If you can experience love, you will manifest love.
“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.
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!
"We must not only pray for peace, but we must work for peace, every minute and every moment of our lives."
“When you talk to God it is prayer. When He talks to you it is meditation.”
There can be a PLAN A & PLAN B but there is no PLANET B. We must protect the one we have.
“Always cultivate an attitude of gratitude. Then life will feel like prasad.”
“Accept whatever comes as Prasad from God. Whatever He gives us – a hut or a castle, is His divine gift.”
“If we are peaceful, humble and sincere inside, then nothing outside can take away our peace.”
Our own actions, choices and habits are the seeds which create our world.
“Come to nature, be with nature, and discover your true nature.”
If we really worship the Divine, everything becomes a spiritual practice. Everything becomes a practice in non-violence, truth, integrity, sharing and compassion.

Pujya Swamiji and Hon’ble Governor of Uttarakhand, Baby Rani Maurya, inaugurate a free drinking water machine at the Taj Mahal, a project which Pujya Swamiji initiated by Global Interfaith WASH Alliance, Paumanik Nirman and PiLo Pani

Chaitra Navratri Begins (Hindu)
Gudi Padwa (Hindu)
“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.”
“Facebook is great, but you must also make time to Face your Book. Facing your own book is what is needed most.”
“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.”
“The waters of Mother Ganga are always pavitra (pure) but we must pledge and work to keep them also swaccha (clean).”
We must learn to be like the calm, undisturbed water in the depths of the ocean itself, unaffected by the small, transient fluctuations.
“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.”
“Do Divine! Be Divine! It is not enough just to BE divine, one must also DO divine.”
“Be happy, be peaceful. Embrace all, include all, exclude none.”
Engage yourself in Karma (good, selfless work), under the shade of Dharma (righteousness), with an awareness of Brahma (God).
“We must learn to give, give and give like the Sun, and like Mother Ganga - with no hesitation, no expectation, no vacation and no discrimination.”
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.
“Be the change and bring the change. If we set the divine example, others will follow.”
“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?””
How to recharge your batteries?
Plug yourself back into the Source. Get connected again to God.
The moment we reconnect, the charge is there!
“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.”
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.
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.

Pujya Swamiji shows the handwashing stations at Global Interfaith WASH Alliance, Parmarth Niketan’s camp at the Kumbh Mela to Chief Minister of Uttarakhand Shri TS Rawat and Minister of Urban Development Shri Madan Kaushik.

Shrawan Shivratri (Hindu)
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.
“Cultivate the attitude of not “what for me”, but rather “what through me.””
“Surrender. Become humble. Realize everything is due only to God.”
“Peace is living in harmony within ourselves and with all those with whom we share the Earth - the humans, the animals, and the plants.”
"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."
“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.”
“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?”
Yoga is not what you do; it is who you ARE.
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.
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.
Interfaith is when we enter into the common faith of acceptance which says we may worship our own but we must respect all.
“In order to bring deep and lasting peace to our world, we have no choice but to begin from the inside and move outwards.”
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!
“Make every day a holy day:
Start every day with a prayer.
Fill every day with prayer.
End every day with prayer.”
“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.”
“We must learn to be noiseless amidst the noise.”
In order to maintain inner peace, calmness and stability regardless of external circumstances, we need a daily multivitamin of meditation, no reaction, and introspection.
"Prayer is the broom which sweeps out our heart, making it clean and divine for God."

Pujya Swamiji offers prayers at the first Padmasana on the banks of Ganga, a traditional Balinese Hindu temple, at Parmarth Niketan.

Martyrdom of Guru Tegh Bahadur (Sikh) 24

Gopasthami (Hindu) 22

Thanksgiving (US) 26

November

22 Sunday

23 Monday

24 Tuesday

25 Wednesday

26 Thursday

27 Friday

28 Saturday
Don’t only light the oil lamp in your temple, but light the lamp in your own hearts.

Water Blessing Ceremony with Smt. Sumitra Mahajan, Speaker of the Parliament, Rita Bahuguna, Minister of Tourism for Uttar Pradesh; Su Durey, Director WSSCC, and women spiritual leaders at the inauguration of the Summit of Grace dedicated to women’s empowerment.

Kartik Purnima (Hindu)
Birthday of Guru Nanak (Sikh)
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.”
Meditation is the best medication for all agitations.

Festivals can become green when the message and focus is environmental preservation. Pujya Swamiji encourages young Rishikumars to plant trees and conserve water.
Expectation is the Mother of Frustration.
Acceptance is the Mother of Peace and Joy
Never expect. Always accept.

“E”xpectation is the Mother of Frustration.
Acceptance is the Mother of Peace and Joy
Never expect. Always accept.”
Forgiveness removes the vice from our hearts and allows us to breathe, live and love freely.

“Forgiveness removes the vice from our hearts and allows us to breathe, live and love freely.”
To perform actions without any expectation, just as an instrument of divine grace, is Yoga.
“Do not wait for miracles. You ARE the miracle! Never forget the miracle of yourself!”
H.H. Swami Chidanand Saraswatiji's motto in life is, “In the Service of God and humanity.” Selflessly dedicated to the welfare of all, he leads, directs and inspires numerous, wide-scale service initiatives. Touched by the hand of God at the tender age of eight, Pujya Swamiji left his home to live a life devoted to God and humanity, spending his youth in silence, meditation, yoga and austerities high in the Himalayas. Today, he is world renowned as a spiritual leader, visionary and divine guide.

Pujya Swamiji is President and Spiritual Head of Parmarth Niketan Ashram, Rishikesh, India, one of the largest interfaith institutions in India. Under its divine inspiration and leadership, Parmarth Niketan has become a sanctuary known across the globe as one filled with grace, beauty, serenity and true divine bliss. (www.parmarth.org). The word Parmarth means “Dedicated to the Welfare of All;” the ashram is not only a spiritual haven for those who visit, but it also provides food, shelter, education, training, and health care to those in need.

He is Co-Founder of Global Interfaith WASH Alliance (GIWA), the world’s first international interfaith initiative which brings together the world’s faiths as allies in ensuring every child around the world has access to safe, life-giving Water, Sanitation and Hygiene (WASH). (www.washalliance.org)

Pujya Swamiji is also the Founder of:

- Ganga Action Parivar (GAP), a global family dedicated to the preservation of the River Ganga and Her tributaries in their free-flowing and pristine state. GAP works includes everything ranging from solid waste management to wastewater management as well as awareness and educational outreach to make this vision of a clean and free-flowing River Ganga and Her tributaries a reality for all. (www.gangaaction.org)

- Divine Shakti Foundation (DSF), which is dedicated to the holistic well being of women, their children, and orphaned/abandoned children, and to all of Mother Nature. DSF runs free programs, women’s vocational training programs, orphanages, frequent free medical camps, animal care programs, a rural development program, and innumerable other humanitarian projects. (www.divineshaktifoundation.org)

- India Heritage Research Foundation (IHRF), an international, non-profit, humanitarian foundation which compiled, edited and published the first-ever comprehensive Encyclopedia of Hinduism (www.theencyclopediaofhinduism.com) in 11-volumes, as well as ashrams and medical clinics in the sacred land of Mansarovar and Mt. Kailash in Tibet. (www.ihrf.com)

- Interfaith Humanitarian Network, an organization that brings the faiths together to save lives during humanitarian crises and to help prevent crises to come. IHN is dedicated to disaster relief and has been active in providing short term, immediate relief as well as long-term permanent relief to victims of the 2004 Asian Tsunami, 2013 floods in Uttarakhand India, and 2015 earthquake in Nepal. (www.projecthope-india.org)

Pujya Swamiji’s religion is unity, and he is a leader in numerous international, inter-faith summits and parliaments including the United Nations, World Economic Forum, Parliament of Religions, Religions for Peace, and more.

However, Pujya Swamiji seems unaffected by this incredible list of accomplishments and remains a pious child of God, owning nothing, draped in saffron robes, living a life of true renunciation. His days in Rishikesh are spent offering service to those around him. Thousands travel from across the globe simply to sit in his presence, to receive his “darshan.” He travels the world, bringing the light of wisdom, inspiration, upliftment and the divine touch to thousands across the world.