

PARMARTH NEWSLETTER

Pujya Swamiji's Yatra Abroad



July 2008

Pujya Swamiji's Yatra Around the World

Thailand

On the 1-3 of July, Pujya Swamiji and Pujya Swami Hansdasji traveled together to Thailand. First they went to Koh Samui, to a beautiful center called Kamalaya owned by Pujya Swamiji's devotee Nash Purswani and John Stewart. Nash and John had been requesting Pujya Swamiji to come, see and bless Kamalaya for quite some time, so finally -- on His way to Bangkok -- He went for 2 days. Kamalaya is a beautiful resort on the Gulf of Siam, in the Thai forests. It is based completely on Indian, Ayurvedic and Vastu Shastra principles of health and healing. At the center of the grounds lies "The cave" a place where revered Thai Buddhist monks had meditated.

While at Kamalaya, Pujya Swamiji and Pujya Swami Hansdasji conducted a sacred yagna and had a beautiful satsang session for the local people of Koh Samui as well as guests at Kamalaya.



The atmosphere and environment were filled with the sounds of sacred Vedic chanting, and all of the people -- a mix of Thai, American, Australian, British and European -- were all so touched and uplifted. No one wanted the evening satsang to end.

On the 3rd July, there was a public function held in downtown Bangkok at which the saints gave inspiring pravachan for the Indian community of Bangkok as well as many local Thais. The program was organized by Nash, Naina, Rupa and Varshi Purswani and Asha Seghal

On the way into Bangkok from Koh Samui, they also went to have darshan of Mini-Siam, a park in which the major monuments of each country of the world have been built in miniature.



Hong Kong

On the 5th and 6th July, Pujya Swamiji was the Special Guest Speaker at the Evolution Asia Yoga Conference organized by Pure Yoga of Hong Kong, a conference attended by nearly 3000 yogis from Asia, USA, Canada and Australia.

On the night of Saturday, July 5, there was a beautiful program which opened with bhajans sung by Jai Uttal, the world famous bhajan and kirtan singer, an American disciple of Neem Karoli Babaji Maharaj. Jai's music filled the hall with devotion and joy, as all the participants sang along with his beautiful music. After the kirtan, Pujya Swamiji gave an inspiring lecture on the true meaning of Evolution. "We are not here to evolve into pretzles or acrobats with merely limber legs and flexible spines," He said. "We are here to evolve into conscious, aware, compassionate, peaceful, loving beings. That is evolution." To hear Pujya Swamiji's lecture, please click on www.parmarth.com/lectures/hongkong-yoga.mp3



Pujya Swamiji speaks after Jai Uttal (left) sings Kirtan



On the next day, July 6, Pujya Swamiji gave another lecture on how to actually “evolve” into the divine beings that yoga should make us. He talked about the 8 limbs of yoga, as delineated by Patanjali and how the yamas and niyamas (do’s and don’ts of life) are actually the foundation of yoga. “Asana and pranayama are very important, but without a strong foundation of integrity and righteousness, they are merely exercises, not yoga.” He went on to give some simple and practical tools for how to bring yoga into our daily life. To read Pujya Swamiji’s article on the 8 limbs of yoga, click on <http://www.ihrf.com/publi/YogaEOL.pdf> or go to <http://www.ihrf.com/publi/index.htm> to see all of His publications available for free download.

In the evening, there was a satsang for the local Indian community of Hong Kong. He spoke about the importance of maintaining the deep and ancient Indian tradition and culture, even living abroad.

Then He went to the temple/center of Shivanali Ma, a beautiful spiritual leader from Thailand who is based most of the time in Hong Kong. She and her devotees come each year to Rishikesh, to Parmarth Niketan, and it was her great wish that Pujya Swamiji would bless her temple and devotees in Hong Kong. The temple is filled with strong vibrations of piety and love.



Pujya Swamiji blessing Shivanali Ma's devotees at their temple



Pujya Swamiji blessing Shivanali Ma's devotees at their temple



Shivanali Ma with Pujya Swamiji



Pujya Swamiji blesses Jojo and Alfred

Los Angeles, California

Pujya Swamiji reached Los Angeles on the evening of the 12th July and gave darshan and led meditation at the home of Dawn and Clive Baillie in Studio City. On Sunday morning, He traveled to the Anaheim Convention Center, at the request of Pujya Swami Ramdevji who was concluding a 5-day camp in Anaheim. He had asked Pujya Swamiji to come at least once during the camp, so He went for the final morning. At the camp, Pujya Swamiji praised the way that Pujya Swami Ramdevji is bringing yoga and pranayama to so many millions of people all over the world.

On Sunday, Pujya Swami Chidanandji and Pujya Swami Ramdevji gave a program together in Hollywood, California. The audience was made up of more than 500 actors, actresses, directors, producers, writers, singers, models, artists and other people in Hollywood. It was nearly a completely Western audience. The theme of the function was the Path of Yoga. Pujya Swami Ramdevji taught Pranayama and gave a talk on the philosophy of yoga and pranayama. The audience was amazed to hear how the daily practice of pranayama and yoga can cure every disease. Pujya Swami Chidanandji gave an inspiring discourse on the deep meaning of yoga and how to bring that into our daily lives, how to live yoga every minute of our day. Following the discourses there was also a question-answer session in which the audience had the opportunity to ask questions of the revered saints. The function took place at Golden Bridge Yoga, the center owned and run by Gurmukh Kaur Khalsa, one of America's most famous Kundalini yoga instructors. Shiva Rae, who is probably the most famous yoga teacher in America also attended the program as well as Bibiji, wife of late Shri Yogi Bhajanji. Pujya Swami Chidanandji gives programs at Golden Bridge annually, but it was Pujya Swami Ramdevji's first program in front of a Western (not NRI) audience.



Pujya Swami Ramdevji, Pujya Swamiji, Shiva Rae, Gurmukh



Pujya Swami Ramdevji and Pujya Swamiji



Bibiji, Pujya Swami Ramdevji, Pujya Swamiji, Shiva Rae, Gurmukh, Sadhvi Bhagwati





San Francisco Bay Area

On July 15, Pujya Swamiji traveled to Los Gatos, California, near to San Jose, in the San Francisco Bay Area, for a program at "Ma Bhavan", the home of Chandra and Narpat Bhandariji. Serendipitously, it was the anniversary of the passing of Chandraji's mother, so a special prayer was held in her honor, and Pujya Swamiji gave a talk on the importance of the mother.



On July 16, He visited the yoga shala of disciple Samantha "Shakti" Matthews and her husband Bradley in Boulder Creek. Then in the evening, He had a lecture at Yoga Tree Castro, a large yoga center in the middle of San Francisco. The theme was "Finding Peace in the Chaos of the World." Yoga means "union" and ultimately it is a union of our life and our selves with the Divine. That union should lead to peace, but how?



Louisville, KY

For the sacred occasion of Guru Purnima, Pujya Swamiji was in Louisville, Kentucky. The Guru Purnima program at the Hindu Temple began with a beautiful puja, followed by joyous and devotional bhajans and kirtan sung by the well known Pandya family. Mother, father and young daughter all sang together, creating a beautiful atmosphere of piety and gratitude. This was followed by a talk by Sadhvi Bhagwati and then Pujya Swamiji's divine Guru Purnima message and blessings. To hear His message click on www.parmarth.com/lectures/gurupurnima2008.mp3.

The program was lovingly organized and sponsored by Jayshreeben and Rajanbhai Amin, Rekhaben and Atulbhai Mashruwala, and Taranginiben and Chandrakantbhai Patel.



Houston, Texas

Early on the morning of the 19th, Pujya Swamiji flew to Houston to be present at the bhoomi puja for Pujya Swami Ramdevji's new center in Houston, Texas. When Pujya Swamiji and Pujya Swami Ramdevji had been together in California, Pujya Swami Ramdevji had mentioned that he was planning to build a center in Houston and he requested Pujya Swamiji to come and bless the bhoomi puja. In the evening, there was also a program in honor of Ekal Vidyalaya project (schools in tribal India), a project which Pujya Swamiji supports wholeheartedly.



Atlanta, Georgia

On the 20th, Pujya Swamiji flew to Atlanta, Georgia and from Atlanta traveled to Rome, Georgia where He gave an inspiring program at the Shree Ram Hindu temple and community center of Cartersville. The program was organized by Pushpaben Patel. It was Pujya Swamiji's first time to Rome (although He has been to Atlanta on many occasions) and the audience was so touched and inspired by His words and presence that they requested Him to please be sure to include Rome on all of His visits to USA.

Winnipeg, Canada

On the 23rd and 24th July Pujya Swamiji graced Winnipeg, Canada with His presence. There was a lecture and question-answer session at the Raj Pandey Hindu Temple in which Pujya Swamiji



spoke about “How to find Peace in the Chaos”. To hear the lecture in live audio, please click on www.parmarth.com/lectures/peaceinchaos.mp3

On the 24th, He led a multi-faith Walk for Peace, in Assiniboine Park, organized by Tara Maniar with IHRF and Seasons for Peace and Nonviolence. The walk was attended by members of various religions. Pujya Swamiji began with an inspiring message about how we not only have to walk for peace, but we also have to work for peace, with every word, every thought and every action.



Chicago



Pujya Swamiji was the Chief Guest at the 15th anniversary Patotsav celebrations of the Manav Seva Mandir in Chicago on the 26th – 27th July.

In the mornings He led special interactive question-answer sessions and in the evening He gave inspiring discourses on how to live the Bhagavad Gita in Daily Life. He spoke about what “Manav Seva” really means, and how to do “Manav Seva” (service of humanity) is the best way to do “Madhav seva” (service of God).

There were also yoga/meditation classes led by Sadhvi Bhagwati.

The Patotsav festivities also included a yagna ceremony which Pujya Swamiji blessed, and abhishek of the deities performed by Pujya Swamiji & Shri Bhupendrabhai Pandiyaji.





Puja Swamiji with the team of youth (and young at heart) leaders!

To hear Puja Swamiji's lecture on manav seva and the Bhagavad Gita, please click on www.parmarth.com/lectures/chicago2008.mp3

Pittsburgh

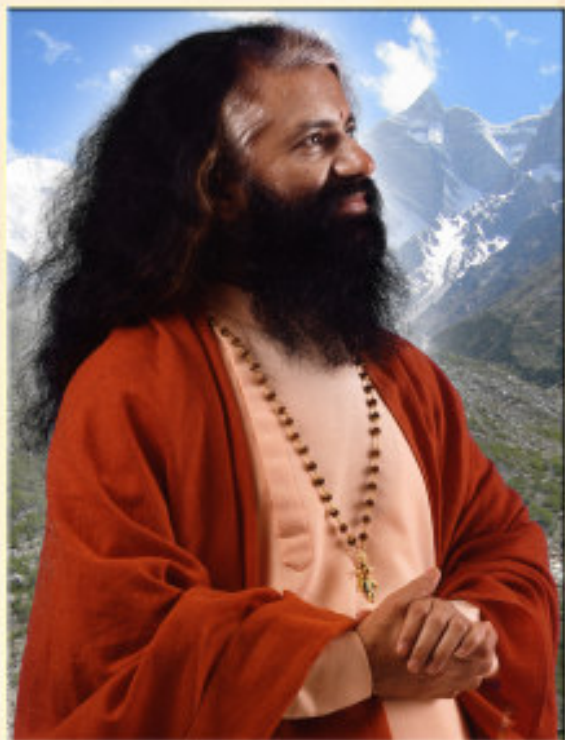
From July 28 - August 2, Puja Swamiji was in Pittsburgh, where He is the founder and spiritual head of the Hindu Jain temple of Monroeville (a suburb of Pittsburgh, Pennsylvania). The temple was inaugurated in 1984 and will be celebrating its 25 anniversary next year! Whenever Puja Swamiji is in USA, He always spends at least a few days at the temple.



On the 30th July there was a special program in which approximately 70 priests from India came and performed Chandi Parayan and Sri Rudram Chanting. Listening to them all chant took one back immediately to the banks of Mother Ganga, to traditional, sacred, Vedic India. It was such a beautiful program. Following the chanting, Puja Swamiji gave an inspiring talk on the power of prayer and the power of mantra. To hear this talk, please click on www.parmarth.com/lectures/powerofprayer2008.mp3



Divine Message




There is a story of a farmer who had an old mule. One day the mule fell into the farmer's empty, dry well. As the mule cried for help, the farmer assessed the situation. Although the mule had served the farmer faithfully for many years, the farmer decided that neither the mule nor the well was worth the trouble. So, he decided that instead of bothering to lift the heavy mule from the well, he would simply bury him in there. The farmer called his friend and together they began to shovel dirt into the open well.

When the first shovelful of dirt hit the mule he panicked. "What is this?" He thought. When the second shovelful hit him, he began to cry. "How could the farmer do this to me?" he wondered. When the third shovelful hit him, he realized the plan. However, the mule decided that he would not allow himself to be buried alive. As each shovelful hit fell upon his back, he rallied himself to "shake it off and step up."

As shovelful after shovelful of dirt hit him on his back, and as he felt dejected and pained, he continued to chant to himself, "shake it off and step up." This he did, shovelful after shovelful, until – as the dirt reached the top of the well – the mule triumphantly walked out of what would have been his tomb.

If the farmer had not decided to kill the mule, the mule would never have survived. Ironically, it was the dirt which was meant to end the mule's life that actually ended up saving him, simply due to the way in which the mule handled the situation.



In life, sometimes we feel as though the world is “throwing blows at us.” We feel shattered and broken. We feel as though we are being “buried alive.” We complain that our co-workers or family members or friends/enemies are out to get us and purposely throwing obstacles and hurdles our way. Perhaps someone is actually trying to injure us. Or, perhaps we are simply stuck in a difficult situation and feel as though we are being handed more than our share of difficulties, trials and tribulations.


Whether the onslaught is truly from an outside source or whether it is just our own misinterpretation, we have two choices. We can either succumb to the onslaught and allow ourselves to be buried -- mentally or physically -- or we can “shake it off and step up.” The latter is surely a more difficult path. It requires resolution, will to survive, fortitude and faith. Further, it requires us to refuse to be a victim. It requires us to take responsibility for our own success or failure. But, in the end, it is the path that will lead to our triumph. If we continue to “shake off” whatever hits us in life, and we continue to “step up” and rise above any situation, then we, too, will always be victorious and our lives will be successful and joyful.

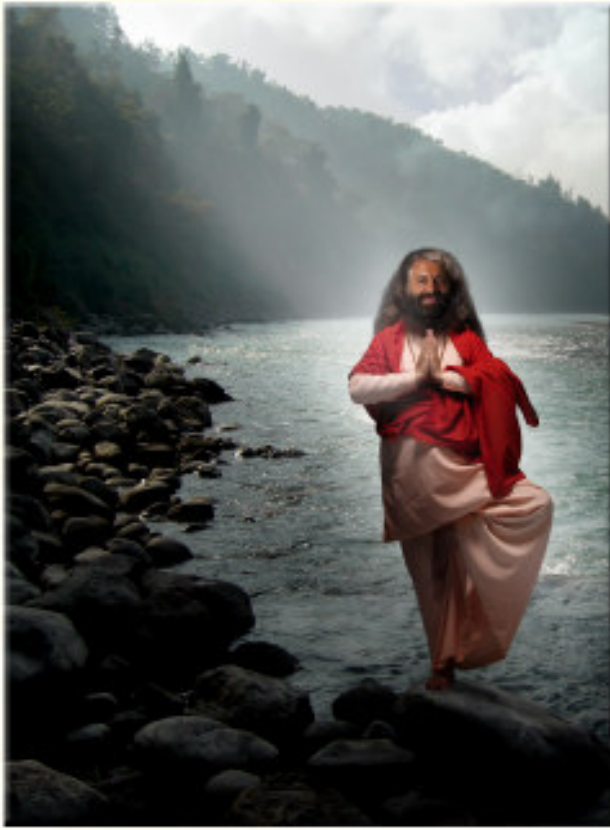
May God bless you all with the inner strength to always shake it off and step up, in whatever circumstances you may be put.

With love and blessings.

In the service of God and humanity,

Swami Chidanand Saraswati





Pujya Swamiji's Itinerary August - November 2008

August

1	Pittsburgh
2-3	Harrisburg, PA
4-6	Lewisburg, PA
9-10	Washington, DC
11-17	Brazil
18-19	Lisbon, Portugal
21-23	Tenerife, Spain
25	Manchester, UK
26-29	London
30	Warsaw, Poland

September

1-2	Delhi
3-9	Rishikesh
11	Panipat
12-30	Rishikesh

October

1-31	Rishikesh
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November

1-30	Rishikesh
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Please note: Pujya Swamiji's schedule is always subject to change.

Please email to bhagwati@parmarth.com for up-to-date information on His availability in Rishikesh

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The daily activities at Parmarth Niketan include morning universal prayers, daily yoga and meditation classes, daily satsang and lecture programs, kirtan, world renowned Ganga aarti at sunset. There is also full Nature Cure and Ayurvedic treatment available on premises.

Additionally, there are frequently special cultural and spiritual programs given by visiting revered saints, acclaimed musicians, spiritual and social leaders and others.

There are frequent camps in which pilgrims come from across the world to partake in intensive courses on yoga, meditation, pranayama, stress management, acupressure, Reiki and other Indian, ancient sciences.

Further, Parmarth Niketan's charitable activities and services make no distinctions on the basis of caste, color, gender, creed or nationality. Instead they emphasize unity, harmony, peace, global integrity, health, and the holistic connection between the body, mind and spirit.

For more details :

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