



Parmarth News

H.H. PUJYA SWAMI CHIDANAND SARASWATIJI

Newsletter

January, 2012



Featuring

11-11-11 Peace Festival, Medical Camps and
Pujya Swamiji's Travels



11-11-11 Peace Festival



From the 5th-12th of November, Parmarth hosted a huge function with more than 600 people from abroad who came to celebrate 11-11-11, which to many of them signified the dawning of a new age of light and love. As Pujya Swamiji says, "Whenever you open your eyes it's morning!" It was a wonderful opportunity to have so many people from all over the world gathered together in the spirit of love, peace and commitment to an age of light and love. As Pujya Swamiji says, "Whenever two people (one and one) come together in a spirit of love, peace and unity, they become not 2 but 11!" So wherever we go, whomever we meet, if we do so in a spirit of deep love and unity, we can create 11-11-11 every day!



11-11-11 Peace Festival



For seven days Parmarth held a beautiful festival of peace, yoga and divine song. Deva Premal & Miten, Snatam Kaur, and others sang devotional music on the banks of Mother Ganga and Gurmukh Kaur Khalsa, Gurudev Khalsa and other renowned Kundalini yoga teachers led yoga classes. And of course, Pujya Swamiji uplifted, inspired, taught and touched everyone with His divine satsang and discourses.



On the sacred evening of the 10th November, Kartik Purnima (and also Guru Nanak Devji's birthday), there was a special, divine yagna and meditation program. Pujya Swamiji inspired everyone to join together to serve as one family - as Ganga Action Parivar - to protect and restore the free-flow and pristine nature of our Divine Mother Ganga and the hundreds of millions of lives that her holy waters sustain.

[Click here to learn more about Ganga Action Parivar.](#)



11-11-11 Peace Festival



In that spirit, on the 11th morning we had a huge Ganga Clean up program, taking to the ghats and to the streets of Rishikesh to clean up years of trash along Ganga's banks! Together we ushered in 11.11.11 with the spirit of action and with the pledge that together we would each inspire at least eleven other friends and family to join and be a part of the world Ganga family!



UNESCO World Heritage Site Meeting



From left or right: Pujya Swamiji, Dr. D.S. Bhargava, Dr. Harshvanti Bisht, Shri Ram Boojh and Shri Lokesh Ohri

On November 1st, a working meeting was held at Parmarth to further develop the proposal of declaring the Upper Ganga Region a UNESCO World Heritage Site. The meeting was led by Pujya Swamiji and leading experts including the Program Director of UNESCO Shri Ram Boojh, Padma Shree recipient and officer of the Golden Ark (Netherlands) Dr. Ranjit Bhargava, renowned environmentalist and activist Dr. Harshvanti Bisht,

leading scientific expert Dr. D.S. Bhargava, and INTACH Coordinator Shri Lokesh Ohri.

During the meeting a time-based plan of action was developed to appeal to and support the state and central Government of India to include the Upper Ganga Region in the nation's nomination list for the next meeting of the World Heritage Committee.





Sadhana Saptah



From the 3rd - 10th of November, the annual sadhana saptah took place at Parmarth led by Pujya M.M. Swami Asanganand Saraswatiji. There were sessions of meditation, asana and inspiring discourses given by Pujya Mahamandaleshwarji and other saints.



Dr. Ravi and Yamini's 25th Anniversary



On the 18-19th of November, Dr. Ravi and Yamini Kaushal celebrated their 25th anniversary. Long-time members of the Parmarth family, Dr. Ravi serves as the head doctor at Parmarth's charitable hospital as well as helps coordinate and run all of Parmarth's free medical camps, and Yaminiiji serves as the principal of Parmarth's Sankar Vidya Mandir. Family members gathered at the ashram to celebrate their anniversary with them, and at the evening Ganga Aarti Puja Swamiji blessed them, giving them a shawl as a symbol of their unity and a blessings letter praising their marriage held together by seva.



Kaun Banega Gyan Samrat



Based on the theme of "Who Wants To Be A Millionaire?" a new show has been created titled "Kaun Banega Gyan Samrat?" or "Who Will Be the King of Knowledge?" Pujya Swamiji graced the Uttarakhand competition at Jai Ram Ashram in Rishikesh (headed by Pujya Brahmachari Brahmaswarupji) with His presence and then the creators brought the winners back to Parmarth where Pujya Swamiji blessed them all that they may not only be masters of information, but that they may also become masters of inspiration! He emphasized that knowledge is wonderful, but true wisdom is even more important.



Pujya Shankaracharya Raghaveshwara Bharathi Swamiji



From November 20 to December 28, H.H. Pujya Shankaracharya Raghaveshwara Bharathi Swamiji stayed at Parmarth Gurukul, Veerpur engaged in special meditation and prayers.

On several nights Pujya Shankaracharyaji came to Parmarth Niketan to perform our evening Ganga Aarti ceremony and grace all the pilgrims with his presence.





While Sri Shankaracharyaji was at Parmarth, he and Pujya Swamiji had many detailed discussions regarding a variety of projects and programs for the betterment of India. These involved the following:

- 3G Program: Pujya Swamiji has recently started a 3G program – focused on gau (cows – removing them from the roads), Ganga (keeping Her waters clean and ever-flowing) and girls (upliftment and empowerment programs as well as plans for a girls' orphanage). He discussed particularly the Gau (cow) part of this plan with Sri Shankaracharyaji and they made concrete plans for joint animal care programs, tree plantation programs, biodiversity,

sanitation and solid waste programs as well as detailed rural development programs including the use of cow dung in a variety of beneficial ways.

- Eco-friendly Kumbha Mela: Pujya Swamiji has been planning and preparing for a “clean and green” Kumbha, bringing together all of the saints and encouraging them to use the Kumbha as a platform for the environment. These plans include polythene-free Kumbha, tree plantation programs, and events and programs dedicated to greening India's temples and holy pilgrimage areas. This will focus on the theme of the “World as One Family” and encouraging all the lineages and all their followers to “Go Green.”



Pujya Swamiji and Swami Vishuddhanandji from Koteswar met with members also from Shankaracharya's sansthan to formulate plans for the Gau Seva Parivar (Cow Care Family), creating a "Ganga-Gau Setu" ("a bridge of seva between Ganga and Cows"). The plans include removing all wandering cows from the roads and giving them a safe haven in which to live, as well as outlawing cow slaughter and trafficking of cows from one state to another state for slaughter. Plans are underway identifying land for the cow home and a variety of other aspects of Gau seva, such as preserving and protecting the indigenous breed of cows of India.

Pujya Swamiji and Swami Vishuddhanandji have already made plans for all of the Char Dham (the four holy pilgrimage areas) and 100 grahims (villages), naming the first phase of the program "Char Dham, Sau Grahmin."



VHP National Meet



National leaders sitting in the jyopri with Pujya Swamiji and Pujya Shankarcharyaji who graced the VHP program with their presence and words

The VHP organized a national conference at Parmarth for their full time, dedicated volunteers who are working selflessly in the rural areas of India. The conference focused on giving these volunteers skills, tools and inspiration to continue dedicating their lives for the needy people of the nation. During the program, several top national,

social and political leaders came to address the gathering including the National General Secretary Mananiya Shri Dineshji, former Chief Minister of Uttarakhand Shri Koshiari, Tourism Minister of Uttarakhand Shri Madan Kaushik, Shri Praveen Togaria and our local MLA Shrimati Vijaya Barthwal.



Shri Praveen Togaria taking part in the Ganga Aarti during the VHP meeting



Pujya Swamiji and Pujya Shankaracharyaji addressing the VHP conference



In December the famous singer Kailash Kher visited Parmarth. After the aarti, Kailash shared how, nearly a decade ago, he had had Pujya Swamiji's darshan at a function in Delhi and how Pujya Swamiji had invited him to Rishikesh. That was at a time in his life when he was feeling quite down and confused but the visit to Rishikesh and Pujya Swamiji's blessings turned his life around. Now, he came back to offer his humble thanks and love at the feet of his Guru. He also pledged to write a special song on Ganga which can be the Ganga Action Parivar's theme song! The song will be launched during the Kumbha Mela in 2012-2013.



Snatam Kaur - Birthday Celebrations



On November 22nd, the world-famous kirtan singer Snatam Kaur's daughter Japreet celebrated her birthday at Parmarth. Snatam had come to Parmarth with her husband Sopurkh and daughter Japreet to perform during the 11-11-11 Peace Festival, but ended up liking Parmarth and the atmosphere of Rishikesh so much the family ended up staying for three weeks and are now part of the Parmarth family!



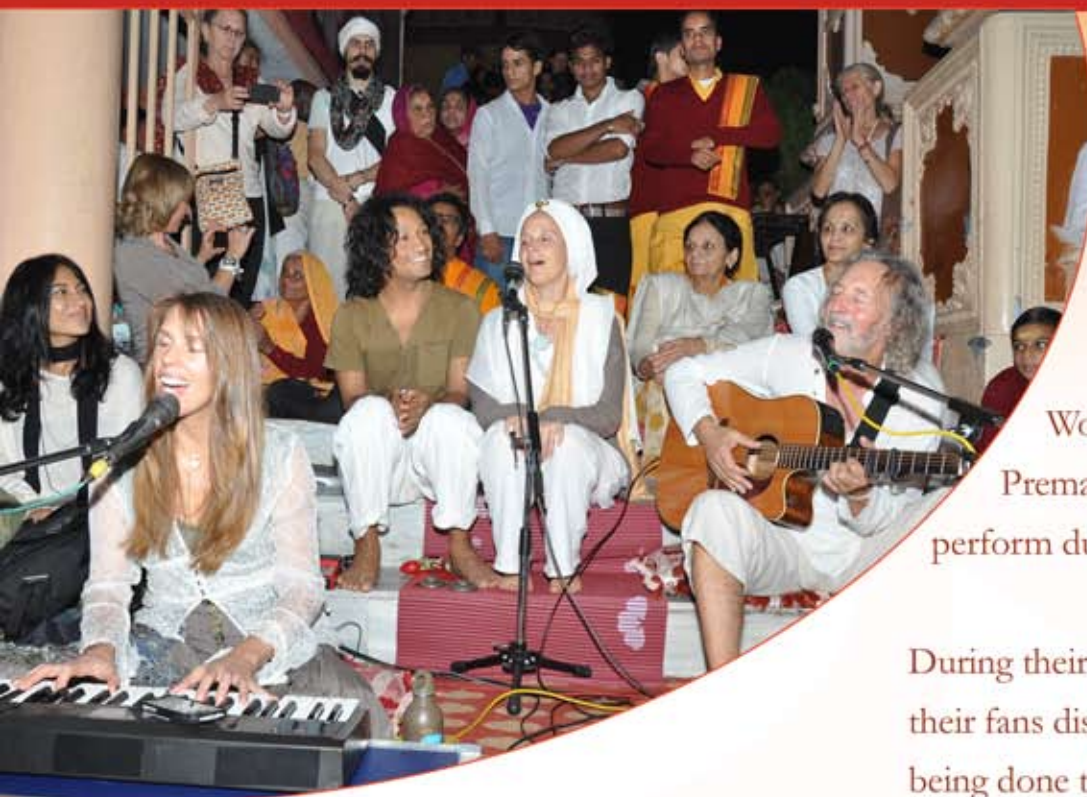
In the afternoon, Snatam, Sopurkh and Japreet handed out sweets to the children of Parmarth's Sankar Vidya Mandir, and in the evening shared a beautiful birthday cake with all of the rishikumars and guests of the ashram. Pujya Swamiji blessed Japreet and fed her cake, shortly before painting her face with frosting!



Snatam Kaur - Birthday Celebrations



Deva Premal and Miten



World-famous musicians Deva Premal and Miten came to Parmarth to perform during the 11-11-11 Peace Festival.

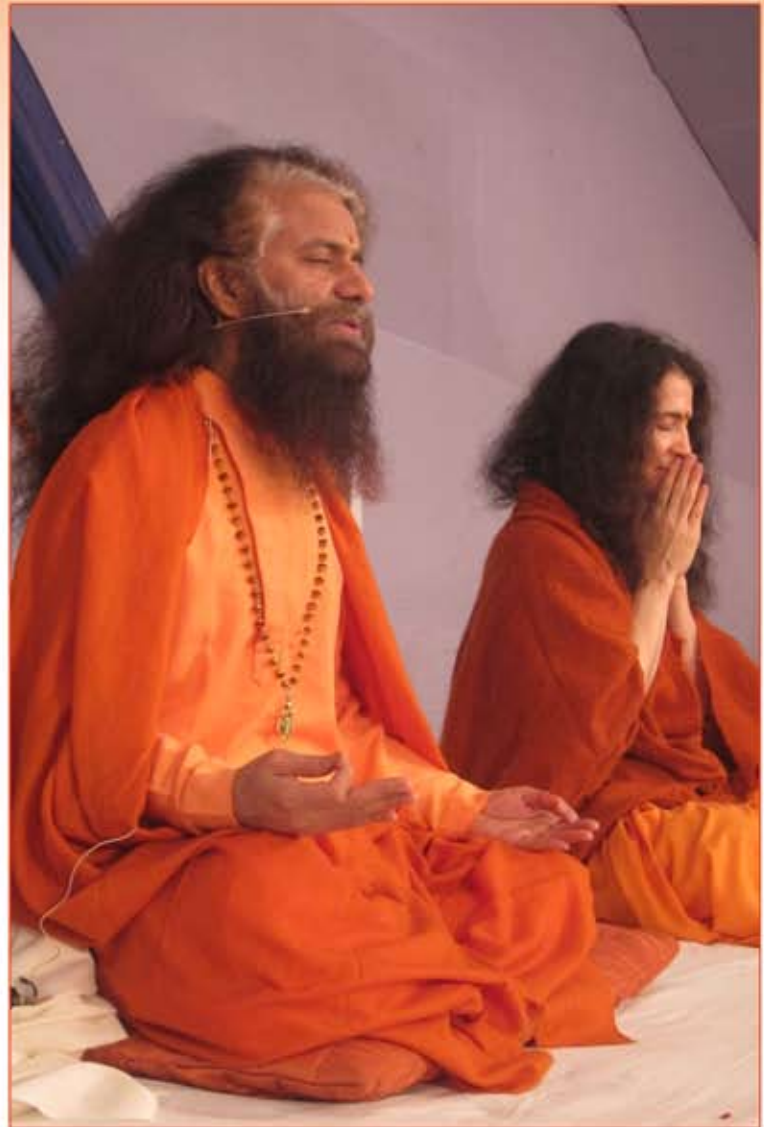
During their stay, they recording a video blog to their fans discussing Parmarth and the work being done to protect and restore Ganga.

[Click here to watch the video.](#)





From the 17th - 21st of December, Brandon Bays led a retreat at Parmarth for advanced practitioners of The Journey. Nearly 150 practitioners traveled from all over the world for this sacred India yatra. They also took part in the Ganga Aarti, had a special satsang and question-answer session with Pujya Swamiji and performed a sacred yagna before departing.



Team from University of South Carolina

On the 21-23 November, Dr. Richard Hoppman the Dean of the Medical School of the University of South Carolina came to Parmarth with Dr. Meera Narsimhan the head of the psychiatry department. Meeraji had hosted a satsang at her home when Pujya Swamiji was in Columbia, South Carolina over the summer and had invited the President of the University and Dr. Hoppman.

Dr. Hoppman pledged that whenever he came to India he would certainly come to Parmarth and see how USC can help bring quality medical diagnosis and care to the ailing people of the Himalayas. He spent 2 days here with his wife, Carol and many plans were discussed for collaboration with USC in a way that can bring the technology and expertise of USC to India.



Robert and Judith Wright



On the 21st - 23rd November, Robert and Judith Wright, founders of the Wright Leadership Institute - an institute dedicated to cultivating transformational leaders through the coming together of science and spirituality - came to Parmarth. They had come previously two years ago with a large group, and had been so touched that they invited Pujya Swamiji to address their center in Chicago over the summer. Then when conferences and programs brought them back to India they made sure to come home to Parmarth for a few days.

Premlatha Divakarji



On the 25th December we had a special Sangeet Ganga program performed by divine singer Premlatha Divakarji. The program was in honor of the birthday of Jesus Christ (Christmas) as well as the 150th birthday of Shri Madan Mohan Malaviyaji and the birthday of Shri Atal Bihari Vajpayeeji, the former Prime Minister of India. It was also a special prayer for peace for the souls who lost their lives in the tragic fire at AMRI in Calcutta earlier in December and for peace and solace for their loved ones. The function was organized by Ganga Action Parivar.





On November 4th, Pujya Swamiji graced the First National Students' Conference on River Basin Planning that was held at IIT-Kanpur. For this conference, hundreds of students were selected from all of the IITs as well as other universities across India to attend based on their interest and desire to serve the important cause of restoring, protecting and maintaining Ganga. Sessions were held to learn about and discuss the various aspects of river basin planning, with an emphasis on the Ganga River basin, such as geological, socio-cultural, legal, and ecological and many other areas of management.

Pujya Swamiji delivered an unforgettable and inspiring speech to all of the students about the need to restore and maintain Ganga and the important role youth play in being the change. Eminent experts and scientists, such as Dr. Vinod Tare, Dr. Rajiv Sinha, Dr. T.V. Prabhakar, Shri Rajinder Singh and many others, all of whom are members of the National Ganga River Basin Authority (NGRBA)



or are a key part of the Ganga River Basin Ecological Management Plan (GRBEMP), shared their knowledge and motivated students to act now.





On November 5th a large function that drew thousands was conducted by Ganga Mahasabha in collaboration with Ganga Action Parivar on the well-known Assi Ghat in Varanasi entitled “Ek Sham Ma Ganga Ke Naam” (“A Night Dedicated to Mother Ganga”). Hindu saints and respected Muslim leaders such as H.H. Shankaracharya Swami Jayendra Saraswatiji, H.H. Pujya Swami Chidanand Saraswatiji, Pujya Sant Shri Morari

Bapuji, Pujya Swami Gyanswaroopanand, Janab Maulana Kalbe Sadiq and Janab Maulana Fazlur Rahman, as well as eminent Ganga sevaks such as Justice Giridhar Malaviya and Advocate Arun Kumar and many other eminent environmentalists and activists participated in the event.





They inspired thousands to wake up and be the change, and collectively called for the Government of India to support this cause by promptly implementing a National Ganga River Basin Act to protect India's National Identity and National River. The mere presence of these great inter-faith saints and leaders together sent out a strong message that Ganga is not only for Hindus but for everyone, as she gives unconditionally to all people.





Travels to Mumbai



Vasantbhai Patel, a divine devotee, celebrated his 50th birthday on November 23rd and the only way he wanted to celebrate was to have his Guruji bless him in Mumbai. Hence, due to his loving and devoted entreaties, Pujya Swamiji came to Mumbai for a beautiful bhajan and kirtan program given by bhajan singer Shri Hemant Chauhan. The following morning there was also a program at the Ambaji Mandir.





Travels to Mumbai



Satsang Hosted by Jindal Parivar



When Sangita and Sajjan Jindal came to know that Pujya Swamiji was going to be in Mumbai, they requested Him to come and bless their friends and family with satsang and darshan. So, on the evening of the 24th of November Pujya Swamiji gave a beautiful satsang on bringing spirituality into daily life. He gave an inspiring talk, in a mix of Hindi and English, on how spirituality turns our lives from pieces to peace. Sadhvi Abha Saraswati began the evening with divine prayers and kirtan, and Sadhvi Bhagawati Saraswati gave a discourse on how spirituality is the answer to whatever we are searching for in life - it is the key that opens every lock. The discourses were followed by an enlightening question-answer session.





Satsang Hosted by Jindal Parivar



Sanjay Dutt & Family



In May 2005, Bollywood actor Sanjay Dutt, sister Priya Dutt, M.P. and their entire family came to Rishikesh to perform the sacred ash immersion puja of their respected father Shri Sunil Dutt. Since then, whenever Pujya Swamiji is in Mumbai, they request Him to take out some time for the family. So on the 24th, Pujya Swamiji visited their

home where He blessed the youngest and newest members of the family, Sanjay and Manyata's twin babies! The family was so glad to be together with Pujya Swamiji again after a long while that Priya, her children and her nieces then came and spent New Year's in Rishikesh at Parmarth.





Shri L.K. Advaniji



On the 26th of November when Pujya Swamiji was in Delhi He met with Hon'ble Shri L.K. Advaniji. Shri Advaniji told Pujya Swamiji about the forty-day yatra he had just undertaken and showed Pujya Swamiji all of the beautiful photos. They discussed also several positive and divine plans for the positive development of India.





Shri R.K. Pachauriji



When Puja Swamiji was in Delhi on the 26th November, Nobel Laureate Dr. R.K. Pachauri, one of the most eminent members of Ganga Action Parivar, came to meet with Him. Plans were discussed regarding how to move forward in creating a Solar India. Puja Swamiji is committed to helping bring companies that have developed the most modern, most powerful and least expensive solar cells to India so that India can curb its dependence upon non-sustainable and environmentally un-friendly forms of electricity in favor of solar power.





Dev Prayag



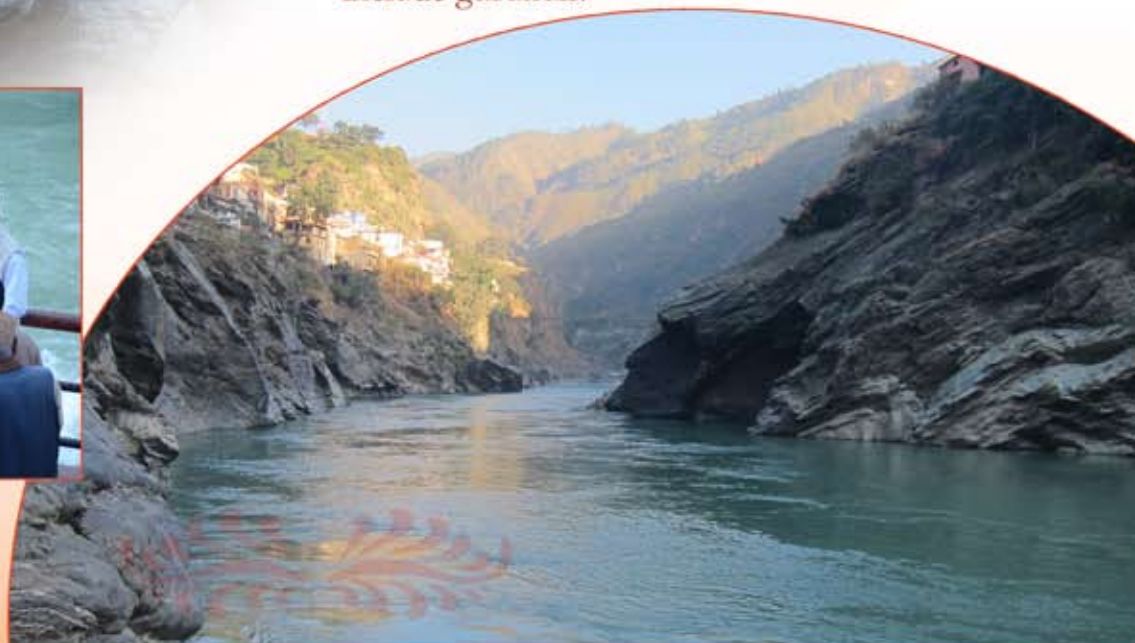
On December 14th, Pujya Swamiji traveled to Dev Prayag with Pujya Shankaracharya Raghaveshwara Bharathi Swamiji. It is here that the rivers Bhagirathi, which flows from Gangotri, and Alakananda meet, and it from this point that the river is officially named Ganga.



Dev Prayag



While there, Pujya Swamiji assured the local people that He would undertake a Ganga clean-up program and start divine Ganga Aarti there. Pujya Swamiji has initiated Ganga Aarti in nearly a dozen cities on the banks of Ganga, including Badrinath, Gangotri, Rudra Prayag, Jwalapur, Kanpur, Allahabad, Varanasi and more. Now, He will extend the program into the panch-prayags, beginning with Dev Prayag. The program will include Ganga clean-up as well as divine Ganga Aarti and later will be extended to also include gurukuls.





Seva and Sanskaras



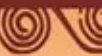
Each month, numerous activities take place at Parmarth Niketan demonstrating the meaning of Parmarth: "Dedicated to the Welfare of All." Health care camps, conferences, environmental projects and other seva activities are ongoing.

Individuals and families also regularly come to Parmarth to perform sacred rites ceremonies (sanskaras), such as mundan (first hair cut), sacred weddings, and the final ash immersions puja. To see how these events are performed at Parmarth, please [click here](#).

So many people come to Parmarth to perform these sanskaras or to perform seva (selfless service) for the rishikumars of our gurukul or the wandering sadhus or the children in our free schools and other projects, it's impossible to list them all; but on the following pages are some of those who have come during this recent time period.



INERELA Faith Leaders Meeting



From November 29th-30th, faith leaders from five world religions gathered in Toronto, Canada to share and support all the work being done by the faith community to combat HIV/AIDS as well as the stigmas and discrimination that those living with the disease face, and how to be catalysts for others to get involved in the cause. The meeting was organized by INERELA+, an organization of

faith leaders working to eradicate HIV/AIDS and its social stigmas, of which Pujya Swamiji is Chairperson of the Regional Reference Group of INERELA+ Asia Pacific.

Pujya Swamiji was not able to attend the meeting Himself, so instead long-term Parmarth family member and sevak Tara attended.



Rotary Institute Free Eye Medical Camp



From November 12th to 15th, Parmarth conducted with the Rotary Institute from Navsari, Gujarat a free eye medical camp in Parmarth's charitable hospital. In the days the doctors were here they were able to treat hundreds of patients.



Rotary Institute Free Eye Medical Camp



Pujya Swamiji blessed all the doctors and organizers from Rotary after the Aarti



Australian Surgical Eye Team & Inauguration of Second OT



Pujya Swamiji and Pujya Shankaracharyaji inaugurating the eye medical camp with the surgeons and physicians

On December 11th to 21st, a team of surgeons and physicians from Australia, USA, UK and India came to Parmarth and led a free eye camp. During this camp, doctors performed nearly 200 eye surgeries, treating patients with the latest eye surgical techniques. In addition, a fully-equipped second operation theater was donated to

Parmarth's charitable hospital including some of the most modern equipment by Rotary, Sydney (Australia). They are also generously supporting renovations and upgrading of the hospital facilities and have pledged to continue to support Parmarth Hospital in whatever ways they can.



Urology and Cardiology Medical Camps

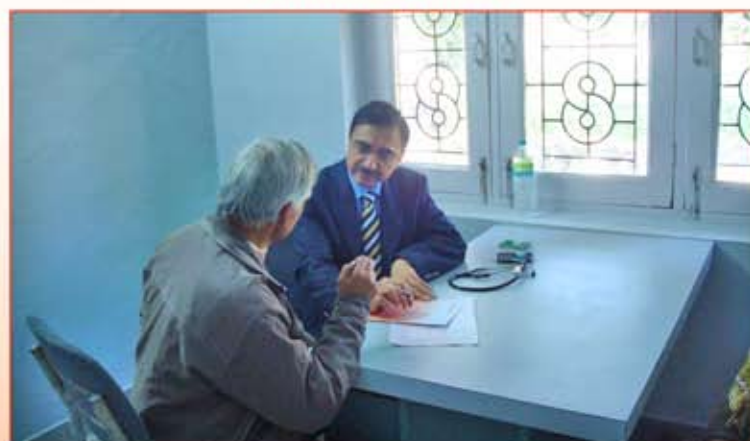


On December 2nd, a urology team from the Kidney & Urostone Center in Chandigarh held a free urology camp at Parmarth hospital led by Dr. Anshumaan Kapoor and Dr. Anupama Kapoor. Many patients were able to be treated at Parmarth, but patients who require surgery will be given free services at their hospital in Chandigarh.

On the 3rd of December, the Fortis Escorts Heart Institute in Delhi conducted a free cardiology camp at Parmarth.



Dr. S.N. Khanna from Fortis Escorts Heart Institute treating patients during the free cardiology camp



Divine Message From Pujya Swamiji

Pearls of Wisdom

Every day people come to me with problems for which they would like guidance. While the details vary from person to person and situation to situation, there are common themes that run through much of what ails us. The deeper questions, the questions beneath the questions are always the same: how can I be happy? How can I have meaningful relationships with others? As we enter into the new year, it is a good time to reflect upon our lives, our paths and our progress toward the ultimate destination of divine awakening and realization. There are so many deeply important principles to live by, so many lessons to be learned in this life on Earth. Below of just a few of these lessons.

1) Devote Your Life to God, Not Glamour

Every day people go out, go to work, earn money and become more and more prosperous. Yet, at the end of the day, when they return home, they are not happy. At night, when they lie in bed to go to sleep, their hearts are not peaceful, their minds are not at ease. There seems to be no correlation between the amount of money we earn, the number of possessions we buy and our sense of inner peace. Yet, if you ask people what they want most deeply out of life, they will say, "To be happy." How then can we find this happiness that appears so elusive? What is the true secret to internal peace and everlasting joy?

The secret is God and God alone. In India, in all villages, there is a temple. I remember when I was growing up, and it is still mostly true today, that first thing in the morning, everyone would go to the temple. Before beginning the day's tasks, everyone went to the temple, did pranam to God and took three parikramas (walking in a circle around Bhagwan). The point of this was not merely ritual. Rather, the parikramas signified, "God, I am about to go out and perform my worldly tasks, but let me always keep You in the center, let me remember that all work is for You." Then, they would take prasad – from their tongues to their souls God's sweetness would spread – and they would leave.

In the evening, before returning home, once again everyone went to the temple. "God, if during this day I have forgotten that You are the center of everything, please forgive me. Before I go home to my family, let me once again remember to Whom my life is devoted." This still occurs in almost every village, especially the small ones, every day. People in those small villages have very little in terms of material possessions. Most of them live below the Western standards of poverty. Yet, if you tell them they are poor, they won't believe you, for in their opinion they are not. They have God at the center of their lives. Their homes may not have TV sets, but they all have small mandirs; the children may not know the words to the latest rock and roll song, but they know the words to Aarti; they may not have computers or fancy history textbooks, but they know the stories of the Ramayana, Mahabharata, and



Divine Message From Pujya Swamiji

other holy scriptures; they may not begin their days with newspapers, but they begin with prayer.

If you go to these villages you may see what to you looks like poverty. But, if you look a little closer, you will see that these people have a light in their eyes, a glow on their faces and a song in their hearts that money cannot buy.

So, what is the meaning of this? It means, acquire possessions if you want to. Earn money if you want to. There is nothing wrong with being prosperous. It's wonderful. But, remember what is truly important in life, and that is God. Only He can put the light in your eyes, the glow on your face and the song in your heart.

II) Giving is Living

There is an old adage that says, "It is better to give than to receive." Yet, how many of us actually live by this? How many of us would give to another before taking for ourselves? It is not simple sacrifice I am talking about. Sacrifice implies some level of suffering. It implies that one is forsaking something one wants out of duty to another. While there is a great deal of spiritual value in the lessons of sacrifice, this is not what I am talking about. For, in true giving, there is no suffering. One does not forsake anything. The giving itself becomes its own reward. People talk about cycles of life. For me, the true cycle is: giving is living, living is learning, learning is knowing, knowing is growing, growing is giving and giving is living. This is the true cycle of life.

The poet Khalil Gibran said beautifully, "All that we have will some day be given away. Let us open our hearts and give with our hands so the joy of giving is ours and not our inheritors'."

This is truly the message to live by. Embedded within this phrase are many important factors. The first is the fact that we can take nothing with us when we leave this Earth. We expend so much time, mental energy and physical energy to acquire material possessions. Yet, we come into this world with nothing and we leave with nothing but the karma accrued from the lives we lived. Hence, we must re-evaluate the drastic measures

we take and the stress we go through to acquire more and more fleeting wealth. That which marks our life, that which lives on after we have departed, is that which we gave while we lived.

The second important message in the above phrase is the idea of the "joy of giving." Giving truly is a joy. We think we will be happy if we get this or get that. But, that happiness is transient. Watch a child with a new toy, for this is a beautiful example of the happiness which is possible through material wealth. The first minute, the child is ecstatic. Nothing else matters in the world; he can barely contain his exuberance. Within a mere few minutes though, you can see the child start to get a little bored. He looks around; what else does this toy do? Are there any other parts that came with it? Within a matter of hours the toy is lying behind the couch, and will only be picked up by the child's mother or father in an attempt to either straighten the house or re-stimulate the child's interest.

Yet, when the child's interest is completely faded, watch the child give this toy to a younger brother or sister. Watch how he loves showing what the toy can do, how he loves telling everyone that "I gave this toy," and how he loves watching his sibling enjoy it.

Isn't this how life is? The pleasure you get out of an old sweater, or a dress you wore once, or some mechanical appliance that you just "had to have," is minimal. Yet, take those clothes or appliances to a homeless shelter; donate them to someone in need – you will then know real joy, the joy of having given to someone else. This is a joy that will last. It will stay with you and never fade. In fact, it will inspire you to give even more. So many times we regret having bought something. "Oh, why did I waste my money?" we say. Yet, I have never once heard anyone regret that they gave something to someone in need. I have never heard anyone say, "Oh, why didn't I let that child go hungry?" or, "Why did I help that charity?" So, remember, old adages may have a great deal of meaning for today. "It is better to give than to receive" is one of those adages.

Divine Message From Pujya Swamiji

II) Leaving is Always Losing

So many times in life, when something is not going our way, we attempt to solve the problem by leaving the unsatisfactory situation. Sometimes this works, but usually it doesn't.

The real lesson in life is to live with it, not to leave it. It is by living with situations that seem difficult that we can truly attain peace and non-attachment. It is in these circumstances that we learn that happiness can only come from God, not from one environment or another.

If you are with God, everywhere is Heaven, and you would never want to leave anywhere. You would see every place as an opportunity to learn, to grow or to serve. However, that is not how we usually live our lives. Instead, we say, "Oh, this is Hell!" and we leave. Yet, if He is with you, how can you be in Hell? Hell is due to lack of Him. If the spiritual corner in your heart is not there, you will be cornered everywhere. So, the goal of life is to develop that spiritual corner, to be with Him, not to leave where you are.



IV) Be Devoted on the Inside, Perfect on the Outside

Your mind should be always with Him, yet your hands should be doing His work. People think that in order to be spiritual, or to "be with God," one must be sitting in lotus posture in the Himalayas. This is not the only way. In the Gita, Lord Krishna teaches about Karma Yoga, about serving God by doing your duty. It is the duty of a few saints to live in samadhi in the Himalayas. Their vibrations and the global effect of their sadhana are extraordinary. However, that is not what most people's dharma is. We must engage ourselves in active, good service; that is truly the way to be with Him.

In one of our prayers, it says, "Mukha mein ho Rama-nama, Rama-seva hatha mein." This means, "Keep the name of the Lord on your lips and keep the service of the Lord in your hands." Let your inner world be filled with devotion to Him, and let your outer performance be filled with perfect work, perfect service.

I once heard a story about a man who spent forty years meditating so he could walk on water. He thought that if he could walk on water, then he had truly attained spiritual perfection, that he was then "one" with God. When I heard this story, I thought, why not spend forty rupees instead, sit in a boat to cross the water, and spend the forty years giving something to the world? That is the real purpose of life.

However, there must be both devotion and service. We cannot develop one at the expense of the other. We can't be truly perfect on the outside unless we are devoted on the inside, for only then will God's work shine through us in a beautiful and perfect way. Similarly, we cannot say we are truly devoted on the inside unless we are doing perfect work on the outside.

The pearls I have given you are only a few. However, like any precious jewels, they are priceless, regardless of the size. If you follow these and let them purify your life, they will bring you more prosperity than all the diamonds in the world.



“Clean Ganga, Green Ganga. Serve Ganga, Save Ganga.”



Officially launched in April of 2010 by the hands of Pujya Swamiji, H.H. the Dalai Lama and numerous other saints and dignitaries, Ganga Action Parivar is a global family of professionals, environmental engineers, scientists, activists, government leaders and devoted volunteers from all across the world dedicated to serving Mother Ganga. It is a sincere effort to provide effective and sustainable solutions for the millions of people whose lives depends on the purity of the river.

GAP is working in numerous areas - from “Grand Plan” scale to “Ground Plan” scale - to address the many issues that face Ganga and her tributaries, such as creating solid waste and wastewater management programs, building toilets, planting trees, cleaning and beautifying holy pilgrimage sites, spreading awareness on how to be eco-friendly, creating alternative environmentally-friendly energy plans, and so much more. GAP's projects have been blessed and supported by saints, scholars, yogis, economists, scientists, environmentalists and agriculturalists, among many others.

Log-on to **www.gangaaction.com** to learn more about Ganga, about the issues, and about the programs and projects GAP is working on. Interact and share your ideas, and find out how you can truly help no matter where you are in the world! Together as a family, we can restore, protect and maintain a free-flowing and unpolluted Ganga!



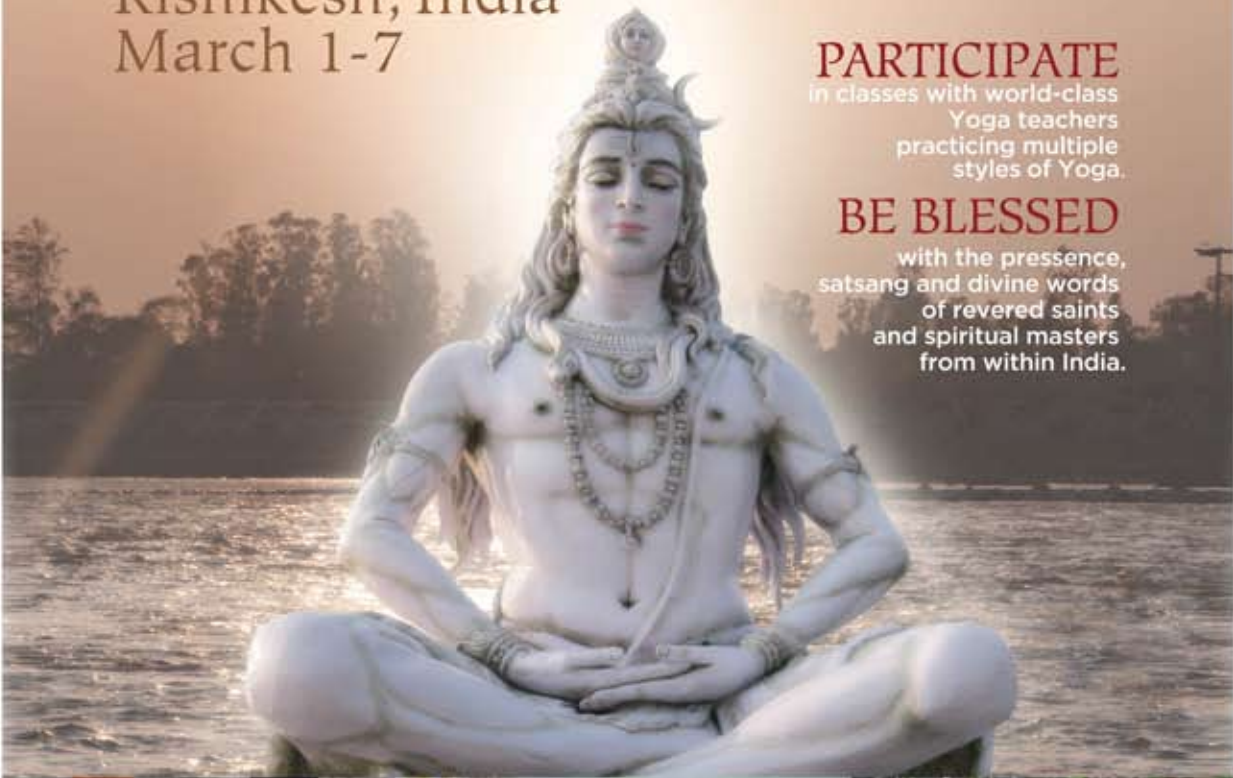
INTERNATIONAL YOGA FESTIVAL

Organized jointly by Uttarakhand Tourism & Parmarth Niketan Ashram in Rishikesh, India

Rishikesh, India
March 1-7

PARTICIPATE
in classes with world-class
Yoga teachers
practicing multiple
styles of Yoga.

BE BLESSED
with the presence,
satsang and divine words
of revered saints
and spiritual masters
from within India.



Take your Yoga practise to a new level with many of India's most revered spiritual masters and some of the world's most renowned yoga teachers, including:

H.H. SRI SHANKARACHARYAJI • H.H. SWAMI DAYANANDAJI
H.H. SWAMI CHIDANAND SARASWATJI • H.H. SWAMI YOGANANDAJI • H.H. RADHANATH SWAMIJI
GURMUKH KAUR KHALSA • MANOUSO MANOS • PADMASHRI BHARAT BHUSHANJI
ANDREW COHEN • RUJUTA DIWAKAR • DEEPIKA MEHTA • KISHAN SHAH

WWW.INTERNATIONALYOGAFESTIVAL.COM

email: info@internationalyogafestival.com

Pujya Swamiji's Itinerary



January

- 1 - Rishikesh
- 2 - Mumbai
- 4 - Baroda
- 5 - Delhi
- 6 - Allahabad
- 7-11 - Rishikesh
- 15-31 - Abroad in USA
and UK

February

- 1 - 5 - Abroad in USA
and UK
- 15 - 29 - Rishikesh

March

- 1 - 15 - Rishikesh
- 17 - 31 - Abroad in UK
and Europe



Links

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



Links

Thanks to Eros Entertainment,
you can now watch videos of Pujya Swamiji online!
Click on the videos below to watch....



Pujya Swamiji at
Shree Ram Mandir



Guru Purnima 2011



Peace Through
Nonviolence



Sadhvi Bhagawati:
Power of Thought



Power of Prayer and
Divine Connection



Yoga Sansthan

...and click [here](#) to see even more videos online!

