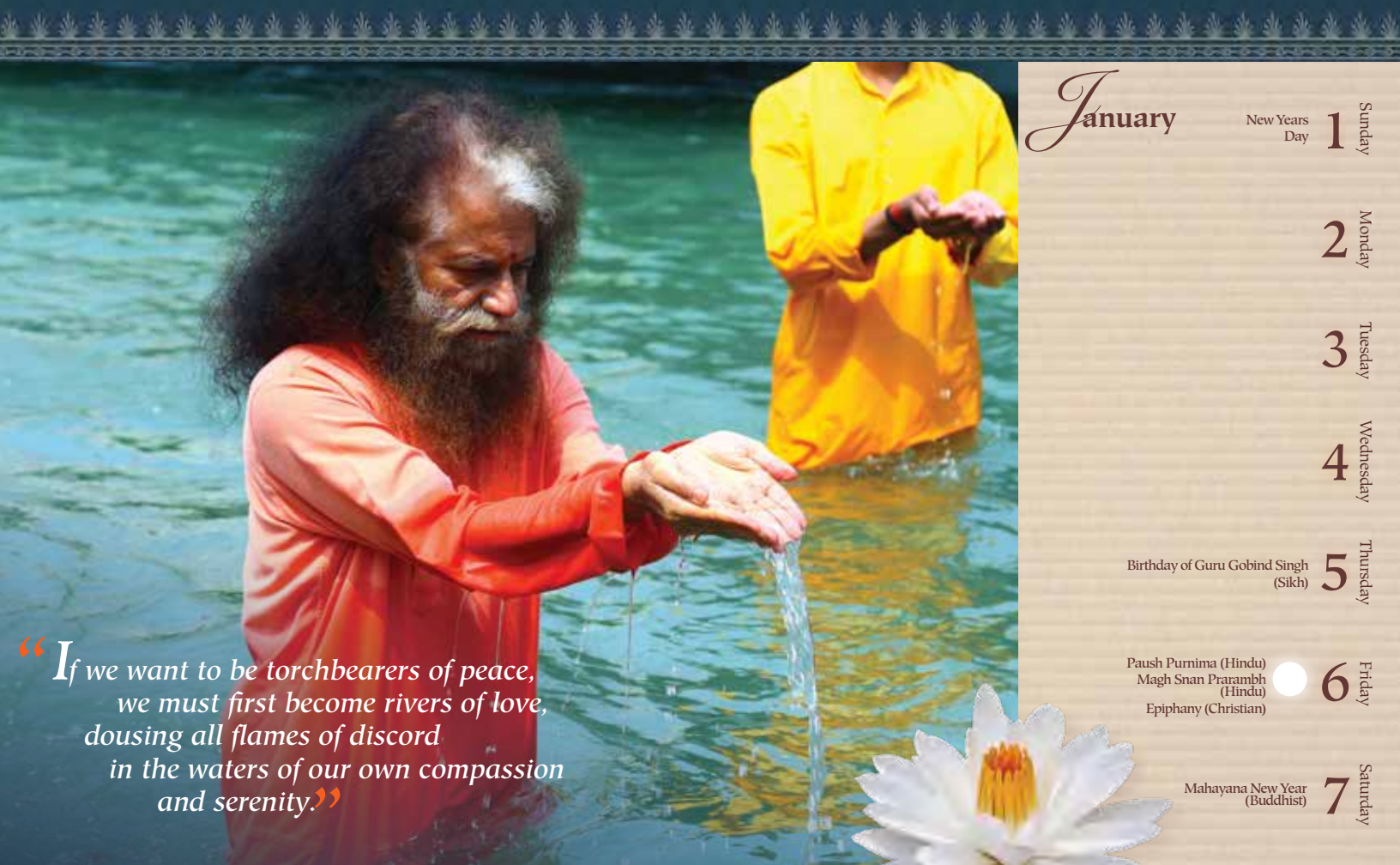




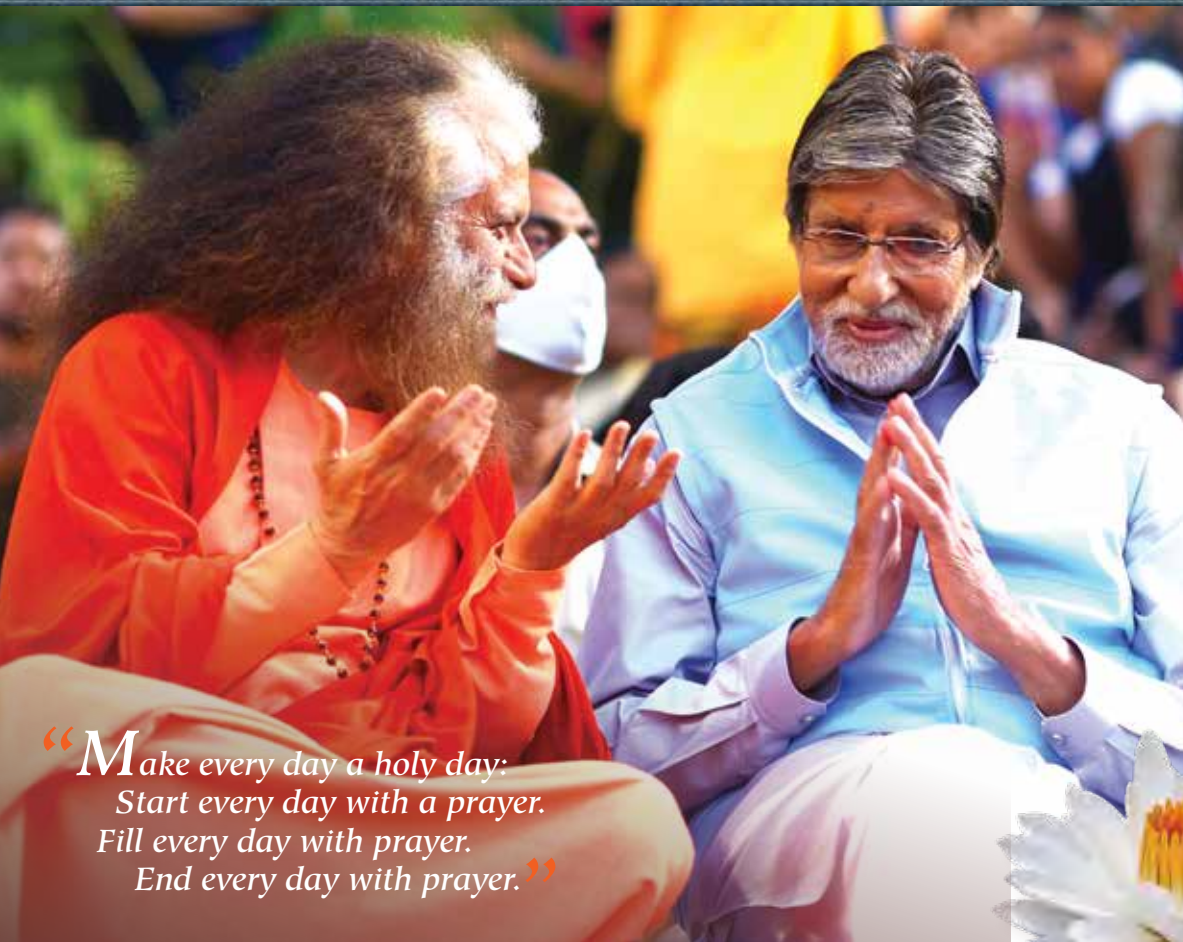
H.H. *Pujya* SWAMI
CHIDANAND SARASWATIJI
INSPIRATION
FOR THE YEAR **2023**



“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.”

January

New Years Day	1	Sunday
	2	Monday
	3	Tuesday
	4	Wednesday
Birthday of Guru Gobind Singh (Sikh)	5	Thursday
Paush Purnima (Hindu) Magh Snan Prarambh (Hindu) Epiphany (Christian)	6	Friday
Mahayana New Year (Buddhist)	7	Saturday



*“Make every day a holy day:
Start every day with a prayer.
Fill every day with prayer.
End every day with prayer.”*

January

8 Sunday

9 Monday

10 Tuesday

11 Wednesday
Sankat Chaturthi
(Hindu)

12 Thursday

13 Friday
Lohari
(Sikh) (Hindu)

14 Saturday
Makar Sankranti/
Pongal/Uttarayan
(Hindu)

Pujya Swamiji welcomes renowned actor Amitabh Bachchan to Ganga Aarti at Parmarth



“If we really worship the Divine, everything becomes a spiritual practice.
Everything becomes a practice in non-violence, truth, integrity,
sharing and compassion.”



January

15 Sunday

Martin Luther King Jr. Day
(US)

16 Monday

17 Tuesday

18 Wednesday

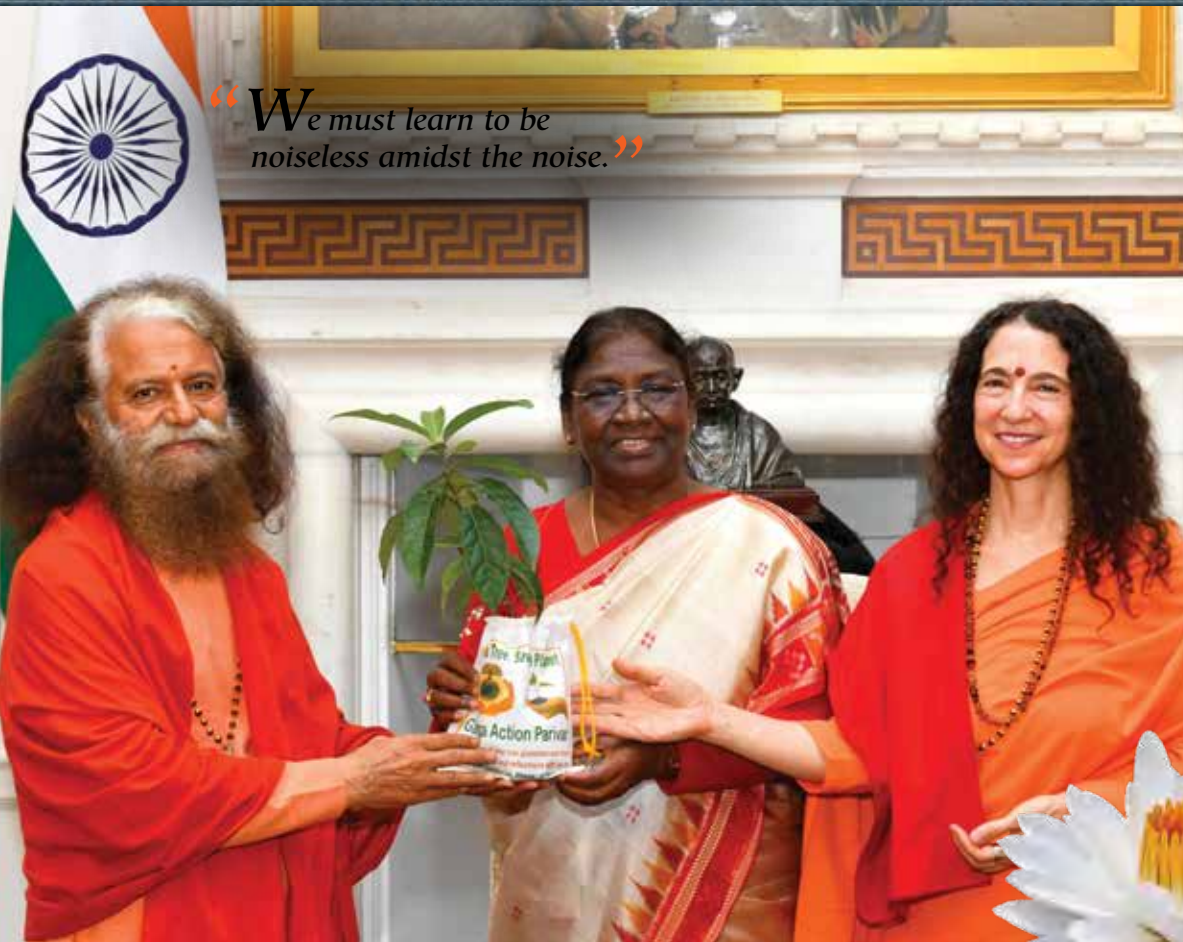
19 Thursday

20 Friday

Mauni Amavasya
(Hindu)

21 Saturday





“We must learn to be
noiseless amidst the noise.”

January

Magh Gupta
Navratri Begins
(Hindu)

22

Sunday

23

Monday

24

Tuesday

25

Wednesday

26

Republic Day
(India)
Basant Panchami
(Hindu)

Thursday

27

Friday

28

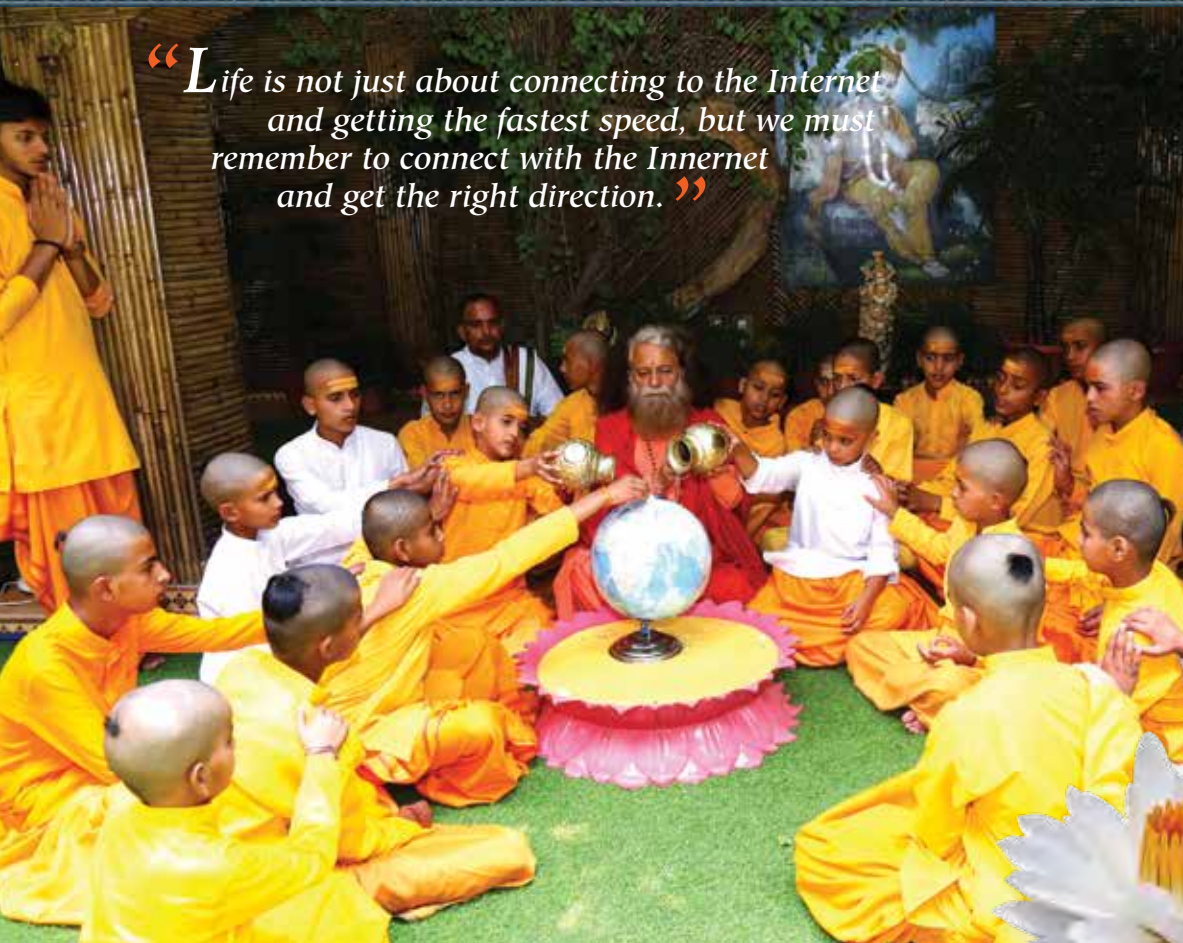
Rath Saptami
(Hindu)

Saturday

Pujya Swamiji and Sadhvi Bhagawati present a sacred rudraksh sapling to the Hon'ble President of India Smt. Droupadi Murmu



“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.”



January
February

Bhishma
Ashtami
(Hindu)

29

Sunday

Magh Gupta
Navratri Ends
(Hindu)

30

Monday

31

Tuesday

1

Wednesday

2

Thursday

3

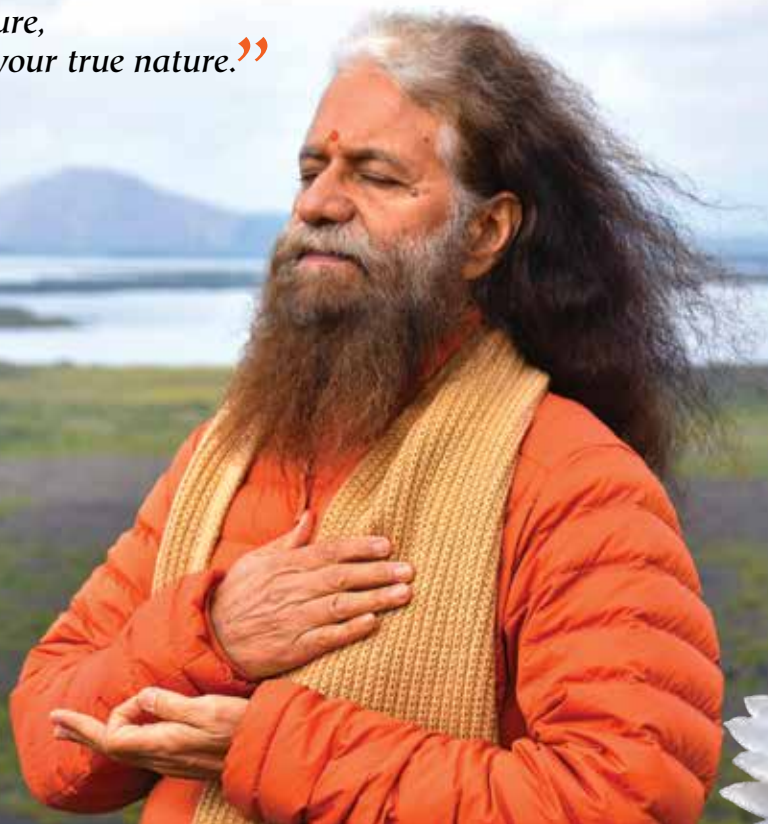
Friday

4

Saturday



*“Come to nature,
be with nature,
and discover your true nature.”*



February

Magh
Purnima
(Hindu)
Tu B'Shevat
(Jewish)



5

Sunday

6

Monday

7

Tuesday

8

Nirvana Day
(Alternative Day)
(Buddhist)

Wednesday

9

Thursday

10

Friday

11

Saturday



“If you can experience love,
you will manifest love.”

February

12 Sunday

13 Monday

14 Tuesday
St. Valentine's Day
(US)

15 Wednesday
Parinirvana-Nirvana Day
(Buddhist)

16 Thursday

17 Friday

18 Saturday
Mahashivratri
(Hindu)

Pujya Swamiji presents sacred Gangajal to H.H. the Dalai Lama





February

19 Sunday

President's Day
(US)

20 Monday

Losar (Tibetan New Year)
(Buddhist)

21 Tuesday

Ash Wednesday
(Christian)

22 Wednesday

23 Thursday

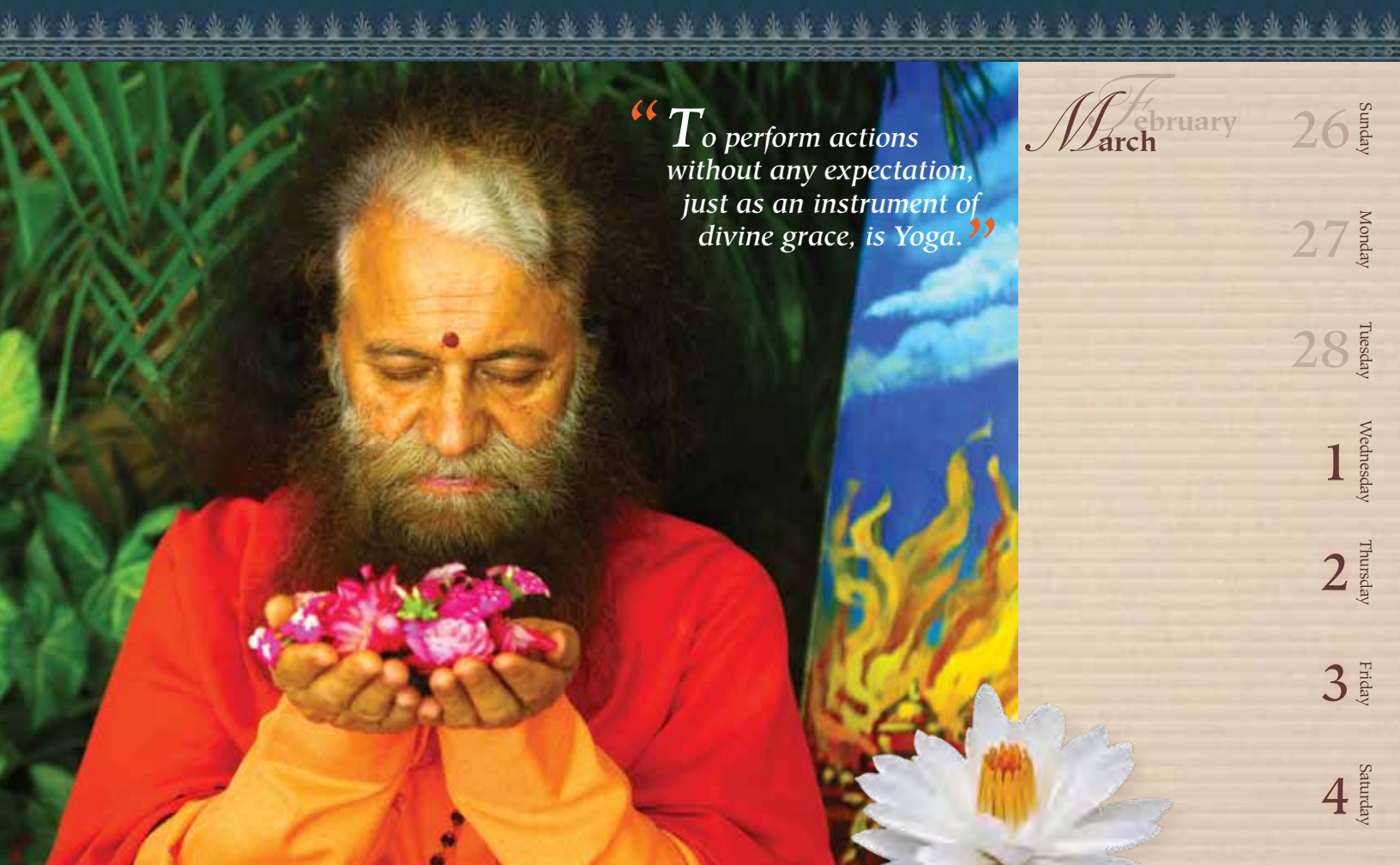
24 Friday

25 Saturday

On the special celebration of Pujya Swamiji's 70th birth anniversary, the monumental project of the 11-volume *Encyclopedia of Hinduism* which Pujya Swamiji conceived, guided and led, was presented to the Hon'ble Governor of Uttarakhand Lt. Gen. Gurmit Singh, Minister of Culture and Parliamentary Affairs, Government of India, Shri Arjun Meghwal; Pujya Sant Shri Rameshbhai Ozaji; and other renowned leaders.

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





“To perform actions
without any expectation,
just as an instrument of
divine grace, is Yoga.”

February
March

26 Sunday

27 Monday

28 Tuesday

1 Wednesday

2 Thursday

3 Friday

4 Saturday



“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.”

March

5 Sunday

6 Monday
Holika Dahan (Hindu)
Purim (Jewish)

7 Tuesday
Holi (Hindu) ●
Hola Mohalla (Sikh)

8 Wednesday
International Yoga
Festival Begins

9 Thursday

10 Friday

11 Saturday

*“Accept whatever comes as Prasad from God.
Whatever He gives us – a hut or a castle,
is His divine gift.”*

March

12 Sunday

13 Monday

14 Tuesday

15 Wednesday

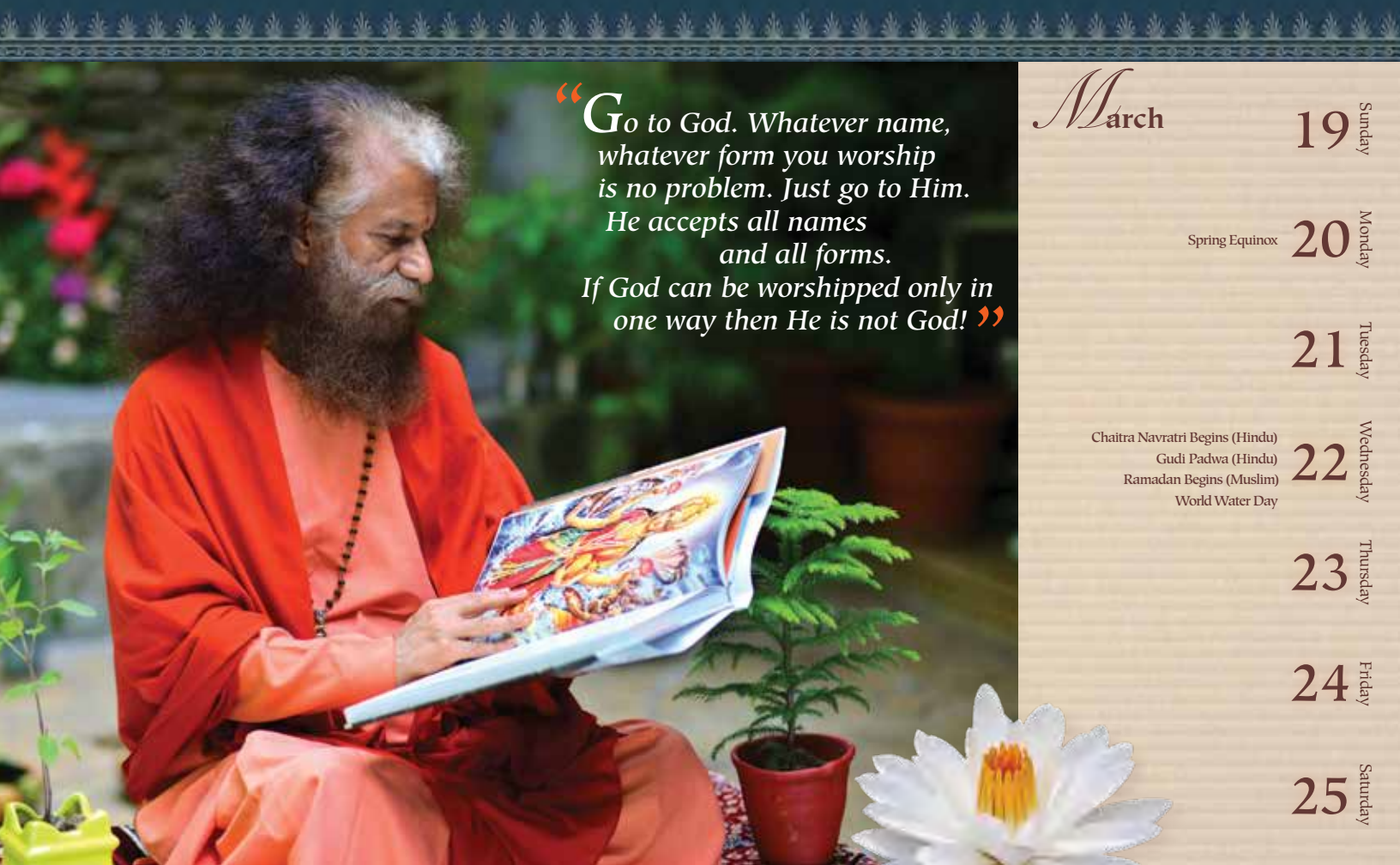
16 Thursday

17 Friday
St. Patrick's Day
(Christian)

18 Saturday

Pujya Swamiji gives a sacred rudraksh sapling to Pujya Sant Shri Morari Bapuji





“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! ”

March

19 Sunday

20 Monday
Spring Equinox

21 Tuesday

22 Wednesday
Chaitra Navratri Begins (Hindu)
Gudi Padwa (Hindu)
Ramadan Begins (Muslim)
World Water Day

23 Thursday

24 Friday

25 Saturday

“The waters of Mother Ganga are always pavitra (pure) but we must pledge and work to keep them also swaccha (clean).”



March
April

Daylight
Savings
Time Begins
(US)

26

Sunday

Yamuna Jayanti/
Yamuna Chhath
(Hindu)

27

Monday

28

Tuesday

Durgashtami
(Hindu)

29

Wednesday

Ram Navami
(Hindu)

30

Thursday

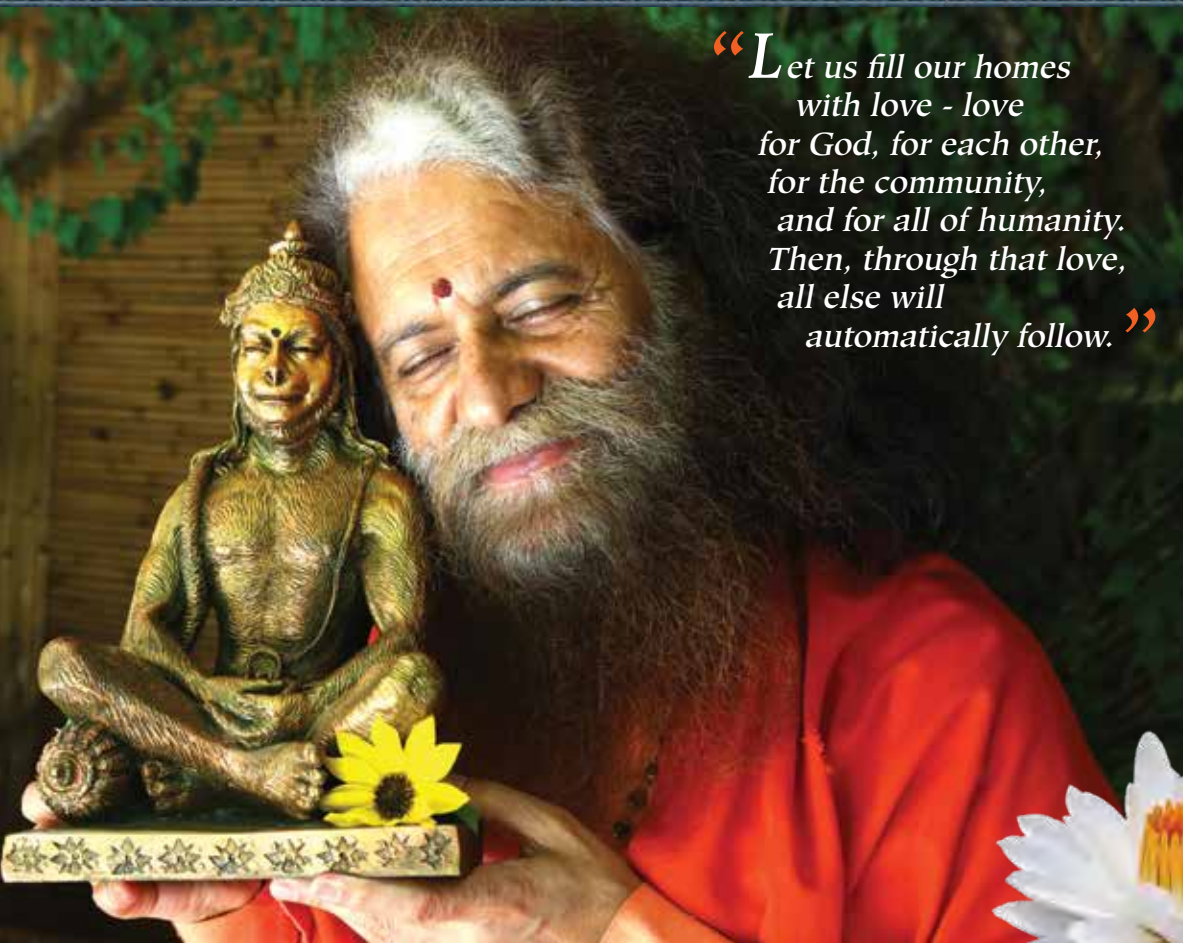
31

Friday

1

Saturday





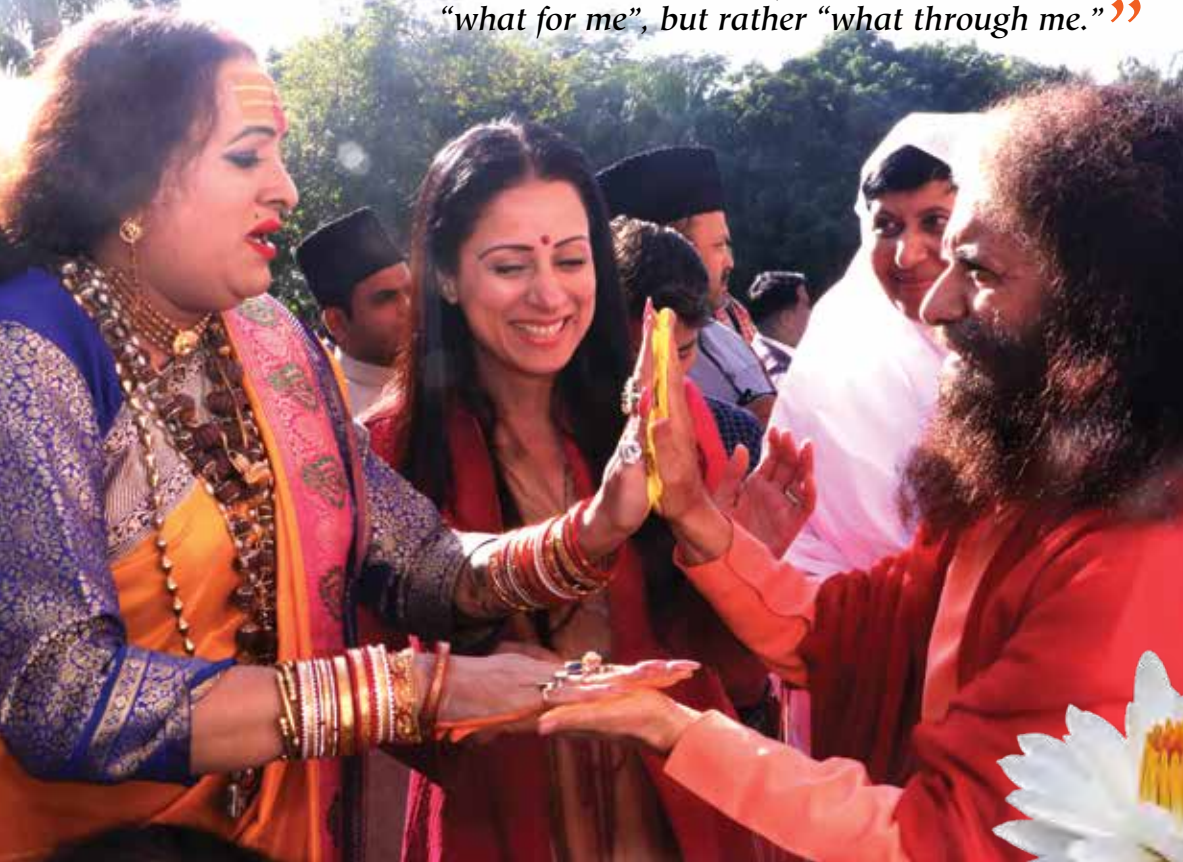
*“Let us fill our homes
with love - love
for God, for each other,
for the community,
and for all of humanity.
Then, through that love,
all else will
automatically follow.”*

April

Palm Sunday (Christian)	2	Sunday
	3	Monday
Mahavir Jayanti (Hindu)	4	Tuesday
Passover Begins (Jewish)	5	Wednesday
Hanuman Jayanti (Hindu) Theravadin New Year (Buddhist)	6	Thursday
Good Friday (Chris- tian)	7	Friday
	8	Saturday



“Cultivate the attitude of not
“what for me”, but rather “what through me.””



Pujya Swamiji joins hands with interfaith leaders and LGBTQ community during the Leave No One Behind Summit at Parmarth Niketan. Here he is with Laxmi Narayan, Tippathi, the Acharya Mahamandateshwar of the Kinnar Akhada and a renowned transgender activist

April

Easter Sunday
(Christian)

9 Sunday

10 Monday

11 Tuesday

12 Wednesday

Passover Ends
(Jewish)

13 Thursday

Baisakhi
(Hindu)

14 Friday

15 Saturday



“There can be
a PLAN A & PLAN B
but there is no PLANET B.
We must protect the one
we have. ”

April

16 Sunday

Lailat al Qadr
(Muslim)
Yom Hashoah
(Jewish)

17 Monday

18 Tuesday

19 Wednesday

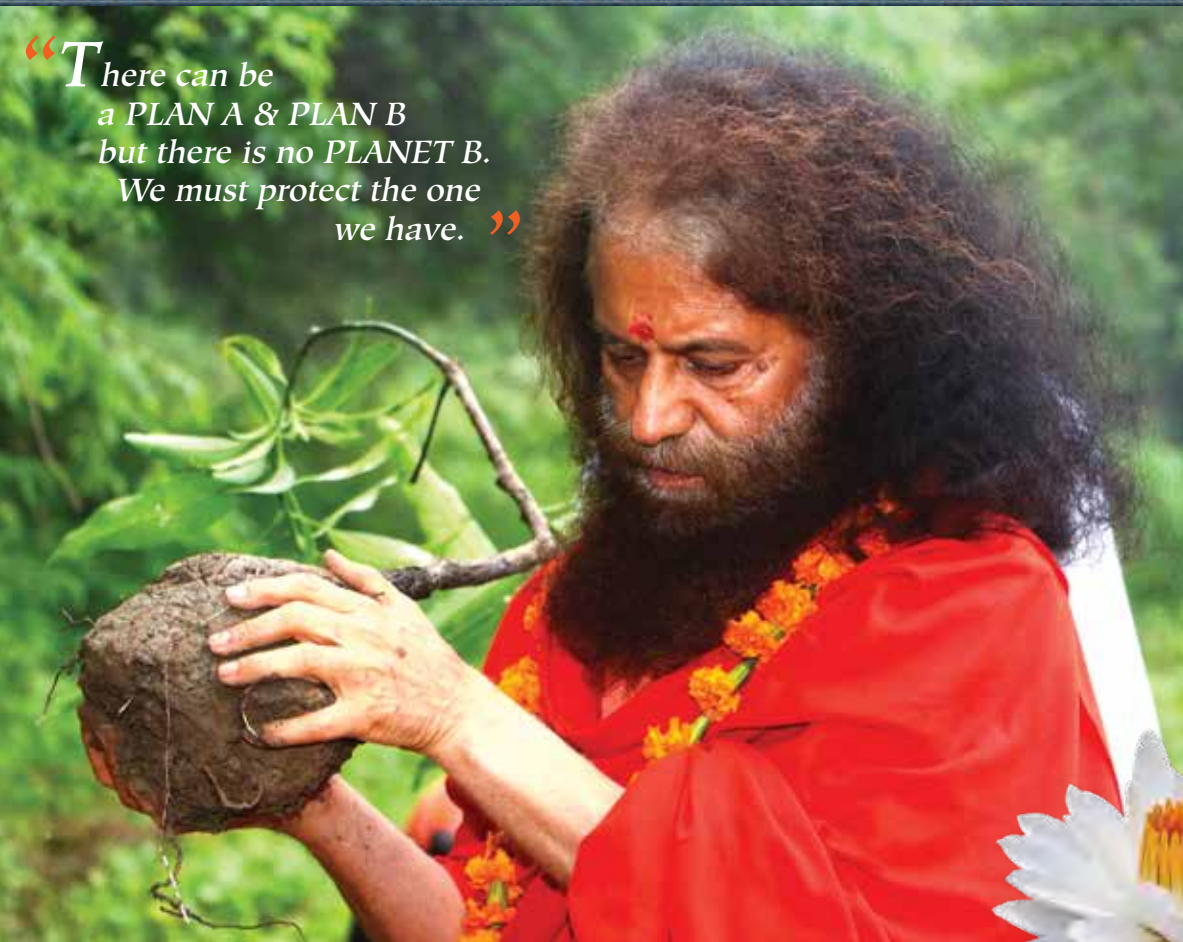
20 Thursday

Ramadan Ends
(Muslim)
Eid-Ul-Fitr
(Muslim)

21 Friday

Parashurama Jayanti
(Hindu)
Akshay Tritiya
(Hindu)
Earth Day

22 Saturday



*“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!”*

April

23 Sunday

24 Monday

25 Tuesday

26 Wednesday

Ganga Saptami/
Jahnu Saptami
(Hindu) 27 Thursday

28 Friday

29 Saturday



*“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!”*



May April

30

Sunday

Labor Day (US)

1

Monday

Birthday of Guru
Arjan Dev
(Sikh)

2

Tuesday

3

Wednesday

4

Thursday

Buddha Purnima
(Hindu)



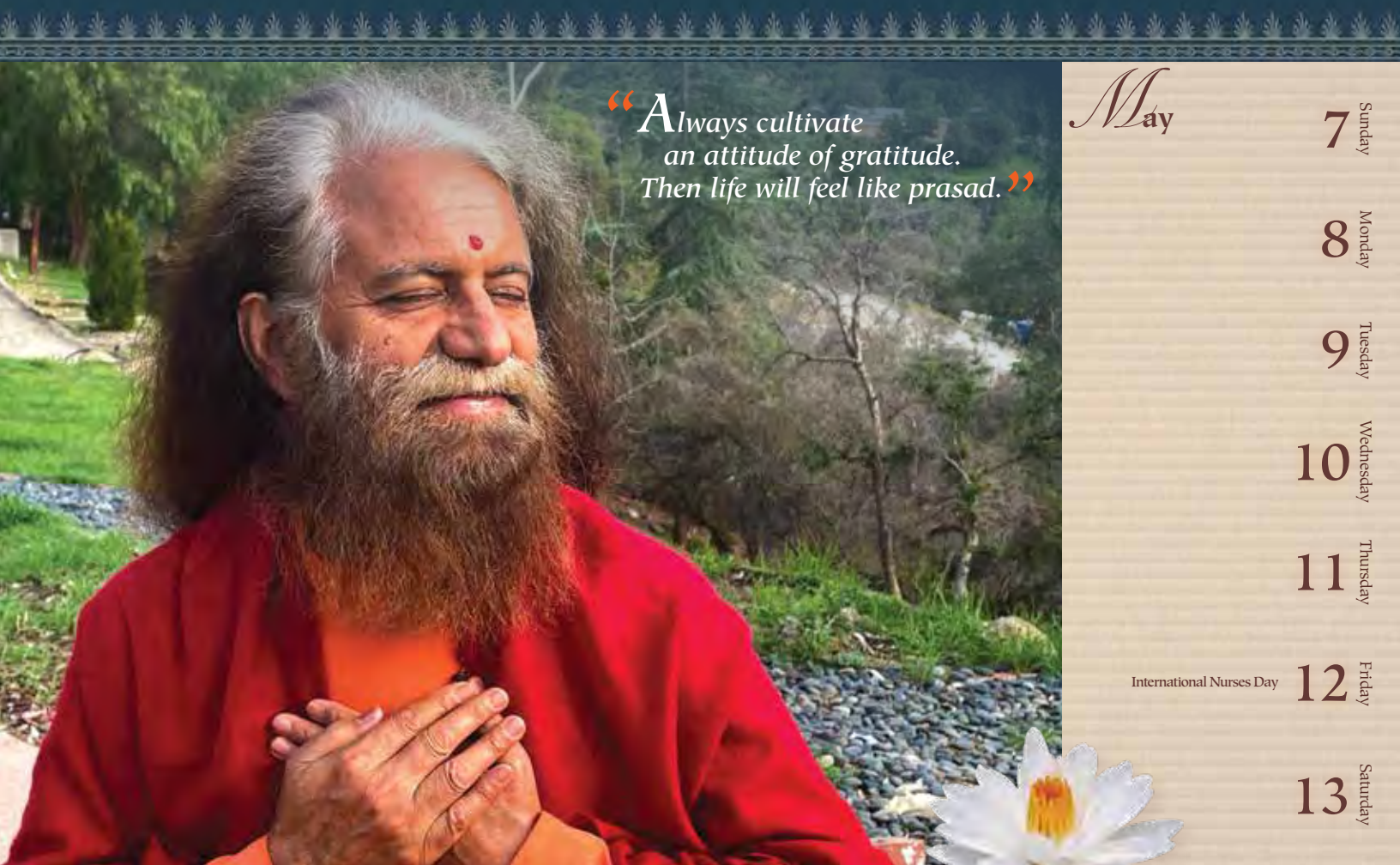
5

Friday

Narad Jayanti
(Hindu)

6

Saturday



*“Always cultivate
an attitude of gratitude.
Then life will feel like prasad.”*

May

7 Sunday

8 Monday

9 Tuesday

10 Wednesday

11 Thursday

12 Friday
International Nurses Day

13 Saturday



“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.”

May

14 Sunday

15 Monday

16 Tuesday

17 Wednesday

Ascension Day
(Christian)

18 Thursday

19 Friday

20 Saturday



“We must not only pray for peace, but we must work for peace, every minute and every moment of our lives.”



May

21 Sunday

22 Monday

23 Tuesday
Martyrdom of
Guru Arjan Dev
(Sikh)

24 Wednesday

25 Thursday
Shavuot
(Jewish)

26 Friday
Buddha Jayanti/
Buddha Day
(Buddhist)

27 Saturday

Uttarakhand Chief Minister Shri Pushkar Singh Dhami comes to Parmarth Niketan with his family and waters tree saplings with Pujya Swamiji and Sadhvi Bhagawati



“Surrender. Become humble.
Realize everything
is due only to God.”



May
June

Pentecost
(Christian)

28

Sunday

Memorial Day
(US)

29

Monday

Ganga Dusshra
(Hindu)

30

Tuesday

31

Wednesday

1

Thursday

2

Friday

Birthday of H.H. Pujya
Swami Chidanand
Saraswati



3

Saturday

*“In order to bring deep and lasting peace to our world,
we have no choice but to begin from the inside and move outwards.”*

June

4 Sunday

World Environment
Day 5 Monday

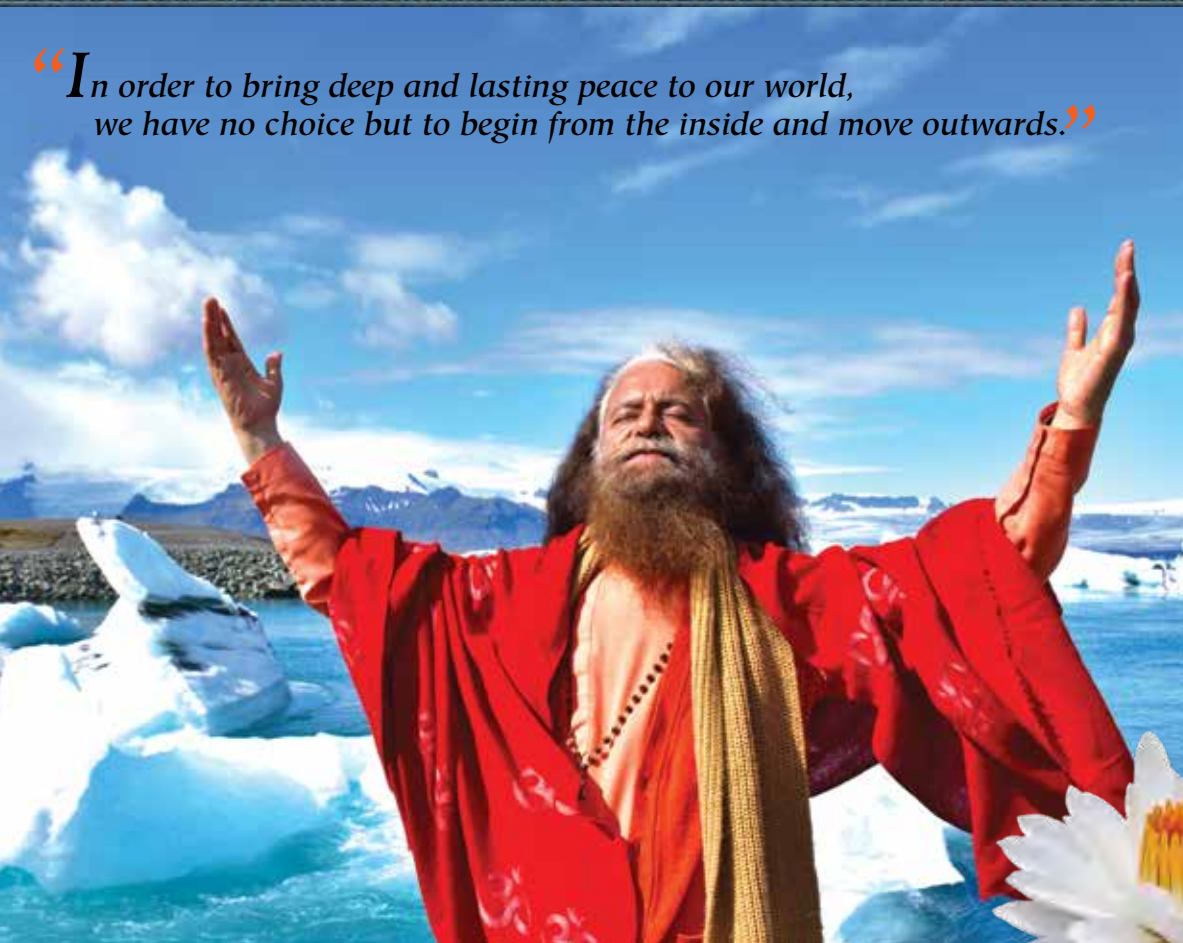
6 Tuesday

7 Wednesday

8 Thursday

9 Friday

10 Saturday



*“To truly understand each other we must
stand under each other with humility.”*

June

11 Sunday

12 Monday

13 Tuesday

14 Wednesday

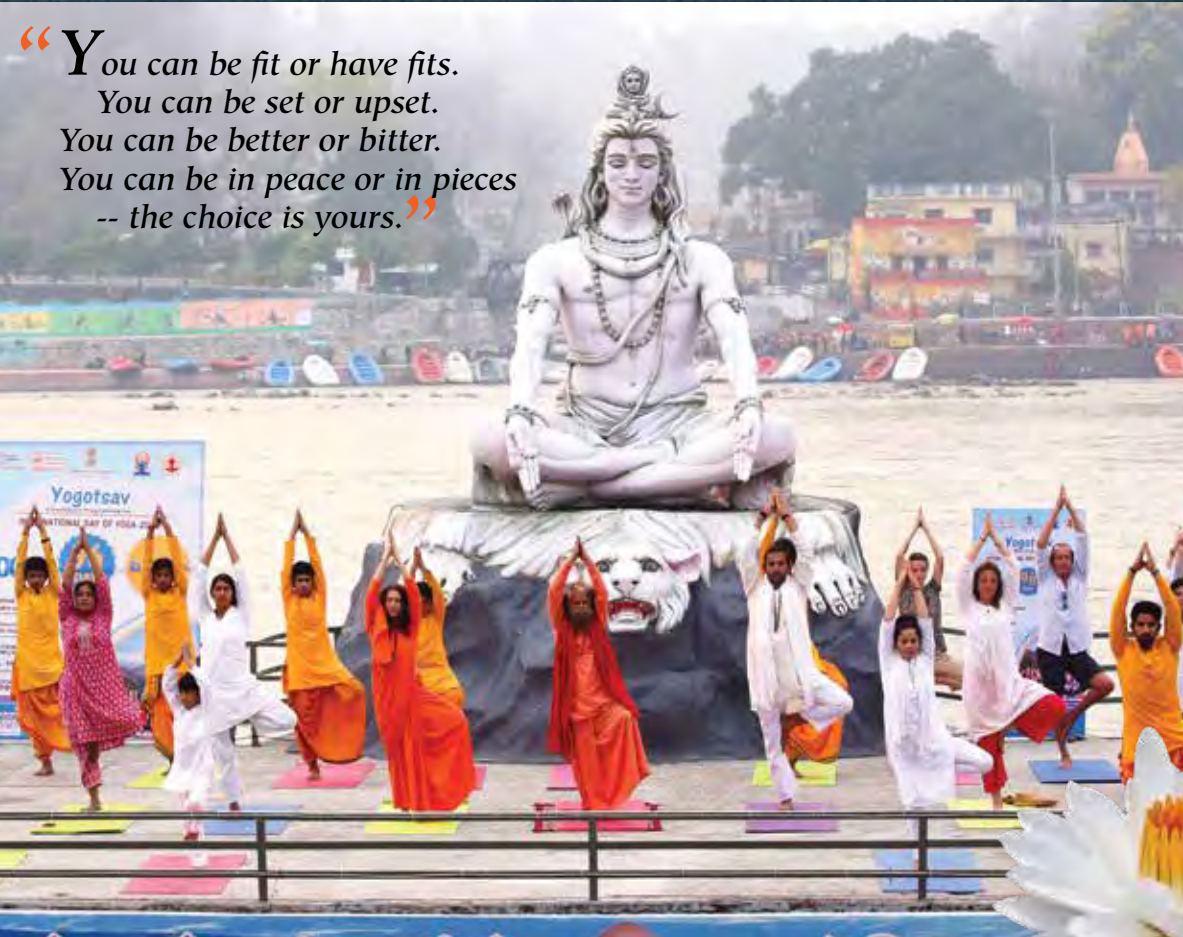
15 Thursday

16 Friday

17 Saturday



“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.”



June

18 Sunday

Ashadh Gupt Navratri
Begins
(Hindu)

19 Monday

20 Tuesday

International Day of Yoga
Summer Solstice

21 Wednesday

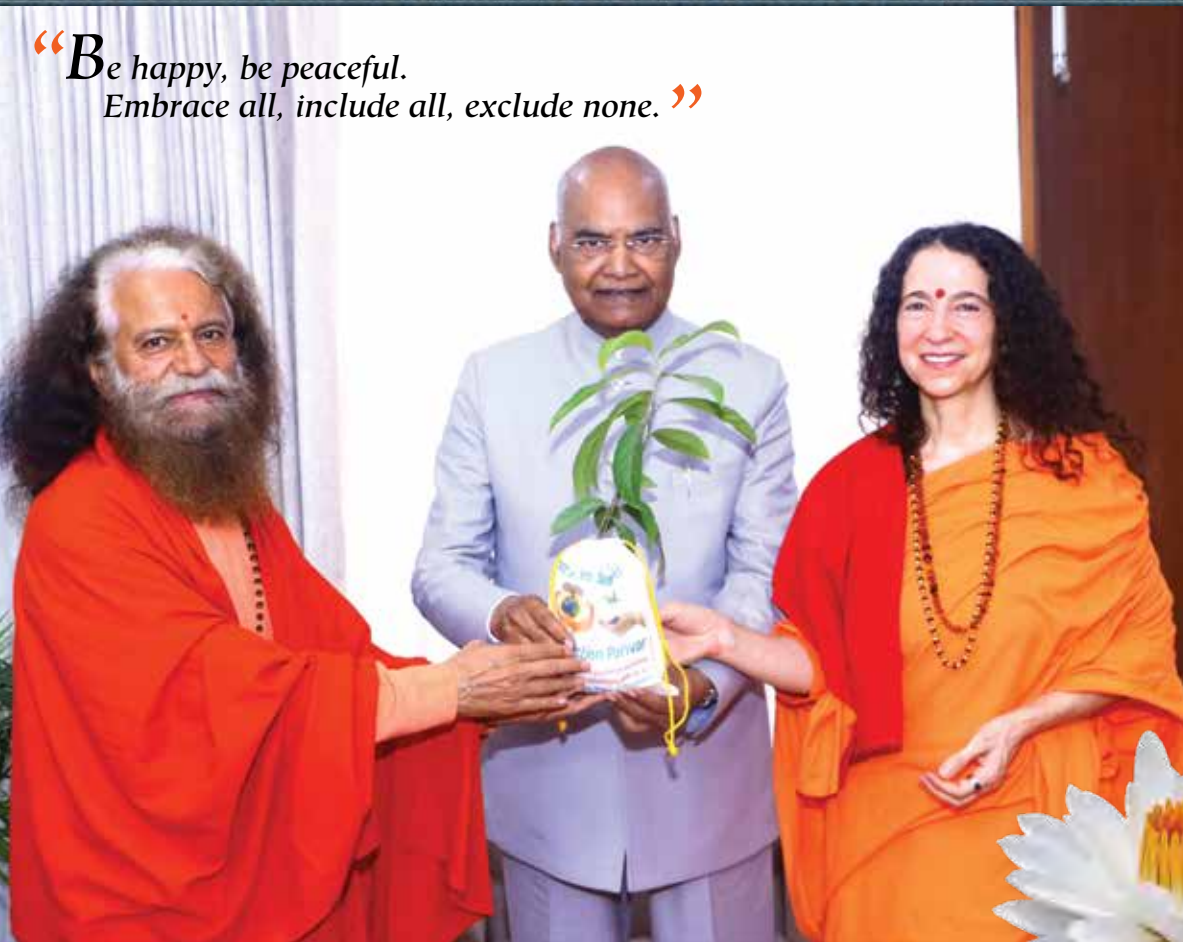
22 Thursday

23 Friday

24 Saturday



*“Be happy, be peaceful.
Embrace all, include all, exclude none.”*



Pujya Swamiji and Sadvi Bhagwatiji present a sacred rudraksh sapling to former President of India Shri Ram Nath Kovind

June
July

25 Sunday

26 Monday

27 Tuesday

28 Wednesday
Eid-UL-Adha (Muslim)
Ashadh Gupt Navratri Ends (Hindu)

29 Thursday
St. Peter & Paul's Day (Christian)

30 Friday

1 Saturday



“If we are peaceful, humble and sincere inside, then nothing outside can take away our peace.”

July

2 Sunday

Guru Purnima
(Hindu)



3 Monday

Independence Day
(US)

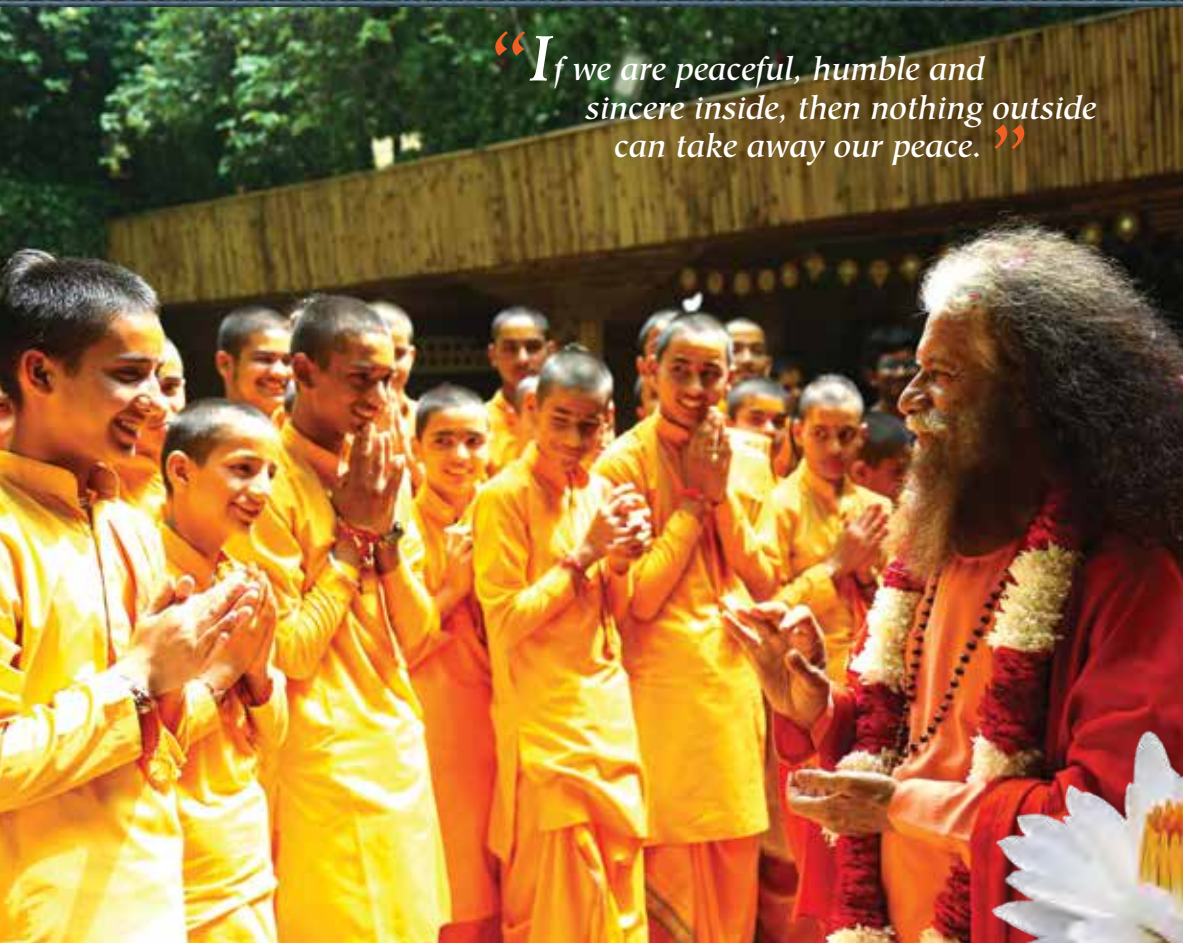
4 Tuesday

5 Wednesday

6 Thursday

7 Friday

8 Saturday



“Engage yourself in Karma (good, selfless work), under the shade of Dharma (righteousness), with an awareness of Brahma (God).”

July

9 Sunday

10 Monday

11 Tuesday

12 Wednesday

13 Thursday

14 Friday

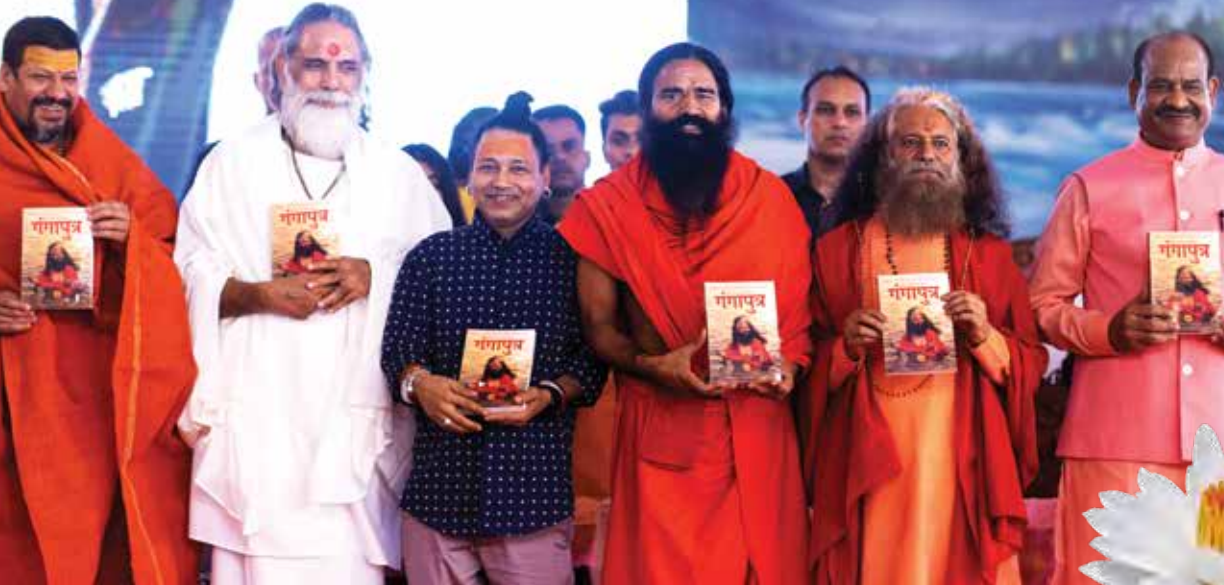
15 Saturday

Pujya Swamiji shares a moment of love and divine connection with Pujya Sant Rameshbhai Ozaji

Shrawan Shivratri
(Hindu)



“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.”



During the special celebrations for Pujya Swamiji's 70th birth anniversary, the Hindi version of his biography, *By God's Grace*, was launched. Called *Ganga Putra*, the book was launched by Pujya Swami Rameshji, Speaker of the Parliament of India Shri Om Bhatt, renowned singer Kalidash Kher and so many other renowned and revered leaders.

July

16 Sunday

17 Monday

18 Tuesday
Al-Hijra
(Muslim)

19 Wednesday

20 Thursday

21 Friday

22 Saturday





*“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.”*



July

23 Sunday

24 Monday

25 Tuesday

26 Wednesday
Tisha B'Av
(Jewish)

27 Thursday
Ashura
(Muslim)

28 Friday

29 Saturday



*“Don't worry so much about giving your children cars.
Worry about giving them Sanskaras!”*

July
August

30 Sunday

31 Monday

● 1 Tuesday

2 Wednesday

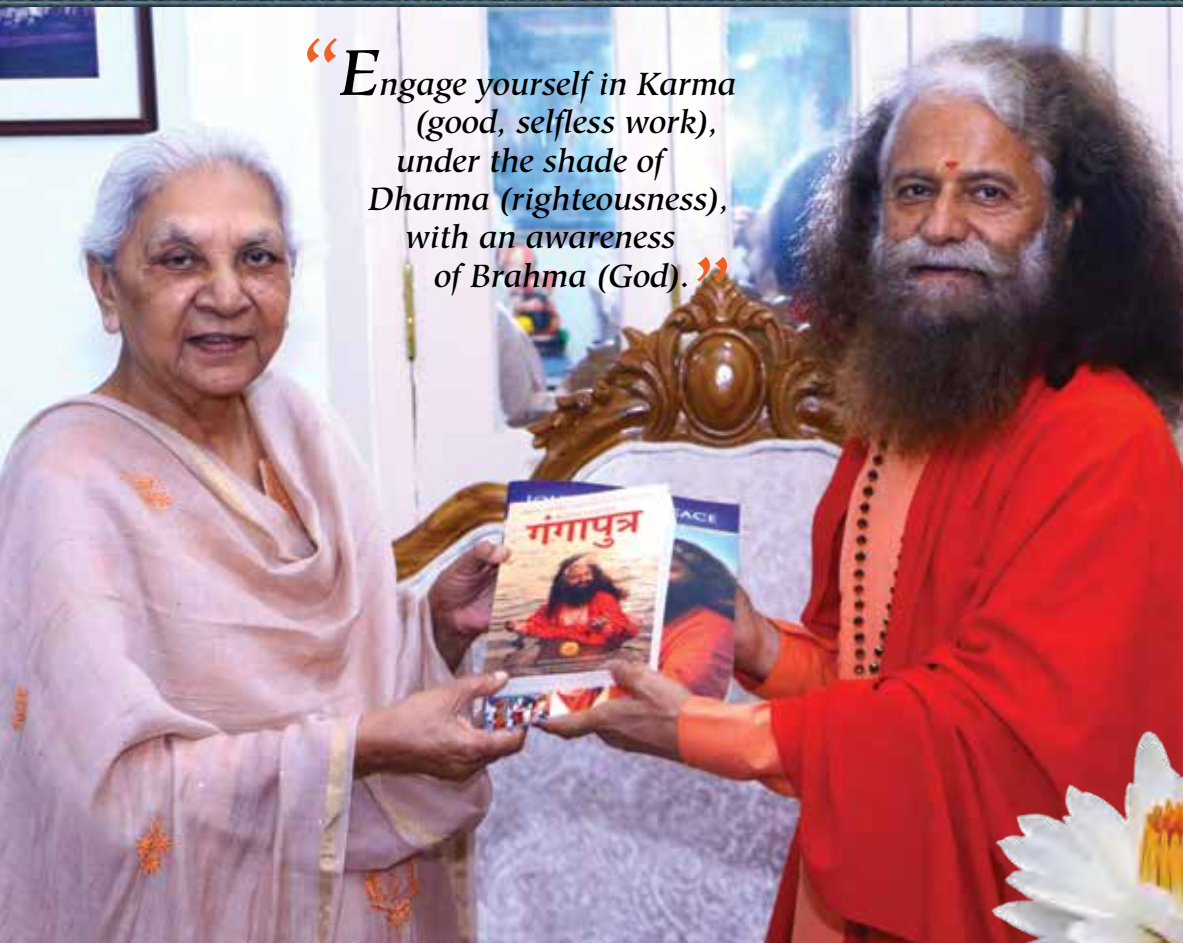
3 Thursday

4 Friday

5 Saturday



*“Engage yourself in Karma
(good, selfless work),
under the shade of
Dharma (righteousness),
with an awareness
of Brahma (God).”*



Pujya Swamiji offers a copy of Ganga Putra, his biography in Hindi, to Governor of Uttar Pradesh Smt. Anandiben Patel

August

6 Sunday

7 Monday

8 Tuesday

9 Wednesday

10 Thursday

11 Friday

12 Saturday





“Do Divine! Be Divine!
It is not enough just to
BE divine, one must
also DO divine.”

August

International Women's Day celebration at Parmarth with local women's groups, girls schools and leaders in women's empowerment

13 Sunday

14 Monday

15 Tuesday
Independence Day (India)
Assumption of the Blessed Virgin Mary (Christian)

16 Wednesday

17 Thursday

18 Friday

19 Saturday



*“Prayer is the
broom which
sweeps out
our heart,
making it clean
and divine
for God.”*



August

Onam
(Hindu)

20

Sunday

21

Monday

22

Tuesday

23

Wednesday

24

Thursday

25

Friday

26

Saturday



“Our own actions,
choices and habits are
the seeds which create
our world.”

August
September

27 Sunday

28 Monday

29 Tuesday

Raksha
Bandhan
(Hindu)

30 Wednesday

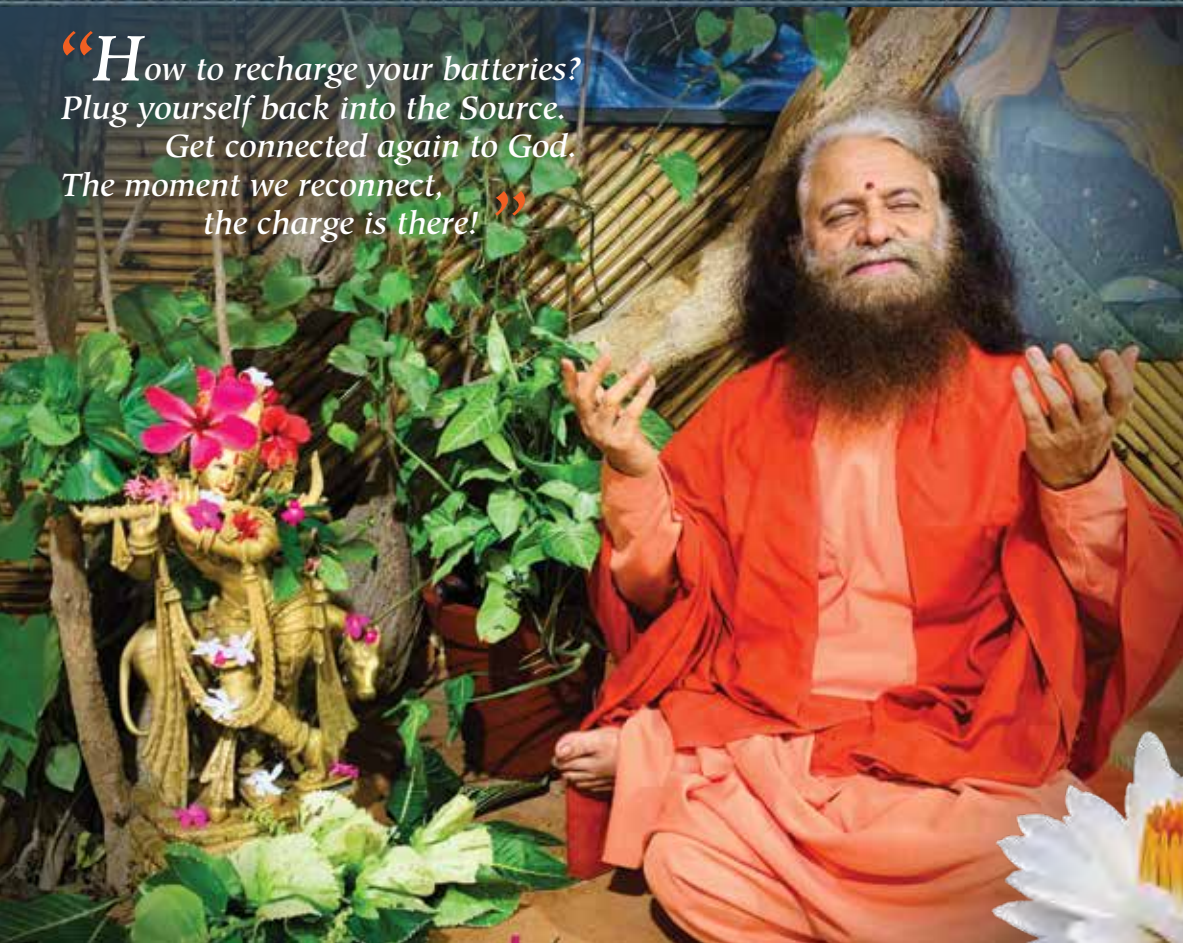
31 Thursday

1 Friday

2 Saturday



“How to recharge your batteries?
Plug yourself back into the Source.
Get connected again to God.
The moment we reconnect,
the charge is there!”



September

3 Sunday

4 Monday

5 Tuesday

6 Wednesday
Krishna Janmasthami (Smarta)
(Hindu)

7 Thursday
Krishna Janmasthami (Vaishnava)
(Hindu)

8 Friday

9 Saturday

*“When you talk to God it is prayer.
When He talks to you
it is meditation.”*

September

10 Sunday

9/11 Observances
(US)

11 Monday

12 Tuesday

13 Wednesday

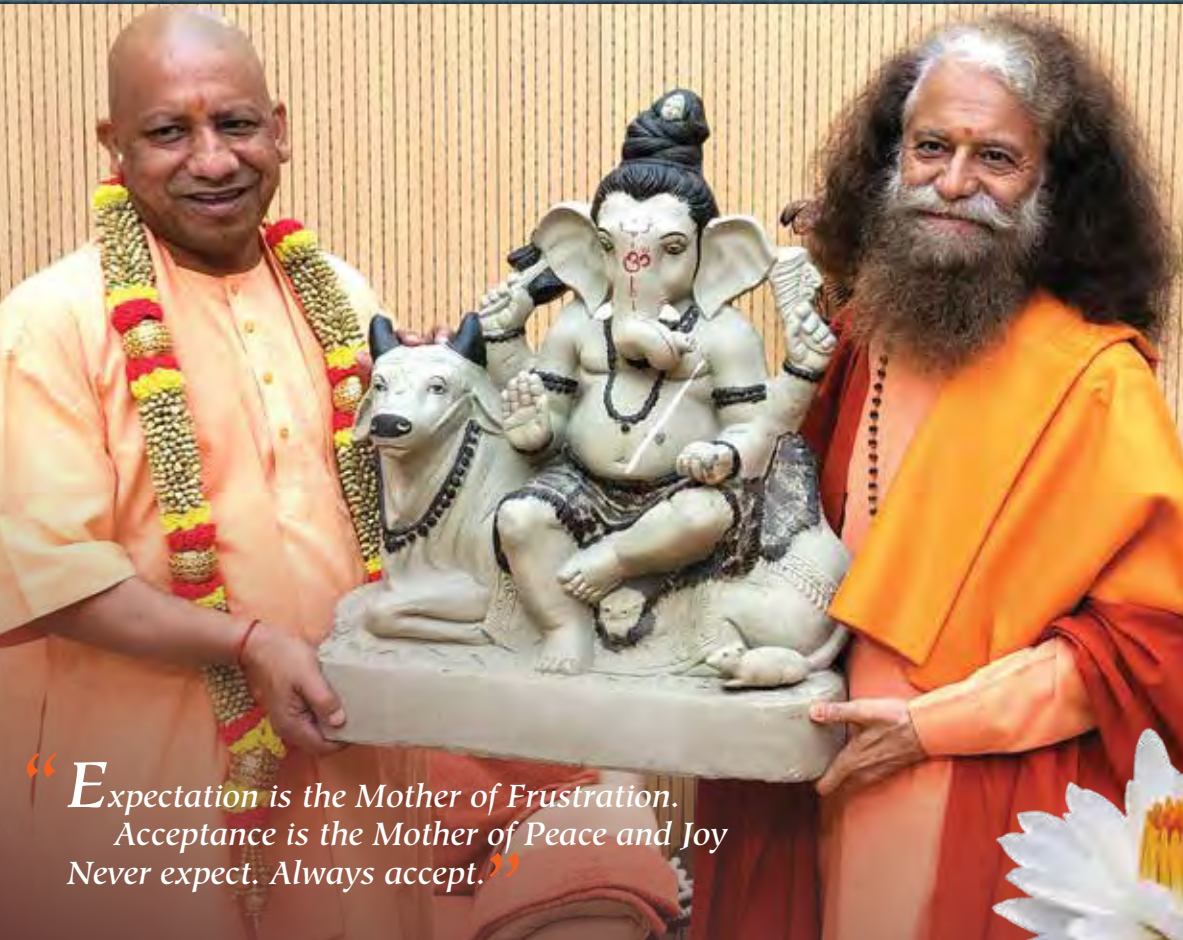
14 Thursday

Rosh Hashanah
(Jewish)

15 Friday

16 Saturday





September

17 Sunday

18 Monday

19 Tuesday
Ganesh Chaturthi
(Hindu)

20 Wednesday

21 Thursday

22 Friday

23 Saturday
Radhashtami
(Hindu)
Autumn Equinox

Pujya Swamiji offers an eco-friendly Ganesh murti to the Hon'ble Chief Minister of Uttar Pradesh
Yogi Adityanathji for Ganesh Chaturthi

“Expectation is the Mother of Frustration.
Acceptance is the Mother of Peace and Joy
Never expect. Always accept.”



“Yoga is not what you do;
it is who you ARE.”



September

Yom
Kippur
(Jewish)

24

Sunday

25

Monday

Milad un Nabi
Birthday of the
Prophet Muhammad
(Muslim)

26

Tuesday

27

Wednesday

28

Thursday

Pitru Paksh /
Shraddh Prarambh /
Shraddha Purnima
(Hindu)
Sukkot (Jewish)



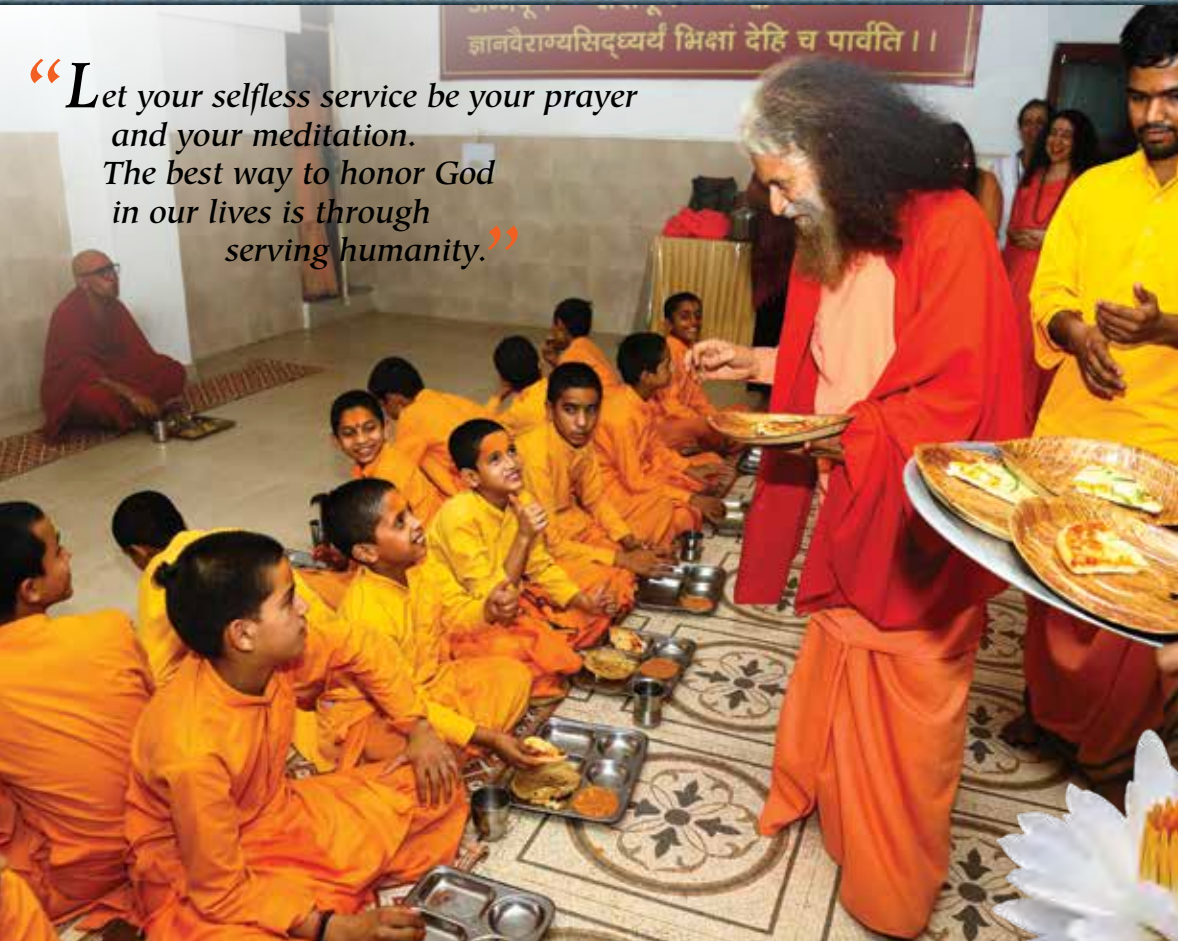
29

Friday

30

Saturday

*“Let your selfless service be your prayer
and your meditation.
The best way to honor God
in our lives is through
serving humanity.”*



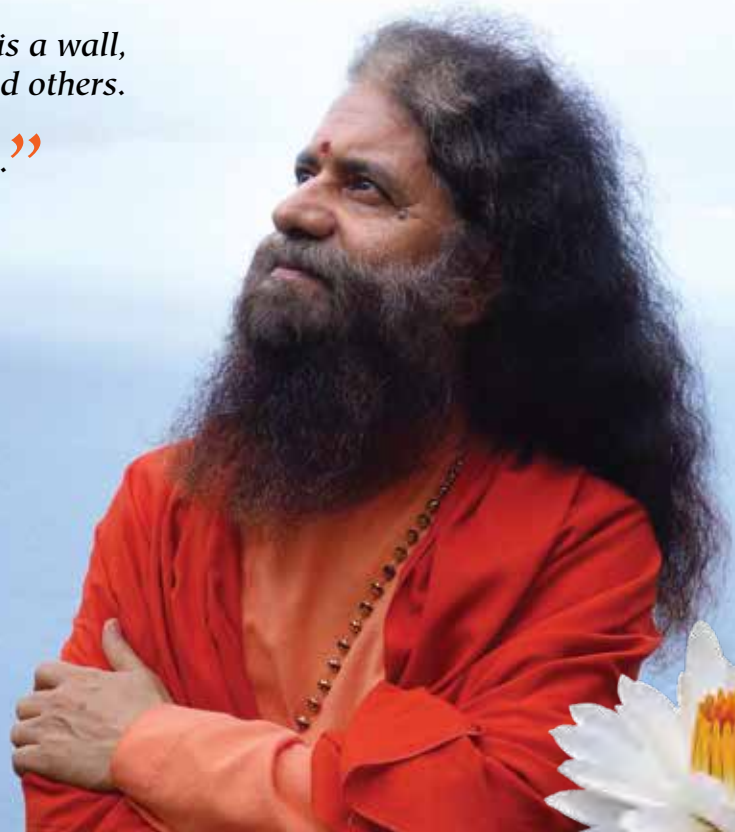
October

Mahatma Gandhi's
Birthday

- 1 Sunday
- 2 Monday
- 3 Tuesday
- 4 Wednesday
- 5 Thursday
- 6 Friday
- 7 Saturday



*“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.”*



October

8 Sunday

9 Monday

10 Tuesday

11 Wednesday

12 Thursday

13 Friday

14 Saturday
Pitra Visarjan
(Hindu)

*“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?”*



October

Sharad Navratri
Begins
(Hindu)

15 Sunday

16 Monday

17 Tuesday

18 Wednesday

19 Thursday

20 Friday

21 Saturday



*Don't only light the oil lamp in your temple,
but light the lamp in your own hearts.*

October

Durgashtami
(Hindu)

22

Sunday

23

Monday

Dussehra / Vijay Dashami
(Hindu)
Sharad Navratri Ends
(Hindu)

24

Tuesday

25

Wednesday

26

Thursday

27

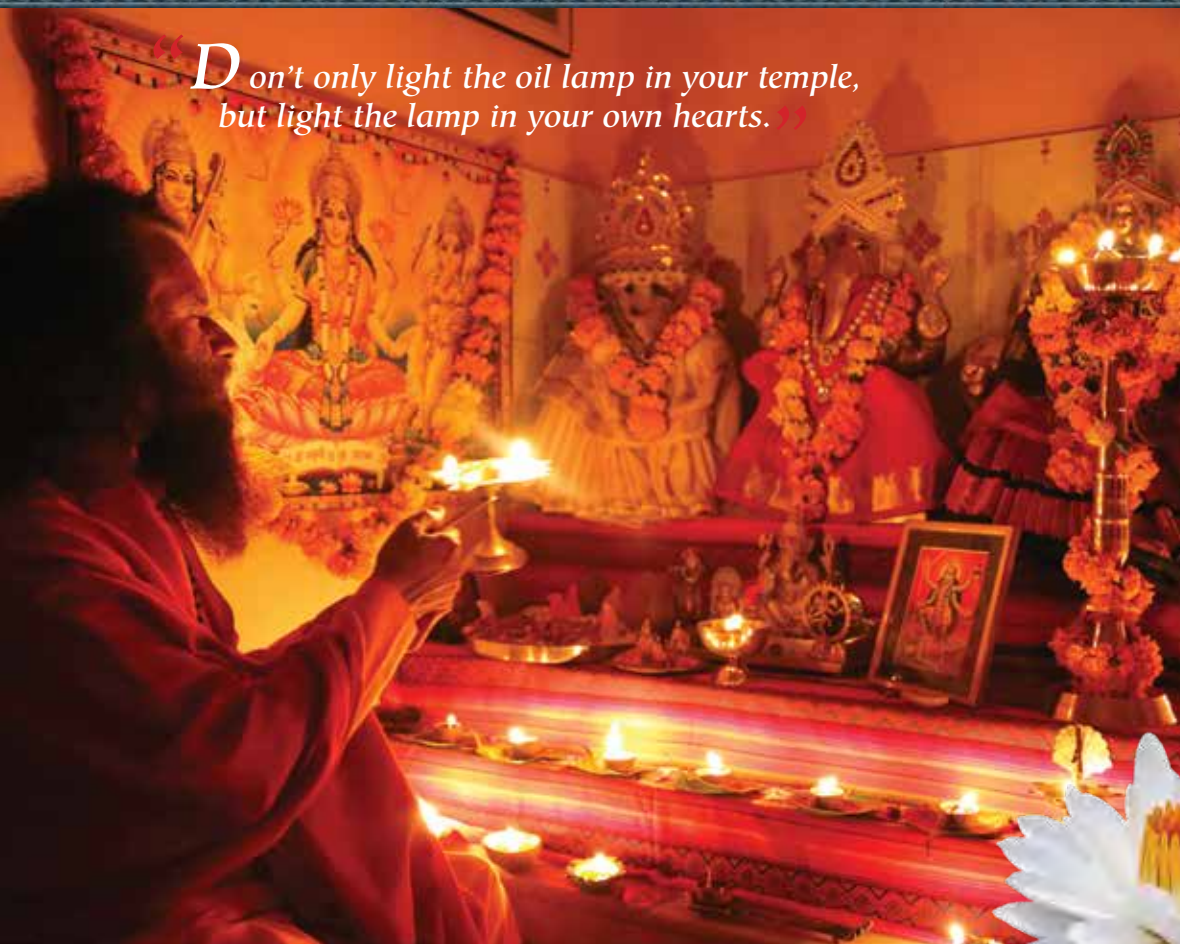
Friday

Sharad
Purnima
(Hindu)



28

Saturday



“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.”



HE the Ambassador of Kyrgyzstan to India Mr Aseim Iseave comes to India Mr Aseim Iseave with his family for the Ganga Aarti, and Pujya Swamiji and Sadhviiji present them with a rudraksh sapling

October 29 Sunday
November 30 Monday
Daylight Savings Time Ends (US)

Halloween (US) 31 Tuesday

Karak Chaturthi / Karva Chauth (Hindu)
All Saints' Day (Christian) 1 Wednesday

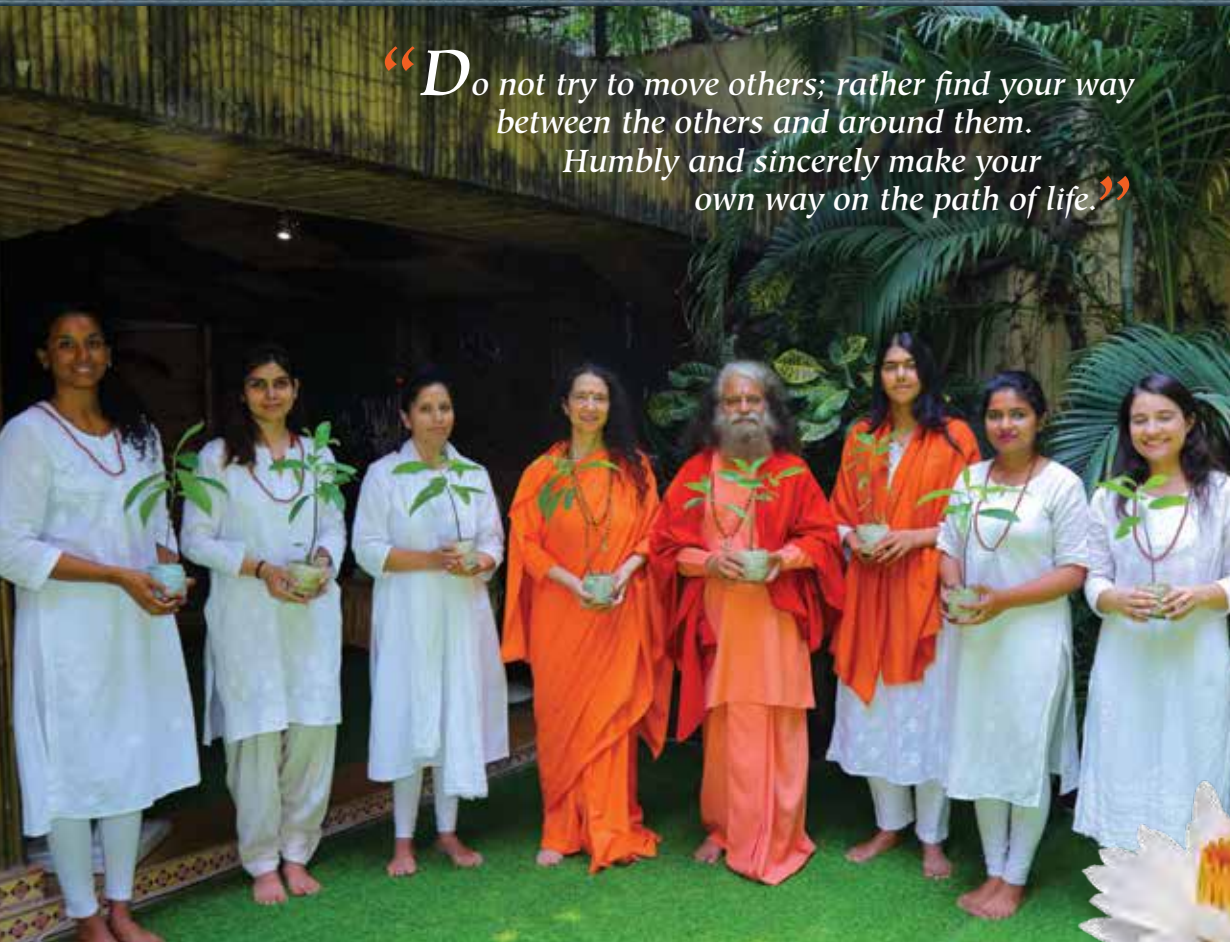
All Souls' Day (Christian) 2 Thursday

3 Friday

4 Saturday



*“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.”*



November

5 Sunday

6 Monday

7 Tuesday

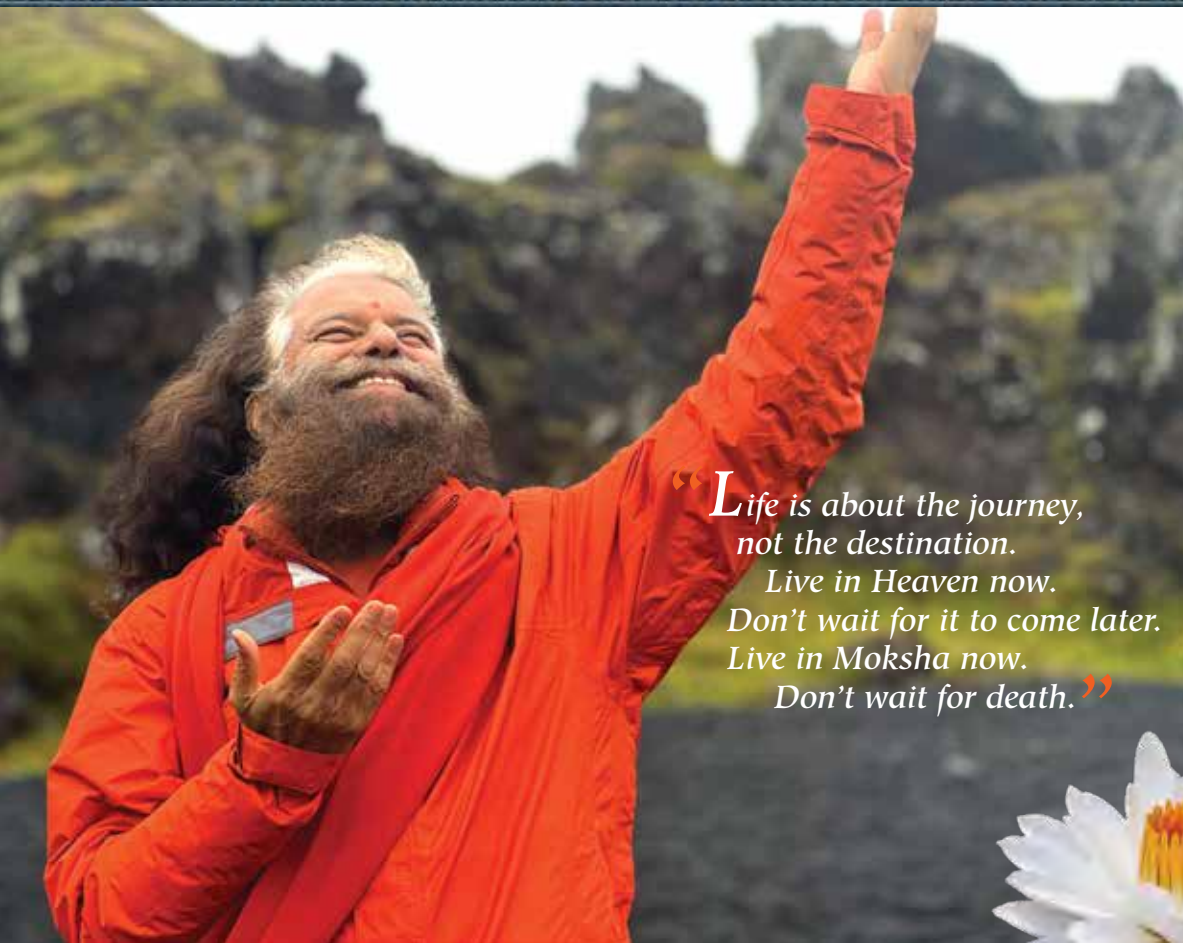
8 Wednesday

9 Thursday

10 Friday
Dhanteras
(Hindu)

11 Saturday
Naraka Chaturdashi/
Choti Diwali (Hindu)
Veteran's Day
(US)





*“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.”*



November

Diwali
(Hindu) **12** Sunday

13 Monday

Govardhan Pooja
(Hindu) **14** Tuesday

Bhaidooj
(Hindu) **15** Wednesday

16 Thursday

17 Friday

18 Saturday

*“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.”*

November World Toilet Day 19 Sunday

Gopasthami
(Hindu) 20 Monday

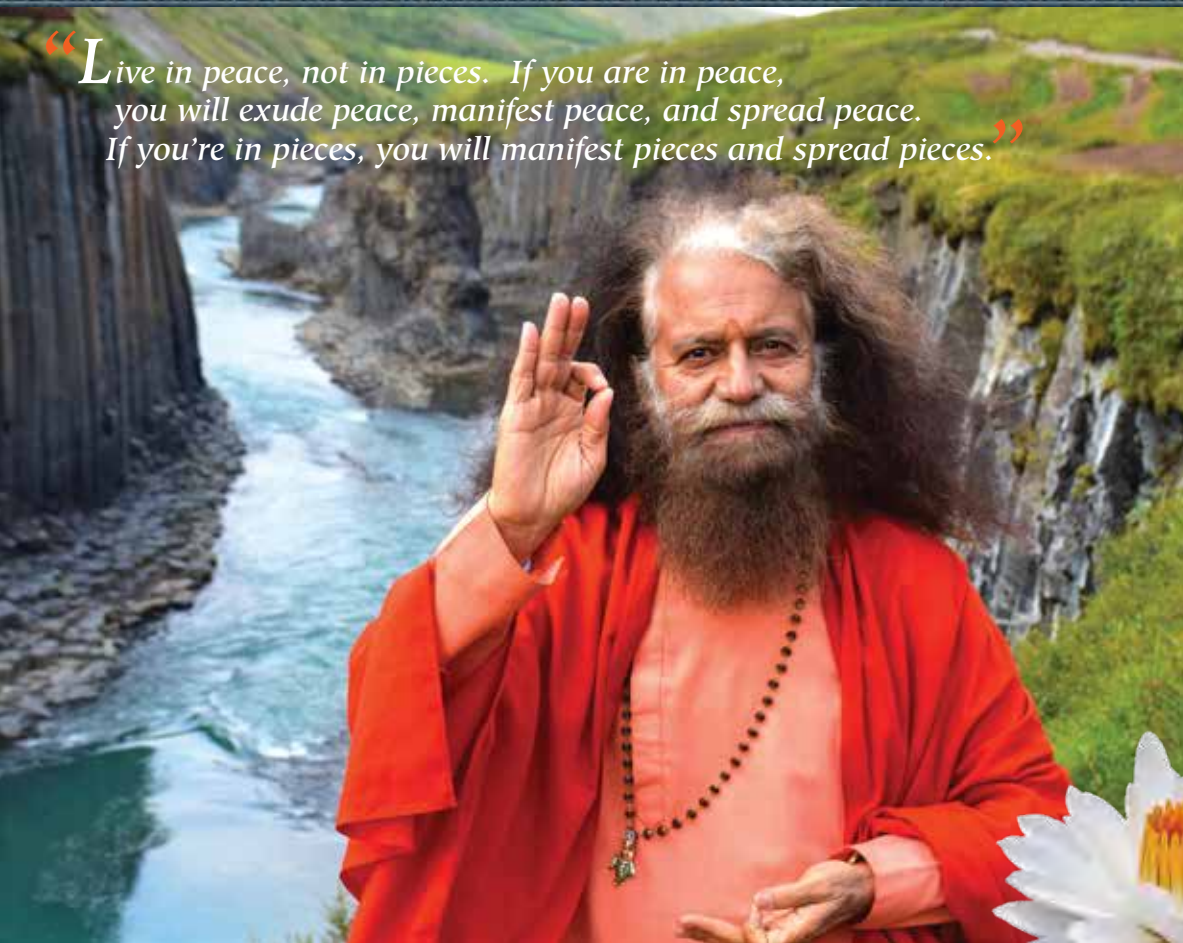
21 Tuesday

22 Wednesday

Thanksgiving
(US) 23 Thursday

Martyrdom of Guru
Tegh Bahadur
(Sikh) 24 Friday

25 Saturday



“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?””



Naor Gilon, Ambassador of Israel to India comes home to Parmarth Niketan with his family and performs a sacred water blessing ceremony as a symbol of the partnership between India and Israel for water

November
December

26 Sunday

Kartik Purnima
(Hindu)
Birthday of Guru Nanak
(Sikh)



27 Monday

28 Tuesday

29 Wednesday

30 Thursday

1 Friday

2 Saturday



*“Love and compassion should
not merely be a part of life,
but ALL of life.”*

December

3 Sunday

4 Monday

5 Tuesday
Kaurav/
Bhairav Ashtami
(Hindu)

6 Wednesday

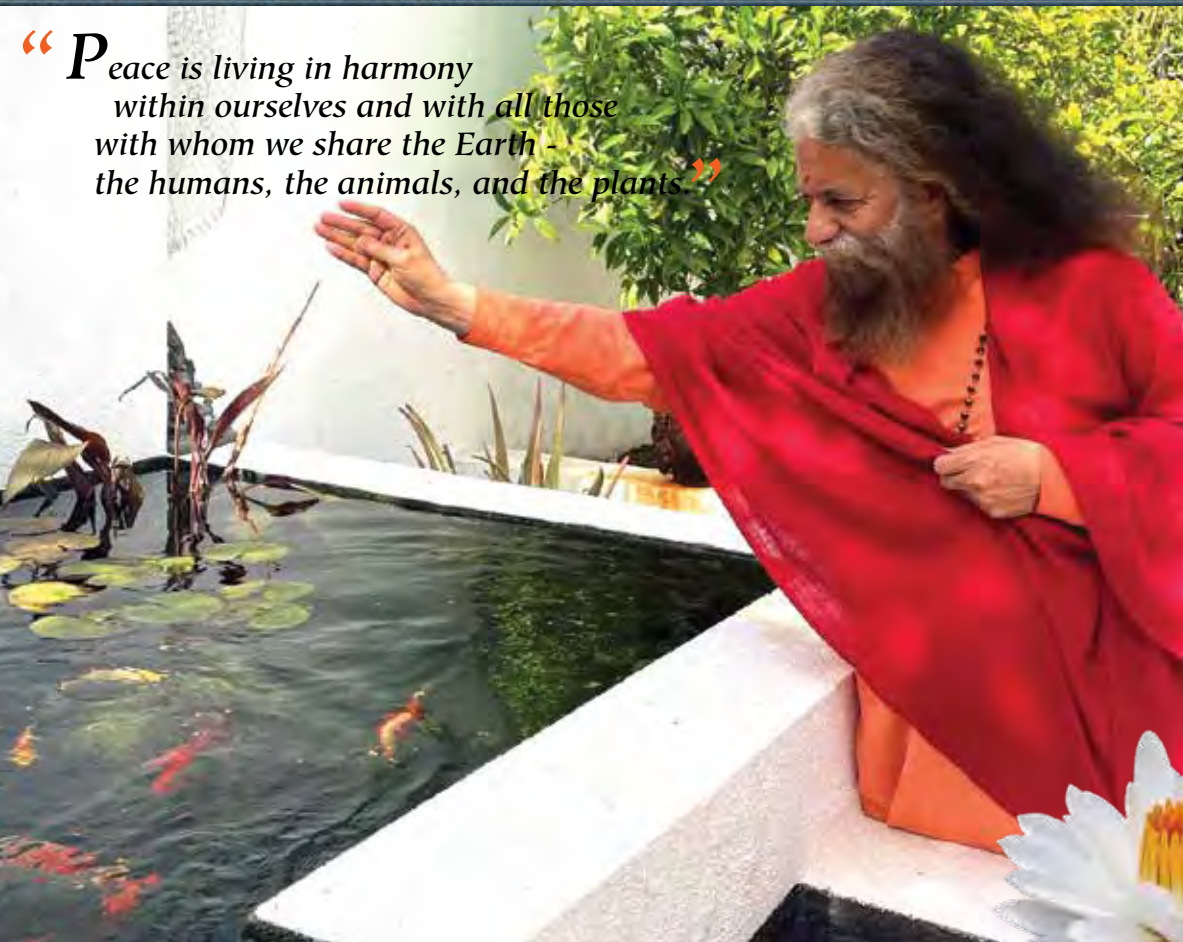
7 Thursday
Hanukkah Begins
(Jewish)

8 Friday
Feast of the Immaculate
Conception (Christian)
Bodhi Day (Buddhist)

9 Saturday



*“Peace is living in harmony
within ourselves and with all those
with whom we share the Earth -
the humans, the animals, and the plants.”*



December

10 Sunday

11 Monday

12 Tuesday

13 Wednesday

14 Thursday

15 Friday
Hanukkah Ends (Jewish)

16 Saturday

*“Be the change and bring the change.
If we set the divine example,
others will follow.”*



December

17 Sunday

18 Monday

19 Tuesday

20 Wednesday

21 Thursday

Gita Jayanti
(Hindu)
Winter Solstice

22 Friday

23 Saturday

*“We must learn to be like the calm,
undisturbed water in the depths of the ocean itself,
unaffected by the small, transient fluctuations.”*



December Christmas
Eve
(Christian) 24 Sunday

Christmas Day
(Christian) 25 Monday

Boxing Day (UK) 26 Tuesday

27 Wednesday

28 Thursday

29 Friday

30 Saturday

*“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?” ”*

December 31 Sunday
January 2024

New Years Day 1 Monday

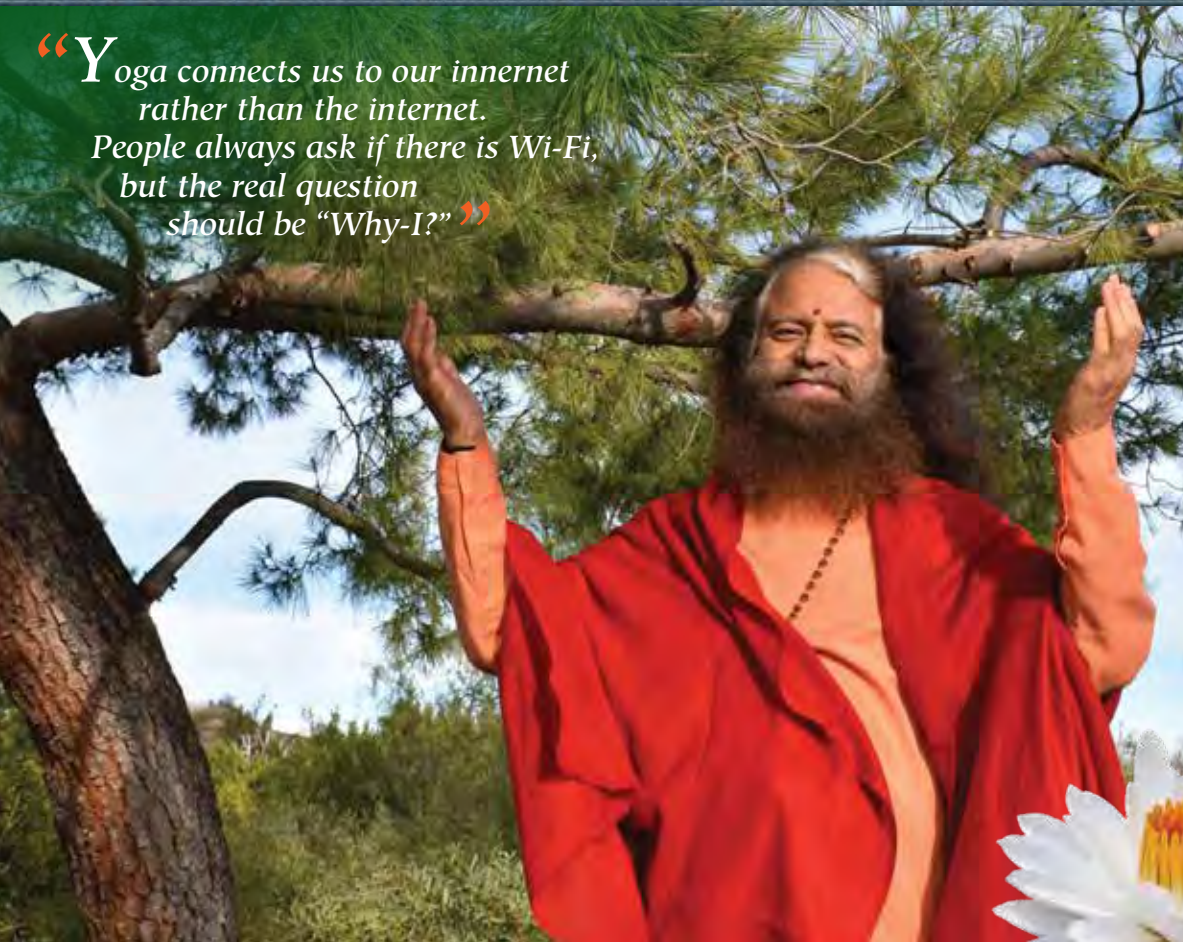
2 Tuesday

3 Wednesday

4 Thursday

5 Friday

6 Saturday
Epiphany
(Christian)



*“Do not wait for miracles.
You ARE the miracle! Never
forget the miracle of yourself!”*

January 2024

7 Sunday

8 Monday

9 Tuesday

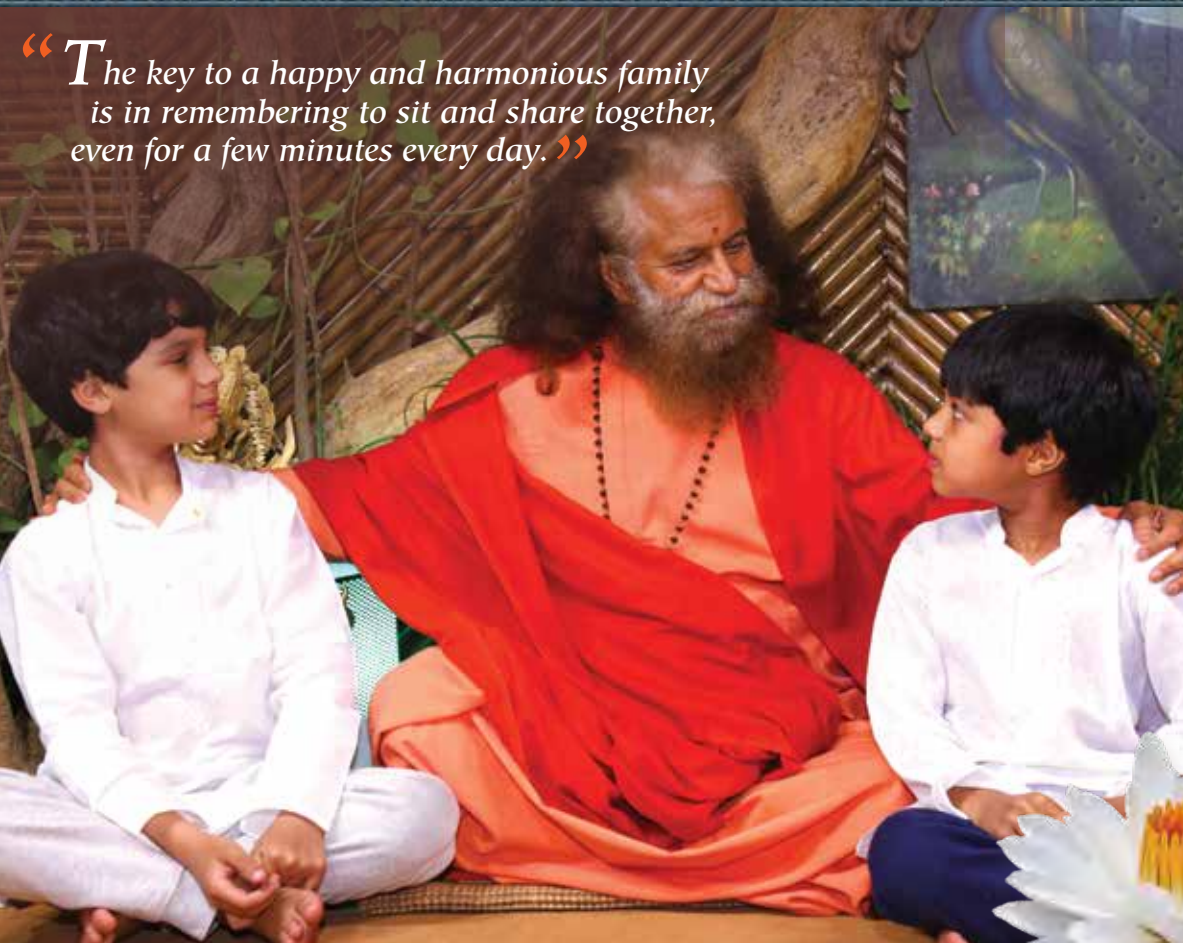
10 Wednesday

11 Thursday

12 Friday

13 Saturday





“The key to a happy and harmonious family is in remembering to sit and share together, even for a few minutes every day.”

January 2024 14 Sunday

Makar Sankranti (Hindu)
Martin Luther King Jr. Day (US) 15 Monday

16 Tuesday

Birthday of Guru Gobind Singh (Sikh) 17 Wednesday

18 Thursday

19 Friday

20 Saturday

