



Parmarth News

H.H. PUJYA SWAMI CHIDANAND SARASWATIJI

Newsletter

March, 2012



Featuring

Pujya Swamiji's Travels Abroad to UK and USA,
Spanish Yoga Festival, President Pratibha Patilji



Samudra Aarti in Mumbai



On January 2nd, Pujya Swamiji traveled to Mumbai to grace an interfaith Spirituality and Global Harmony program for peace organized by Dr. B.K. Modi. Spiritual leaders from all faiths joined the gathering including Pujya Shankaracharya Swami Divyanand Teerthji, Samdhong Rinpoche, Archbishop Vincent M. Concessao and Dewan Syed Zainmul Abedin Ali Khan, among many others.



That evening, Pujya Swamiji led a Samudra Aarti at Mumbai's ocean shore. Famous singer Anuradha Paudhwal joined Pujya Swamiji to sing the aarti.





Samudra Aarti in Mumbai



Anuradha Paudwal, Veena & Dr. BK Modi, Pujya Swamiji, Samdhong Rinpoche, Mahamantra Das and Roopchandra Muniji join together at the Samudra Aarti

Praying for peace



■ (Left to Right) Singer Anuradha Paudwal, Swami Chidanand Saraswati, Tibetan spiritual leader Samdhong Rinpoche, H.G. Mahamantra Das and Jain Muni Roop Chand perform the 'Vishal Sagar Aarti' for world peace at Juhu beach on Monday.

PRASAD GORIV/HT



President of India Smt Pratibha Patilji

On January 5th, Pujya Swamiji met with the President of India Shrimati Pratibha Patilji in Delhi along with leaders of the Guru Sangamam Pujya Jaggi Vasudevji, Pujya Anandamurti Gurumaaji and Pujya Lokesh Muniji. Pujya Swamiji presented her with one of the first copies of the Encyclopedia of Hinduism as well as a pot of Gangajal from Rishikesh.



Meeting with Keith Vaz, MP of Leicester



While in London, Pujya Swamiji met with Keith Vaz, MP for Leicester as well as Kalpesh and Shailesh Solanki of Garavi Gujarat and Asian Trader publications to talk about the Ganga clean-up project. Mr. Vaz was very supportive of the project and even talked about bringing a group from Leicester to India in September to take part in the program. Pujya Swamiji and Mr. Vaz also discussed launching the Encyclopedia of Hinduism in the UK.



While in London Pujya Swamiji also met with MP Gareth Thomas.



Satsang at the Lakhani



Pujya Swamiji graced the home of the Lakhani family while in London. Teachers, parents and children from St. James School in London, where Sanskrit is a compulsory subject from age 4! Also in attendance were children from the local Baha'i Junior Youth Group, an organization which holds weekly meetings to reflect and discuss many spiritual topics as well as many service projects.

At the beginning of the evening the group sang a Sanskrit prayer from Swamiji, and then had a question-answer session that lasted two hours!



It was a beautiful evening, and everyone felt it was truly a special time for them.



Satsang at the Lakhanis



**Pujya Swamiji blessing Warwick Jessup,
the Head of Sanskrit at St. James School
in London**



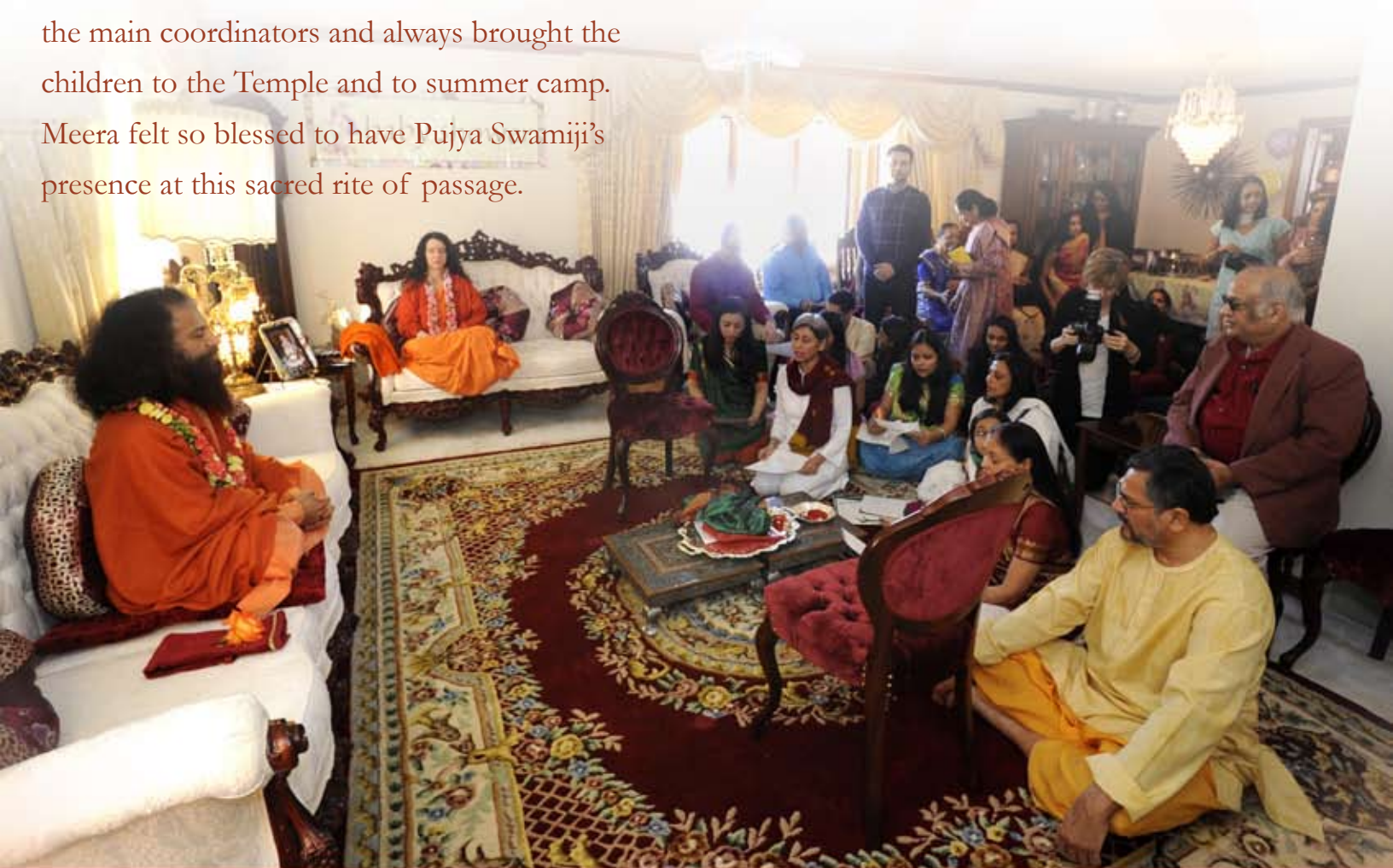
Baby Shower in Pittsburgh



While in Pittsburgh Pujya Swamiji blessed the baby shower of Meera Patel, daughter of Vasviben and Dr. Manojbhai Patel. Meera grew up at the Hindu Jain Temple, of which Pujya Swamiji is the Founder, and at the Hindu Jain Temple summer camp. Vasviben was one of the main coordinators and always brought the children to the Temple and to summer camp. Meera felt so blessed to have Pujya Swamiji's presence at this sacred rite of passage.



Pujya Swamiji gave a beautiful talk about the importance of sanskaras in our lives and how they connect us to our culture, our roots and to the Divine Source.



Baby Shower in Pittsburgh



Seva & Sanskaras

Each month, numerous activities take place at Parmarth Niketan demonstrating the meaning of Parmarth: “An Abode 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 immersion 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 is impossible to list them all. On the following pages are some of those who have come during this recent time period.



Brazilian Yoga and Ayurveda Retreat



In January, a group of Ayurvedic practitioners came to Parmarth led by Dr. Rugue of Brazil. They have come for many years annually to hold an Ayurvedic teaching conference which covers both the theoretical and practical sides of Ayurveda.

They also offered a free Ayurvedic medical camp here at Parmarth, led by Dr. Avinash Lele and Dr. Bharati Lele from Pune.





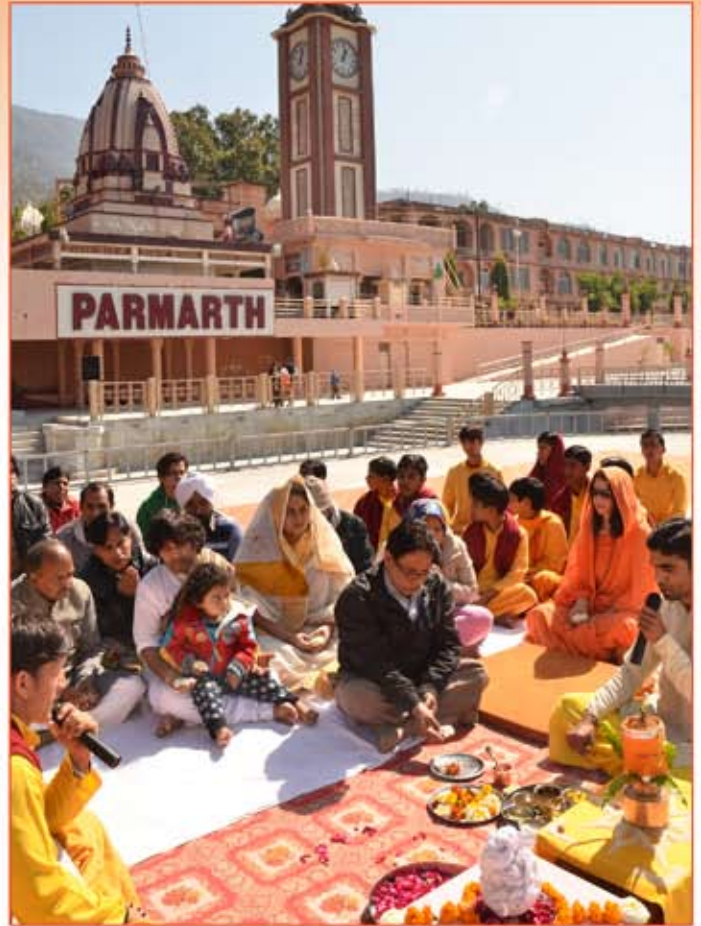
Kailash Kher



Famous singer Kailash Kher came to Parmarth with his family to perform the sacred ash immersion puja for his mother. Kailash had lived at Parmarth about 10 years ago as a young rishikumar and credits that divine touch and blessing with leading him to success.



Kailash Kher



Spanish Yoga & Ayurveda Festival

From February 18 - 21, Parmarth hosted the first Spanish Yoga & Ayurveda Festival. The festival was led by Yogacharya Ganesha Nath and had teachers of asana, pranayama and ayurveda from Central and South America as well as, of course, from India. More than 100 Spanish-speaking seekers came from all over Central America, South America and Europe to learn the ancient sciences of yoga and ayurveda in their native tongue. They also participated in a sacred puja on Mahashivratri and performed divine Ganga Aarti each evening, followed by satsang with Pujya Swamiji..



Spanish Yoga & Ayurveda Festival



Spanish Yoga & Ayurveda Festival



Spanish Yoga & Ayurveda Festival



Divine Message From Pujya Swamiji



Ram Navami

On Ram Navami we celebrate the divine time when Bhagwan Vishnu manifested on Earth in the form of Bhagwan Rama. The Ramayana gives us the message of Bhagwan Rama's life and teachings. The word "Rama" literally means one who is divinely blissful and who gives joy to others, and one in whom the sages rejoice.

It is said that the repetition of his name (Rama Nama) is the surest, fastest and easiest way to attain purity, peace, wisdom, understanding, joy, prosperity and ultimately liberation. Bhagwan Rama Himself said, "Repetition of My name once is equal to the repetition of one thousand names of God or to the repetition of a mantra one thousand times." As the founder of the nation, Mahatma Gandhiji, collapsed to his death after having been viciously shot, he had no words of vengeance or anger for his murderers. Rather,

the only words which escaped his lips with his dying breath were, "He Rama, He Rama, He Rama."

Messages of Bhagwan's Life:

What lessons did he incarnate to teach the world? What lessons do we learn from the Ramayan, from the glorious depiction of Bhagwan Rama's life?

Bhagwan Rama exemplified the perfect person; he embodied the divine on Earth, and he taught us how to live our lives in accordance with dharma and divine principles. Bhagwan Rama was the embodiment of compassion, gentleness, kindness, righteousness and integrity. Although he had all the power in the world, he still was peaceful and gentle. Through careful examination of his life, we learn how to be the perfect son, the perfect brother, the perfect husband and the perfect king. His reign in Ayodha is referred to as

Divine Message From Puja Swamiji

Ramarajya, the epitome of perfect governance.

1. Differences between Ravana and Lord Rama:

The story of the Ramayan is a classic, eternal, universal message of dharma versus adharma, of deva versus demon, of good versus evil, as represented in the battle between Rama and Ravana. Ravana was a brahmin; he was a great scholar who wrote numerous works on scriptural philosophy. He was powerful, dynamic, and beautiful in appearance. As the brilliant, handsome king of Lanka he had everything one would need to be happy and peaceful.

Yet, I have never once heard of any child - anywhere in the world - named Ravana. Why? Why does every mother name her child Rama, and no parents, ever, have thought to name their son Ravana? What made Ravana -- this great learned scholar -- a demon? He was arrogant, egoistic, greedy and lustful. His insatiable desires led him to crave more and more power, more and more money, and more and more beautiful ladies to fulfill his every whim.

Covetous desires can never be fulfilled, and the ceaseless quest for them brings only frustration. Therefore, regardless of how smart we are, how rich we are, or how beautiful we are, we are demons if our hearts are filled with anger and greed. This is, in essence, the difference between Bhagwan Rama and Ravana. Both were kings; both were learned in the scriptures; both were char-

ismatic; both were beautiful. What makes Rama God and Ravana a demon?

There is one main difference: Bhagwan Rama's heart overflowed with divinity, love, generosity, humility, and a sense of duty. Ravana's heart, in contrast, was filled with avarice, hatred, and egoism. Under Bhagwan Rama's divine touch, the animals became his devotees and his divine helpers. Under Ravana's touch, even humans became animals.

It says *Ravayati iti Ravanah*. This means that someone, anyone, who makes people cry is a Ravana.

Anyone who brings joy to others is Rama.

Bhagwan Rama was in peace; Ravana was in pieces. But, how can we become like Bhagwan Rama? How to be godly and peaceful and righteous? How to win the "war of Lanka" within ourselves? Bhagwan Rama has given us the perfect example through his life and his actions. The way to attain divinity, the way to be "perfect," the way to be in peace instead of pieces, is to follow his clear example.

2. Perform your duties according to Dharma:

Bhagwan Rama's primary message is: fulfill your duty without any selfish motives; put other people before yourself. When he was exiled to the forest, Bhagwan Rama did not complain, "But that's not fair!" He did not fight back in anger. Rather, he helped his father fulfill a promise; he lived according to his duty as a son and as a future king.

Divine Message From Pujya Swamiji

He did not once think about himself, his own comforts, his own “rights.” Rather, he abided by his dharma and his duty.

The message of the Bhagwan Rama’s life and the Ramayana is:

Choose Dharma over Artha

Choose Moksha over Kama

According to Hindu tradition, the four goals of life are Dharma, Artha, Kama and Moksha. All are important. All are necessary for a full, complete, fulfilling life. Dharma is translated loosely as “the right path” or the “path of righteousness.” Artha is the fulfillment of one’s career or professional path. Kama is the fulfillment of one’s path of physical intimacy (i.e.g marriage) and Moksha is the attainment of God realization.

Bhagwan Rama teaches us that when, given the choice, Dharma must be chosen over Artha. When, Bhagwan Rama’s father, Dashratha, the King of Ayhodya, is compelled to banish Rama to the forest for 14 years instead of coronating him as King, Bhagwan Rama takes the path of Dharma by peacefully and agreeably leaving the Kingdom for the forest rather than choosing the path of Artha, his duty as future King of Ayodhya. Then, at the end of the Ramayana, Bhagwan Rama shows us to choose Moksha over Kama. After the war in Lanka, Bhagwan Rama must leave Sitaji in the forest, for his subjects doubt her chastity. How easy it would have been to choose

his own happiness over his subjects’ faith. How easy it would have been for him to say, “You are all stupid! You are all just suspicious.” But, he does not say that. Bhagwan Rama knows that he is a king first, and a husband second. His primary duty is to his kingdom, to bring health, happiness and prosperity to his subjects. Having Sitaji remain in Ayodhya would bring only resentment and disharmony. Therefore, he acts, once again, according to selfless duty and chooses his kingdom over his own marital happiness.

Through his noble and divine choices, he teaches the world to choose dharma over artha (when he leaves for the forest rather than be coronated as King) and to choose moksha over kama (when he chooses his kingdom over his marriage).

3. How to live as the perfect, divine person:

Bhagwan Rama teaches us:

- **As a son:** Respectfully and lovingly obey your father’s orders. Sacrifice your own comfort for your father’s dignity.
- **As a step-son:** Even when your step mother (or mother-in-law...) is not kind to you, even when she clearly discriminates against you in favor of her own birth child, do not resent her, do not fight against her. Respect her and her wishes.
- **As a brother:** Remain loyal to your brother. Care for him.
- **As a husband:** Protect your wife. Fight for her protection and her purity. But there are

Divine Message From Pujya Swamiji

times when one's divine path must even take precedence over the path of householder. Do not keep the role of householder as the ultimate role.

- **As a King:** Sacrifice everything for your people. Do not worry about your own comfort, your own convenience or your own pleasure. Be willing to put the Kingdom ahead of your own needs.

5. Be a Bridge Builder:

The war of Lanka was won because Lord Rama had built a bridge to Lanka, a bridge to the enemy. This is an important lesson. In our lives we should learn to build bridges between ourselves and others, even with those whom we may consider enemies. Rather than isolating ourselves from others, let us learn to build bridges. It is through building bridges, not burning bridges, that we may win the war of righteousness over evil.

6. Be humble:

Ravana's ego led to his own demise, first the demise of his spirit and heart and then the demise of his body. He thought he was the one who ran everything. He thought that he was the "doer" of it all. On the other hand, Bhagwan Rama was always humble, and he never took credit for anything. At the end of the war in Lanka, Bhagwan Rama was giving Sitaji a tour of the city, showing her where all of the various events had occurred. When, they reached the place where Bhagwan

Rama victoriously slew Ravana, he reported it to Sitaji only as, "and this is where Ravana died." He didn't say, "This is where I crushed the demon," or "This is where I killed Ravana." No. Even after achieving the great victory, he simply stated, "This is where Ravana died."

Also, while Ravana lay dying, Bhagwan Rama did not revel in the victory. Rather, he sent his brother Lakshman to learn from the dying demon. For, Ravana was a great scholar, a peerless Vedic scholar who through his own ego, pride, vanity and insatiable desires became a demon. So, Bhagwan Rama sent Lakshman to go and listen to words of wisdom from Ravana as the latter lay on his death bed. Bhagwan Rama knew that, although Ravana's vices had brought about his downfall, he still was a venerable scholar and one from whom great wisdom could be attained.

As we revel in Bhagwan Rama's appearance, let us ask ourselves, "Is Lord Rama [God] living inside us? Has the good in our hearts taken birth? Has the power of dharma vanquished the power of adharma within us?" Life is so short. We never know when the end will come. Do we want to let Ravana live in us? Do we want to be controlled by Ravana? We must let Bhagwan Rama live in our own hearts. We must make a pledge to let purity, honesty, humility and righteousness be the guiding factors in our lives.

Special Announcements | Ganga Action Parivar

“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.

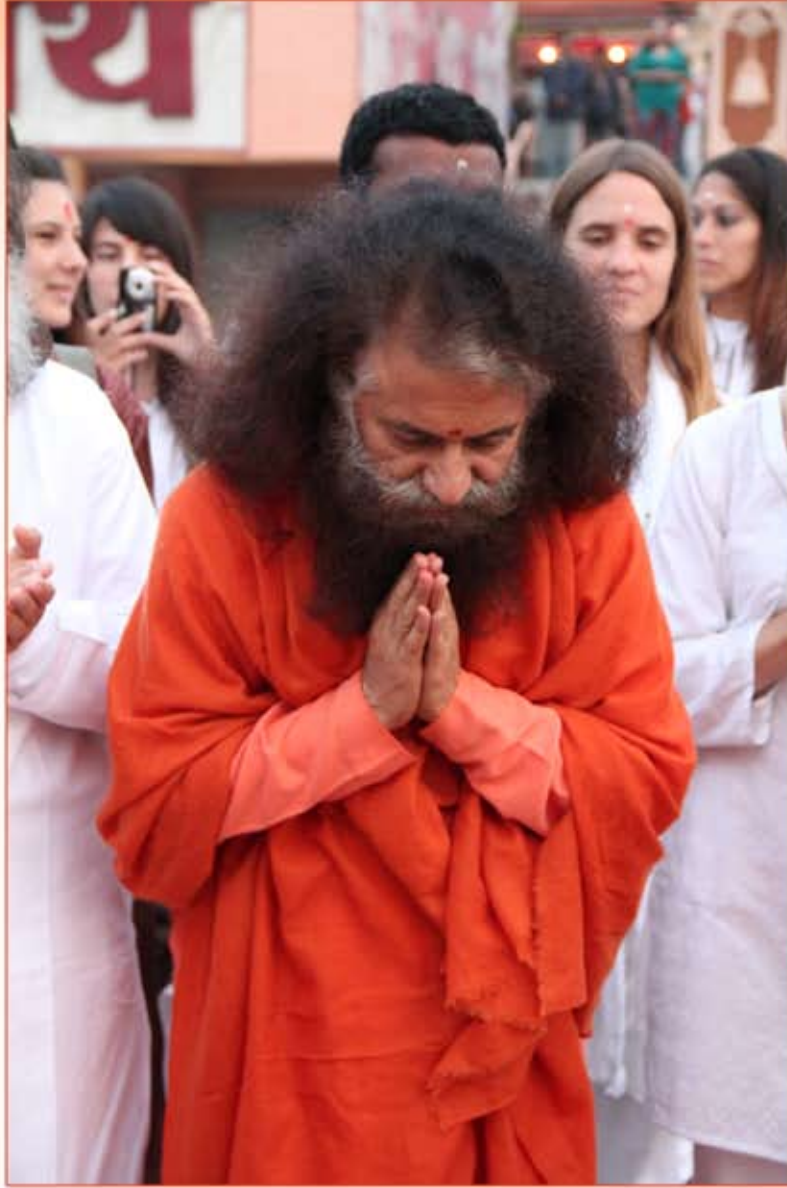
GAP is working in numerous areas - from “Grand Plan” scale to “Ground Plan” scale - to address the many issues that face Ganga and her tributaries, such as creating solid waste and wastewater management programs, building toilets, planting trees, cleaning and beautifying holy pilgrimage sites, spreading 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 2012 Special
Coming Soon!

Pujya Swamiji's Itinerary



March

1 - 26 Rishikesh

27-31 Abroad

April

1 - 7 Abroad

8 - 30 Rishikesh

May

1 - 31 Rishikesh



Links

Please visit us on the web for videos 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 &
Divine Connection



Yoga Sansthan

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

