences, environmental projects and other seva activities are ongoing.

Individuals and families also regularly come to Parmarth to perform sacred rites ceremonies (sanskaras), such as mundan (first hair cut), sacred weddings, and the final ash immersions puja. To see how these events are performed at Parmarth, please [click here](#).

So many people come to Parmarth to perform these sanskaras or to perform seva (selfless service) for the rishikumars of our gurukul or the wandering sadhus or the children in our free schools and other projects, it's impossible to list them all; but on the following pages are some of those who have come during this recent time period.

# Kapoor Family Ash Immersion



On September 29th, actor Anil Kapoor, Sanjay Kapoor and Boney Kapoor, along with other family members, came to perform the ash immersion ceremony of their father, Shri Surinder Kapoor, the famous Bollywood film producer. The sacred and divine puja was performed on the banks of Mother Ganga at Parmarth.



# Kapoor Family Ash Immersion



# BJP Conference



**Pujya Swamiji welcomes Hon'ble Chief Minister Shri Khanduriji to Parmarth**



**Pujya Swamiji addresses the BJP youth leaders**



From the 18 - 20th October the BJP Youth Wing had a conference at Parmarth Niketan which was attended by the Honourable Chief Minister Shri B.C. Khanduriji on the last day as well as former Chief Minister Shri Nishankji and other respected leaders.

Coincidentally and only possible at a place like Parmarth, the Congress women's wing had a huge conference on the Parmarth Ganga Ghat. During Aarti one evening, Pujya Swamiji remarked - with the BJP leaders sitting on the Shankar Bhagawan Ghat in the middle of Ganga, and the Congress leaders sitting on the regular ghat/steps - that with Ganga as the bridge, the two parties can join hands in the service of the country.



# Congress Conference



Pujya Swamiji also graced the Congress Conference with His presence and words of inspiration and encouragement. Congress leaders Shri Harish Tiwariji, Shrimati Sarojini Kaintyuraji, Shrimati Mohsina Kidwaiji and Shrimati Anita Varmaji led the Conference.



# Upper Ganga Regional Conference

On 20-21 September, INTACH and Ganga Action Parivar organized and hosted a workshop at Parmarth focused on the ecological and cultural conservation and sustainability of the Upper Ganga region (from Gangotri to Haridwar), defining the birth place of Ganga and the sacred natural and cultural history of the river, which is home to numerous revered pilgrimage sites as well as is an important place for both ecological diversity and tourism. This workshop brought together eminent activists, scientists, spiritual and political leaders who are dedicated to finding sustainable alternative developments in this region that protects the native culture and people.



The resolutions of this seminar are stepping stones to many actions and projects to come in the days ahead towards protecting, restoring and maintaining the river Ganga and her tributaries.

In follow up to the Conference, Ram Booghji, National Director of UNESCO, visited Parmarth and Pujya Swamiji has been working with him to have Ganga declared first a National Heritage Site and eventually a World Heritage Site.



# Guru Sangamam



On 26th August,

Pujya Swamiji met in Delhi with the Officers' Board of the Guru Sangamam, an organization of some of the most highly-revered religious leaders from all over India. The Guru Sangamam promotes harmony and cooperation between the indigenous religions of India (Hinduism, Jainism, Sikhism and Buddhism), and is committed to ushering in a new era of peace and understanding throughout India.

The meeting in Delhi took place to work out details for future planning. The Officers' Board includes:

- Chairman: Jagadguru Pujya Sri Shivarathri Deshikendrakendra Mahaswamiji
- President: Pujya Jaggi Vasudevji
- Convenor: Pujya Sri Sri Ravi Shankarji
- General Secretary: Pujya Swamiji
- Treasurer: Pujya Dr. Pranav Pandyaji

The meeting was also attended by Pujya Swami Agniveshji.



# Yoga Teachers' Training Course



**The students also had the opportunity to have darshan and satsang with Pujya Swamiji regularly, and even an audience with Pujya Bhaishri on Ganesh Chaturdi**

On September 11th, Parmarth began beginners, intensive and teachers' training courses. Students in these courses learned the traditional methods of pranayama, asana, and Vedic chanting, as well as studied the ancient yoga philosophies of the Bhagavad Gita and the Yoga Sutras of Patanjali.

In the five-week teachers' training course, which ran from September 11th to October 15th, students also intensively studied aspects of teaching theory, and had to complete a two-week practicum, in which they practiced teaching classes themselves.



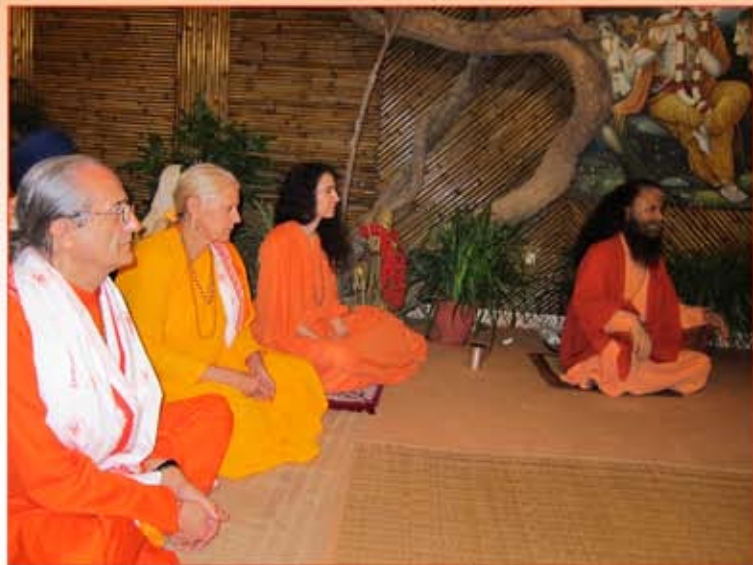
# Italian Yogis Come to Parmarth

On October 5th, Emy Blesio (Gayatri Devi) and Amadio Bianchi (Swami Suryananda Saraswati) visited Parmarth to have Pujya Swamiji's darshan and to participate in our evening Ganga Aarti ceremony, having traveled from Italy to participate in the International Festival of Yog, Culture & Spirituality held at Dev Sanskriti Vishwavidyalaya in Haridwar. Both are founding members of the European Yoga Federation.

Sadhvi Bhagawati had also attended the festival earlier in the day, where she gave a talk on the confluence of yoga, culture and spirituality in line with the theme of the conference.



**Sadhvi Bhagawati** lighting the inaugural lamp with Pujya Dr. Pranav Pandeyaji, head of Dev Sanskriti Vishwavidyalaya and Shantikunj and Amrta Suryananda of the Portuguese Yoga Federation



# Meeting With Anna Hazareji in Delhi



Pujya Swamiji greeting Anna Hazareji in Ramlila Maidan and presenting him with a pot of Gangajal to break his fast with

On 26th August, Pujya Swamiji visited Anna Hazare in Delhi at Ramlila Maidan, where Annaji was holding his fast in support of new anti-corruption laws. Pujya Swamiji brought Annaji Gangajal and Mansarovar jal so that when he broke his fast he could break it with holy water. He also told Annaji that the Government had to take care of the "bill", but Annaji has to take care of the country's "dil" (heart)!



Pujya Swamiji discussing with Kiran Bediji, a key member of Team Anna



# Bharatiya Yoga Sansthan Yoga Celebration



On 2nd October, Pujya Swamiji graced the 45th Yoga Day Celebration conducted by Bharatiya Yog Sansthan in Delhi. This festival brought together more than 15,000 people to hold a collective yoga practice together, led by yoga masters, as well as listen to talks on yoga and health.

Pujya Swamiji gave a beautiful talk on yoga at the event. He spoke on how yoga is not merely something we do, but is something we are, and that the true yoga is union with God, union of the individual self with the Divine Source. Yoga takes us from being united with our own small self and our egos, to being one with our Divine Self, with God, plugging us into the Divine Powerhouse. Further, as we learn in yoga class how to make our bodies more flexible, we also learn how to make OURSELVES more flexible, learning to accept all life offers us and surrendering.

*To watch a video of the talk Pujya Swamiji gave at this event, [click here](#).*



On the 22nd August, Pujya Swamiji and the former Chief Minister of Uttarakhand, Honorable Shri Ramesh Pokhriyal Nishankji traveled to Bhawali, near Naini Tal in the Kumaon part of Uttarakhand for the bhoomi puja of a new Ayurvedic treatment center and resort being built by the Emami Group.



Pujya Swamiji and CM Ramesh Pokhriyalji speaking to the media at the inauguration



# Chandigarh



**Pujya Swamiji opening the inaugural ribbon  
at the showroom with the Governor of  
Haryana, Shri Jagannath Pahadiaji**

On 10th October Pujya Swamiji traveled to Chandigarh for the opening of Sanjiv Jainji's showroom along with the Governor of Haryana, Shri Jagannath Pahadiaji.

In the evening Justice Alok Singhji organized a satsang evening at his home where Pujya Swamiji captivated the audience of justices and advocates with an inspiring and uplifting discourse.





# The Rising of Gangaji



At the end of August, Gangaji once again swelled to great heights as the monsoon continued in India. She even rose up to our new Shankar Bhagwan's chest! Each year the monsoon arrives in India, blessing the land and bringing new life and nourishment after the summer.





# Saints Visit Veepur



On August 27th, Pujya Swami Hansdevacharyaji, Pujya Swami Hatha Yogiji and other saints visited and met with Pujya Swamiji at the Parmarth ashram in Veepur.



**Pujya Swamiji with Pujya Swami Hansdevacharyaji and Pujya Swami Hatha Yogiji**





Pujya Swamiji attended a large function in Haridwar that drew thousands of students from across India from the Maharishi Mahesh Yogi schools. Pujya Swamiji blessed all the students there, and that evening Shri Girishji, the head of the lineage and head of all the organisation's educational programs throughout India, came back to Parmarth to join the evening aarti.



That night, Pujya Swamiji and Shri Girishji together lit the inaugural lamp for the Ganga & Yamuna Sangam Se Udyam Jan Yatra organized by the Global Green team from Allahabad, an arm of Ganga Action Parivar.



# Shyam Chopra Family Visits Parmarth



On August 28th, the Shyam Chopra family came to Parmarth to celebrate Shyam Chopra's 75th birthday. The whole family of three generations came - both from India and from abroad - for this celebration.

While here, the family also inaugurated the newly renovated Chopra Flat at Parmarth.





# Giving Is Living



On October 27th, Pujya Swamiji visited Veerpur with the “Giving iz Living” team from London.

Pujya Swamiji was also joined by Pujya Swami Madhavpriyadasji from the Swaminarayan Gurukul of Ahmedabad, who had been visiting Parmarth for the Diwali holiday.

While both groups were at Veerpur, Pujya Swamiji showed them the future plans for the development of the Veerpur ashram, and together they planted several trees on the ashram grounds.







# Govardhan Puja



On 27th October, Pujya Swamiji also attended the Govardhan Puja at Jairam Ashram, Rishikesh with Pujya Brahmachari Brahmaswarupji, the head of the ashram.



# Divine Message From Pujya Swamiji



## Seva & Sadhana - The Paths to the Divine

According to traditional Indian philosophy there are three main paths to the Divine or "yogas", described in compelling detail by Lord Krishna in the Bhagavad Gita - the path of knowledge, or "gyan yoga", the path of righteous action or "karma yoga" and the path of devotion or "bhakti yoga."

For the purpose of this article I want to discuss the latter two - karma and bhakti yoga. Are we better off sitting still and meditating upon the Divine, chanting His name and endeavoring to experience our inherent Oneness with Him, or are we better getting up and selflessly serving His creation? This question arises quite frequently on the spiritual path – which is more important, sadhana or seva? Will I attain enlightenment, liberation, moksha or the state of Divine Bliss faster in lotus posture with eyes closed or with eyes open, hands working?

Or, is there really any true difference between the two? Are they really 2 distinct paths?

*There is a wonderful story of a devoted man who spent a great deal of time each day in meditation and prayer. One day in his meditation he heard God's voice commanding him, "There is a large boulder in the field just opposite your house. I want you to push that boulder with all your might." So the man immediately rose and went into the field. He pushed and pushed, perspired and perspired, but the boulder didn't budge. Finally, exhausted under a sky long since dark, he returned home. The following morning before sunrise, eager to complete the Lord's bidding, he*

*was out in the field again, pushing and pushing. Still the huge boulder moved not an inch. This went on for many days, and then the days became weeks and the weeks became months. Still the boulder was firm.*

*Finally, one day the man collapsed in despair. He called out loudly, his voice choking with tears, "My Lord, I have failed You. You gave me such a simple task and even that I was unable to fulfill. I am useless and worthless of Your favor. Please forgive me."*

*The Lord responded lovingly, "My child. I never asked you to move the boulder. I put it there, and thus I am well aware that it cannot be moved by human might. All I asked was that you push against it. In pushing against that boulder for the last several weeks, look at how your arms and legs have strengthened. Do you see the firm muscles where loose flesh had hung before? Look at how healthy your sallow skin tone has become. There is a shine on your skin now, strength in your step, firmness and flexibility in your body. This task was not about moving the rock. It was about molding you. If I wanted the rock moved I would have moved it Myself. What I wanted was for you to experience physical labor, for you to feel the sun shine upon your skin, for you to know the fatigue of a hard days' work and for you to see how much more potential your body has than what you had imagined."*

Many times we mistake the meaning of seva. We think it is about the end, about the goal, about success. We see it as a task before us that we undertake with the feeling of generosity or devotion. However, seva is purely sadhana in an active form. Seva serves two specific purposes, aside from the actual benefit to the poor of the schools, hospitals, orphanages we may build. The first benefit is it teaches and trains us to see the Divine in all. Seva is not about "us" serving "them." It is not about "we" who are privileged giving to "they" who are disadvantaged. Seva is a practice of seeing them as us. Every religion in the world teaches us that we are all One. Hinduism says, "Vasudhaiv Kutumbakam" (the world is one family). Christianity says, "Love thy neighbor as thyself." This does not mean that I love cookies so I should feed my neighbor cookies. In order to truly, deeply and fully love another being as myself I must see that person as myself and see myself in them. Otherwise, we can never love another as much or in the same

# Divine Message From Pujya Swamiji

way as we love ourselves. The only way is to see the other as self.

The word "yoga" literally means "union." It is a union of the self to the Divine. Whether one walks the path of Karma Yoga, Bhakti Yoga, Gyan Yoga or practices Mantra Yoga or Siddhi Yoga or Laya Yoga or Raja Yoga, it doesn't matter. The destination is the same. They are all "Yoga" or practices of union. In each of these practices we are striving to realize the Union of ourselves with the Divine, and the moment we have a glimpse of union with the Divine, immediately we realize a union with all of creation. God is not partial. God would never say, "I'll be One with you and you, but not with you." The scriptures implore us to realize that we are One with God, and they never say, "But only if your name is included at the end of this book." No, we are all One with the Divine, and if we are all One with God then, by definition, we are One with each other. If  $A=B$  and  $B=C$ , then by definition  $A=C$ . So, if I am One with God and you are One with God then you and I are One with each other.

That Oneness with the Divine and through the Divine with all of creation is the fruit of true sadhana. So when we serve others in seva, when we work for the benefit of the world, on any level, through any means, the goal is not about the particular fulfillment of a project. The goal is to see the Divine in all whom we are serving - whether a child, a woman, a patient, a cow or a river. When we see the Divine in those whom we are serving then of course we will work with sincerity, with focus, with attention, with dedication and with commitment. After all, we are serving God. We are serving the true Self.

The other important aspect of seva is how it shapes us. Like the man in the story, seva is what tunes us and tones us, not just the body - the mind, the thoughts, the ego. It is one thing to sit

meditation and feel egoless; it is another to serve in the world with no ego. It is one thing to find a state of peace and stillness of the mind sitting silently in a forest or temple. It is quite another to find that same state of peace and stillness in the midst of a major seva project. That is the goal. The joy, peace, oneness, and divine connection we feel in meditation and prayer is what we carry with us into the day of seva. Just as we see the Divine in the images in our temple, can we see the same Divine in everyone with whom we interact, in everyone and everything for whom and with whom we are serving?

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So, seva and sadhana, karma yoga and bhakti yoga go hand in hand, and -- in the higher levels of awareness -- merge into one. After all, is loving someone any different from bringing him/her a cup of tea? Is loving someone any different from wiping his/her feverish brow? Of course not. There is no way to determine where love ends and service begins. When the love is true and pure, service is the most natural outcome. Hence, when the sadhana is true, seva is the natural extension of it. Conversely, through seva we attain a state of love and unity which deepens and enriches our sadhana. Slowly, slowly we realize they are simply two sides of the same coin, two streams meandering and merging together into the great Ocean.

# Pujya Swamiji's Itinerary



## November

- 3 - Pathmeda
- 4 - Kanpur
- 5 - Varanasi
- 6-22 - Rishikesh
- 23-24 - Mumbai
- 26-30 - Rishikesh

## December

Rishikesh



*“Clean Ganga, Green Ganga. Serve Ganga, Save Ganga.”*



Officially launched in April of 2010 by the hands of Pujya Swamiji, H.H. the Dalai Lama and numerous other saints and dignitaries, Ganga Action Parivar is a global family of professionals, environmental engineers, scientists, activists, government leaders and devoted volunteers from all across the world dedicated to serving Mother Ganga. It is a sincere effort to provide effective and sustainable solutions for the millions of people whose lives depends on the purity of the river.

GAP is working in numerous areas - from “Grand Plan” scale to “Ground Plan” scale - to address the many issues that face Ganga and her tributaries, such as creating solid waste and wastewater management programs, building toilets, planting trees, cleaning and beautifying holy pilgrimage sites, spreading awareness on how to be eco-friendly, creating alternative environmentally-friendly energy plans, and so much more. GAP’s projects have been blessed and supported by saints, scholars, yogis, economists, scientists, environmentalists and agriculturalists, among many others.

Log-on to **[www.gangaaction.com](http://www.gangaaction.com)** to learn more about Ganga, about the issues, and about the programs and projects GAP is working on. Interact and share your ideas, and find out how you can truly help no matter where you are in the world! Together as a family, we can restore, protect and maintain a free-flowing and unpolluted Ganga!



# INTERNATIONAL YOGA FESTIVAL

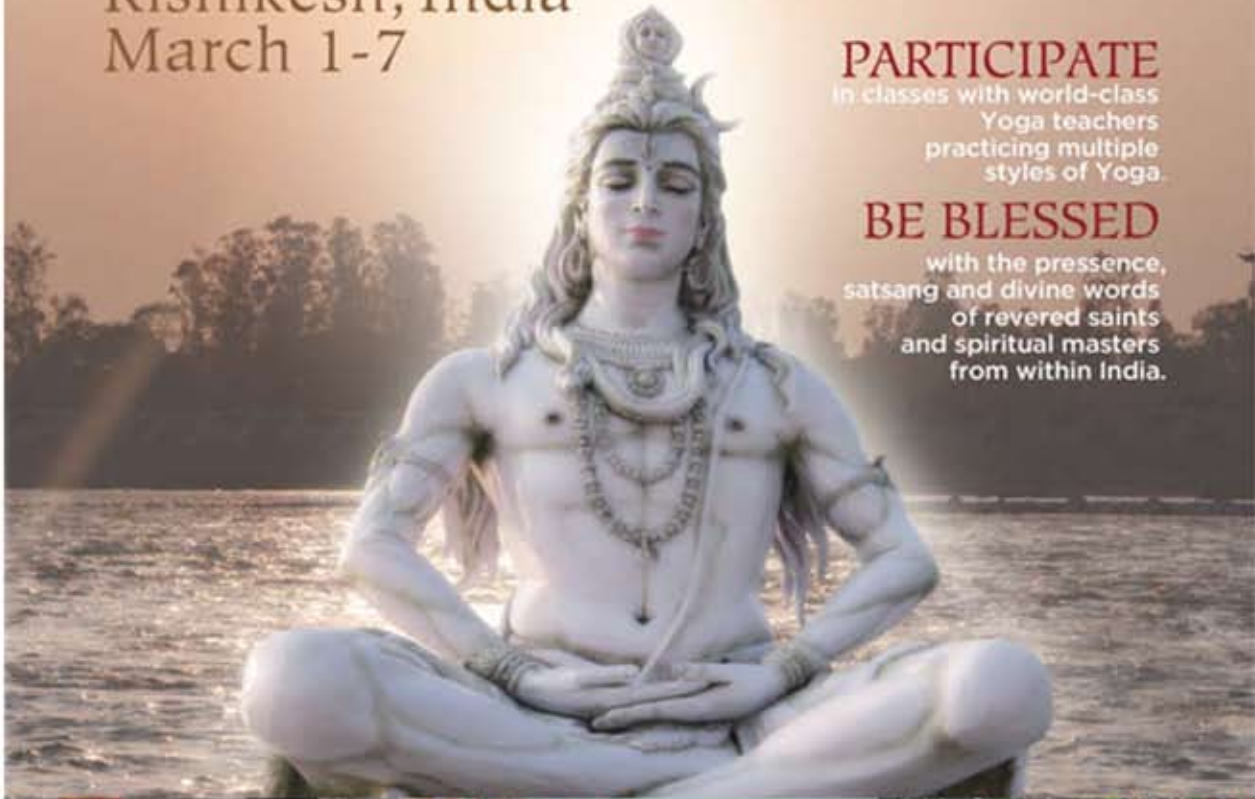
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