

Winter 2009
Happy Holydays
to You!

Yug Purush Swami Paramanand Giri Ji Maharaj

The latest news following the footsteps of Swami Paramanandji Maharaj and Akhand Paramdham. More info & past issues are at:
www.akhandparamdham.com

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Divine 2009 ... Time to Practice True Yoga

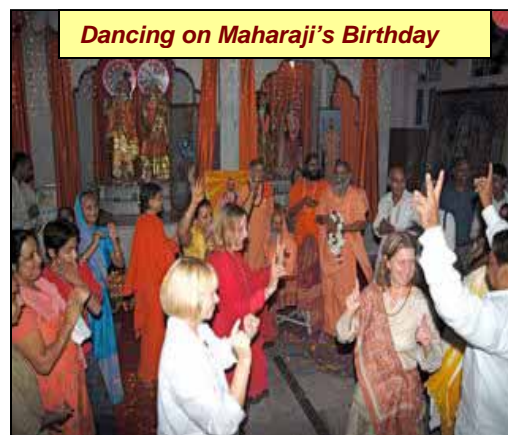


Bringing in the New Year with global peace and harmony was the focus of the Peace Gathering at Paramanand University on the Winter Solstice. Maharaji says that world peace is indeed possible, by attaining inner peace. As each one becomes aware and experiences inner peace, we will naturally honor the divinity in all others. It is then that the unhealthy divisiveness of cultures, faiths and intolerances will melt away and unity in diversity will prevail. It is then that divisiveness is replaced with divineness. This is true peace...this is true yoga. 2009 is a Divine Time for all of us to practice this true yoga that unifies body, mind, emotions and spirit so that we are Peace itself.

Foreigners Travel to India for Satsang with Maharaj

Numerous foreigners came to India for translated satsangs with Maharaj in the fall. The first pilgrims arrived from the USA just in time to celebrate Maharaji's birthday on the new moon of Diwali at his Delhi ashram. This is an annual holy celebration signifying the victory of light uplifting humanity out of spiritual darkness.

We then traveled with Maharaji by train to his ashram in Haridwar for the retreat. The 2nd larger wave of pilgrims came from Russia. All programs began with early morning yoga, pranayam before breakfast, followed satsangs and question & answer sessions throughout the day and ended with evening meditations.



Devotees circle around Maharaji giving thanks after a satsang by the banks of the Ganga River.



Maharaji gave all the foreigners a second esoteric birth by way of understanding our true existence. To truly know that we exist before birth and after death is immortality. He explained this in numerous ways. Consciousness is everywhere. When it associates with intellect, it gains focus. Just as focusing the rays of the sun creates fire, focusing consciousness into the intellect creates individuality. Just like a husband existed before marriage as a man but not as a husband, consciousness existed

before the individual. We are all reflections of the whole. Our challenge is to use our intellect to become the Witness that is aware of the reflections limitations. Then with discernment we quit 'acting' from the reflective perspective and recognize our true unlimited everlasting Self. We have a great opportunity, while embodied in this physical form, to use the tools we have, to become consciously aware of who we truly are. That is why we have come here. The ultimate rapture is this experiential Knowledge.



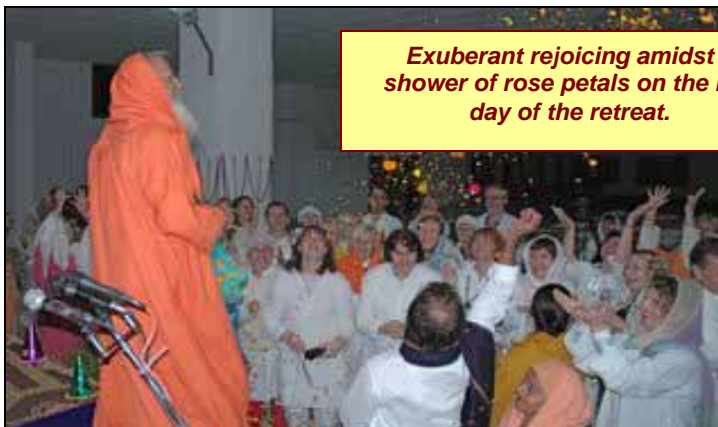
"We were truly blessed to have Gurudev's satsang on the banks of the Ganges River where our reflections could easily embrace ourselves as the river itself."



Gurudev's satsangs were energetically charged and mesmerizing. Numerous devotees who had come from Russia were in tears as their hearts opened to this new knowledge and enthusiastically embraced these deep teachings of Selfhood. A loving welcome to all new brothers and sisters who received diksha initiations.



We were also blessed by the presence of Baba Ram Singh & musicians giving a beautiful singing satsang on his birthday.



Exuberant rejoicing amidst a shower of rose petals on the last day of the retreat.

***This is what I learned:
I am that I am not.
I am not the rays: I am the sun,
I am not the knot; I am the cloth.
I am not the pot: I am the clay,
I am not the wave; I am the ocean,
I am not the ornament; I am the gold,
I am that I am not. "***
Bridgett Bounds, USA

Thank you to Divya Deep, Akansha & Maria whose translating seva was so valuable and to 'Ma Prem' for taking care of our comfort needs and keeping us well fed & to all who selflessly served. Gratitude goes to Surya Kant and Somya Dobhal who helped to organize many aspects of the programs as well as presenting morning yoga sessions.



Foreign devotees from Russia, Germany, the USA & Canada also made pilgrimages up into the Himalayan Mts. to Uttarkashi & visited the New Akhand Paramdham ashram ... a perfect spot for meditation and yoga.

A small group of us also quested further north to pay tribute to the source of the Mother Ganga at Gangotri, passing through tiny Himalayan villages where saints live in caves amidst the mist of the River and hot springs spew forth from the mountains of Gaangananj. After a day of meditation in ancient caves and sipping Choro chai made from the sacred root that grows only above 15k ' we strolled under the night sky's light which was only out shown by the reflection of the snow capped mountains in the River.

Swami Vishuatmanand who oversees the APD Uttarkashi ashram and Pandit Madu who is a priest of the Gangotri temple guided us.



"Adversity is the touchstone of our intelligence."

In between foreigner programs, Maharaji gave a week Spiritual Camp in Hindi in Haridwar



He addressed the public & advised them to only stay if they wanted to hear the Truth. There were many people from a variety of faiths present. Maharaji said that there are many religions and cultures but that spirituality is one. There is a huge difference between religion and spirituality. In evidence of his broad base of acceptance, his satsang addressed much of the Bandhi Guru book written by Tegh Bahadur Sahib, the 9th Sikh Guru. This teacher identified himself with the common people, which brought many from other faiths into the wing of Sikhism. Maharaj Ji quoted Guru Sahib saying that **"one who holds none in fear, nor is afraid of anyone, acknowledge that one alone as a person of true wisdom."** Maharaji covered much of the writings of Guru Sahib that are included in the poetic Sikh scriptures called the "Adi Granth".



Gift from Maharaji

In the spirit of these holydays, Swami Paramanandji sent copies of the English *Yug Nijhar Magazine* to the USA for those of you who do not speak Hindi. To receive your copy, please email your name and complete snail mail address to akhandparamdham@gmail.com Thank you Maharaji!



Care Cards

keep on giving long after a birthday, anniversary or special holiday.

Send gifts of food, housing and knowledge to underprivileged children that are being overseen by Swami Paramanand Maharaj.

Your card is tax deductible too!

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Electronic card delivery within 24 hr.

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1. Choose from one of 3 gifts:
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2. Choose from one of 3 card styles:
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 - ❖ Anniversary
 - ❖ Holiday (Please specify, Christmas, New Years, Valentines or other)
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- ❖ *Meditation (Available in Book or CD)* \$12
- ❖ *Journey to Self Realization* \$10
- ❖ *Perfection in Life -* \$10
- ❖ *Inner Peace* \$10
- ❖ *The Direct Experience of Truth* \$20

Proceeds go to assist with Akhand Paramdham's social programs providing teachers, schools & medical assistance in remote villages of India. Visit akhandparamdham.com for more information and photos of supported social projects.



Children learn yoga and pranayam

Zaloe Uriate, a foreign devotee from Spain, says that Maharaji inspired her new life which in turn is changing the lives of many children. After finishing one year of seva (service) with Swamiji's kids programs in Shri Yug Purush Dham School in the Advait Ashram in Indore and in Vrindavan, at Vatsalya Gram, she became an instructor of disabled/special needs children and adolescents. She returned to Barcelona and implemented programs practicing Yoga, meditation and chanting with disabled challenged children.

Zaloe is now also working at the Sacred Innocents School with autistic and down syndrome Cerebral Palsy and Autism using the same structure of chants, basic Yoga postures and breathing techniques that she used in India and she's seeing so many children overcome their physical and mental challenges.

"Sometimes I miss Maharaji's peaceful and loving being but I only need to close my eyes to know that he is in me, in my heart and that is the light that guides me, under any circumstance."

At the end of the year Maharaji came to Vrindavan and Indore where physically and mentally challenged children in the Paramanand Baudhik Kendra (Center for Developing Intellect) gave a performance.



Children in the Paramanand Center for Developing Intellect gave a terrific

Paramanand University Graduates



IN December, Maharaj Ji handed out the first yoga teachers training certificates to graduates who have been enrolled PU's yoga and ayurvedic programs. He addressed the audience present saying that PU is training students in life, not just gearing students up to earn a financial livelihood. Dr. Radhey Shyam Prajapati who is a yoga professor at the Univ. gave impressive demonstrations of his yogic powers at the graduation ceremony. The audience was in awe as he intentionally stopped his pulse for a minute, bent iron rods in his mouth, ate fire balls, stood on his head on a water glass and other feats which have put him in the Guinness world book of records.

To learn more about Paramanand Univ. go to <http://www.pu.org>

Beacon of Light

In loving gratitude we remember the renowned astrologer Barbara Morales, who passed thru the veil on August 26, 2009. Barbara established the Spiritual Growth Foundation in 1982, helping to set the stage for a renaissance of higher consciousness. We will miss your loving shining presence Barbara! Dance on in the light.

A website has been created in her honor at <http://barbaraemoraes.com>