

Spring 2009
Newsletter

Akhand Paramdham

Following the footsteps of Swami Paramanand Giri Ji Maharaj

Yoga Certification & Ayurvedic Training Offered

Training and Certifications in Yoga, Ayurvedic Sciences and Vatsu as well as PhD studies are now being offered at Paramanand Institute of Yoga Sciences (PIYS), a division of Paramanand University in Indore, MP. Whether you are interested in increasing your knowledge of these practices, getting international certification or completing a PhD, you can do it now at PU. Training in these holistic practices that assist in the unification of body, mind and spirit not only prevent diseases and promote positive harmonious health, but are pathways to enlightenment.

COURSES

Yoga teachers Training
Advanced Hi-Yoga
Panch Karma Training
Ayurveda Yoga



DEGREES

International Certification
Masters / Ph.D
Certified Practitioner
Therapist Certification

For a complete list of courses offered go to puindia.org

Courses in Vatsu Sciences, Naturopathy, Vedic Astrology, Meditation and Yoga for a variety of problems are also available online as well as on the residential campus in Indore, M.P., India. Fees paid to the campus also help to support numerous service projects implemented by Akhand Paramdham.



HIGHLIGHTS

- * Yoga Certification at PU
- * Journal Highlights
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- * Russia & UK Tour
- * Gifts that Keep Giving

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For more info, photos,
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please visit:

www.akhandparamdham.com

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Journal Highlights in India



Akhand Paramdham Char Dham Temple and Ashram in Ujjain

was the site of large satsangs in February, as thousands came to hear Maharaj Ji. He was joined by the internationally acclaimed yoga master BabaRam Dev & Sadhvi DiDiMa Ritumbhara. (pics above).



Valentines at Swami Paramanand Shiksha Samiti School

in Raipur was a special day for the children and staff. Maharaj ji made a surprise visit laden with coconuts and chocolates for the children.

In Sijay.. the first ashram ever built by Maharaj Ji is flourishing

Here you will find a sustainable village. Walking through the ashram grounds gives one hope for future generations.. Biofuel & fertilizers are being made from the cow dung, greywater systems are recycling much needed water, ponds and lakes have been created for water reservoirs, hundreds of cows are providing milk & numerous products for the villagers, a new VatsalyaGram for children is being built along with a school and



Simple Biofuel Systems



Swami Ji in front of watercatchment pond on the side of the ashram.



Program for challenged kids has them standing on their heads

...and these children are flourishing, with their newfound abilities. The yoga program as well as a variety of unique therapies has been a great success at the Shri Yug Purush Dham School in Indore.

How can we know the invisible?

Swami Ji said in a large program in Indore, "We don't see our face without a reflection in a mirror but it remains without a mirror. Consciousness also remains without a body. The mind seems to be a separate consciousness, but it is merely a reflection of Consciousness. The mirror is not needed to have a face, only to see its reflection. You do not need a body to have Consciousness, only to see its reflection. To recognize this is to know the invisible."



Some people love their body, but the body never loves them. It's like a one sided love. Some people hate their body but the body doesn't hate them. This kind of love and hate .is only because of not understanding oneself. When one knows their true Self, there is no such love and hate.

Swami Paramanand



Maharaj Ji's USA Spring Schedule 2009

see www.akhandparamdham.com for any updates

- 4/29-5/4- Los Angeles Sanatan Mandir Babubhai Gandhi 562 926 2633 babugandhi@yahoo.com
5/4- S.San Francisco 229 Bonita Ave Sunder /Ruki Sujan 650 583 6302 Sundersujan@yahoo.com
5/5- Sacramento Sacramento Temple Divy/Akansha 916-995-2501 divy.wadhwa@intel.com
5/6- Yuba City Dr. Joginder Singh's, Divy 530-751-1541; 530-300-5805 akansha_srivastva@yahoo.com
5/7-9- Davis, Crows Nest 1175 Lake Blvd. Laima/Mary 916-205-9934; 916-388-1303 laimar@sbcglobal.net
5/10-15- SF, CA Fremont Temple Sunder/Rukmani 650-583-6302; 510-468-3327 sundersujan@yahoo.com
5/10-12- Mountain House 109 N Alta Dena St, Jaiwati / Ranjit Singh 209-835-5212 jaishiva9@gmail.com
5/13-14- Hayward 23855 Carlson Ct. Rakesh/Anita Kumar 650-280-3470 650-255-0542 510-728-1117
5/15-16- Fremont 37408-Gillette Rd, Mukesh & Neeta 510-284-9668 mukeshaggarwal@hotmail.com
5/17-S.San Francisco 229 Bonita Ave Sunder /Ruki Sujan 650-583-6302 sundersujan@yahoo.com
5/18- 21-New York New York Neeraj Chityal 347-615-5507 neerajchityal@gmail.com
5/19-New York Jivamukti School Elisa /Rick Cotroneo 518-477-1416; 212-353-0214 www.jivamuktiyoga.com
5/20- Staten Island Shakti Yoga Pam 718 442 9400 syc@shaktiyoga.com
5/21- Brooklyn 85 N 3rd St Gerald Leitner 212-758-6296 gleitner@gltechno.com
5/22- Long Island Cold Spring Harbor Debbie Goldman 631 367 3709 toboggan19@aol.com
5/23-24- Long Island Lloyd Neck Harbor Burt Shaffer 631 385 7176 shafferb@optonline.net
5/24-27- New York Hindu Temple Pt. Dixitji 718 358 6726
5/28-31- East Greenbush NY 105 Luther Rd Elisa/Rick Cotroneo 518-477-9512 ecotrone@nycap.rr.com
5/31- 6/3- Parsipanny Sanatan Mandir Ajit & Ila 973 335 7438 ajitandila@hotmail.com
NJ Vipin/Anubha 732-249-2787 vipin2001@hotmail.com / Balu Advani balu@adhhealth.com
6/4- 9- Asheville NC area Retreat Intensive Valerie & Dr. Jeffery 828 734 3864 valdevi@mac.com
Asheville NC area Satsangs Spiritual Growth F'nd 828 299 9940 spiritualgrowthfound@gmail.com
6/10-16- Rockville, Virginia Akhandparamdham Sally Perry 804 749 4679 sallybperry@aol.com
6/17-25- New York NY Neeraj Chityal 347 615 5507 neerajchityal@gmail.com
6/18-19- Hicksville LI, NY Temple, Pt. Shastriji
6/20-New York, NY Manhattan Elizabeth Vandyke 323-299-2322
6/20- Setauket, LI 28 Cobbler Lane Babulaji Gupta 215-639-8364 631-751-2757
6/21-25- Queens, NY Jackson Heights Sunita Sareen 718-533-0017
6/26-28- New Jersey and Pennsylvania Babulalji Gupta 215-639-8364 baburgupta@yahoo.com
6/27- N. Brunswick NJ 18 Overhill Dr Shri Ram Sood 732-887-4569
6/28- Blue Bell, PA 1 Devonshire Ct Jaipaul Rathi 215-540-0979

Summer Schedule in India, Russia & England

- 6/28 -7/20 - India - Maharaj Ji will travel to many of his 40 ashrams for Guru Purnima
7/21-8/5 - Russia -Contact SuryaKant sursom@vsnl.com - Ph:09810088795
8/6 - 8/21 - England -Contact Shri Daljit Singh 44 (country code) 01 384-243-696

Go to www.akhandparamdham.com for updates & individual program details

Care Cards..... Gifts that Keep on Giving



Give a unique Birthday Card to your friends and family this year. Care cards keep on giving long after a birthday, anniversary or special holiday.

Your card sends food, housing and knowledge to underprivileged children that are being taken care of in Maharaj Ji's childrens homes and schools in India.

The card recipient is named the donor and they will have the satisfaction of knowing how the card gift they have received is helping improve a child's life. They can also log on line to see how their donation is being implemented.

Your card is tax deductible & proceeds go to assist with Akhand Paramdham's social programs providing teachers, schools & medical assistance in remote villages of India. See www.akhandparamdham.com for photos of social projects.

Choose from one of 3 gifts:

\$30. Carecard supports a child with food and shelter for 1 month.

\$50. Carecard provides a child with a food, shelter and education, for 1 month.

\$500. Carecard supports a child's food, shelter, education and clothing for 1 yr.

2. Choose from one of 3 card styles providing recipients name & address.

Birthday Anniversary Holiday (Please specify)

3. Choose payment method: PayPal, Visa, MasterCard, Check



<http://www.akhandparamdham/Donations.html> or call 1-828-298-3935 in USA

GIFTS OF KNOWLEDGE

Books and CD's can also be ordered online:

<http://www.akhandparamdham.com/webshop.html>

Talking Book CD mp3 Series..... \$10 ea.

- ❖ *Inner Peace - with music. 3 Hr.*
- ❖ *Direct Experience of Truth*
- ❖ *Body Consciousness to Soul Consciousness*
- ❖ *108 Insights from Gurudev - with music in English and Hindi. 1 hr.*

Books:

- ❖ *108 Insights from Gurudev -* \$5.
- ❖ *Body to Soul Consciousness* \$7.
- ❖ *Meditation* \$12
- ❖ *Journey to Self Realization* \$10
- ❖ *Perfection in Life* \$10
- ❖ *Inner Peace* \$10
- ❖ *The Direct Experience of Truth* \$20.

