To perform actions without any expectation, just as an instrument of divine grace, is Yoga.
“Do not try to move others; rather find your way between the others and around them. Humbly and sincerely make your own way on the path of life.”
Come to nature, be with nature, and discover your true nature.
"Forgiveness removes the vice from our hearts and allows us to breathe, live and love freely."
Our own actions, choices and habits are the seeds which create our world.

Green pledge during Green Shri Ram Katha with Pujya Swamiji, Hon’ble Chief Minister of Uttarakhand Shri Trivendra Singh Rawat, Hon’ble Minister of State HRD, Water Resources & Ganga Rejuvenation Shri Satyapal Singh, and many eminent interfaith leaders
Love and compassion should not merely be a part of life, but ALL of life.

“Love and compassion should not merely be a part of life, but ALL of life.”
Let your selfless service be your prayer and your meditation. The best way to honor God in our lives is through serving humanity.
“To truly understand each other we must stand under each other with humility.”
How to recharge your batteries? Plug yourself back into the Source. Get connected again to God. The moment we reconnect, the charge is there!
If we want to be torchbearers of peace, we must first become rivers of love, dousing all flames of discord in the waters of our own compassion and serenity.
You can be fit or have fits.
You can be set or upset.
You can be better or bitter.
You can be in peace or in pieces--
the choice is yours.
“Yoga connects us to our innernet rather than the internet. People always ask if there is Wi-Fi, but the real question should be “Why-I?””

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<th>March</th>
<th>St. Patrick’s Day (Christian)</th>
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<td>World Water Day</td>
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Eco-friendly Holi celebrations during International Yoga Festival
“W**e** must learn to give, give and give like the Sun, and like Mother Ganga - with no hesitation, no expectation, no vacation and no discrimination.”
“Cultivate the attitude of not “what for me”, but rather “what through me.””
Surrender. Become humble.

Realize everything is due only to God.

April

7 Sunday
8 Monday
9 Tuesday
10 Wednesday
11 Thursday
12 Friday
13 Saturday

Pujo Swamiji, Hon'ble MP Shri Ramesh Pokhriyal, and Sadhvi Abha Saraswatiji celebrate Speaker of the Lok Sabha Smt. Sumita Mahajan’s special 75th birthday at Parmarth

Ashtami
(Hindu)
Ram Navami
(Hindu)
“Prayer is the broom which sweeps out our heart, making it clean and divine for God.”

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<td>Palm Sunday (Christian)</td>
<td>Vaisakhi (Hindu)</td>
<td>Mahavir Jayanti (Hindu)</td>
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<td>Hanuman Jayanti (Hindu)</td>
<td>Good Friday (Christian) Passover Begins (Jewish) Theravadin New Year (Buddhist)</td>
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Giving is living, living is learning, learning is knowing, knowing is growing, growing is giving, and giving is living. That is the cycle of life.
If you can experience love, you will manifest love.
Accept whatever comes as Prasad from God. Whatever He gives us – a hut or a castle, 
is His divine gift.
“Life is not just about connecting to the Internet and getting the fastest speed, but we must remember to connect with the Innernet and get the right direction.”
“Peace is living in harmony within ourselves and with all those with whom we share the Earth - the humans, the animals, and the plants.”
"If we are peaceful, humble and sincere inside, then nothing outside can take away our peace."
In order to bring deep and lasting peace to our world, we have no choice but to begin from the inside and move outwards.
Let us realize that everything is just as it is supposed to be. We are in the lap of the Mother. How can anything go wrong?
“Travel light on your journey in life. Your desires and expectations are heavy baggage, which slow you down and thwart your progress. Let them go.”
Engage yourself in Karma (good, selfless work), under the shade of Dharma (righteousness), with an awareness of Brahma (God).
“Make every day a holy day:
Start every day with a prayer.
Fill every day with prayer.
End every day with prayer.”
Go to God. Whatever name, whatever form you worship is no problem. Just go to Him. He accepts all names and all forms. If God can be worshipped only in one way then He is not God!
“We must learn to be noiseless amidst the noise.”
“If we really worship the Divine, everything becomes a spiritual practice. Everything becomes a practice in non-violence, truth, integrity, sharing and compassion.”
“Yoga is not what you do; it is who you ARE.”
Live in peace, not in pieces.
If you are in peace, you will exude peace, manifest peace, and spread peace.
If you’re in pieces, you will manifest pieces and spread pieces.”
Interfaith is when we enter into the common faith of acceptance which says we may worship our own but we must respect all.

“Interfaith is when we enter into the common faith of acceptance which says we may worship our own but we must respect all.”

Independence Day celebrations at Parmarth, symbolizing a new dawning in interfaith harmony as hundreds of Muslim and Hindu faith leaders, students and community members converged for a more peaceful and sustainable world.
“Be happy, be peaceful. Embrace all, include all, exclude none.”
Do not wait for miracles. You ARE the miracle! Never forget the miracle of yourself!
"The ‘I’ is the cause of all our problems. It is a wall, a barrier between us and others. Learn to bend the ‘I,’ make it a bridge."
“Don’t only light the oil lamp in your temple, but light the lamp in your own hearts.”
The waters of Mother Ganga are always pavitra (pure) but we must pledge and work to keep them also swaccha (clean).
"We may not have the power to make flowers blossom in all the gardens of the world, but at least wherever we go, whatever path we walk on, we can remove the thorns we pass on the way."
“Let us fill our homes with love - love for God, for each other, for the community and for all of humanity. Then, through that love, all else will automatically follow.”

Pujya Swamiji and Sadhvi Bhagawatiji light the inaugural lamp with children during beautiful spiritual program at Shree Sanatan Mandir, Leicester, UK.

Mahatma Gandhi’s Birthday (Hindu)

Navratri Begins (Hindu)

Rosh Hashanah (Jewish)
In order to maintain inner peace, calmness and stability regardless of external circumstances, we need a daily multivitamin of meditation, no reaction, and introspection.
“Life is about the journey, not the destination. Live in Heaven now. Don’t wait for it to come later. Live in Moksha now. Don’t wait for death.”
“We must not only pray for peace, but we must work for peace, every minute and every moment of our lives.”
Meditation is the best medication for all agitations.
“When you talk to God it is prayer. When He talks to you it is meditation.”
Facebook is great, but you must also make time to Face your Book. Facing your own book is what is needed most.

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- Veteran’s Day (US)
- Kartik Purnima (Hindu)
- Birthday of Guru Nanak (Sikh)

Two education programmes in Dehradun with the Hon’ble Chief Minister of Uttarakhand Shri Trivendra Singh Rawat, Pujya Swamiji, eminent leaders and schools to help support the local community's efforts to revive their local stream.
“Yoga is not a union of our hands to our feet or our head to our knees. It is a union of the self to the Divine.”
"We must learn to be like the calm, undisturbed water in the depths of the ocean itself, unaffected by the small, transient fluctuations."
There can be a PLAN A & PLAN B but there is no PLANET B. We must protect the one we have.”
A leaf is alive only when it is part of a tree. When it disconnects, it dies. In the same way, when we are connected to our roots, sanskaras & our global family, only then do we stay healthy and full of life!

Green leadership pledge by Pujya Swamiji with HH Drikung Kyabgon Chetsang Rinpoche in Pujya Swamiji’s eco-friendly hut at Parmarth
“Expectation is the Mother of Frustration. Acceptance is the Mother of Peace and Joy. Never expect. Always accept.”

Pujya Swamiji and Sadhvi Bhagawatiji presented with official certificate for the World Record of Biggest International Yoga Festival for hosting a record number of hours of Yoga classes from world-class Yoga teachers practicing multiple styles of Yoga at conclusion of IYF 2018.
“I want peace,’ everyone says. Simply remove the ‘I’ and remove the ‘want’ and you will have ‘peace.’ Peace is not something to search for. It is ‘I’ (our egos) and ‘want’ (our desires) that make peace elusive.”
Be the change and bring the change.
If we set the divine example,
others will follow.
Always cultivate an attitude of gratitude. Then life will feel like prasad."
“Do Divine! Be Divine! It is not enough just to BE divine, one must also DO divine.”