

Spring  
eNews  
2010

*Following the Footsteps of  
Swami Paramanand Maharaj  
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### Kumbha Mela

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### For the Planet

Maharaj Ji walked barefoot leading thousands of followers & Saints on a 4-mile demonstration in Haridwar. The purpose was to bring awareness to the problems caused by the use of plastic bags & inspire people to commit to protecting the environment. Protestors chanted 'Say No to Plastic Bags'.

During the Kumbha Mela millions come to pray in the Ganges River & bring flowers and gifts in plastic bags, many of which end up being thrown into the River or on the ground & later burned causing even more pollution. Demonstrators wore signs in Hindi and English, sending the message to 'Love the Ganges River' and not pollute her.



Many Saints have followed suit & are now conveying the message to the millions who have come to the Mela. Maharaj Ji is also actively bringing awareness to the problems caused by damming the Ganges. Maharaj Ji sets an exemplary example of a True Karma Yoga Master.



When demonstrators reached the popular Haki Pauri, they took Ganges water in hand with prayers for environmental awareness and drank the nectar with a vow not use plastic bags. Alternatives were given to those who made the commitment. 10,000 bag-packs were given out & the message spread quickly to Mela goers, other ashrams & government officials. The demonstration was aired on TV in 24 countries & covered in many newspapers.



## Holi Holi For the Planet & the Soul



Holi is a full moon celebration heralding the spring. Many stories accompany this festival that dates back over 2300 years. The variety of legends traditionally honor the triumph of good over evil & include a purification fire after which one is ready to live a colorful life. Today, much of the religious context has been lost & it is mostly a merrymaking party where colored powders are strewn and colored water is sprayed relentlessly on anyone who passes by. Unfortunately chemical dyes are mostly used which are polluting to the environment and harmful to the skin. In the spirit of caring for the planet, this year Holi was celebrated at Akhand Paramdham with showers of flower petals instead of dyes. Maharaj Ji also equipped himself with a sprayer & dosed many people, including a group prisoners in a jail near his Sijay Ashram with a mixture of essential oils & water. Thankyou Maharaj Ji for setting an example making the festival of Holi for the planet & soul.

### USA Tour Schedule April 25 - June 24, 2010

| Dates  | City                      | Venue  | Contact info  |
|--|---------------------------|--|---|
| <b>WEST COAST</b>  |                           |  |   |
| 4/24   | S. San Francisco          | / Rukmani Sujan                                      | 650-583-6302 sundersujan@yahoo.com  |
| 4/24-25  | Palo Alto, Ca.            | / SriKrishna   | 650-331-0106 srikrishna_ghadiyaram@yahoo.com  |
| 4/26   | River Pines, Ca.          | / Shirley Jones                                      | 209-245-3658  |
| 4/27 - 4/28  | Vallejo, Ca.              | / Vallejo Temple/ Chamkaur Giri                      | 707-694-8800  |
| 4/29 - 5/2   | Davis, Ca.                | / Laima/Mary   | 916-205-9934 laimar@sbcglobal.net   |
| 5/3  | Yuba City, Ca.            | / Jogindar Singh                                     | 530-751-1541 joginder786@hotmail.com  |
| 5/4 - 5/6  | Sacramento, Ca.           | / Unity Church / Akansha/Divi                        | 408-931-1524 divi.wadhwa@intel.com  |
| 5/7  | Castro Vally, Ca.         | / Atmanand   | 510-895-1749  |
| 5/7  | San Francisco             | / Rukmani Sujan                                      | 650-583-6302 sundersujan@yahoo.com  |
| 5/8 - 5/10   | Los Angeles, Ca.          | / Babubhai   | 562-926-2633 babugandhi@yahoo.com   |
| <b>EAST COAST</b>  |                           |  |   |
| 5/11-5/16  | E. Greenbush, NY          | /Retreat@Elisa/Rick Cotroneo's                       | 518-4779512 ecotrone@nycap.rr.com   |
| 5/16   | North NJ                  | / VipinAnubha Mahajan                                | 732-249-2787 mahajan_anubha@hotmail.com   |
| 5/17 -20   | Parsipapny NJ             | / Sanatan Mandir Ajit/Ila Kothari                    | 973-3357438 Balu Advani 845-612 9532  |
| 5/21   | Long Island, NY           | / Cold Spring Harbor/ Debbie Goldman                 | 631 367 3709 toboggan19@aol.com   |
| 5/22   | Lloyd Neck Harbor, LI, NY | /Burt Shaffer  | 631 385 7176 bshaffer21@gmail.com   |
| 5/23   | Staten Island, NY         | /Shakti Yoga, Pam and Alice                          | 718 442 9400 syc@shaktiyoga.com   |
| 5/24-28  | Queens, N/Y               | Jackson Hts Temple, Neraj Chityal                    | 646-5004241 neerajchityal@gmail.com   |
| 5/29 -30   | NJ                        | /BaburamGupta  | 215-6398364 baburgupta@yahoo.com RakshPal Sood 732-8874569  |
| 5/31   | Brooklyn, NY              | / Gerald Leitner                                     | gleitner1@gmail.com   |
| 5/31-6/4   | Queens NY                 | / Neeraj   | 646-500-4241neerajchityal@gmail.com/Sunita 718-533-0017   |
| Other Venues: Hindu Temple Pt.Dixitji / 718 358 6726                                   |                           |  |   |
| 6/6- 6/8   | Washington, DC            | / Rajdhani Temple & Mangal Mandir -Kiritbhai/Kulwant | 703-3385428, 703-3271250/ Unity Church Sherry 703-9121938/Barbara- networklight@hotmail.com/ Naresh Verma nareshverma@msn.com/ Hindu Mandir- Vijayji 301-570-7514 vtakiar@his.com |
| 6/9 - 15   | Asheville, NC             | Retreat @ Param Center/Bridgett                      | 828-215-3194 spiritfound@gmail.com  |
| Other Venues- Opening evening 9/9 at Jubilee Center/ Valerie Naiman valdiosa@gmail.com |                           |  |   |
| 6/16- 23   | Rockville, Va.            | / Retreat & other venues/ Sally Perry                | 804-7494679 sallybperry@aol.com   |
| 6/24/10  | Newark, NJ                | Flight to Delhi                                      |   |

For more info on specific programs go to: <http://www.akhandparamdham.com/UStour.html>

Aum Shantih Aum

## Maha Kumbha Mela Haridwar

The Niranjani Akhara was the first of the 13 Akharas to take the shahi snan (royal bath) on this first Maha Kumbh of the century. Maharaj was taken in a chariot through the vibrant procession (pic 3) as multitudes of saints, foreigners and devotees waved flags amidst the intense sounds of trumpets, drums & chanting. Thousands of naga sadhus (1) heralded the Akharas along the path to Haki Pauri. As Maharaj Ji reached the ghat, masses of onlookers tried to get a glimpse. (pic 2...he's under the fancy umbrella).



*"It was like being one of a multitude of human waves merging with the ocean of Pure Consciousness."  
Zaloe Uriate, Spain*



Back at the ashram, Maharaj Ji gave 3 or more satsangs a day, including teaching over 125 foreign devotees who came from 10 countries (pic 8). Tirelessly he received Saints & pilgrims from all over (pic 4). Meals were provided daily to the multitudes who arrived (pic 6). Foreigners joined in the seva by feeding the saints and distributing bag-packs to thousands of people at the ashram (pic 5). Maharaj Ji also blessed some of his longtime devotees with the title of Mahamandaleshwar (pic 7) giving them the responsibility to enhance the teachings of the Vedant as well as engage in social work serving those in need.

*'Following the Footsteps of Maharaj'*

*past issues can be found online at:*

**<http://www.akhandparamdham.com>**

*Visit the blog to view 'A Living Legend', a 20 min. video on the  
life of Paramanand Maharaj.*

*A selection of satsang videos are also online.*

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- ☑ *Divine Beauty \$10.*
- ☑ *Wisdom Within Booklet \$5.*
- ☑ *Immortal Existence Booklet \$5.*
- ☑ *Meditation & Pranayam Booklet \$5.*

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