



# Parmarth Niketan

Quarterly Newsletter

November, 2010



Featuring... | Pujya Swamiji's yatra abroad and Guru Purnima





Summer solstice program, June 20-22 ~ L to R: Sadhvi Bhagawati, Gurushabd, Guru Singh, Gurmukh, Pujya Swami Divyanand Teerthji, Pujya Swamiji, Guru Ganesha and bhajan players.

As part of Pujya Swamiji's summer yatra abroad (see July 2010 newsletter for details of the earlier part of His yatra) Pujya Swamiji was a special guest at the summer solstice celebration of the American Sikh community and Kundalini Yoga tradition in USA. Founded by Pujya Siri Singh Sahib, Yogi Bhajanji, the American Kundalini Yoga teachings are spreading more and more. Espinola, New Mexico is where Pujya Yogi Bhajanji lived and still serves as the main ashram in USA. Several thousand American Sikhs and Kundalini yoga students gather for a yoga intensive during the summer solstice, and they had requested Pujya Swamiji to come and give divine teachings of bringing yoga into daily life.

Pujya Swamiji and Pujya Sri Shankaracharyaji both graced the group with their presence and divine words. While in New Mexico, they also went to Taos to have darshan at the Hanuman Temple, founded in memory and honor of Neem Karoli Babaji. Pujya Swamiji also visited the home of Dr. David Frawley and Shambhavi Chopra. David Frawley teaches every year at Parmarth's International Yoga Festival and they had long been requesting Pujya Swamiji to visit his home in Santa Fe.

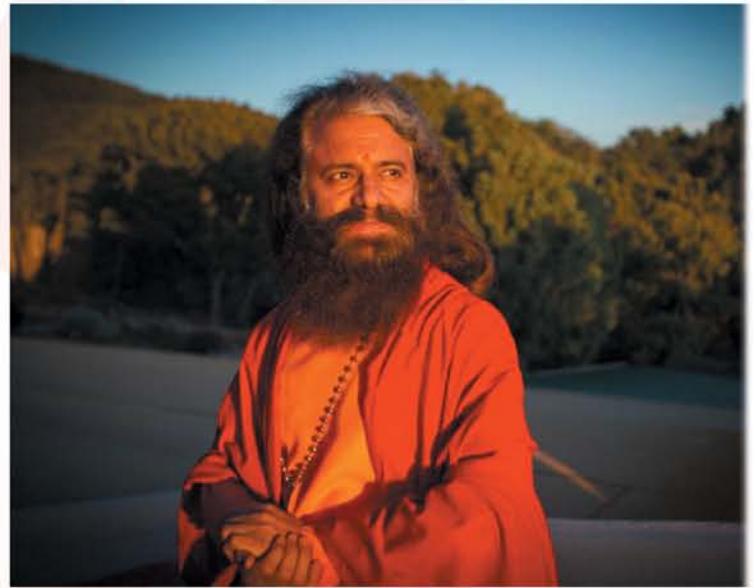




Summer solstice program, June 20-22 ~ L to R: Sadhvi Bhagawati, Gurushabd, Guru Singh, Gurmukh, Pujya Swami Divyanand Teerthji, Pujya Swamiji, Guru Ganesha and bhajan players.



With David Frawley and Shambhavi in Santa Fe.



Pujya Swamiji in the Land of Enchantment



Santa Fe forest



Pujya Swamiji, Gurushabd, Sadhvi Bhagawati, Gurmukh and others at the Taos Hanuman Temple.



Outside the unique adobe Hanuman temple.



Pujya Swamiji views the 3D painting.



Pujya Swamiji and Pujya Swami Divyanand Teerthji.



Pujya Swamiji and Guru Bhajan Singh.



Pujya Swamiji with members of the U.S. Sikh community before departing from Espinola.



In the Hanuman Temple garden.



Pujya Swamiji sits with Hanumanji in the beautiful Taos Hanuman Temple.

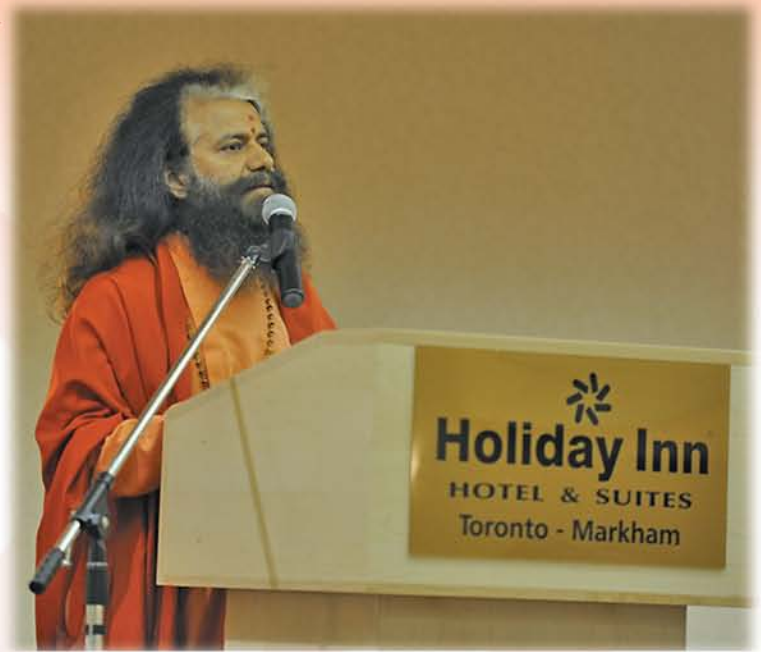


Members of the American Sikh Community took Pujya Swamiji and Pujya Shankaracharayaji to see the Gurudwara built by Pujya Yogi Bhajanji in Espanola.





On July 10 was the Dharma Convention in Toronto—a large youth convention on Dharma with other respected leaders and scholars including Dr. Doobay, Dr. David Frawley and Dr. Subhash Kak.







Program at the Vishnu Mandir.

On July 11, Pujya Swamiji spoke at a program at the Vishnu Mandir, run by Dr. Budhendra Doobay. Later, He visited the Arogya Vedic Mandir, where He inaugurated several aspects of the new ashram, which was created by Brahmachari Vishwopal Jayant.



Above and Below: Blessings at the Arogya Mandir.



On July 23rd, Pujya Swamii traveled to Harrisburgh, Pennsylvania to the home of Shri Hasubhai and Smt. Harshaben Shah. A beautiful program was held at the Hari Mandir, a mandir which Pujya Swamii inspired and guided from its inception decades ago.



The first 3 volumes of the Encyclopedia of Hinduism were previewed by (left to right): Hershaben Shah, Hasubhai Shah, Deep Gupta, Surinder Singla, Usha Singla, Dr. Nila Kant, Dr. Naval Kant.





On July 25th, Pujya Swamiji's devotees honored Him at a Guru Purnima program in Louisville, Kentucky. The first puja was at the home of Jayshree and Dr. Rajan Amin, and a later program was held at the Hindu Temple of Kentucky.



Jayshree Amin, Tarangini Patel and Rekha Mashruwala present copies of the upcoming Encyclopedia of Hinduism.



Guru Purnima program at the Hindu Temple of Kentucky.



Anointing Pujya Swamiji's holy feet was a divine honor. Tear-filled devotees offered flowers and the flowers of their hearts in devotion on this most holy day.





Children from the Hindu Temple Sunday School performed special songs and prayers for Pujya Swamiji on Guru Purnima.





On the evening of the 25th, the Guru Purnima programs continued with a beautiful puja in Cincinnati, Ohio.

It was a heartwarming day of devotion, and Pujya Swamiji's devotees felt His presence, whether they were in the room with Him or across the globe.



**Dr. Rama Rao Pappu, one of the executive editors of the Encyclopedia of Hinduism came with his wife to have Pujya Swamiji's darshan in Cincinnati.**



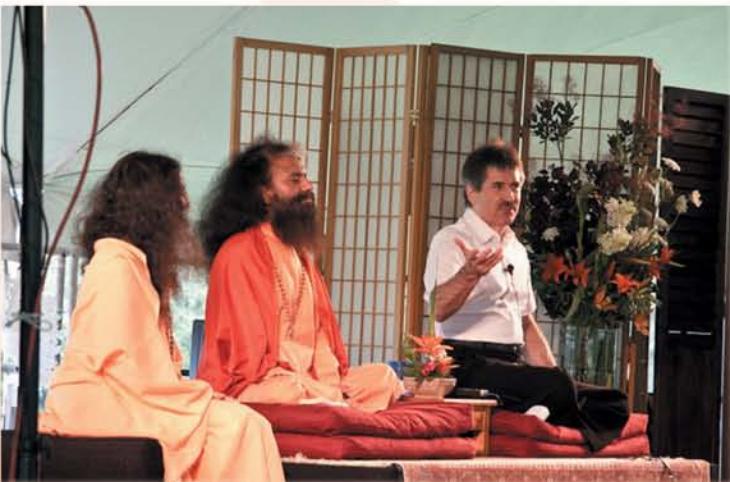


**Pujya Swamiji, Andrew Cohen, and Sadhvi Bhagawati.**

On July 30, Pujya Swamiji spoke at the annual function at Andrew Cohen's center (EnlightenNext) in Lenox, Massachusetts. Andrew and Pujya Swamiji celebrated the event with a dialogue on aspects of enlightenment, consciousness, ego and spiritually-evolved action.



**Divine greetings outside the EnlightenNext Center.**



**Dialogue with Andrew Cohen.**





From July 31st through August 1st Pujya Swamiji led a youth camp outside of Chicago in Illinois Beach Park. There were two days of lectures, yoga, question and answer sessions, silent meditation, walks on the beach, and garba dancing in the evenings!

On the evening of August 1st, there was a big program at Manav Seva Mandir in Chicago.



**Pujya Swamiji at Lake Michigan.**



**Pujya Swamiji inspires the group.**



**Garba dancing with Pujya Swamiji!**

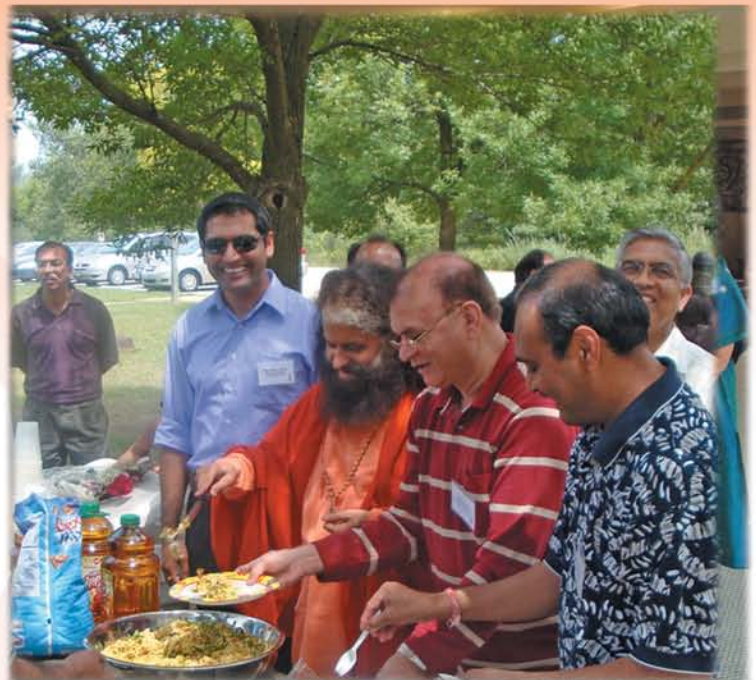


**Yoga class.**





More joyful Garba dancing.



Pujya Swamiji personally served lunch to the devotees and attendees.



The group getting ready for the meditation walk on the beach.



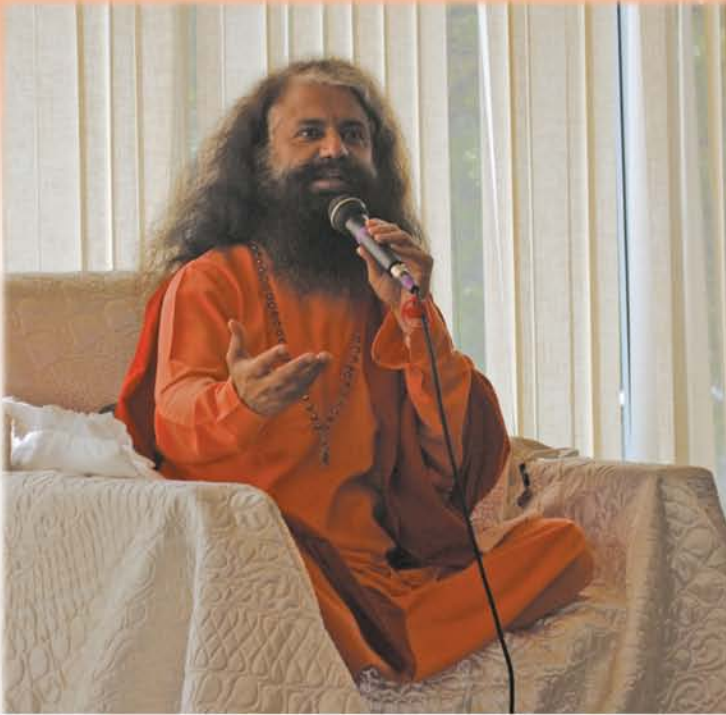
Chicago skyline in the distance.



Pujya Swamiji with Dr. Ashwin Shah and Atulbhai Mashruwala.



Prayers during the walking meditation.



**Pujya Swamiji shares His divine words.**

The youth of Manav Seva Mandir requested Pujya Swamiji to come and lead the youth camp for many years, and finally this year the Divine Plan was conducive!

The weekend began on Friday evening and concluded Sunday afternoon. The youth had the chance to learn in big groups, in small groups, through lecture and through question-answer sessions and through simply sitting in Pujya Swamiji's presence.

On Monday evening, on His last night in Chicago Pujya Swamiji held a cozy satsang at the home of Divine Souls Debra and Fred Poneman.



**The youth demonstrating what they learned.**



**Sadhvi Bhagawati teaches yoga.**



**At the Manav Seva Mandir.**



The hall at Manav Seva Mandir.



On Sunday evening Pujya Swamiji and all the participants returned from Illinois State Beach Park into Chicago for an open, public program at the Manav Seva Mandir. Pujya Swamiji spoke about the power of prayer and how it leads us to peace in our lives.

The youth who had been at the camp also gave beautiful, dramatic renditions of the great lessons they had learned over the weekend.

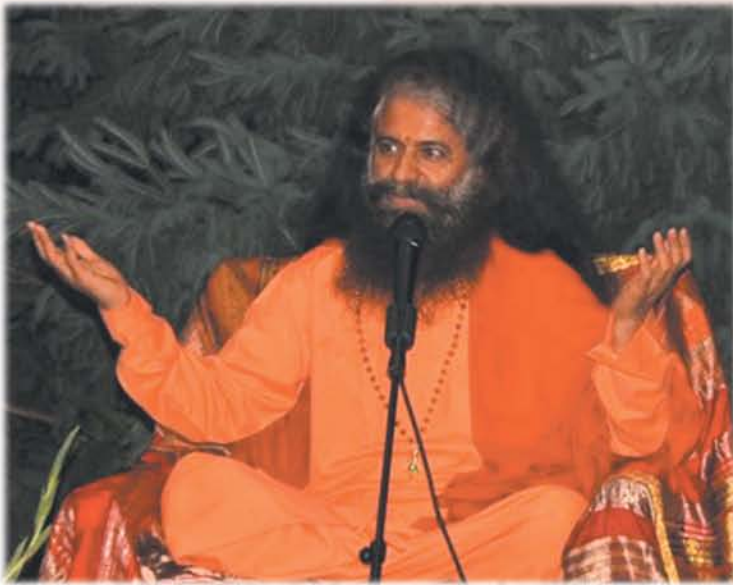


All the camp participants (in blue shirts) got ready for their skits.





On August 5th, Pujya Swamiji spoke at a satsang in Philadelphia at the home of Jay and Susie Shah. The beautiful garden event was organized by Jay, Susie, Neil and Juhi Shah, the children of IHRF President Shri Hasubhai and Smt. Hershaben Shah.



In early August, Pujya Swamiji found out that Pujya Dada J.P. Vaswani was in New Jersey, recovering from a recent fall. Due to Pujya Swamiji and Pujya Dadaji's deep, divine friendship of many, many years, Pujya Swamiji re-arranged various programs in order to be able to spend time with Pujya Dadaji.



Pujya Swamiji and Pujya Dadaji in New Jersey.



Pujya Swamiji on the shore.





Pujya Swamiji was the main speaker at 2 conferences in Brazil in August. The first was the International Congress on Yoga and Ayurveda in Sao Paulo (August 11-13) and the second was the Yoga for Peace Festival in Sao Paulo on the 15th August.

He gave a beautiful lecture at the International Congress on how to live in peace, not pieces and how to be stress free. He said, “Suddenly everywhere I go everyone is talking about stress management. This is amazing! We only manage things we care about, things we want to protect. We manage our finances, our mortgages, our accounts. Now suddenly we are talking about managing our stress also!” He spoke about how to become stress free.







At the Yoga for Peace Festival (August 15) He was the main speaker and He gave beautiful blessings and a talk on the true meaning of yoga and how it can be used to bring peace to ourselves and our world. Speaking to an audience of over 10,000 people from Brazil and other South American countries, He began by chanting sacred mantras for peace. Then He gave a beautiful message of the true meaning of yoga – union! He said, ‘We are united, but we are united with our own egos, with our own desires, with our expectations. In order to bring true peace to ourselves and the world we have to unite with the Divine.’ He also talked about how today is India’s independence day and He gave His humble pranams to Mother India, concluding with "Viva India! Viva Brazil!" (Long Live India! Long Live Brazil!)



**Over 10,000 attended, from Brazil and other South American countries.**





After Pujya Swamiji's blessings and speech there was a special musical concert by Krishna Das and Jai Uttal, very very famous bhajan/kirtan singers from USA who are disciples of Baba Neem Karoli. It was amazing to see the devotion and bhaav of the Brazilian people. Pujya Swamiji was so impressed to see that in a country which is more than 99% Christian, so many thousands of people came to participate in the Yoga for Peace festival, to learn meditation and yoga and to sing bhajans and kirtan with Krishna Das and Jai Uttal. The weather

was quite cold (Brazil is in the Southern Hemisphere so it was winter in August) and it was even raining at times. In the cold weather with the rain even, with no shade or cover, thousands and thousands of people stayed for hours, singing and dancing – mesmerized -- to Bhagwan Krishna, Durga and Hanuman.

Acharya Balkrishanji was also at the Yoga and Ayurveda conference and the yoga for peace event. He taught pranayama and yogasanas at the Yoga & Ayurveda conference.



**Krishna Das inspires the crowd with divine bhajans.**



**The devotional joy emanating from the Brazilians and other South Americans was beautiful to witness.**



**Pujya Swamiji and Pujya Acharya Balkrishanji.**



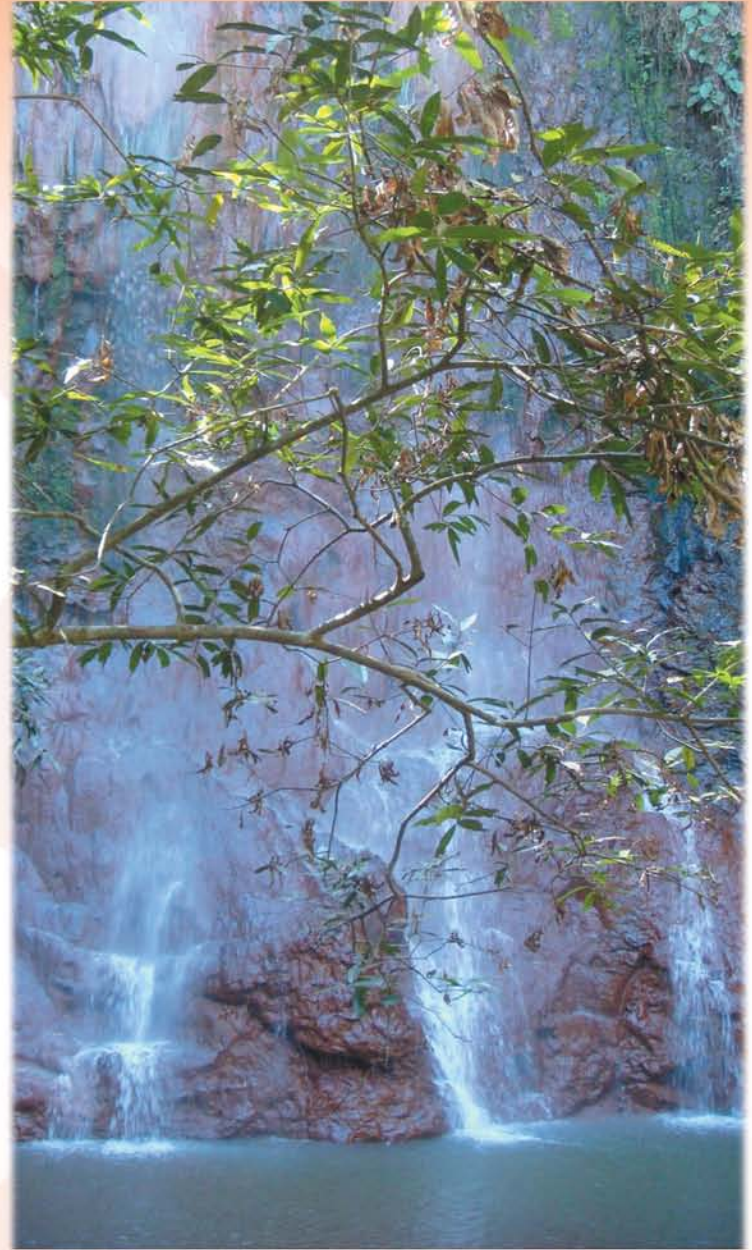
The devotion and enthusiasm of the Brazilians has inspired Pujya Swamiji to establish an ashram here, in Uberlandia. The plans were laid two years ago, and then solidified this year. It will be a place of yoga, ayurveda, meditation and spirituality with a prayer/meditation hall, a temple, ayurvedic facilities and residential facilities.



**Pujya Swamiji inaugurates the living facilities at the new ashram site with Dr. Jose Rugee.**



**ANANDA KUTIR  
FUNDAÇÃO SRI YAJUHA**  
Inaugurada dia 15 de agosto de 2010  
em a presença de sua Santidade  
"Swami Chidananda Saraswati"  
Presidente: Swami Haryanandarya  
do Jata Narayana  
Vice Presidente: Margarete Rugee  
Secretaria: Sarah Rosendo Gomes  
"Om Namó Narayana"



The location of the new ashram is beautiful, with waterfalls, a lake, and lots of open space. In the future Pujya Swamiji plans to offer retreats at the new ashram.



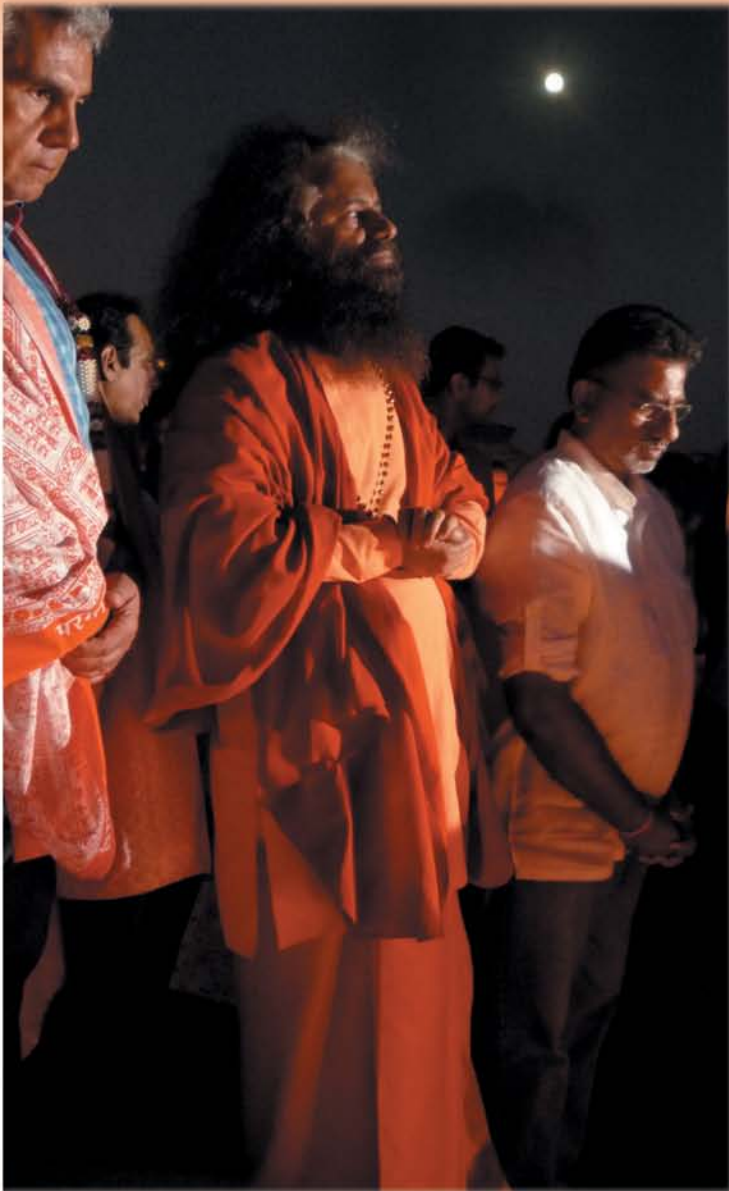


Pujya Swamiji addresses the first yoga festival in Tenerife.

On August 22, Pujya Swamiji was the keynote speaker and Spiritual Leader for the first Yoga Festival in Tenerife, Spain. Hundreds of people

attended, not only to learn the asanas, but also to hear His message on the true meaning of yoga.





Ganga Aarti in beautiful Tenerife.



Later that day, Pujya Swamiji led a beautiful Ganga Aarti on the banks of the Atlantic Ocean in Tenerife. The event was celebrated as a Festival of Peace, and was graced by the mayor and the consul general, as well as several other local dignitaries. The Spanish people joined hands with the Indian community in celebrating this divine event.

Pujya Swamiji explained that wherever there is purity, devotion and prayer in the heart, there Ganga flows. So, even on the banks of the Atlantic Ocean, if everyone prays together and fills their hearts with peace, love and devotion, the blessings of Mother Ganga are there. He shared that when we pray to Mother Ganga, we must also strive to emulate Her ways. Mother Ganga gives and gives and gives with no discrimination (she equally irrigates the farms of Hindus, Muslims, Christians, Jews, Sikhs, Jains and others), no vacation (she never gets tired and says, “I’m not flowing today”) and no expectation (she does not flow only to those who appreciate her or perform her aarti). He said that we must learn to give in that way in our lives as well.

He explained to the Spanish people that Aarti is the Indians’ Happy Hour, which makes us feel high, but with no side effects and no hangover!!! The high is a real high, a spiritual high, a divine high. He emphasized that there are four things



which are very important in life: The Mother, Mother Land, Mother Tongue and Mother Earth. He told the Indians that Spain may be their karma-bhoomi, but India is their janam-bhoomi and they must never forget the Mother Land or mother tongue. It is wonderful that they all speak Spanish, but they must also remember their native Indian languages. Finally, He told everyone that especially today, at a time of environmental destruction and devastation, we must be sure to worship and protect Mother Earth.





Appreciating the island's divine beauty.





Sadhvi Bhagawati addresses the retreat participants.



Post-artı bhajans as the sun sets at the retreat in Tenerife.

While in Tenerife, Pujya Swamiji led a retreat in the mountains - it was 2 days filled with prayer, discourse, question-answer, meditation, yoga and divine artı and kirtan in the evenings. Participants came from Tenerife, other parts of Spain and even from as far away as northern Europe and UK.





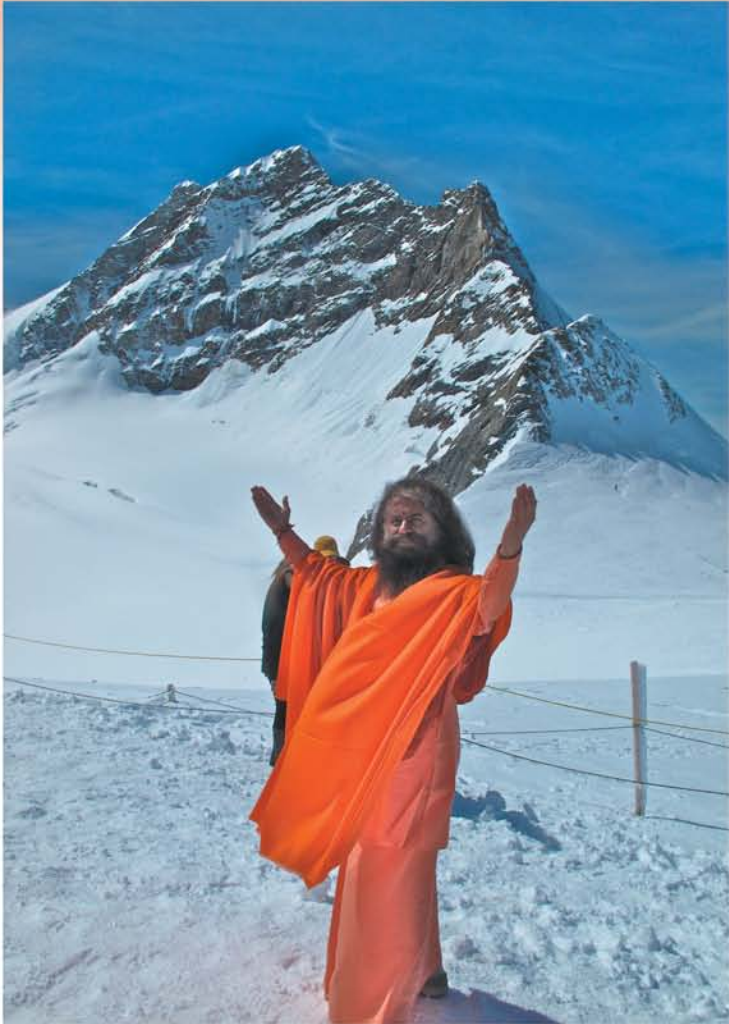


Aarti at the retreat in Tenerife.



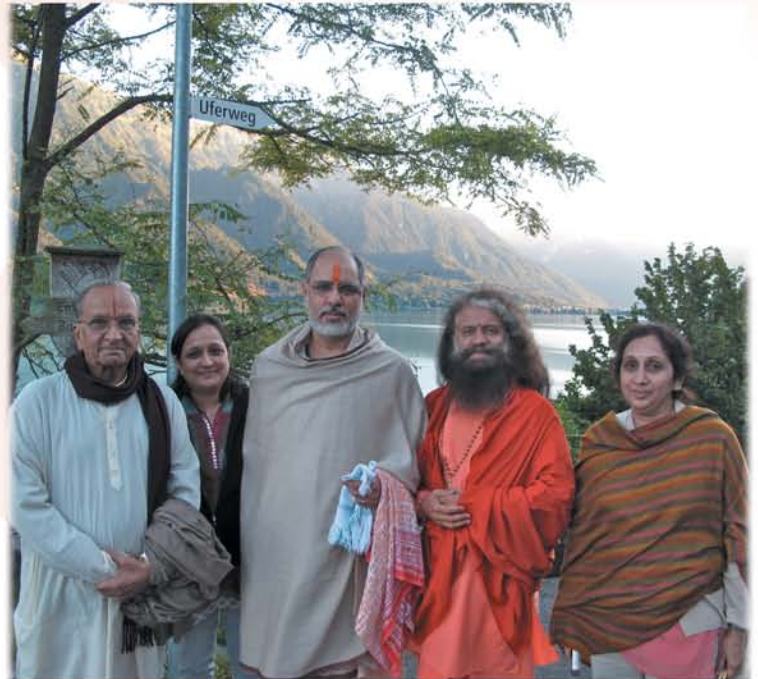
After Spain, Pujya Swamiji traveled to Lisbon, Portugal where He spent 2 days. He gave a beautiful discourse and question-answer at the Dancake Factory, owned by Kantibhai and Vibhutiben Jamnadas and also went for darshan on sacred raksha-bandhan day to the Radha-Krishna temple in Lisbon which he, along with so many other revered saints, had inaugurated in 1998.





Jungfrau, Switzerland.

On August 30, Pujya Swami traveled to Interlaken, Switzerland to give His blessings at a special katha being given by Pujya Sant Shri Rameshbhai Ozaji (Bhaishri).



Pujya Bhaishri, Pujya Swamiji, and the Taparia family.



A spontaneous chant of joy at the top of the world.





Pujya Swamiji in a Jungfrau ice cave. Jungfrau is the highest place in Europe.



Pujya Swamiji and Pujya Bhaishree in Jungfrau.



**Pujya Swamiji and Pujya Bhaishri at Lake Interlaken.**

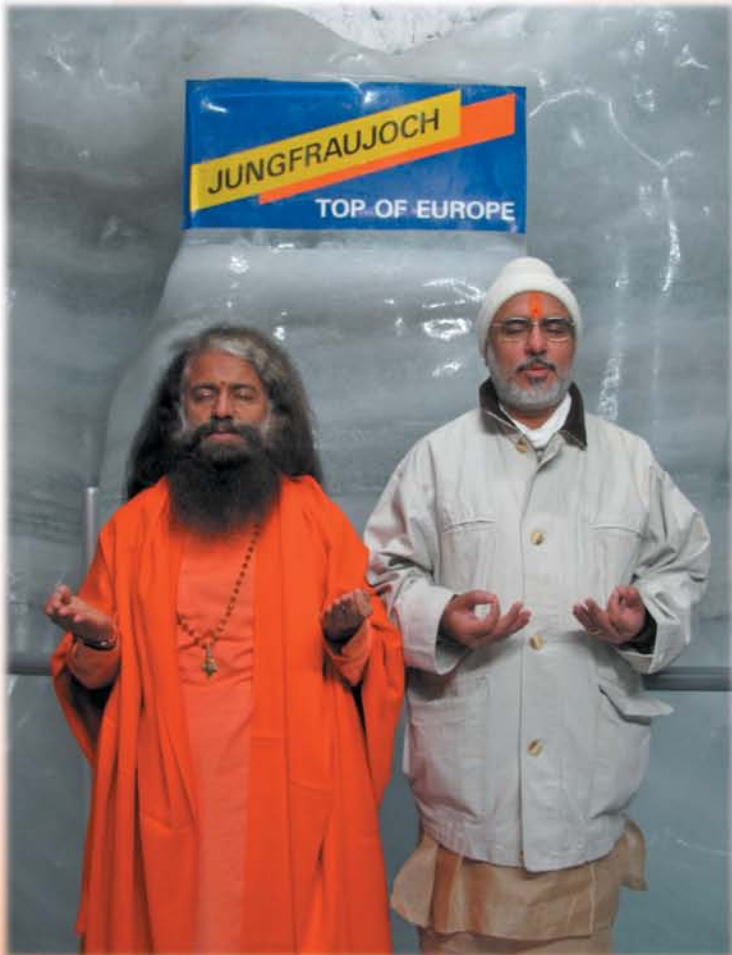
After the katha, Pujya Swamiji and Pujya Bhaishri spent some time enjoying the glorious Swiss beauty. The two divine friends brought divine peace and beauty to the already-spectacular landscape.





Top left: Sadhvi Bhagawati at the lake at Interlaken.

Bottom: Pujya Swamiji and Pujya Bhaishri at the top of Europe in Jungfrau.



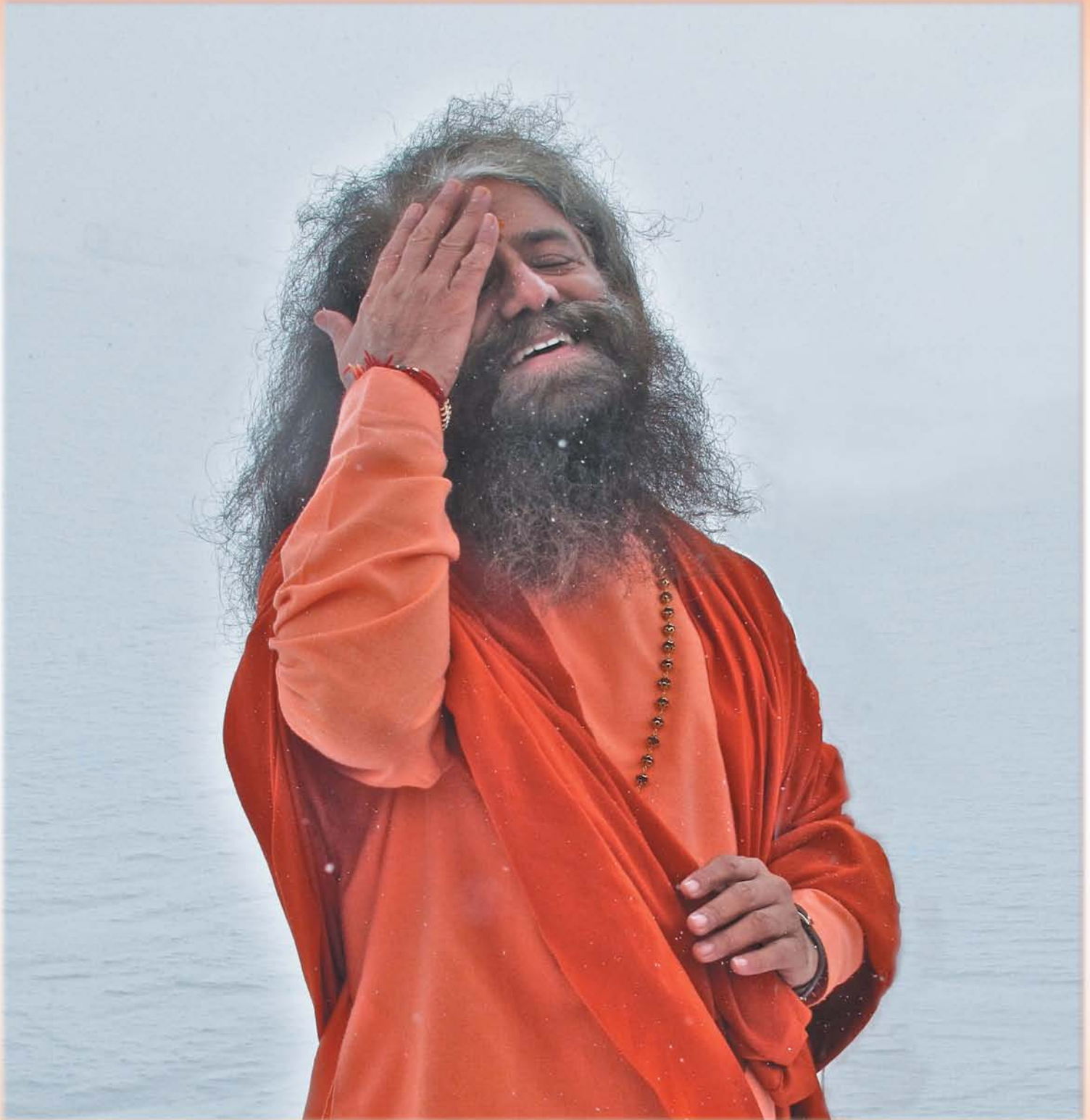
Jet D'eau Geyser in Geneva.

Prior to the Katha, Pujya Swamiji spent a day in Geneva with Shri Prakash Hinduja and his family.





Pujya Bhaishri and Pujya Swamiji.



Divine Smile.





# Special Events at Parmarth | Bhagawat Katha

A beautiful and inspiring Bhagawat Katha was given by Swami Govind Giriji from August 30th through the 6th of September on the banks of Ganga. The program included discourses throughout the day, bhajans, and divine musical and theatrical performances in the evenings.



Pujya Swamiji and Pujya Swami Govind Giriji.



Pujya Swami Govind Giriji and Pujya Swamiji with Radha and Krishna.



Pujya Swami Govind Giriji and Pujya Swami Ram Devji.

## Special Events | Yoga Teachers' Training

Students from twelve different countries received certificates to teach yoga after an extensive, 200-hour teachers' training program at Parmarth Niketan from September 6th to October 9th.

The course included asanas, meditation, ayurveda, pranayama, mantra, and a class on the philosophy of the Bhagavad Gita., as well as a practicum class giving the new teachers an opportunity to practice their teaching skills with an actual class.



The students at havan with Pujya Swamiji and Mataji.



New, divine teachers empowered to spread yoga throughout the world along with the teacher's training instructors and Pujya Swamiji.

# Special Events | Aids Conference, Bangalore



Pujya Swamiji delivers His keynote address.

On September 27th and 28th, Pujya Swamiji gave a keynote address at a conference on AIDS and HIV in India, held at Pujya Sri Sri Ravi Shankarji's Art of Living Ashram in Bangalore. Heads of various international and national organizations were there including UNAIDS India, UNESCO India and INERELA+.



Pujya Swamiji with Imam Sahib Ilyasiji, the head of the Imams of India.



Leaders of various religions and traditions come together to reduce the stigma of living with AIDS.



**Pujya Swamiji and Pujya Sri Sriji feed the elephants to the delight of everyone!**



Pujya Swamiji also led a breakout session helping religious leaders from various parts of Punjab and Uttarakhand understand the nature of AIDS and HIV, how it's transmitted and how all spiritual leaders can work to eliminate the stigma attached to those living with HIV.

Subsequent to the conference, He was requested to become a member of the Asia/Pacific wing of INERELA+, to which He has agreed.

# Divine Message From Pujya Swamiji

## FORGIVENESS – LET THE LIGHT OF DIWALI SHINE IN OUR HEARTS

*By H.H. Pujya Swami Chidanand Saraswatiji*

At this divine time of Diwali we line our homes, our rooms, our offices and our streets with brightly shining diya. The brightly lit 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. The significance and symbolism of the Diwali lamp is that we must allow the Light of the Divine to burn away all our impurities so that our hearts are filled with nothing but light and love.

There is so much which causes us to feel shrouded in darkness. There is so much heaviness in our own hearts that the light tends to get extinguished quickly. The light in our hearts gets suffocated by the heaviness of anger, pain, jealousies and grudges. How to remove these hindrances, these obstacles, to the light in our own hearts? The only answer is forgiveness.

One of the greatest abilities given to human beings, and one of the most important on the spiritual path is the ability to forgive. Forgiveness is not condoning someone else's hurtful behavior or saying that no mistakes were made. Forgiveness does not mean that the perpetrator should not be punished.

Forgiveness means that we, as human beings on the path of spirituality, must release the pain, anger and grudges which act like a vice on our heart, suffocating us in their grip and wrenching out our vital energy and life force. Forgiveness removes the vice from our hearts and allows us to breathe, live and love freely.

Many people misunderstand forgiveness to be a pardoning or exoneration of the act committed. It is not. Forgiveness is more for ourselves than for the person who committed the act.

Every wrong act and every evil deed will be punished by the law of karma. Every action you perform comes back to you – if not in this life, then in later lives, if not directly then indirectly. Whatever pain we cause to another, we will experience ourselves. No one is free from the law of karma. It is crucial to

# Divine Message From Pujya Swamiji

understand that forgiveness does not mean we absolve someone of their karma. Forgiveness means simply that we are able to separate the person from the act. It means that the act may be deplorable, but the person who committed the act is still human and therefore has strengths as well as weaknesses, good points as well as negative points. Forgiveness means that we are able to tap into the well of compassion which flows in our hearts and offer some of it to those who have wronged us.

Forgiveness means that we are ready to move forward, that we do not want to stagnate and freeze in the moment of the inflicted pain. When we hold onto our anger it immobilizes us, precluding us from blossoming into the people we are supposed to become and achieving that which we are supposed to achieve.

## *When Will You Draw the Line?*

So many people come to me, their identities determined and lives plagued by wrongs which have been wrought upon them sometime in the past. Sins of commission (e.g. the abusive parent), sins of omission (e.g. the absent or indifferent parent), sins they can recall, sins they cannot recall, sins committed by those who are still living, sins committed by those who have long since passed away, sins by those they knew, sins by strangers, sins upon them personally, sins upon the collective consciousness of which they are a part.

Their lives, their paths and their decisions have been shaped by the enduring pain of these past wrongs. They are stuck, unable to move forward, held prisoner by acts long-ago committed, crying over abuse lashed onto skin cells which have long ago perished.

Just as tragic as the stories of abuse and betrayal, of stolen childhoods and shattered dreams, are the stories of these people today: broken adults unable to cut the chains that bind them to events of the past, unable to take a step without the shackles of yesterday.

We hold onto our pain because it identifies who we are, it gives us an excuse for behaving the way we do, it has become such a familiar feeling that we cannot let it go. Yet let it go we must if we want to move forward.

# Divine Message From Pujya Swamiji

The best way to release the pain is to deeply forgive the person who has wronged you. We must see the perpetrator as a fallible human being and allow the love in our heart to flow towards him/her. When we are able to feel compassion for the situation (either physical or mental) that he/she must have been in to commit this mistake, the chains that bind us are loosened and we are free to take a step forward into today and tomorrow. It is not an easy task, but it is an essential task if we want to live full, joyful and peaceful lives.

Let us fill our cup from the infinite ocean of compassion and forgiveness so that we can step freely, peacefully and joyfully into the future, leaving the shackles of the past behind. Let us fulfill our unique purpose, our Divine mission here on Earth, rising to our greatest potential..

At this time of Diwali, let the divine light shine within our hearts, removing any vestige of pain, anger or grudges. Let the divine light of the diya burn dispel any lingering darkness which is preventing us from moving forward on the path ahead. Let the motto of this Diwali be: forgive, forget and move forward.



Pujya Swamiji conducts a special Diwali Sri Lakshmi Puja on the banks of Ganga.

# Links

Please visit us on the web for videos, podcasts and music from Parmarth Niketan, plus information on upcoming programs and seva opportunities.

