



# PARMARTH NEWSLETTER

*March - April 2009*



# Parmarth Niketan



## *International Yoga Festival 2009*



The annual International Yoga Festival, organized jointly by the Uttarakhand Tourism and Parmarth Niketan Ashram in Rishikesh, was inaugurated on March 1, 2009 in a beautiful ceremony.



The annual International Yoga Festival has been organized at Parmarth Niketan ashram since 1999. It continues to grow and expand every year. This year's festival included 400 delegates from 32 countries across the world, including Australia, Canada, China, France, Germany, Israel, Japan, New Zealand, Singapore, South Korea, Spain, Switzerland, Thailand, UK and USA and many more.



During the one week festival, the participants imbibed the nectar of: Kundalini Yoga, Iyengar Yoga, meditation, pranayama, kriya yoga, yoga nidra, nada yoga, reiki and more. Further, there were special cultural events organized by Uttarakhand Tourism.



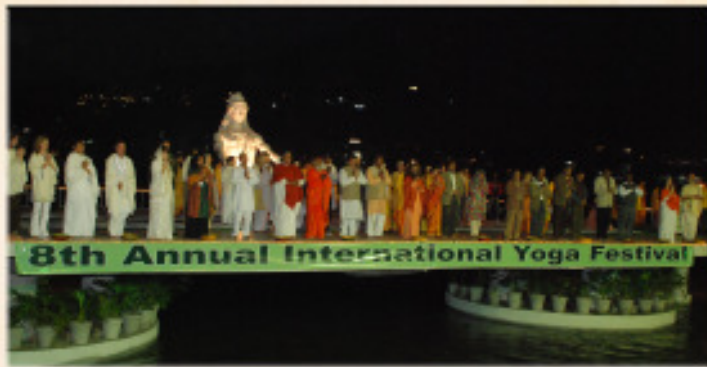


The participants took part in a wide variety of classes including:

Kundalini Yoga	Iyengar Yoga
Vinyasa Flow	Deep Yoga
Meditation	Sukshma Yoga
Reiki	Pranayama
Nada Yoga	Kriya Yoga
Vyayam Yoga	Shinto Yoga
Passion Test	Siddhi Yoga







Further, the week included Indian dance classes which many of the participants enjoyed for the first time. There was also a beautiful campfire in which the participants had the opportunity to share their experiences with each other. Many of them cried, some sang special songs they had written for the occasion.



At the concluding program, the honorable Governor of Uttarakhand, Shri BL Joshiji graced the occasion with his presence, for which all of the foreign ladies dressed up in Indian sarees! It was a beautiful sight to behold: the yellow, red, orange, blue sarees of the ladies from so many countries around the world. They expressed their great joy at wearing Indian sarees for the first time.





During the concluding ceremony, several of the participants shared the great joys, lessons and transformation they experienced during the week in Rishikesh.

On the final day, there was a special huge Ganga clean up in which Pujya Swamiji and all of the hundreds of participants from abroad as well as the rishikumars and kanniyakumaris of the Parmarth Gurukul spent the afternoon cleaning up the banks of Mother Ganga. They picked up all the trash and swept the banks. The theme of the Yoga Festival was "Clean, Green and Serene" so this final major activity was part of that theme.

The participants were all in tears as they had to get ready to leave the holy location. Everyone was hugging each other, promising to return next year at the auspicious and sacred time of the Maha Kumbha Mela. It was a beautiful sight to see so many foreigners, coming from wealthy countries, leaving behind all of their luxuries to come to India and study yoga on the banks of the Ganges and then to see them all crying when they had to leave! Everyone came specially to see Pujya Swami Chidanandji, to offer their special thanks and pranams











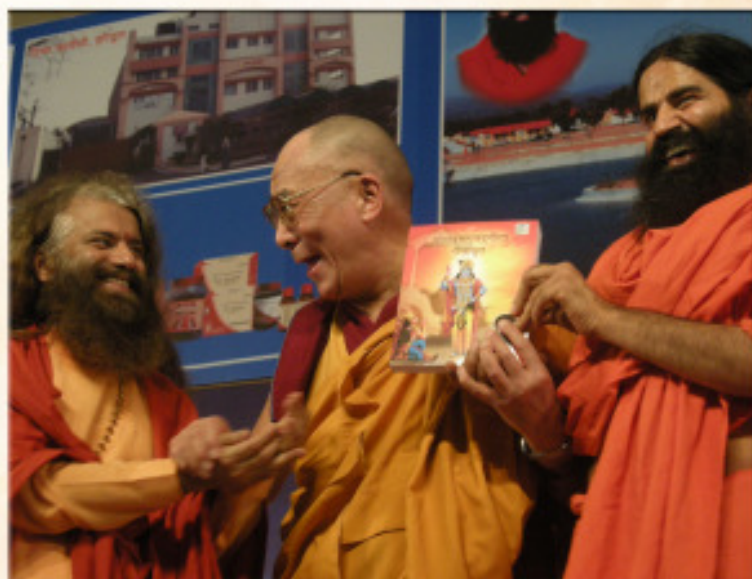
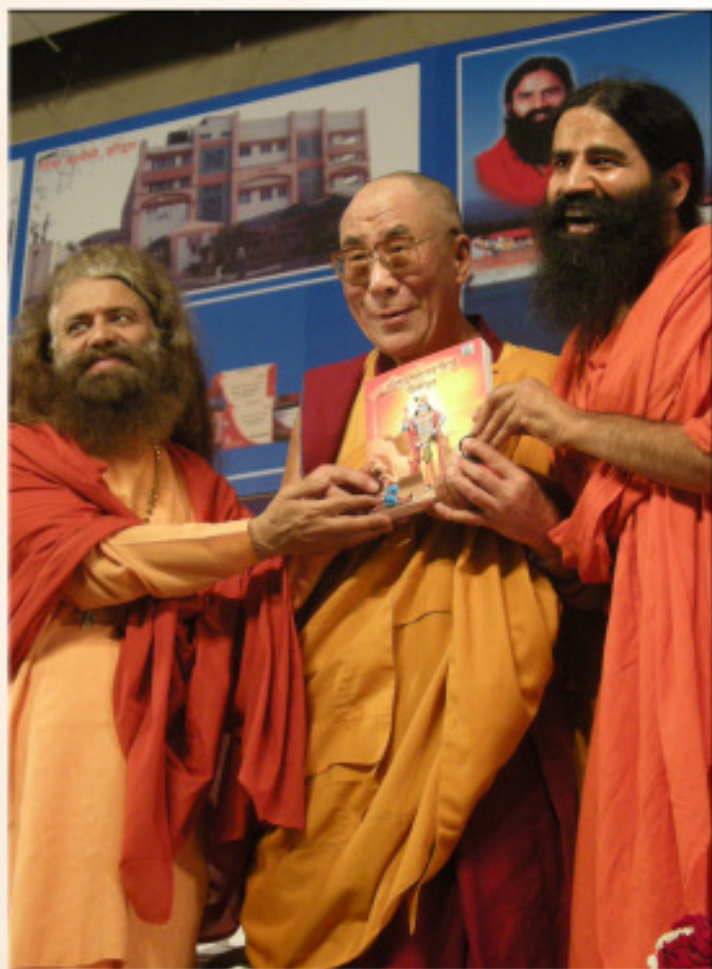


# Meetings & Programs with H.H. the Dalai Lama

On the 1st of April, Pujya Swamiji was together with H.H. the Dalai Lama and Pujya Swami Ramdevji at a function at Patanjali Yoga Peeth in Haridwar, inaugurating the new yoga hall for thousands of people.

Pujya Swamiji had requested His Holiness the Dalai Lama to grace the function with his presence, and he had agreed. It was a beautiful function filled with love, laughter, auspiciousness and great joy.

Pujya Swamiji and H.H. the Dalai Lama also discussed Pujya Swamiji's upcoming visit to Dharmashala on the 5th - 6th April.





On the 5th April Puja Swamiji flew to Dharmashala for a special function with H.H. the Dalai Lama and revered spiritual leaders of other traditions. First there was a private meeting in which Puja Swamiji, Dr. B.K. Modiji and H.H. the Dalai Lama sat together discussing many issues relating to India, the religions of the world and how peace and love can be brought amongst various peoples and various traditions. It was a beautiful and also very fruitful meeting, which -- with God's grace -- will lead to great projects for bringing peace in the world.

Following the private meeting, there was a beautiful function in the hall at the temple. Leaders of Hinduism, Buddhism and Jainism came together in the theme of how India's spiritual heritage and tradition can serve to lead to the world to a brighter, more peaceful future.





# Parmarth Niketan



## Special Events & Guests at Parmarth

### Pujya Swami Gurusharananandji

On the 21st March, a beautiful conference was held at Parmarth, under the aegis of Samvad, a program initiated by Pujya Swami Gurusharananandji of Raman Reti (Vrindavan). Each year scholars from different religions come together for a 3-day scholarly, academic conference on a variety of issues.

Sharing perspectives from different religions and different faiths increases each of their understanding as of the depth of the others' traditions.







It was a great joy and blessing to have Pujya Swami Gurusharananandji at Parmarth, and the conference was a beautiful success.

Following the academic discussions, all participants came down to the banks of Mother Ganga to take part in the divine Ganga yagna and aarti ceremony, following which Pujya Swamiji and Pujya Swami Gurusharananandji gave inspiring and uplifting messages to all.







## Arjunji Lulla (Eros Entertainment) celebrates his 75th birthday on the banks of Ganga

On the 28th March, Shri Kishore Lulla (head of Eros Entertainment) came to Rishikesh with his entire family for the 75th birthday of his respected and beloved father, Shri Arjun Lulla.



Eros Entertainment is the biggest name in Bollywood music and movies, and yet despite having attained great success in the entertainment industry, the Lulla family is dedicated fully and primarily to spirituality and service.



It was beautiful to see the completely down-to-Earth nature of Kishoreji and his family, and also their deep and sincere spiritual quest. They were in Rishikesh for three days and every conversation centered only on profound spiritual questions and their commitment to service.





Shri Arjunji's birthday was celebrated with a specail, sacred puja, Ganga Aarti and the cutting of a delicious cake, which was shared with all the rishikumars. They also had a great snan in Ganga to the chanting of Vedic mantras.

Later, in May when Pujya Swamiji visited London he gave a beautiful satsang at Shri Kishoreji's home (see upcoming May update for more details).







Divine Souls Anjana and Mayur Kotecha from London, UK consecrated the sacred event of their marriage on the holy banks of Mother Ganga at Parmarth.

They and their families traveled thousands of miles and across the oceans so that the most holy ceremony, their divine union could be solemnized here in this divine atmosphere.

Following the beautiful wedding puja, they participated in the divine Ganga yagna and aarti ceremony. They also received very special, divine blessings from Pujya Swamiji.

Please see [www.parmarth.com/sanskaras.html](http://www.parmarth.com/sanskaras.html) for details on all the sacred ceremonies which are run at Parmarth as well as photos of many families who have come from across the world to perform these sacred rites of passage.



A beautiful group of devotees came from Indonesia. They have a special temple there for which they very much wanted a sacred Shiva Linga. Pujya Swamiji graced them with the gift of a Shiva Linga, from the banks of Mother Ganga to the mountains of Indonesia. They had wanted Pujya Swamiji to come now to Indonesia and personally install the Shiva Linga, but due to His schedule He promised He would go some other time.



# Parmarth Niketan



## *Pujya Swamiji's travels*

Pujya Swamiji traveled to Gujarat for several large functions. He and Pujya Bhaishri went to Pujya Morari Bapu's katha at Sant Ram Mandir in Nadiad, headed by Swami Ganeshdasji. Then, they travelled together to the location of Pujya Bhaishri's katha, near Ahmedabad, for the inauguration and opening.



While in Ahmedabad, Pujya Swamiji went to Gandhinagar where he was greeted with much love and respect by Shri Narendra Modiji, the respected Chief Minister. They had a wonderful meeting, discussing many positive aspects of the future, positive development of Gujarat and India.







## *Pujya Swamiji's Itinerary* *May - July 2009*

### **May**

1-2	Venice, Italy
3-5	Tenerife, Spain
7-8	London
10-12	Pittsburgh
14	Louisville, KY
15-17	Pittsburgh
18	Philadelphia
21-31	Rishikesh

### **June**

1-30	Rishikesh
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### **July**

1-31	Rishikesh
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Pujya Swamiji's itinerary is always subject to change. For any itinerary questions please email to [bhagwati@parmarth.com](mailto:bhagwati@parmarth.com)