

# Following the Footsteps of Swami Paramanand Ji Maharaj

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- ❖ Haridwar Retreat
- ❖ 75th Year
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- ❖ Bangalore Teachings
- ❖ Indore Ashram / Paramanand Yoga & Research Institute



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## The Ripening..... 2012

The cosmic year 2012 is a time of harvest as so many elders have foretold. The time of ripening is now & consciousness is rising on a global scale. Maharaj Ji says true yoga is when separation dissolves & we are united with our Selves. There is no time left for individual pettiness. More humans are waking up & are being magnetized to others who are awakened. We are recognizing our Oneness.

During a retreat in Haridwar recently Gurudev gave a teaching that speaks to this quickening. Using an ancient healing mantra & meditation techniques he guided us in maturing our total being so that the transition process can be blissful. (con't. pg 2)



## 75th Year Celebration

Thousands of sants, priests, politicians, devotees & foreigners came to Vrindavan in celebration of Gurudev's 75th birthday in Vrindavan. DidiMa Rithumbhara organized a Yagna Haven (fire ritual) for Gurudev's long and healthy life. (pic →)



The VatsalyaGram children performed an elaborate play portraying many characters and scenes from Gurudev's life. (pic →) There was also a large Saint Sammelan with numerous highly esteemed saints praising Maharaj Ji's Knowledge & humanitarian efforts. (pic ↓) Gopashtami Gaumata Puja appreciating sacred cows, as well as an inauguration of the goshala (cow house) was also held.



Check out the new slideshows, books, malas and more on the updated website  
<http://www.akhandparamdham.com>

## Omkareshwar Childrens Home and School

✧ A newborn was abandoned at birth on 11/11/11 and has now become part of the VatsalyaGram family in Omkareshwar. He's called Durlab (the rare one) and as is the case with all of the children adopted here, his last name is Paramanand. (pic→ )



✧ 200+ children have found a home at the Omkareshwar VatsalyaGram. This pic is taken in front of the residential school. (pic→ )



## Ripening Teachings from the Haridwar Retreat (con't from pg 1)

This ancient powerful sanskrit mantra was the focus of the Silent retreat in Nov. It's said to be a life sustaining, death conquering mantra and is from the Rig Veda (7/59). The meaning is multi-dimensional, as sanskrit is very deeply layered. This translation gives a glimpse into the meaning.

*Oh reverend 3 eyed trinity who's fragrance nourishes all life to completeness, release us from unhealthy attachments that encumber our growth. Like a skillful gardener nourishes the gourd plant until it is ripened and released from the entangled vine, liberate us from the binding obstacles of life to be freed from death but free us not from immortality.*

Maharaj Ji said this mantra can be used in two ways. Most people use it to help overcome physical ailments, the fear of illness and to pray for a long and healthy life.

The second way however is used to quicken growth on the spiritual level so that we mature fully into our true Self. This maturity enables the transition from physical mass to the subtle unseen realms to occur with ease. Using the mantra in this way is meant to free one from the entanglements of the physical world so one can easily leave the body in bliss. In this way immortality can be recognized before physical death. Maharaj Ji emphasized this knowledge only comes to someone who is fit to obtain the knowledge. If we tell someone over and over again that they surely will not die, they may understand that on one level but the fear of death will linger. Those who truly want to be liberated are the ones who will be benefited by using this mantra in this way. Only a person who has Viveka, who has discrimination, will understand this. The awareness of Viveka is channeled through the intellect, not the mind. Using intellect is a prerequisite to being fit.

**Mahamrityunjaya Mantra**  
*"Aum... Tryambakam Yajamahe  
 Sugandhim Pushti-varadhanam  
 Urvarukam iva Bandhanan  
 Mrityor Mukshiya Maamrita"*



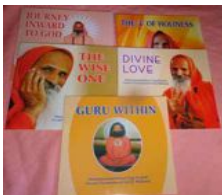
Pics ↑:

- Gurudev ties prayer bands on the wrists of American devotees at a silent retreat in his ashram in Haridwar. (first 3 pics)
- Akhand Paramdham Haridwar ashram & courtyard.
- Sunrise prayers at The Ganges river next to the ashram.

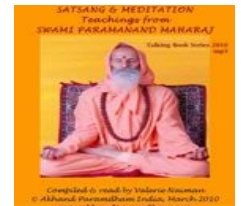
## MORE TEACHINGS

✧ A short video clip of Gurudev giving more teachings on this mantra can be viewed by clicking here:  
<http://www.akhandparamdham.com/Videos.html>

✧ Maharaj Ji recites the Mahamrityunjaya Mantra in the talking book 'Satsang & Meditation' which also includes a meditation technique used with the mantra. Click here to find this as well as new book releases:  
<http://www.akhandparamdham.com/webshop.html>



Click here to see a short 8 min. video from the last USA tour.  
<http://www.youtube.com/watch?v=9ruFbzK3O-c>

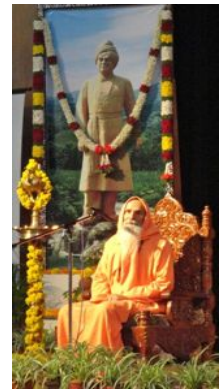


## Teachings in Bangalore

Maharaj Ji's at Swami Vivakananda's Yoga & Research Center near Bangalore this month getting an ayurvedic tune-up as well as giving satsang everyday. On New Years there was a fire ritual 'havan' using the Mahamrityunjaya Mantra to remove bondages from sanskaras. Sanskara karma's are created from acting with attachment to results. Gurudev said that Sadhus sometimes get Vairagya (detachment) twice in life. Firstly when taking sanyas & then they may work for mankind & slowly involve themselves with ashrams & social programs. A time comes when you see your physical death up close & you get a 2nd detachment. The body is a vehicle to recognize divinity. Use it to know what is beyond this physical world. If you wholeheartedly practice meditation daily you'll have experiences confirming you are not the body. One day those unusual experiences won't be needed as you'll be firmly established in your true Self, which is not limited to the physical world.

Sw. Vivikananda's birthday was celebrated on Jan.12th and Maharaj Ji gave a message to the youth to carry on his superb teachings.

*Pics: 1st 3: Maharaj Ji gives a satsang at Sw. Vivekananda's birthday celebration. Sitting in front of the grassy Aum symbol after a walk around the research center (pics →)*



## Akhand Param Dham Indore Ashram



A new satsang hall is under construction at the APD ashram in Indore, MP. Maharaj Ji inaugurated the hall in December where a weeklong Shrimad Bhagwat Katha (satsang) was held. The ashram adjoins the Paramanand Yoga Institute & some of the graduates were fortunate enough to receive their Yoga Teachers Training certificates directly from Gurudev. Students gave a demonstration by using postures to create a lotus that opened before him. There was also a hula-hoop performance using mudras & the international group entertained the satsang attendees by singing some chants as well as Christmas carols in Hindi.

*Pics ↑ L to R:*

- Satsang Hall Opening. (The 2nd floor will have more rooms for the ashram in the future as donations come in)
- Gurudev watches a student's hula-hoop mudra dance as the other students sing Hindi kirtans.
- Graduates from the USA, Brazil, Singapore, Israel, Canada, Holland and the UK receive their certificates in Yoga Teachers Training

Gurudev encouraged the graduates to teach what they have learned. He said that throughout history many great souls have come to earth and said that you should help society. Our Rishis have said this in a different way. They said the best way to help people is through meditation. So by using your new understanding of yoga to help people you will be doing the greatest seva by spreading this to the world. And for any of you who can't help others with this knowledge then you can send them here to learn how.

Children from **Shri Paramanand Yugpurush Dham** residential school program in Indore also got to enjoy the satsang hall inauguration festivities and bhandara (feeding the people). The children in this school are physically and/or mentally challenged. Through the use of naturopathy, yoga, unique teaching methods as well as living in a spiritual environment under the grace of Maharaj Ji, they are thriving and blossoming.



Many thanks to all of you have supported the works of Paramanand Ji Maharaj through seva and contributions last year. As all work of Akhand Paramdham is done by volunteers your donations go solely to the cost of running the schools, hospitals, children's homes, ashrams and logistics for programs.


Any proceeds from orders you make on the webshop go to support Maharaj Ji's humanitarian efforts and to spread his message. Thankyou !

A selection of malas, CD's, DVD's & books in English, Hindi & Panjabi are available through the webshop to ship globally.

The website has lots of new pics and offerings so freshen your server & go to :

<http://www.akhandparamdham.com>

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