

Following the footsteps of Swami Paramanand Giri Ji Maharaj

2009
FALL ISSUE



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Published by Akhand
Paramdham Reg. India

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Sponsor: Spiritual
Growth Foundation
NPO- USA 501- C3

Pics Abroad in
USA, Belgium & England 09



Pics clockwise
from top left:

1. Yuba City,
CA. USA
2. Birmingham,
UK- Geeta
Bhawan Hindu
Temple.
3. Merritt Bch, CA,
Pacific Ocean,
4. Davis, CA @.
Shared Awareness
5. Durga Mandir
Birmingham, UK
6. Fremont
CA. Temple
7. Merritt Bch, CA
8. Sacramento
CA, Christ Church
9. Ghent, Belgium



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California devotees were delighted Maharaj Ji returned to the US for a 2nd time in 2009. After 62 Satsangs on the E. Coast and Texas, he flew back to India briefly for Guru Purima (see below) and then returned, this time to the West Coast. Following the footsteps of Maharaj Ji keeps one moving and is quite a gymnastic spiritual journey. Over 35 Satsangs were held in CA. in 19 days in San Francisco, San Jose, Fremont, Davis, Castro Valley, Pacifico, Yuba City, Sacramento & Vallejo from July 24th-Aug. 12th.

During his time in CA., he was asked about the US financial crisis and he related that America has not faced such intense economical challenges that many other countries have been continually having. Within this crisis lies opportunity for real growth on many fronts, the most important being a wider awakening to what is everlasting. If the crisis is taken as a learning experience much can be gleaned & something very beneficial will be gained. We have heard before that nothing real can be taken away but to know that in times of crisis is a big test. The collective consciousness can be uplifted by the direction America can take to energize a grand spiritual awakening.

Swami Ji also gave an analogy of a young adult who has a youthful body and is able to do a lot & take on more responsibility compared to an older person who may have some medical condition or bodily pains & may need to rest more. The elder one may not be in a position to take on much responsibility at this point but the younger adult who has more energy is able to take action and can handle much more responsibility. It is their time to stand forward and shine. America is like the young one and India as well as many other countries are like the older elders. If America puts its energy to make this world a better place then it will be the 'Kalyan of the Samaj', meaning it will benefit all of creation. This is a great opportunity for change in America. It is also a time of power testing. But sometimes those who have power are not directing it well. Whether it's a person or a nation, power should always be used for a good cause that is uplifting. If a person is 'Shakti Sampan', meaning endowed with power, they also carry a lot of responsibility. It is a critical time for the right use of power to prevail, personally, nationally and globally. (continued on Page 3)

GURU PURNIMA CELEBRATIONS

After a jam packed schedule in America Maharaj Ji flew to India briefly for Guru Purnima, the annual full moon celebration honoring one's spiritual preceptor. Having so many devotees he went to as many as 3 of his different ashrams a day. Festivities began upon arrival July 1st in Delhi. With no time for jetlag he went on to Bharua, Sumerpur to see the progress of one of his new colleges.

Guru Purnima in Haridwar

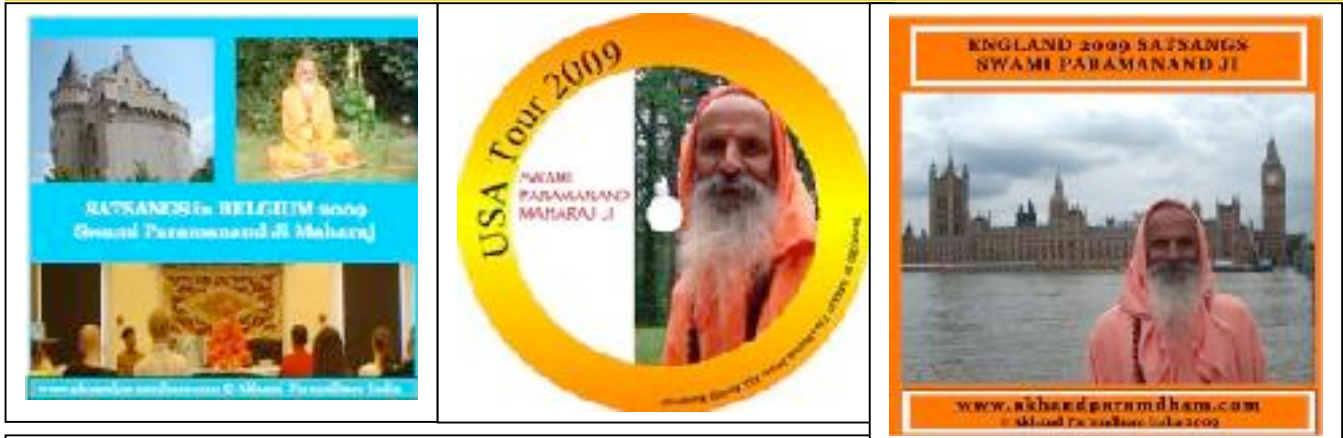


Celebration of Guru Purnima in Indore



Next stop was Sijay, where his first ashram has been renovated, a goshala established and a new VatsalyaGram is upcoming. Then onto Jhansi, then the next eve the Gwailor ashram had his darshan before he caught a train to Haridwar. Then he was off to Faridabad and Gaurgon after which we flew South to his ashrams in Indor & Ujjain. Next was Shajapur, Biora, Mathura, Vrindavin and Aligardh before catching a flight back to the USA again. Whew!

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Audio quality varies according to the studio setup at the different locations.

All recordings have the original Hindi left in.

The US & Belgium tours have many English translations which vary in accuracy.

Feel free to email akhandparamdham@gmail.com for clarity if something is unclear.

If you require other than mp3 format they are available upon request.

To see even more offerings go to <http://www.akhandparamdham.com>

NOTES TO GURUDEV

"As the moon reflects the light of the sun, so shall we reflect your light until our own light is realized. A Thousand Thanks."
Geronimo, NC, USA

"Your image and eyes are burnt into my heart. Thankyou for the gift of meeting you. I need your grace and blessings to break through the veil. It is a thick wall of ego and ignorance."
.....Sigrid NY

"Gratitude to Pujya Gurudev because without him, I could have never recognized myself and the mission for my incarnation this time."
Nirman Arora, Belgium

"I know there is nothing to do and just be the witness, but sometimes it is confusing as to what the "job" is that we are the witness of. I must say reading the newsletter and the website was a MAJOR pull on my heart."
Elisa Cotroneo, NY

"Thankyou, You have answered my unasked questions."
Moriah Moser ,
Asheville, NC

From the US it was onto Belgium, via flights to Paris then Amsterdam, where we were met by hosts Nirman Arora and Kurt DeMunter, both prominent officers in the Indo-Belgium Assoc. which sponsored the event. Nirman was initiated by Maharaj Ji 10 years ago in Amritsar and it had been a long time dream to have Maharaj Ji come to Belgium. We arrived in Ghent after an overland journey through the serene Netherlands & Belgium countryside. Awareness Satsangs were held at a multi faith sanctuary and translated into English. *(pic below)*



Maharaj Ji requested everyone to be vigilant & retain awareness. Just as we take care not to loose our money, similarly, we should take even more care not to loose our priceless awareness.



There were many inquiries. One person asked for guidance in getting rid of the mind. Maharaj Ji said there's really no need to do that. If your mind follows you, you will have no problem. It can be your best friend. But it can indeed be your worst enemy if you are following it.



Someone else asked "In meditation is it possible to travel to other dimensions to experience ourselves as bodyless souls." Maharaj replied "Yes, you can do this." You can learn a lot from this but remember experiences come and go but the experienter never changes. Keep that awareness.

After the programs we took a brief tour to Nirman's office in the University of Ghent & Kurts salon business as well as tasted some world famous Belgium chocolate before boarding a train *(pic above)* to Brussels to catch a flight. Special thanks to Nirman & Kurts's family & friends who served to make the weekend so relaxing.



ANNOUNCEMENT- Nirman Arora is the Europe Webshop liason for Akhand Paramdham and handles all orders from Europe. Thankyou Nirman for your seva!

BELGIUM 2009 Satsang Recordings are now available with English Translations. MP3 CD, approx. 4 hrs. \$10 & sh. You can order online at the webshop on <http://www.akhandparamdham.com>
All proceeds go to Maharaj Ji's social projects.

Thanks to all who helped with the 4 tours abroad ... to all of you who hosted programs, translated, took care of logistics, prepared meals, cleaned up, chauffeured, carried bags, played office devas, sang, danced, took photos, answered calls and handled numerous other seva activities that supported Maharaj Ji's satsangs abroad.
A VERY BIG MAHA THANKYOU FOR YOUR SELFLESS SERVICE!



Geeta Bhawan ↑
Hindu Temple in
Derby

Maharaj Ji & →
Sant Baba
Amar Singh in
Nanaksar Thath Ishar Darbar Gurdwara in London.



Maharaj Ji & UK program coordinator
← Daljit Singh Nirmla in London.



← Maharaj gives
respect in the Guru
Nanak Gurdwara in
Hitchin, UK



Daljit Singh's family havan. →

In mid August Maharaj Ji arrived in Great Britain for 16 days of programs. After a warm welcome & satsang at Darshan & Surrender Ji's home in London, it was off to Birmingham where Maharaj Ji spoke to a large audience at the Geeta Bhawan Temple. (see pg.1). The next morning at 6 am a meditation camp began at the Gurdwara Ishar Dabar Nanaksar in Wolverhampton. Classes continued at the Durga Temple in Birmingham for 7 days as well as evening satsangs at both the Gurdwara & Temple. This, along with more venues such as a 'Havan Yagna', TV interviews & other satsangs arranged by Daljit Singh Nirmla, created an intense week of spiritual emersion.

The Havan Yagna is perhaps the oldest form of Hindu prayer and is conducted around a sacred fire where sanskrit mantras & prayers are recited while ghee, sticks of & herbs are offered to the fire. Traditionally the prayers are to achieve purification and selflessness. The ritual gives great respect to the environment as worshippers pay honor to the elements of water, fire, earth & air.

Next stop was Derby where Maharaj Ji gave satsangs for the next 3 days at the Geeta Bhawan Hindu Temple. Davinder Kaur & Gurbax Singh, our great Derby hosts, also had Maharaj Ji busy reuniting with devotees old and new in their home and in the surrounding area. Even the kids got yoga lessons from Maharaj Ji.

From Derby we returned to London to the Hindu Temple in Slough where Maharaj Ji gave a satsang reminding us we have been embodied only to realize the Self. In the evening at the Gurdwara Nanaksar Thath Ishar Dabar in Southall with Baba Amar Singh Ji, Maharaj Ji asked us to be like Kabir who was ready to leave anything in the world to achieve the real goal of life....God realization.

Hitchin was last on the agenda for a 3 day Meditation Retreat at the Guru Nanak Sikh Gurdwara which started at 6am and ended at 9pm after evening programs. Day venues had Maharaj Ji busy and he was delighted by seeing Britains 'New Gokul' center for cow protection in the Krishna center. After the last nights program we drove back to London to pick up luggage to get to the airport at 4am to catch a flight to Delhi. Sleep? What is that? I once asked Maharaj Ji how he can keep going at this pace and he said when he goes to sleep his mind is clear so he can go into a deep sleep right away and feel refreshed soon afterwards. When he is teaching us to let go of the illusion, he is teaching us how to free our minds. Then perhaps we also can fall into deep sleep in a flash.

Special thanks to UK program coordinator Daljit Singh Nirmla, Harjit Kaur, Davindra Kaur, Gurbash Singh, Mrs. Champa Rani, Darshan Singh Bhia, Surrinder Kaur & Bhai Chattar Singh and our bookstall managers Paramjot & Jagadish & to all the others who supported the tour in a variety of ways..

For more in-depth coverage, see the magazine Yug Nijhar (Otly English or Mo.Hindi)
To subscribe email akhand.webshop@gmail.com or contact the Delhi office.
UK 09 Satsang audios are now available at <http://www.akhandparamdham.com>

GANGOTRI PILGRIMAGE a Downpour of Satsang



Fresh from journeys abroad Gurudev landed in Delhi Sept. 4 and headed up to Haridwar where numerous devotees were awaiting to travel en masse with him into the Himilayan mountains to Gangotri, the source of the Ganges River. After another 6 hours of steep climbing we arrived at his new upcoming Paramganga ashram in Seng which Swami Vishwatmanand is heading up. The plan was to have satsang and pooja (Prayer) before heading further up to Gangotri. What we got instead was a week of a downpour of divine satsang. Soon after arriving, the roads were closed going both up and down because of landslides. Gurudev said because of the weather we were favorably compelled to satsang otherwise people might be roaming in this most ancient pilgrimage site. If we were in the city we might not even come to satsang in this kind of weather. He said he had a contract to fulfill and that he would complete his job of passing the Vedant onto us. As our contractor he didn't work from 9-5 like a government job or run on home in a storm, but he worked according to the need. "My contract is of liberating you" he said, "but fearing the climate or out of sheer frustration, you just at times just want to quit in between, what can I do? Let me complete my job by being available at least. Be available & open. I shall take care of the rest."

In this camp, with the Mother Ganga River raging beside us, he summarized his last 50 years of experience, showering us with Knowledge from daybreak till nightfall everyday. The last day the sun broke forth and the roads opened going down the mountain. He urged us to keep the wealth of satsang as we went back into our worldly life. We had listened well & would be wise to continue to contemplate the teachings and do our best to apply them and



Maharaj Ji & Sw. Vishuatmanand lead pilgrims from the Ganges Haven Ritual

live accordingly. In this world we give advice to a careless person again and again to be more attentive. Similarly we must be attentive to practice. Be vigilant & remember that whatever form we see is Gods manifestation. All is One in this world or any other world. I hear you say "God lives in me" but it is better to say "I live in God". When we truly live in Brahm, then there will be no need to remember God because there will be no experience of separation. God is not separate from us.

Upcoming

Jan. 6 - Feb. 5, 2010 - Yoga Teachers Training & Certification at Paramanand University - App./Reg. Fee \$200. + Tuition \$250./200 hr. Training & Recognized Certification. Residential Campus Option inc. Room & Board \$300. Mo. Can be combined with program below. <http://www.paramyoga.org/syttc.html>

Feb. 10 - March 9, 2010 - Yoga teachers Training and Certification - same as above. Both trainings can be combined & embellished to receive 500 hr. Training Certificate for \$400. End in time to join us at Kumbha Mela (see below)

March 11-21, 2010 - Kumbha Mela Foreigners Program in Haridwar - The most auspicious Ganges Bathing Day & ceremonies are March 15th. Special accommodations have been constructed for a small group of foreigners at Gurudev's ashram in Haridwar. English translators, all meals and local transport are arranged. Email akhandparamdham@gmail.com to set your intention. Reservations are required because of limited space.

Maharaj Ji addressed many issues throughout the tour & advised us on the spiritual path to have heart and have mercy on all people and creatures. If others do not do what we think is right and good then we should not hold onto expectations. For a person on the spiritual path it is important not to be disturbed by others. If the world doesn't function according to your minds wish then at least manage your own mind according to your wish. There's no need to create enemies or hold animosity. The Hindi word for enemy is dushman. But, the true meaning of dushman comes from 'dush', which means 'bad' and 'mun' which means 'mind'. So the word for enemy derives from a 'bad mind'. Most people think the enemy is outside themselves but really it is only within oneself. We have no other enemy. If our mind is never bad then please tell me, who can our enemy be? If your mind is not disturbed by what someone else says or does then you are the winner. If your mind becomes disturbed then it is your loss. It is the mind of the person that creates the bondage and it is the mind of the person that can lead one to liberation. It is the mind that makes one happy or unhappy. It is the mind that makes you fearful of things, including death. If you have control of the mind you will not even fear physical death. If you are able to protect your mind then no one can cause any harm to you. The mind is the problem and the solution. Fixing anything else is not a solution...fixing the mind is the solution.



MANY MAHA THANKYOUS to all the shining stars who focalized and served the programs in California including Sunder, Rukmani & Prem Sujana, Laima, Mary, Sunny, Bob, Mukesh & Anita, Akanshal, SriKrishna & Sriramana, Swami Raghavanand, Rakesh and others who gave so selflessly in order to bring the teachings of Gurudev to us all.

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