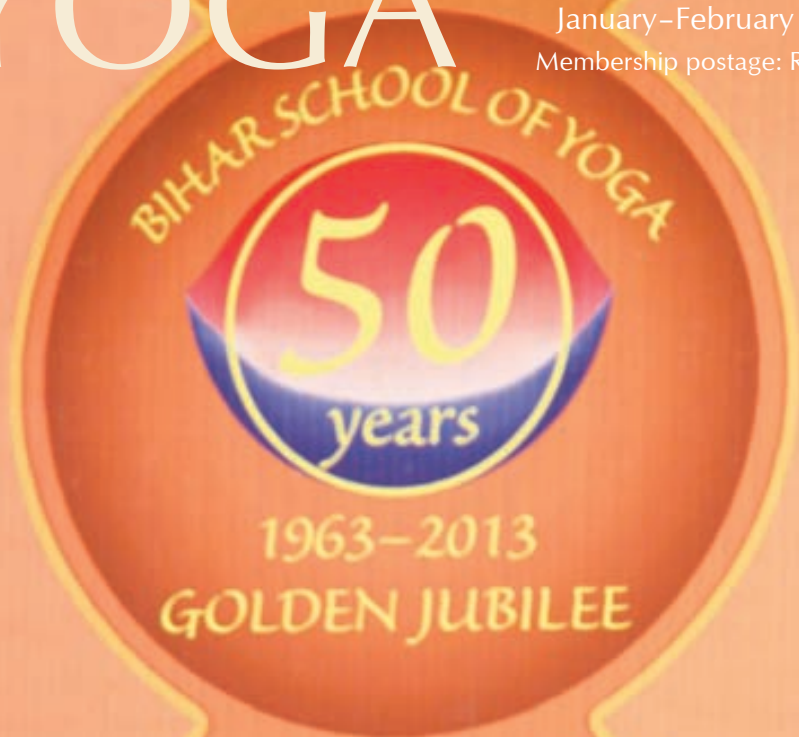


# YOGA

Year 3 Issue 1  
January-February 2014  
Membership postage: Rs. 100



**Bihar School of Yoga, Munger, Bihar, India**

Commemorating the *World Yoga Convention 2013*



## Hari Om

YOGA is compiled, composed and published by the sannyasin disciples of Swami Satyananda Saraswati for the benefit of all people who seek health, happiness and enlightenment. It contains information about the activities of Bihar School of Yoga, Bihar Yoga Bharati, Yoga Publications Trust and Yoga Research Fellowship.

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YOGA is a monthly magazine. Late subscriptions include issues from January to December.

**Published** by Bihar School of Yoga, Ganga Darshan, Fort, Munger, Bihar – 811201.

**Printed** at Thomson Press India Ltd., Haryana – 121007

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### **Bihar School of Yoga**

Ganga Darshan  
Fort, Munger, 811 201  
Bihar, India

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*Front cover and Plates: Swami Niranjanananda Saraswati and Swami Satyasangananda Saraswati during the World Yoga Convention 2013 and Golden Jubilee Celebration at Ganga Darshan.*



## GUIDELINES FOR SPIRITUAL LIFE

### Do what you know to be good

How many of you practise all the good things that you already know to be good? If only one person began to practise what he knows to be good, and give up what he knows to be bad, God would send further guidance; and if a guru in physical form is necessary, God will send him that guru.

Shed hypocrisy and have sincerity. If you are insincere and just curious, if you do not mean what you say, and do not practise what you profess, then even God cannot help you. However, if you want to turn over a new leaf in life and make progress in spiritual life, no one can stop you, not the whole world put together. The solution rests fundamentally with you.

—Swami Sivananda

**Published** and printed by Swami Gyanbhikshu Saraswati on behalf of Bihar School of Yoga, Ganga Darshan, Fort, Munger – 811 201, Bihar

**Printed** at Thomson Press India (Ltd), 18/35 Milestone, Delhi Mathura Rd., Faridabad, Haryana.

**Owned** by Bihar School of Yoga **Editor:** Swami Shaktimitrananda Saraswati

# YOGA

Year 3 Issue 1 • January–February 2014  
(52nd year of publication)

## World Yoga Convention

Bihar School of Yoga Golden Jubilee



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The Yogi is superior to the ascetic. He is deemed superior even to those versed in sacred lore. The Yogi is superior even to those who perform action with some motive. Therefore, Arjuna, do you become a Yogi. (*Bhagavad Gita VI:46*)

तपस्विभ्योऽधिको योगी ज्ञानिभ्योऽपि मतोधिकः । कर्मिभ्यश्चाधिको योगी तस्माद्योगी भवार्जुन ॥

# Introducing the Convention

*Swami Niranjanananda Saraswati*



This World Yoga Convention is going to be an important event in the history of yoga, as it will give a new approach, direction and understanding of how we can incorporate yogic principles and practices in our life at this time, to really try to develop our nature and personality.

## **First World Yoga Convention**

In 1953 in Rishikesh, Sri Swami Sivananda Saraswati held the first convention which he called Parliament of Yoga and World Religions. For the first time, the concept, practices and principles of yoga were made publicly available. At that time, the vision of Swami Sivananda was that each person can lead a divine life. Each person can be engrossed, involved and entangled in material life, yet make the effort to realize the higher nature, to develop the hidden potentials and to lead a divine life. It was with this sankalpa that Swami Sivananda conducted the first yoga convention. In 1953, yoga was an unknown subject in India, as well as the world. Yoga was primarily seen as a practice that yogis and recluses who were cloistered away from society would adopt to gain enlightenment. That was the concept of yoga. Swami Sivananda was the first one who proclaimed yoga for the development of human nature and for the cultivation of the qualities of the head, heart and hands. His ideas became the foundation stones for the development of the Satyananda Yoga-Bihar Yoga Tradition.



Thus, the focus of the convention at the time of Swami Sivananda was to realize the different dimensions of existence that one lives in. One does not live in the physical dimension and sensorial dimension only, although one identifies with them. These are not the only dimensions in which one interacts using the mind, senses, emotions and spirit. To lead the divine life, while continuing to live in the material world, is made the effort to cultivate the spiritual nature to live a qualitative, sattwic life and to sublimate the gross human tendencies. That was the thrust of the first yoga convention.

### **Second World Yoga Convention**

Sri Swamiji held the second yoga convention in 1973, in Munger. At that time, the focus of the World Yoga Convention became the global propagation of yoga. Sri Swamiji always had the thought and vision that yoga should be taught by people who have perfected yoga in their life, and not by common yoga teachers. He was able to foresee that in the future there would be hundreds and thousands of 'book yoga teachers', who would just pick up a book, look at a few postures, start teaching people and claim that they know yoga. Today, one sees that happening in practically every part of the country and every part of the world. Therefore, envisaging that this would happen in the future, he started the training of yoga to sannyasins.

Sri Swamiji combined sannyasa and yoga together; prior to that, yoga and sannyasa were different. Nevertheless, his aspirations were that the selfless and dedicated people who sincerely take up yoga as sadhana, who live according to the principles of yoga with commitment, and who are not just flirting on the fringes like many people do, they would become the messengers of yoga. Keeping this in mind, in order to sustain the tradition of yoga into the future as well, Sri Swamiji started training sannyasins in yoga, and training people in sannyasa.

After the 1973 convention, the yoga movement around the world took a giant leap, and many centres, ashrams and

teachers were created around the world, who continued to propagate the system of yoga that Sri Swamiji had envisioned: propagation of yoga, research into yoga, discovering yoga, and learning ways to apply yoga in our life and in society.

### **Third World Yoga Convention**

The third World Yoga Convention was held in 1993, in Munger. Swami Sivananda conducted one, Sri Swamiji conducted one, and I conducted one. In the 1993 convention, the emphasis was on the creation of a global yoga charter; which was accomplished. According to the charter, projects were implemented to help social development, individual development, and the generation and attainment of human creativity. After this convention, yoga went into the professional fields: to industries, to various sectors and strata of society, to government departments, the army, to organizations, to doctors in the medical field and to other professionals. The practices of yoga were applied to give benefit to people who were suffering from specific needs and problems, across the board.

Yoga gained stability and status, and a glimpse of yoga's potential was seen at the third World Yoga Convention.

### **Focus of the WYC**

In one month's time, we shall be hosting the fourth World Yoga Convention. I have been thinking about what the focus of the convention should be. For this, I have been observing everyone: the sannyasins, students, visitors, guests and even those living yoga outside, who I do not see or meet on a regular basis. Each and every one has been under my scanner. I have been observing how people are living yoga, how much they have attained, how much progress they have made. Based on this picture, I feel we have to refocus our energies, our intentions and our commitment to the cultivation of spiritual awareness and the development of the spiritual qualities within us. In this refocusing, three qualities are necessary: one has to be sincere;



one has to be serious in what one does; and one should be committed. I am using these three ideas for this convention.

You have a very rich inheritance, tradition and collection of teachings given by Swami Sivananda and Sri Swamiji. Yet, how much of those teachings do you follow? Think about it. Many people will say they regularly practise yoga, however, asana, pranayama, kundalini or kriya yoga is not necessarily yoga. People mostly practise asana and pranayama for physical reasons and purposes: to gain flexibility or to feel light, yet beyond that, what is the purpose of asana in your life? It is the same with meditation. People practise meditation to stop the chatter of their agitated mind; that is all. Meditation is not practised to cultivate the inherent strength of character, or mental clarity, wisdom and understanding. So where is the sincerity, seriousness or commitment in this approach to yoga?

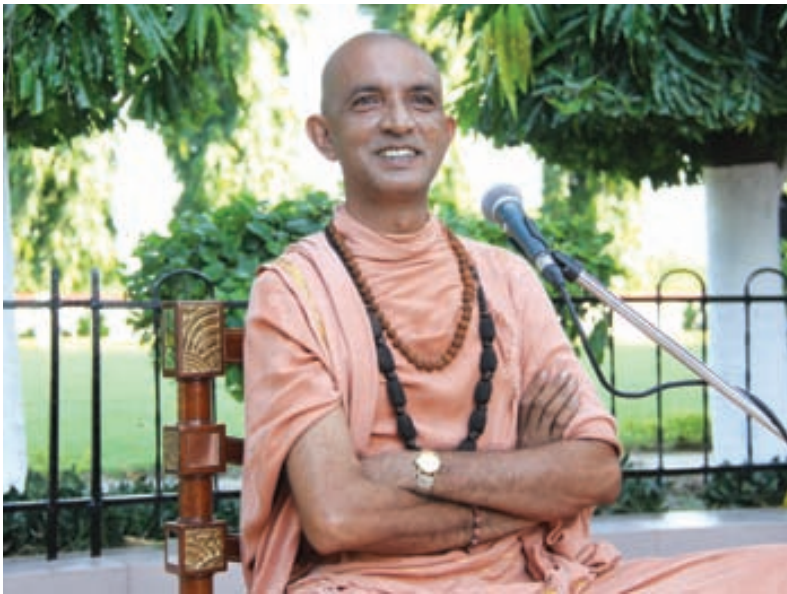
Coming to the ashram to have a good time is not enough. You can have a better time in Disneyland. The ashram is not Disneyland. The ashram is a place where you try to live and experience the teachings of the masters. The ashram is the place where you learn to observe and overcome, transform and transcend your weaknesses, negative traits and shortcomings.

It is a place where you can become aware of the inner strength that can be cultivated to improve life; yet you are entangled with your own minds. You become so entangled with likes and dislikes, ambitions, needs and desires, that the focus on the aim is lost.

Therefore, along with yoga, the theme of the convention will be the qualities that allow the individual to grow in spiritual life, the qualities of sincerity, seriousness and commitment. Place a tick in your mind if you are serious; or a cross in your mind if you are not. Do the same with sincerity and commitment. How many crosses and how many ticks do you have? For most people, the crosses will be more and the ticks will be less.

### **New direction**

In participating and helping out, be aware of this direction of the convention. After all, what is yoga? Hatha yoga will not necessarily transform your mind. Similarly, you may have practised raja yoga with yoga nidra, ajapa japa, antar





mouna, or chidakasha dharana, yet you have not been able to pacify your mind. The flaw is in the personal understanding and approach to yoga. You think that meditation should be practised in the morning and forgotten during the day. With this attitude, meditation only becomes a twenty-minute practice that you sit down, close your eyes, and do. The meditative awareness, however, is never maintained during the course of the day.

If you can maintain one positive mood and state of mind for twenty-four hours, without fluctuating, then you will qualify to become a yogi. If your mood fluctuates, hour to hour, moment to moment, you can be staying in the ashram or practising yoga for a lifetime, it does not matter, you will still not be considered a yogi, rather, you will be considered a *bhogi*, one who is going through the enjoyment and suffering of the mind. A *bhogi* is one who goes through the enjoyments of suffering and pleasure. People derive enjoyment in suffering too. They have more enjoyment in suffering than they have in pleasure, which they share freely with everyone around them, while happiness becomes a more personal experience.

If you can maintain one mood, one state of mind for twenty-four hours – happiness, contentment, shanti, fulfilment – then you will qualify to be a yogi. However, if you change from hour to hour because somebody says something to you and you react, either happily or unhappily, then do not put yourself in the category of a yogi; instead, put yourself in the category of a *bhogi* who fluctuates and who has not yet found the point of balance and equilibrium. Analyze yourself, gauge yourself. Are you a *bhogi* or are you are a yogi? That is the Niranjan challenge. Smile for twenty-four hours, not only with your mouth, but also with your mind and heart.

### **Re-creating oneself for a beautiful world**

Understand one thing: rather than the practices of yoga, it is how you gain the ability to restructure yourself that is the main theme of yoga: re-creation of the human nature. When

you go to school, you write your homework or whatever task you are given in notebooks, and that is given to the teacher. The teacher checks the essay that you have written. With red ink, he makes corrections and at the end he writes the score that you have attained, indicating whether you have passed or failed. You get your notebook back and look at all the corrections the teacher has made. The sincere student analyzes why something has been crossed, and why something has been okayed. Using this, the sincere and committed student tries to rectify his train of thought and understanding, and in the next exam tries to perform better.

Since 1953, your gurus have given you a task. Some people have the courage and the guts to show what they have written; and other people do not have the courage or the guts to show what they have written and they hide the book. They do not want the teacher to see what they have written and they do not want the teacher to use the red ink to cross out their pages. However, those few who dare and who want to educate themselves, they overcome their fear and they go with their notebook to the teacher. The teacher can cross out pages and pages; nonetheless, the sincere student observes why the teacher is crossing out their pages and what they need to do. Those students are very few.

Do not expect too much of yoga if you are not in that boat. However, if you want to develop yourself, then commit yourself, be sincere and be serious. Only then will you be able to gain something, otherwise, spending your time in spiritual pursuits will be a total waste of time.

I now feel the urgency for people to understand this aspect of yoga, where personal commitment has to be highlighted. That will be the aspiration of this convention. If you can improve your commitment, I can assure you that in the course of time, you shall be ready to contribute to the growth and development of human life on this beautiful planet.

– 22 September 2013, Ganga Darshan, Munger

# Day 1

Polo Ground – Wednesday, 23rd October 2013

## Yoga as a Science for the Evolution of Consciousness and Method to Improve the Quality of Life



### Inaugural Session: 8 to 11 am

- Guru puja
- Welcome Address by Swami Niranjanananda, Yogapeethadheesh
- Introduction and felicitation of Reception Committee
- Address by Minhaz Alam, Commissioner of Munger
- Address by Swami Satyasangananda, Peethadhishwari
- Felicitation of Golden Yogis
- Address by Prof Upen Baxi, Emeritus Professor of Law, UK/Delhi, on: *Divya Drishti: A Preliminary Analysis*
- Address by Sri K.K. Goenka
- Tributes by international representatives
- Bharatnatyam dance by kanyas of Rikhiapeeth
- Shanti Path

### **Evening Session: 4 to 7 pm**

- Introduction by Swami Niranjanananda
- Tributes by international representatives
- Message of goodwill by Arjun Atwal, Golfer
- Address by Swami Muktananda Puri, Acharya, Shri Harkesh Puri Ashram, Rajasthan, on: *Sadhaka and Sadhana*
- Address by Gajapati Maharaj, HE Sri Dibyasingh Deb, Orissa, on: *Yoga for a Better World*
- Swami Girishanand, Saket Dham, Jabalpur, *Nava Yogeshwara Katha*

### **Workshops in English (at Ganga Darshan)**

- Swami Ahimsadhara, Yoga Teacher, Australia, on: *Yoga for Post-Traumatic Stress Disorder*
- Swami Sivamurti, Acharya, Satyanandashram Hellas, Greece, on: *The Quiet Mind and Antar Mouna: A Method to Improve the Quality of Life*
- Dr R.S. Eswar Reddy, Alternative Medicine Expert, Andhra Pradesh, on: *Yoga Nidra for Health and Spirituality*

### **Workshops in Hindi (at the Polo Ground)**

- Swami Nirmalananda, Doctor and Yoga Teacher, Ganga Darshan, Munger, on: *Yoga in Hypertension*



# An Expression of Love

*Address by Swami Satyangananda, Peethadhishwari of Rikhiapeeth*

Revered Sadguru Swami Sivanandaji, beloved Sri Swamiji, distinguished guests and all you yoga lovers, welcome to the Golden Jubilee celebrations of the Bihar School of Yoga in this hallowed place which is bathed by the waters of the Ganga.

This gathering of so many people is an expression of love and gratitude towards the person who made it all possible, who made it possible for us to sit here today and talk about yoga, to understand and implement it in our lives. This is an expression



of love and gratitude towards that person because, when we speak of the Bihar School of Yoga, it is synonymous with Swami Satyananda. The practices of yoga that we are going to discuss, that we have been learning, that many of us know, that we are going to have workshops on, in which all of you are going to participate and further your experience, these are all the gift of Swami Satyananda, at a time when yoga was not known to people. Today, there is no need to discuss the popularity of yoga.

On Makar Sankranti, 14th of January, all traffic on every street of Manhattan came to a halt because everyone stopped, got out of their vehicles and practised surya namaskara. At an auspicious moment during Makar Sankranti, which is a festival of the sun, everyone practised surya namaskara. Therefore, to prove the popularity of yoga or to say that yoga is not needed is not the intention of this gathering.



## Challenge of the future

The first tribute is to Swami Satyananda, the visionary, who could see how society would evolve. Society is not static; the society of today did not exist ten years ago and it will not exist ten years from now. Society keeps evolving and with that evolution there is change. Needs change and what will be the need of man two hundred or five hundred years later, is the challenge that yoga has to face. Right now, we practise yoga and feel good, and we are impressed with yoga and its great impact on the whole world, which Sri Swamiji had predicted way back in the 1960s. He had said that it will alter world events, it will become the culture of tomorrow, and that is evident.

However, what are the challenges that yoga will have to face? That was definitely in Sri Swamiji's mind when he thought about giving the practices of yoga to future generations. It is important for future generations, not just us, but the children for they are the future. To understand the concepts of yoga and the challenge that yoga will have to face tomorrow is important for the future. This was definitely on his mind; that in the future the only thing that will solve the difficulty of man is a set of practices, which he called yoga. You may call it anything you like. A set of practices that can empower man.



No government can empower an individual, no religion can empower you. At the time of grief, no government can help you. Even your loved ones cannot help you, society cannot help you, your religion cannot help you. You feel the grief, you feel the pain, you feel the agony, you feel the difficulty. What can help you? You have to empower yourself, and that is what he envisaged: yoga would come as a boon. He gave it as a boon to mankind. He lived for others his whole life, not for himself. He gave yoga not because he was an ambassador of yoga, but because he believed that it will help man, and it is helping him.

### **What is evolution?**

We have to think of this gathering in that light: the evolution of awareness, the evolution of consciousness through yoga to alter the quality of life. Evolution of consciousness does not mean that you have to link yourself with some abstract principles, that you have to link yourself with God. No. It means you have to transform yourself, you have to alter yourself, you have to bring about a change, because evolution means change. If you don't want to change, forget about evolution, and most of us don't want to change. We want to change others, we want to change the world, but we don't want to change ourselves. Evolution means change, change within our basic structure. What are we composed of? We are not only feelings; we are composed of certain elements and qualities. We could be tamasic, rajasic or sattwic. So when we talk about evolution, we are talking about evolution at that level, the basic change; the genetic change within an individual through yoga, so that the quality of his life and of his experience changes.

Each one of us experiences grief individually. The loss of someone or separation may arouse grief in you but not in me. So, is grief the event or is it in my mind? Definitely it is in the mind. Otherwise, everybody should feel grief at loss and separation. However, some people don't feel that grief. This shows that grief is in the mind and I can change it. It is not

necessary that how I feel now, whether I am very worried, full of anguish and full of hatred or sorrow, is how I have to live for the rest of my life. Yoga agrees, indicating evolution, evolution of events.

### **Yoga - an applied science**

For this we have to thank Swami Satyananda, because it is he who has given the practices to make this possible in your life. The practices are concerned with you, and it concerns your daily life. He has made it possible. If you read about yoga in its original format of the texts, you will not understand anything, you cannot apply it. Knowledge on its own is nothing. Knowledge has to be applied. It has to be an applied science, and Sri Swamiji has made it an applied science. Every single person, whether he is a layperson, whether or not he understands the yogic terms or is able to pronounce the words, can still benefit from yoga. That is the tribute and the gratitude we have all gathered here for today.

Please don't forget that yoga is important. For Sri Swamiji yoga was a means, not an end. He said that until the basic awareness does not change in an individual, all philosophies, all religions, even yoga is a farce. Yoga always has to change the individual. Without that, everything is a farce, it is all just philosophy. It is hypocrisy. It is a sham. So, yoga has to be dedicated. That is the challenge that yoga is going to face in the future. Can it meet the demands of changing the awareness in society? Without that, society is doomed. The kind of intolerance that people have for each other, the kind of feelings that people have for each other, the feelings people have for themselves; they are ridden with guilt, with complexes, with neuroses, with phobias, with depression. What quality of life will you have with that?

The evolution of awareness is to improve the quality of life. Yoga has to meet that challenge, and it can. It is difficult to substantiate everything in terms of science, but science also has to think about quality, not just quantity. Everything



cannot be defined in a quantitative way. It has to be defined also in a qualitative way. What is the quality of my experience when I start practising yoga? I experience that myself. I don't need anybody to prove it. As I begin the practice of yoga, everything begins to change for me. My energy level changes, my attitude changes, my response changes, my outlook changes, my whole day changes. I am more creative, I am more productive.

That is what this gathering is about and that is a true tribute to Sri Swamiji, because that was his vision. He did not intend yoga to become just a current of religion. No. And he was not even limited to institutions. For him yoga was a way to accelerate, enhance and contribute towards the evolution of mankind.

My best wishes to this gathering. For all of us it is a journey, it is not just a convention. It is a journey within ourselves. It is not just the yoga. It is the connection with guru, which each person here is feeling, and the joy and the bliss that it brings to us today. I would also like to thank all the people who have made it possible, which includes the people of Munger who have just been introduced, our honoured guests, and of course Swami Niranjan.

My thanks to all, and Namō Narayana.

# Global Tribute – Australia

*Rishi Hridayananda*



We have come from Australia to participate in the celebrations of the Golden Jubilee of the Bihar School of Yoga, and to express our solidarity with the mission of Sri Swami Sivananda, Sri Swami Satyananda and Sri Swami Niranjanananda, and the yogic vision that they have propagated through the Bihar School of Yoga.

Australia will be forever grateful to Sri Swami Satyananda for having come to our country over forty years ago, and for teaching us not only yoga practices but the way to live, to think and to evolve. Sri Swamiji's practical advice, esoteric knowledge and wisdom captured hearts across the country, and the yoga movement in Australia has become an indomitable force.

Sri Swamiji has given us a positive legacy, a solid foundation of how to live a balanced life and how to evolve and expand the consciousness. This legacy is deepened and expanded with Swami Niranjanananda's and Swami Satyasangananda's further insights and inspiration into the traditions of Vedanta, tantra and yoga. On behalf of all Australians, thank you Swamiji.





# Address by Sri K.K. Goenka

My pranams to Sri Swamiji, Swami Niranjananandaji, Swami Satsangiji. My pranams also to other distinguished guests on the dais. Hari Om, to all of you.

It is my privilege to be present here on this historic occasion, the Golden Jubilee celebration of the Bihar School of Yoga. Those of us who participated in our guru Sri Swami Satyananda's yoga movement from the early days, feel very nostalgic about it.



In 1957, Sri Swamiji came to Munger and started observing chaturmas at Anand Bhavan, now Paduka Darshan, in the small outhouse there, the Gol Kothi. It was a tradition he continued thereafter every year. In 1963, Sri Swamiji expressed the desire, for he had decided so, to settle down in a small ashram. The objective at that time, as expressed by him, was to have a very small ashram; only a few rooms where his disciples could stay when they visited Munger and he could teach yoga, asana, pranayama and meditation. My father earnestly requested him to select Munger as his destination and offered him a place on the banks of the Ganges. That particular place had been selected as a site for a factory to be constructed and the foundation was already laid, but on Sri Swamiji's consent my father immediately took up construction of the ashram building, as designed by Sri Swamiji. It took just a few months and on the day of Basant Panchami, the Bihar School of Yoga was inaugurated.

It has been a great privilege for me to have been present while Sri Swamiji, my guru, lit the akhand deep in Jyoti Mandir, signifying the inauguration of the Bihar School of Yoga. I also had the privilege of garlanding him on that occasion. In his inaugural speech he pronounced that yoga would become the culture of tomorrow and he would put Munger on the world map. In those days yoga was not seen as something to be practised in households. It was meant for sannyasins to be done in the mountains.

We can see the far-reaching effects of yoga now, as you can see that people from 22 states of India and 56 countries are here. It is indicative of the sanctity of Sri Gururji's words spoken at that time. I feel extremely blessed that I had the rare opportunity to serve Sri Swamiji since 1958 and thereafter to serve as the secretary of the Bihar School of Yoga from 1964 to 1979. My whole family is indebted to Swami Niranjanji and Swami Satsangiji for their continuing guidance, blessings and love.

Hari Om



# Golden Jubilee Celebrations at Ganga Darshan

- 5.30 am–6.30 am  
*Satyam Udyan*  
**Katyayani havan** started in 2012 as part of the three-year sannyasa training course.
- 6 am–6 pm  
*Amphitheatre*  
**Akhand kirtan** conducted by over 30 groups of overseas and national delegates.
- 7 am–5 pm  
*Satyam Udyan*  
**Havan** offered to the many aspects of the divine was conducted by pandits of Varanasi. Poornahuti was conducted on the afternoon of 27th October.
- 2 pm  
*Satyam Udyan*  
**Diksha**
- 12 noon–3 pm  
*Car Park*  
**Prasad Distribution** took place for all national and overseas delegates of the Convention. The distribution continued until 6th of November, in which citizens of Munger were invited to receive prasad and have darshan of Satyam Vatika.
- 12 noon–3 pm  
*Main Lawn*  
**Satyam Yoga Prasad**, the book, CD and DVD releases and publications of the Bihar School of Yoga, were available for all delegates to pick and choose to their hearts' content – and their muscles' strength.
- 12 noon–3 pm  
*Main Lawn*  
**Convention Souvenir** is a collection of seven volumes of special Convention publications of the Bihar School of Yoga.
- 12 noon–3 pm  
*Yajjnashala*  
**Satyam Darshan** was the movie-pandal showing the new realease titled 'Satyam, Life, Mission and Sankalpa', a full feature film on the life of Sri Swami Satyananda.
- 12 noon–3 pm  
*Satyam Vatika*  
The new **Yoga Drishti** 5D Theatre is taking the viewer along the 'Ascent of Kundalini'.
- 7–8.30 pm  
*Car Park*  
**Evening Program** consisted of presentations of song, dance and drama.

# IT – for the Masters and the Masses

*Sannyasi Satchidananda, USA/Nepal*



I recall an experience while away from the ashram for a few weeks on shivir travel. While living in the ashram, I was accustomed to hearing Swamiji's voice a few times during the week. Being away, I had not heard it for some time. I felt deeply its effect on me when someone played a *SwaN Sings* CD in a hall. It was like the first draw of air after swimming underwater for an extended period, or having a juicy slice of orange not having eaten fruit for some time. It was nourishing. And it was made possible by technology.

I had the pleasure of observing a positive response from everyone with whom I shared relevant news – a sense of surprise, a hint of relief, a flash of excitement in what to experience. It culminated on this most appropriate year – the World Yoga Convention and Golden Jubilee of the Bihar School

of Yoga. For many of us, it has been a long time coming: the Satyananda Yoga–Bihar Yoga Tradition goes digital.

Adoption of digital devices is wide-spread and rapidly increasing. Long established social norms are changing in response. Where one might have consulted an elder or visited a library for guidance or information on a little-known topic, today it can be more practical or effective to search online. Search engine programmers, however, like publishers and authors, singers and cinematographers are human and their expressions reflect their interests. This is what makes the recent technological contributions by the tradition so significant. It is all for the single purpose of seeding, spreading and sharing spirituality to all who seek it.

Anticipating what the sannyasa training might entail, the last thing I expected to be doing was working on projects which combine spirituality with technology, but I should not have been surprised. On multiple occasions, Swamiji has commented on yoga being a balance between spiritual and material. Reviewing the writings of Sri Swamiji, one finds him encouraging spiritualizing various spheres of human life, such as education and relationships. During the past two years, there has been a concerted effort to offer the same spiritual truths, inspiration and insights currently available via print, CD, DVD, and live events via a digital medium.

It is now possible to read all the Bihar Yoga magazines on your phone, tablet, or computer – with or without an internet connection. You can chant the three morning mantras prescribed by Swamiji along with him or learn Navaratri chants from a live audio recording of the sadhana. The vast collections of Sri Swamiji’s tours through the world, audio and video, are available for what will likely take years to exhaust, much less digest. Yoga teachers and academies have an option for displaying content from APMB without making scans, or organizing lectures and guided practices using original content from the gurus. Devotees from around the world came together, online, to watch the live proceedings



of the World Yoga Convention. In Ganga Darshan, hundreds of delegates travelled through sushumna nadi, experiencing actual elements such as water and wind while watching 3D visuals of the chakras.

A new era has surely begun at the Bihar School of Yoga.



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**Dear Swami Niranjan,**

A big thank you from the bottom of my heart for the fabulous live-streaming of the Golden Jubilee Convention. I felt I was present in Munger and you have no idea how much that meant to me. The comments on the social stream (live chatting) conveyed the emotions of all of us who couldn't be there in person but were still given the opportunity to be a part of it. Thank you once again for that act of kindness and grace.

Congratulations to you and everyone at the ashram for the resounding success of the Convention!

I can feel your blessings reaching out to all of us and we all feel enveloped in the warmth of your good wishes. I can't thank you enough for including us.

Warm regards and all good wishes,

—Sannyasi Shantikriya, Mumbai

# Energy Centre

*Sannyasi Amritamurti, USA*

The energy centre for the entire Golden Jubilee and World Yoga Convention week was the Satyam Udyan (Akhara) in Ganga Darshan where, from sunrise to sunset, the beneficent forces of the universe were worshipped in the form of daily pooja, prayer, havan and yajna. Though normally closed off to outside visitors, guests had the rare opportunity to visit these hallowed grounds throughout the five-day event and witness for themselves the sustaining force of the Unified Field which Swami Satsangi spoke of on the final day, and which everyone present experienced in the form of harmony, joy, optimism and cosmic, unconditional love.

Following a tradition laid down by Sri Swamiji during the first World Yoga Convention in 1973, Swamiji selected sixteen expert pandits to perform a series of ancient tantric sadhanas which have all but been forgotten in modern-day India. The last time these rituals were performed was during the last yoga convention at Munger in 1993, twenty years ago.





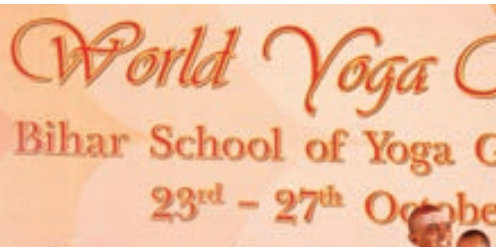
Seated around a roaring fire inside a massive vedi constructed especially for this event, the pandits poured their offerings of life-sustaining foods and mantras into the flames while Shiva and Shakti watched on from two sides; the Sri Yantra and Shivalingam from the east and Swamiji and Swami Satsangi from the west. As Swamiji mentioned in a satsang during the Convention, there was plenty of evidence to suggest that the divine energies were pleased with their efforts; mango trees bore fruit out of season, flowers blossomed in abundance and flocks of eagles soared over Ganga Darshan daily.

The magic of Akhara was a gift offered to one and all. Some walked through as part of their prasada parikrama and offered their pranams to gurudev; others came to sit in the warming atmosphere of the havan, still others were fortunate to gather there for diksha, as Swamiji initiated hundreds daily into mantra, jignasu and karma sannyasa. Dusk saw the most visitors, as people poured in to take part in the arati, which grew more illuminated and powerful with each passing day.

Though at times the place was overflowing with visitors who came to bear witness to these exceptional activities, the Akhara still maintained its peaceful, soothing and sustaining atmosphere.







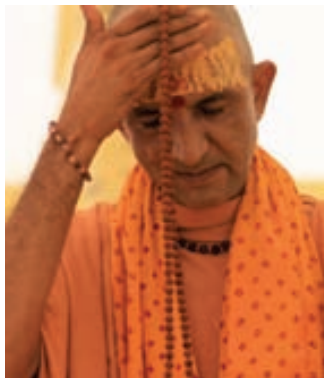


















# Evening Program

In the evening, the car park welcomed an eager audience to song, dance, drama and slide shows. All eyes were on the beautifully decorated stage and the various presentations, and would only occasionally gaze at the wide open starlit sky embracing one and all.

The dance and drama company 'Yoga Chaitanya' from Chennai presented the first part of a performance on Sri Swami Satyananda's life, from the time of his birth through to his experiences with his guru Sri Swami Sivananda and his early years as a sannyasin.

The story focused on his spiritual encounters and experiences during this time and the performers brought them to life in a vibrant way. With spectacular lighting effects and a blend of traditional and contemporary costumes, the dancers delighted the crowd with their interpretation.





# Day 2

Polo Ground – Thursday, 24th October 2013

## Yoga in Health, Therapy and Social Application

### Morning Session: 8 to 11 am

- Introduction by Swami Niranjanananda
- Address by Dr H.R. Nagendra, Vice-Chancellor, S-VYASA, Bangalore, on: *New Dimensions in Modern Education*
- Address by Dr Alex Hankey, Professor of Yoga and Physical Sciences, S-VYASA, Bangalore, on: *Decoding Vedic Science*
- Address by Justice Navneeti Prasad Singh, Patna High Court, Bihar
- Address by Justice Naval Kishore Agrawal (Sannyasi Anandadhama), Judge, High Court, Chhattisgarh
- Address by Sri Shekhar Dutt, Governor, Chhattisgarh

### Evening Session: 4 to 7 pm

- Introduction by Swami Niranjanananda
- Address by Sri Subodh Tiwari, Kaivalyadham, Pune, on: *Yoga and Therapy*
- Address by Swami Sannyasananda, Neurophysiologist and Yoga Teacher, Australia, on: *Clinical Applications of Yoga (Pranayama)*
- Address by Swami Mudrarooa, Doctor and Yoga Teacher, Serbia, on: *Yoga in Modern Sport*
- Swami Girishanand, Saket Dham, Jabalpur, *Nava Yogeshwara Katha*

### Workshops in English (at Ganga Darshan)

- Dr Vallath Nandini (Shivapriya), Consultant Pain Relief & Palliative Care Physician, Bangalore, on: *Perspectives on Yoga in Chronic Pain Management*
- Sannyasi Mudritachitta, M.AppSci, Accredited SY Teacher, Australia, on: *Yoga and Cancer*
- Dr Ulka Natu, Director, Prajnana Yoga Anusandhana Kendra, Ghantali Mitra Mandal, Thane, on: *Yoga for Menstrual Disorders*

### Workshops in Hindi (at the Polo Ground)

- Sannyasi Amritbindu, BHEL, Bhopal, on: *Studies on Yoga, Asthma and Chronic Obstructive Pulmonary Disease (COPD)*

# National Delegates Arrive

*Sannyasi Devileela, Australia*



The World Yoga Convention registration process for Indian nationals took place at the newly-built Munger Museum, located approximately 500 metres from the ashram's main gate. The museum was completed a few months prior to the Convention and served as the perfect place to receive the thousands of national delegates registered for the event. The reception area became the registration desk to welcome guests and issue their WYC badge and 'Welcome pack' prasad.

The registration process was carried out with state-of-the-art technology in the form of small electronic tablets, about 20cm x 15cm in size. The registration interface displayed the registration details of each individual. In addition to the tablet

was a barcode swiper. The combination made the registration process extremely fast and efficient.

Upon arrival guests were asked to quote their WYC registration number. Once the relevant badge was located, the barcode at the bottom of the delegates' badge was swiped. In no more than a few seconds the required information was viewed on the tablet. After ensuring the details were correct, one click and the guests were ticked as 'arrived'. The whole process was not only efficient, but environmentally-friendly as no paper-generated lists were required.

Ten sevaks were employed for the task of registering approximately four thousand national delegates from all over the country, as well as managing the crowds and troubleshooting any glitches. Prior to the 21st October there had been a slow trickle of arrivals, which gave the registration team a chance to learn how to operate the technology and to become familiar with the registration process. The tablet and swiper were definitely user-friendly, however the sheer number of arrivals expected each day from the 21st onwards was not something that could be trialed and tested.

More than six hundred people were anticipated to arrive on the 21st, and despite a few teething problems (or challenges) the day went remarkably well. On the 22nd, the day before the Convention, the queue at the museum was thick with people and excitement filled the air. That day was simply non-stop, with many sevaks not having a break for lunch or dinner. Registrations continued from 6 am until late at night, peaking at approximately 1,500 delegates. The following day continued in the same vein, with the crowds gathering as early as 5 am. At this point in time, the registration team and process was running like a well-oiled machine, and another eight hundred people were registered for this historical event.

The hustle and bustle that filled the museum lobby over those three days resembled a busy Howrah Station at peak hour; however, as a participant, it was truly an extraordinary experience filled with shakti and divine grace.

# Munger – City of Hosts

The whole town of Munger was preparing to accommodate the national delegates who had come from every corner of India to participate in the World Yoga Convention. Many citizens and devotees in town were building new houses or painting their old houses to be able to offer beautiful rooms and additional space for beds to the guests. Many schools in Munger closed for seven days and the children enjoyed a novel holiday. The teachers offered their seva to provide accommodation in their schools.



The joint effort, dedication and goodwill of the entire city made it possible that over 3,000 national delegates were looked after with care and consideration in:

8 schools

22 Vivah Bhavans (marriage halls)

8 hotels

3 guest houses

18 private homes

the Indoor Stadium

the ITC Workers Institute and in homes of their own relatives and friends.

# Home Stay

Sannyasi Mrityunjaya, Bhuj

I will remember the World Yoga Convention 2013 as full of surprises. One of them was our accommodation, our home stay. As there was a delay in our arrival, we were informed not to report to the ashram but to go straight to our host. I called from Jamalpur station and felt as if our own family members were waiting for us. We received a very warm welcome.

We were a group of ten, six Sivananda Balak Ashram boys, Sannyasi Premmani, my two sons and myself. The transport facility to and from the ashram was always a fun ride for the children. We felt we were in an ashram away from the ashram, indeed, we are part of a worldwide Satyananda Yoga family. Due to large numbers we were prepared for tough situations, but everything was smooth and comfortable.

Our host family was an example of ideal grihasthas, living in the spirit of *sahayoga*, the yoga of helping. They took care of every one of our little needs. Our home stay was our initiation into warmth, love, culture, devotion of a whole family, and of course, guru's grace. We received so much more than we expected.



# Golden Jubilee Akhand Kirtan Timetable

6 am      7 am      8 am      9 am      10 am      11 am      12 am

<b>23 October</b> BYMM	Bulgaria 1	Argentina	Mangrove Ashram, Australia
<b>24 October</b> BYMM	Sweden	Kazakhstan	France
<b>25 October</b> BYMM	Thane, India	Germany, Hungary & Switzerland	Chennai, India
<b>26 October</b> BYMM	Orissa, India	Lucknow, India	Rocklyn Ashram, Australia
<b>27 October</b> BYMM	UK	Serbia & Spain	Ireland

12 am      1 pm      2 pm      3 pm      4 pm      5 pm      6 pm

<b>23 October</b> Sikh group	Mumbai, India	New Zealand	BYMM
<b>24 October</b> Sikh group	Bangalore, India	Bulgaria 2	BYMM
<b>25 October</b> Chennai, India	Uruguay	Greece	BYMM
<b>26 October</b> Indore, India	Aurangabad, India	Brazil	BYMM
<b>27 October</b> USA	Colombia	Argentina, Australia, Bulgaria, & UK	BYMM



# Akhand Kirtan

*Sannyasi Karunananda, Australia*

Akhand kirtan was amongst the many activities of the World Yoga Convention held at Ganga Darshan. Every day of the Convention, from 6 am to 6 pm, at the Satyam Vatika Amphitheatre, groups of guests lead kirtan for up to two hours each. The kirtan was open for all to come and enjoy as they pleased.

I was told that my seva, being one of the organizers of this event, was 'VIP seva', but before the Convention I was not convinced. Organizing guests that were arriving only days before to sing kirtan continuously for 12 hours a day sounded like a logistical nightmare! But of course, I didn't count on the fact that this is no ordinary program, this is World Yoga Convention, envisaged and directed by Swamiji, with the blessings of Sri Swamiji.

Two days before program the massive banners of Sri Swamiji with his hand held in blessings were up, on Main Building and the main gate, giving the direct perception that the event was in divine hands. We had met many of the kirtan group leaders, they knew their times, the basic expectations and they seemed ready to go.

On the first day, as the organizers, we were vigilant, on alert and trying to comprehend how it would all fit together. After the first day was a success we realized that actually the event had a flow of its own and we only had to facilitate what naturally arose from the commitment and dedication of the sevaks, YUVAs (Yuva Yoga Mitra Mandal) kirtanists and audience members. The venue sevaks had relaxed also, they began to enjoy the kirtan and welcome guests with big smiles, clapping hands and occasionally dancing feet. The YUVAs on duty would brightly give a big *Hari Om* to all as they entered. The structure of the kirtan schedule flowed,



with a few adjustments. We met with all groups before their scheduled time, issues were resolved quickly and gaps in the timetable were filled by enthusiastic participants.

All the kirtan groups arrived at the appointed time. Eagerly, and often nervously, they waited for their time to start. Once on stage they would immerse themselves in kirtan and support each other to give the kirtan energy regardless of the number in the audience. They would finish with smiles, a look of appreciation that they had this opportunity and shine with guru's grace.

Every day was opened and closed by the Bal Yoga Mitra Mandal (BYMM) group. The young children were always eager to sing; they had put in hours of practice and couldn't wait to be on stage. When called, they would crowd around the stage with anticipation while the previous group finished the last bars of their kirtan and jump on stage before the others had a chance to leave. On one occasion, the current group was half way through their last kirtan. It was 5.02 pm, the BYMM scheduled start time was 5 pm. I was suddenly crowded by children, two of them pointing at their watches, "Panch bhaje, panch bhaje" (five o'clock, five o'clock).

From the very first group the kirtans were strong, energetic and full of bhakti. Day by day the energy lifted, this was clearly reflected in the participation from the audience, clapping, cheering and dancing were definitely on the increase. In the last hour of the last day the amphitheatre was packed. With the arrival of Swami Niranjan and Swami Satsangi the children of BYMM launched into the last kirtan “Dance, dance wherever you may be . . .” The amphitheatre was alive with pure joy.

The akhand kirtan was the perfect medium for guests to offer their hearts to celebrate the achievements of Sri Swamiji’s vision and mission. The strength of Satyananda Yoga-Bihar Yoga Tradition was evident as all thirty-one groups from across India and the world effortlessly conducted sessions of kirtan from our parampara. It was amazing to witness this living example of the depth and breadth of Sri Swamiji’s influence and inspiration.



# Nava Yogeshwara Katha



For four evenings, the Polo Ground offered its stage to Swami Girishanand, of Saket Dham, Jabalpur. He has become a most welcome guest and speaker at Ganga Darshan over the past few years and this time enchanted a much wider audience with his beautiful and inspiring *Nava Yogeshwara Katha*, the tales of the nine yogeshwaras, based on the eleventh canto of the *Srimad Bhagavat Purana*.

The teachings of the nine yogeshwaras, the great yogis, who had gathered at the court of King Nimi, came alive with humour and lightness. Swami Girishanand shared his understanding and knowledge of the topic and made the audience familiar with the intricacies of philosophy and concepts such as vairagya, maya and karma.

Kavi, Hari, Antarakisha, Prabuddha, Pippalayana, Aavirhotra, Drumila, Chamasa and Karabhajana are no longer empty names but yogis of olden times whose teaching is still relevant to society in the 21st century.

# Global Tribute – Kazakhstan

*Swami Akhileshananda*



We have come from Kazakhstan to participate in the celebrations of the Golden Jubilee of the Bihar School of Yoga, and to express our solidarity with the mission of Sri Swami Sivananda, Sri Swami Satyananda and Sri Swami Niranjanananda, and the yogic vision that they have propagated through the Bihar School of Yoga.

Until the 1990s, people in Kazakhstan, then part of the USSR, only knew of yoga as a special type of physical training. When the Kazakhstan Yoga Academy was founded in 1992, this idea was slowly dispelled. With the disintegration of the USSR, our country became independent and life began to change all around. During these critical times, Satyananda Yoga inspired people to find their purpose in life, to practise the precepts of yoga ecology and improve the environment, to become aware of the body at subtle levels and attain optimum health, to bring children into the world in a healthy way, to eat in a balanced way, to learn the vedic wisdom and explore one's inherent creativity. The luminosity of Satyananda Yoga is making us glow too.



# Evening Program

The second part of the drama and dance depicting Sri Swami Satyananda's life by the Chennai based group, 'Yoga Chaitanya', was presented in the evening of the second day. Guests eagerly gathered to see the continuation of the colourful and energetic display highlighting major events in the life of Sri Swamiji.

Part two focused on Sri Swamiji's life after he left his guru's ashram, including his sankalpa to invoke Swami Niranjanananda and his sadhanas of *Ramayana* and panchagni conducted at Rikhiapeeth. The array of characters, music and dance were an amazing sight enjoyed by all.





# Day 3

Polo Ground – Friday, 25th October 2013

## Yoga in Education: Samskaras and Developing Creative Expressions

### Morning Session: 8 to 11 am

- Introduction by Swami Niranjanananda
- Address by Swami Yogabhakti, Research on Yoga in Education, France, on: *Yoga as a Tool for Learning and Creativity*
- Address by Swami Madhavananda, Acharya, Chinmaya Mission, Ranchi, Jharkhand, on: *Synthesis of Yoga*
- Address by Swami Satyakarmananda, Acharya, Ghantali Mitra Mandal, Thane, on: *Multi-Dimensional Applications of Yoga for Youth*
- Address by Swami Nirmalananda, Doctor, Bihar School of Yoga, Munger, on: *Yoga and Research*
- Tributes by international representatives

### Evening Session: 4 to 7 pm

- Address by Rishi Arundhati, Acharya, Satyananda Ashram, Canada, on: *Yoga and Education*
- Address by Dr Mark Dyczkowski, Scholar and Academic, Varanasi, on: *The Master, Scripture and Personal Insight*
- Address by Swami Anandananda Saraswati, Acharya, Scuola Di Yoga Satyananda Ashram, Italy, on: *Yoga to Develop Awareness and to Live with Awareness*
- Swami Girishanand, Saket Dham, Jabalpur, *Nava Yogeshwara Katha*

### Workshop in English (at Ganga Drashan)

- Sannyasi Amargeet (16 years), BYMM, Munger, on: *Research on Effects of Yoga on Children: An Experience*
- Sannyasi Shiva Rishi, Chennai, on: *Personality Development in Early Adolescence*

### Workshop in Hindi (at the Polo Ground)

- Vikas Kumar, Munger, Bihar, on: *History and Efficacy of the Children's Yoga Movement of Swami Niranjanananda*
- Asana presentation by YUVAs

# A Thousand Faces of Love

*Jignasu Mantramala, Finland*

I had been given not seva but darshan. During the Convention my duty was to scan barcodes on the badges of the thousands of Indian national delegates as they filed past into Paduka Dashan for breakfast, lunch and dinner. The day before the Convention kicked off I still thought it was a fool's errand. The tablets were scanning slowly and the database seemed patchy. The early arrivals on whom we tested the systems appeared suspicious of what we were doing and impatient for their dinner. There was jostling and pushing in the queue. The swiping team was tense and bickering, and our legs ached.

Then the Convention started and everything began to flow. We had been instructed to make the swiping of barcodes – and everything about meal service – a positive experience; and a peaceful festivity descended over all the proceedings. The kitchen was running day and night, quietly and efficiently; the YUVA boys directing the flow of traffic were well-drilled and disciplined; and the Ganga sparkled in the background. When I directed people for troubleshooting (“No meal coupons purchased.”) I would see the smiling face of my fellow swiper, looking after everyone, flexible, polite and friendly. The high spirits and sense of peace and order started to be reflected in the queue in front of us – even when the crowd extended all the way to the Polo Ground.

Once again each of us had been given the exact seva that we needed. One of our team leaders, a sannyasa trainee, confessed that he had felt such an intense desire to scan barcodes that he had thought of leaving the ashram to work in a supermarket. Instead, here he was in Paduka Darshan, scanning to his heart's content and devising ever better and faster ways to facilitate the flow of crowds gathered in front of us. For my part, I was pretty sure that I had no barcode scanning samskaras to exhaust. But something else began to stir in me.

I had come to hold a dim view of humanity after ten years of working in war-torn countries: in Bosnia, Kosovo and Afghanistan. My world was full of people who propagated hate and fear, and who made a living from the suffering of others: corruption and venality, murder, rape and torture.

Then, all of a sudden, at the gates of Paduka Darshan, I experienced humanity in all its grace and beauty. First, one delegate would look into my eyes and smile, then another, and another. Scanning barcodes became something sacred, a practice of japa in which we connected and greeted each other with mantra and open hearts: Swipe. Pause. Meeting of eyes. *Hari Om*, you can go. Swipe. Pause. Eyes. *Hari Om*. Swipe. Pause. Eyes. *Hari Om*. *Hari Om*. *Hari Om*.

I struggled to keep down the emotion and joy that washed over me. I was brimming over with all that I had received, the love expressed in kirtan and havan and satsang, in film, song and dance at the Convention and Golden Jubilee. As I looked into the faces above the badges I was scanning, I could see the same joy reflected back, bright eyes in a thousand faces of devotion, smiling at me with each *Hari Om*. By the time Amargeet sang “Lord let me see your face in every face I see . . .,” in the closing session of the Convention, there was no stopping the tears.



# Convention Feast at Paduka Darshan



At Paduka Darshan 5,000 Delegates, 200 police and 150 members of the National Cadet Corps (NCC) were daily served for breakfast, lunch and dinner at 8 serving points. 120 kitchen staff worked 24 hours every day on 10 mud stoves and 32 gas stoves. 5 swipers, 30 ashram garden workers, 75 YUVAS and 6 coordinators guaranteed a smooth flow. 4 times daily the eating area was cleaned. 72 gas cylinder, 2,000 reusable plastic plates and 150,000 paper cups were used.

# Global Tribute – Malaysia

*Jyotidhara*

We have come from Malaysia to participate in the celebrations of the Golden Jubilee of the Bihar School of Yoga, and to express our solidarity with the mission of Sri Swami Sivananda, Sri Swami Satyananda and Sri Swami Niranjanananda, and the yogic vision that they have propagated through the Bihar School of Yoga.

It is indeed a blessing from paramguru Sri Swami Satyananda and my guru, Swami Niranjan, that I am present here today with the universal Satyananda Yoga family to celebrate the Golden Jubilee of the Bihar School of Yoga.

Malaysia has a special place in our tradition, as this was the land where Swami Sivananda lived and worked as a doctor for ten years and decided to dedicate himself to spiritual life. In his own words, “It was a journey from Malaya to Himalaya.” Therefore, Malaysia is part of the spirit of the tradition even though the system of Satyananda Yoga is relatively new here.

We hope that in the years ahead the great teachings of our gurus will come back from the Himalayas through the plains of Munger and Rikhia to the shores of Malaysia.

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## **Sri Swamiji,**

Thank you very much, from the bottom of my heart, for the invitation to come to Munger to celebrate, to work, to live, to breathe, to enjoy, to learn, to give, to take, to thank, to feel, to doubt, to believe, to question, to explore, to see, to hear, to smell, to talk, to listen, to meditate, to laugh, to cry, to carry, to long, to be.

The ashram, Convention and Jubilee will always have a special place in my life along with the Satyananda family. Here is a soul-felt ‘Thank You’ for welcoming me to this worldwide family today.

May you be forever blessed. Hari Om

*—Katrin, Switzerland*



# Small Wonders

*Emma French Hill, UK*

There were lots of little things to marvel at during the Convention: the unseasonal blossoming of flowers; the circling of eagles in the sky when the energy was particularly high; the usefulness of the survival kits we were all given. (During an early satsang, Swamiji asked those wilting in the sun why they weren't shielding themselves with the umbrellas they had received. The ashram was awash with brollies thereafter.)

Of all the small wonders I observed during the Convention week, one struck me particularly: the central role of children in running the show. Everywhere I looked, members of Bal Yoga Mitra Mandal (BYMM, or the Children's Yoga Fellowship) were performing some vital task: checking ID badges, directing the flow of traffic, distributing dish-washing water, leading kirtans. They performed their duties so capably and confidently it was easy not to notice their youth, but when I thought about it, I realized what a big deal it was: the organizers of this mega event had deliberately entrusted its smooth running to some school children. On reflection, I think this was a masterstroke. The children not only worked like troupers, and amplified the atmosphere of joy, they were the most persuasive of ambassadors for yoga.

## **A beautiful portrait**

Nowhere was this more apparent than during a workshop delivered by sixteen-year-old Sannyasi Amargeet. With angelic poise, Amargeet told the assembled crowd about a project BYMM had run in conjunction with the Yoga Research Foundation. The young people wanted to assess the effects of yoga on children their own age, so they had designed a program to judge its impact on physical, mental and emotional growth.

The findings Amargeet presented were impressive: almost all the metrics showed that yoga significantly accelerated young people's development. There was one puzzling anomaly in the results, but the young researchers welcomed this, Amargeet explained, because problems tend to lead to insights. The slides we saw were nowhere near as compelling as Amargeet herself. She exuded intelligence, composure and positivity, and as I listened to her speak, I thought there was no greater evidence of yoga's efficacy than the young people themselves.

Before a group of kanyas from Rikhia took to the Convention stage to perform a dance, one of the girls addressed the crowd in flawless English and explained that for many of them this Convention was an extraordinary opportunity. Some of the children had never before left their village of Rikhia, and here they were on a vast stage performing to an international audience of thousands.

None of this is to diminish the efforts and achievements of the grown-ups who contributed to the Convention's slick running. However, my abiding memory of the week will be of the army of young yogis: their shining eyes, their tireless efforts and their dazzling talents. What a beautiful portrait they made of yoga's capacity to transform.



# Mysterious 5D Centre

*Sannyasi Priyaratna, Australia*



In Satyam Vatika, inside Ganga Darshan Vishwa Yogapeeth, there is a small mysterious looking building called Yoga Drishti.

During the Convention, each day after lunch, a group of people would collect outside Yoga Drishti with no small amount of excitement and curiosity, and wait for their turn to go into the Yoga Drishti 5D Theatre.

The people were given a pair of 3D glasses as they stepped into the 5D theatre and took their seat in one of the twenty-four special motion chairs.

Then the doors closed and the spectators would navigate their way through wind, water, smoke, soap bubbles and snow

as they closely followed Kundalini Ma on her journey upwards from mooladhara chakra all the way up to sahasrara.

Once they entered the brightly coloured spinal column on screen, they listened to the role and symbology of each chakra and watched lotus petals open up, animals take their rightful place in each chakra and elements unfold their beauty and fury. As Kundalini rose steadily, the sadhakas not only experienced her upward movement but were pulled, pushed, shaken and twisted in all directions – thanks to the unpredictable motion chair.

Fifteen minutes later, a slightly dazed group of smiling people were surprised to find that they were standing again in Satyam Vatika, the beautiful garden of Satyam.

My seva was with a small group of sevaks whose job it was to clean the glasses and theatre between shows, organize people into groups and learn as much as we could about the running and maintenance of the theatre.

I found it to be a most enjoyable experience as we saw group after group of smiling faces emerge from the theatre. At the same time, we could hear the akhand kirtan nearby in the Amphitheatre.



# WYC 2013 – An Impression

*Rishi Nityabodhananda, Australia*

I came as a visitor to this impending great event about three weeks before the start. Initial preparations were already well established within the gardens and lawns of Ganga Darshan. There was a buzz of activity everywhere. Satyam Yoga Prasad pandal was a book pavilion with a difference where every person who wanted would receive as many books as they could carry. It had been erected and finished in fine orange and yellow cloth and inside a path lined with tables snaked up and down the whole pavilion. Nearby a huge air-conditioned cinema had been created. In between the two a darshan pavilion and a souvenir pavilion were arranged. All finished in fine coloured cloth.

Volunteers, sanniyasins, devotees, Indians and foreigners, from every part of the globe and from every walk of life, all with one intent, to bring this event about, were running ceaselessly, not in haste, but energetic determination.

In the centre of all activity was Swami Niranjanananda, Guru, guide, organizer, convenor, chief speaker and host to the Bihar School of Yoga Golden Jubilee, celebrating 50 years since the original inauguration. With 20,000 registered delegates confirmed, Swamiji had drawn a line and all further applications to attend had been returned with a 'no space available' note. Swamiji, sat in the Convention Command Centre pavilion meeting with a constant stream of groups coming to him to receive precise detailed instructions on their duties, some for accommodation, some for kitchen, some for special arrangements for VIP public figures, dignitaries and celebrated saintly yogis. There were a myriad of details for Swamiji to attend to from transportation arrangements to seat mat designs, to seating arrangements, introductions for speakers, and so on, the lists of minutiae were endless, and



to all Swamiji remained unfazed balanced giving intelligent direction.

The Convention was a multifaceted event with simultaneous divine activities. As well as Satyam Yoga Prasad, Cinema, darshan of Swamiji and Souvenir stall, there was akhand kirtan by various groups from around the world, and simultaneous tantric havan reviving almost forgotten and lost ceremonies in the beautifully prepared yajna vedi.

The main event of the WYC 2013 was of course the speeches. Not to be outshone by the other activities, WYC 2013 was held at the nearby Polo Grounds inside a combination of three vast steel framed canvas pavilions beautifully finished internally with white cotton lining and carpeted in red and green. The stage was also large and to the side a smaller stage for the kirtanists.

### **The Convention begins**

23rd October arrived and the Convention was about to begin. Thousands filed into the colossal pavilion, awed by the size and ordered arrangement within, delegates humbly took pre-decided seating and waited with an air of enthusiastic expectancy for the program to begin. Thousands and thousands of delegates, all registered, accommodated and served with food, some from the furthest corner of the planet and some from the town of Munger itself were now ready for the grand spiritual event.

By 8 am everyone was seated and the magic started with a vedic inauguration by eight pandits from Varanasi chanting from ancient vedic scriptures with the same ancient enunciations and the same intonations and emphasis that are the tradition since 5,000 years, they anointed the sacred images of Swami Sivananda and Swami Satyananda, then they anointed Swamiji and Swami Satsangi. The voices of the pandits refrain echoed throughout the entire immense arena and the vibration was transformed from one of expectancy to a unifying bond of love for Guru, God, Jnana and Yoga. This



bonding vibration was a characteristic feature of each and every session throughout the Convention and such comments were heard and overheard amongst the crowds before and after each session. Spiritual yearnings of devoted delegates were triggered by the echoes of that ancient vedic chant invoking the divine to bless this occasion. It was grand.

Swamiji began with a fine welcome to all. Then he outlined the essence of previous WYCs, starting with the first one by Swami Sivananda in Rishikesh in 1953, where it was declared that Divine Life is the birthright of everyone and he initiated the teaching of yoga openly to everyone.

The second World Yoga Convention was held in Munger in 1973 by Swami Satyananda. After this convention yoga spread like wildfire. The third World Yoga Convention was held in Munger by Swami Niranjan in 1993 and after this convention the practical and divine aspects of yoga were taken to different aspects of society, to industries and corporate.

Now the fourth World Yoga Convention was being held here to celebrate 50 golden years of Bihar School of Yoga. With some 36 speakers and a very talented group of musicians and singers from Munger Bal Yoga Mitra Mandal nothing could go wrong. Among the speakers were lawyers, judges, doctors,

scientists, scholars, yoga teachers and eminent psychiatrists. All had devoted a good part of their lives to yoga and yoga sadhana. As well, prominent yoga luminaries from India and abroad were a feature among the presenters.

It was a truly spiritual event, with yogic discipline. The precise order of everything from security arrangements to seating, from bags for shoes to safety deposit arrangements, from timings for discourses to timings for entry and exit gates made this event an exercise in the discipline of a yogic event. True, everybody did not get what they wanted, they were not free to wander here and there, but they did get what they came for, a well-organized event free from calamities.

Until the end it was a truly magic event, that common bond had found its way into so many diverse personalities, Munger town people who normally dissociate themselves with ashram activities found themselves greeting visiting delegates with joyful *Hari Om* and grumpy shopkeepers looked up and smiled at visitors passing through. On the world stage, the whole program was beamed over the internet and messages from all over the world came in reflecting a glow in their happiness with the experience.

If you are reading this but could not manage to come, know that you have missed out on the experience of a lifetime.



# Evening Program



The evening dedicated to paramguru Swami Sivananda began with a unique dance presentation performed by sannyasa trainees. The dancers from four different countries performed an offering to Devi, in the form of an Odissi style dance. This intricate Indian dance was presented with confidence, grace, beauty and precision.

Swami Sivananda was famous for his English kirtans and songs. The sannyasa trainees presented a selection of his English songs and bhajans, often adding a slight modern twist, with great devotion and purity. The sannyasa trainees were joined by Swami Niranjan and enthusiastic audience members as they sang Swami Sivananda's compositions which are saturated with his teachings.

A special guest, Swami Yatidharmananda of Rishikesh, performed a magic show. His unique magic act combined tricks and illusions with the teachings of his guru, entertaining and inspiring all.

# Day 4

Polo Ground – Saturday, 26th October 2013

## Yoga and Lifestyle



### Morning Session: 8 to 11 am

- Introduction by Swami Niranjanananda
- Address by Swami Achalanand Giri, Sainacharya and Peethadhishwar, Akhil Bhartiya Sain Bhakti Trust, Jodhpur, Rajasthan, on: *Guru Bhakti Yoga*
- Address by Rishi Vivekananda, Retired Consultant Psychiatrist, Australia, on: *Yoga: Change Your Mind and You Change Your Brain and Offspring*
- Address by Swami Pragyamurti, Acharya, Satyananda Yoga Centre, London, UK, on: *Universality of the Satyananda Yoga System*
- Address by Swami Sivamurti, Acharya, Satyanandashram Hellas, Greece, on: *18 ITIES of Swami Sivananda*
- Tributes by international representatives

### Evening Session: 4 to 7 pm

- Introduction by Swami Niranjanananda
- Address by Swami Smaranananda Giri, General Secretary, Yogoda Satsanga Society of India, Ranchi, Jharkhand, on: *Yoga–Meditation: Antidote for Stress, Anxiety, Worry*



- Address by Swami Muktibodhananda, Yogacharya, Australia, on: *Yoga as a Lifestyle Using Awareness of Chakras*
- Address by Sannyasi Ramdas (Ameet Malhotra), Occupational Therapist/Researcher, UK, on: *The Lived Experiences of Yoga Nidra Practitioners: From Relaxation to Spirituality*
- Felicitations to different teams at BSY for producing Satyam Yoga Prasad by Swami Niranjanananda
- Swami Girishanand, Saket Dham, Jabalpur, *Nava Yogeshwara Katha*

#### **Workshop in English (at Ganga Darshan)**

- Swami Mudraroop, Doctor and Yoga Teacher, Serbia, on: *Implications of Swara Yoga on Health: Manipulating Nasal Cycle through Yogic Practices*
- Sannyasi Gopaldharma, Doctor, US, on: *Application of Yoga Nidra for Medical Professionals*
- Dr Brajeshwar Mishra, Director & Superintendent, Ayurvedic Panchkarma Hospital, Motihari, Bihar, on: *Immunological Effects of Yoga Nidra on HIV/AIDS*

#### **Workshop in Hindi (at the Polo Ground)**

- Dr Ashok Kumar Gupta, Prof & Head, Dept of Internal Medicine, Darbhanga Medical College, Laheriasarai, Bihar, on: *Managing Stress: A Practical Guide*



# The Final Touch of Beauty

*Sannyasi Jyotiprabha, Bulgaria*

Under Swamiji's guidance, the World Yoga Convention was a colourful celebration, an inspiring festival of joy. There were so many events taking place to satisfy various minds and expectations of the participants who came from all corners of the globe and every state of India.

There were some others who were busily engaged with preparations for the events. They decorated, stitched and worked late into the night.

Five sevaks were on duty fulltime in the decorations store using all five sewing machines. They chose to stay there and work without attending any of the programs at the Polo Ground. Another two people were on duty at the Polo Ground, taking responsibility for the stage set-up and attending to the needs of the speakers. There were also a few sevaks, 'mobile



decorators', who prepared decorations for the evening programs and also answered urgent orders of beautification. Somehow they were always available when someone ran to the decoration store with the most varied requests – they truly kept us constantly busy.

Asanas, floor seating bolsters, were required for every event, but there were not enough ready-made in the store, so we had to improvise. When they were dirty, we quickly had to replace them and sew countless replacements. At times, we had to use bedcovers. Many towels, table mats and plate covers were prepared for the kitchen.

### **The black hole**

Something was happening every moment, with almost no pause to catch our breath. It was as if some invisible power took care of ensuring that everything was ready on time and happened in the right way. During the Convention, one more person was added to our team. When she came to the decorations store she explained that she had been warned not to come, because she would not be able to leave. She was told that whoever went to the decorations store never came back – it was like a black hole.

I believe this was actually the case! Not only were the people unable to leave, but also the four people who were accommodated in the store could not find their own bedding until the end of the Convention. Of course, there was not enough time to keep the store organized and always tidy, and some people said it looked like a tornado had hit it. Towards the end, it became difficult to find anything, and we had to start to label the shelves such as 'Car Park items', 'Cinema items' or 'Polo Ground items'. In this way, nothing would suddenly 'disappear'.

### **Wrapping up**

Besides the 'real' decorations, twenty karate uniforms were prepared. Even after many sleepless nights, on the last

morning, when the children received their uniforms, one of the seamstresses said, “I didn’t sleep last night because I was thinking that the children had already seen the costumes, how could we make it a surprise for them now?” So she asked if she could wrap them up like gifts to make it look like a real present.

This kind of thinking can only come from someone who has put all her love into the work, and of course, the children can feel this thanks to their innocence and purity. They truly were delighted!

When the team left for their respective countries, they said in parting, “What a wonderful and unforgettable experience.” The Convention was an incredibly lovely, uplifting and transformative experience for the whole decorations team.



# A Tsunami of Creativity

*Sannyasi Purnadhara, Australia*

The Convention was a nuclear reactor of spiritual and yogic unfolding on many levels from the personal outward. From this transformative furnace Sri Swamiji's vision of yoga as a world culture can more fully spread through us to our families and communities, just as the effects of the previous conventions did for their participants. As a conduit for Guru's will, the energetic awareness of this next wave is all we need to take home. That connection with Guru is the only important thing. From it the upliftment of humanity through yoga will unfold with renewed vigour. We are the forerunners, the innovators. Where Guru leads us, paths are forged for others to venture. The next wave of yoga is cresting and we are surfing it.

This wave, however, did not start and end only over those five magical days in October. The Convention was the breaker. The lead up to it over the preceding months and years started in much deeper water that slowly rolled towards the beachhead. As such, being part of the lead up to the Convention was a supremely unique experience in itself. It was a pure creative process right up to the last minute. Whilst some might ask questions such as, "Why wasn't this finished months ago?" This is really missing the point. A creative process is endless. It does not matter whether it is occurring outside us or within us. The only punctuation to either is the full stop of time running out. Whether it is in event management, or in a personal evolutionary process there is always another level of refinement to be unveiled, another layer of detail to be understood, or another stone to be turned. Creativity never ends. That this principle was active in the ashram, and that the great tsunami of creativity that created the Convention and Jubilee Celebrations was able to triumphantly crash on the beach of 23 October as the



Convention began, speaks volumes of the focus, vision and awareness of everyone involved.

### **Purusha and prakriti**

This vision and awareness could not help but create an event with deeper philosophical connections. The two events of Convention and Jubilee Celebrations mirrored the classic Samkhya duality of purusha and prakriti. The Convention took the role of pure consciousness, of purusha; and the Jubilee Celebrations that of prakriti, of action and material manifestation in the world. Between the two a degree of experiential wholeness was uniquely possible that participants will undoubtedly be unfolding in their personal journeys through the years to come, as we translate the macro into the micro of our lives. At a very large level, being a part of the World Yoga Convention and BSY Jubilee Celebrations brings a new level of congruence and harmony between our aspects.

At a more personal level, classic duality also manifested through the two main sevas I had been given. One was right-brain orientated, the other left brain. One seva was as part of the sound team; setting up microphones, cables, and all manner of technical apparatus. The other was photographing the Akhara pandal in a type of time-lapse sequence. The technical seva required a degree of inspiration and creativity, and the creative seva required a logical and rational reliability. As such there was an aspect of the other within each of the two parts. That which occurs around us in the world always mirrors in some way that which is ongoing within and this ping-pong match between the logical and inspired is what more often than not drives my creativity. The experience of observing this at such a physical level was a unique honour and a privilege, and then this within the large duality of the event's purusha and prakriti gave me a deep sense of purpose and inspiration. Perhaps enough to stay inspired for the next twenty years.

# Global Tribute – Mali

*Anandi*

We have come from Mali to participate in the celebrations of the Golden Jubilee of the Bihar School of Yoga, and to express our solidarity with the mission of Sri Swami Sivananda, Sri Swami Satyananda and Sri Swami Niranjanananda, and the yogic vision that they have propagated through the Bihar School of Yoga.

I was introduced to Satyananda Yoga in France where I received training to teach yoga. Returning to Mali with a sankalpa to spread Satyananda Yoga, the first class was at a sports centre and the date was 5 December 2009 – the day Sri Swamiji attained Mahasamadhi. Since then, his blessings have poured in and the opportunities to take his teachings to my African brothers and sisters have grown and grown. Malians and foreigners, the rich and poor, street children, the elderly and people in education are all receiving the benefits of this tradition. My city of Bamako which has a similar climate to Munger has a weekly sunset session of meditation and mantra chanting. All this has brought much peace and healthy change in the lives of many and though it is a fulltime job with all its tests and trials, my enthusiasm never wanes.

I vow to continue to take this wonderful gift that Sri Swami Satyananda has generously offered, to everyone around me.

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## **Hari Om**

I had such a wonderful time, feeling unity, joy and energy. It was like landing in another dimension, landing in the space of the heart. Maybe it was a glimpse of universal love, for I felt one with Guruji and the whole Satyananda family.

—*Sannyasi Satyamantra, France*

# The Tent of Knowledge

*Swami Ritambhara, Australia*



Turning the flame of knowledge into a fire became the focus for a large tent on the main lawn at Ganga Darshan during the World Yoga Convention.

From this space hundreds of books, CDs and DVDs were distributed to people from every part of the world and India. New releases included the Golden Collection, the Conversations Series on Hatha Yoga and Karma Yoga, Mudra Vidyā, Shiva Charitra and CDs like the Tantra collection of Sri Swami Satyananda. Established books and classics were also available.

The process was simple: Each person could take one of everything. People went through the tent selecting what they

wanted. Between 1,000 and 1,400 people moved through each day between 23rd and 27th October.

A team of sevaks unpacked and refilled the displays of books, CDs and DVDs. Others ushered people along the lines of tables. On 27th October, eight of us worked on the Hindi counter refilling the tables to meet the huge demand. This was indeed a popular shop.

Many sevaks, ashram residents and guests, put everything into this event. They spent hours preparing the spaces for the hundreds of items.

The labelling team worked diligently for over a week clearly identifying, the books, where they came from, the specific spot in the Satyam Prasad pandal, and the quantity in each box.

Then there were the strong men and women on the shifting team who endured hard physical work to help the flow of prasad. Let's not forget the efforts of the decoration department who came and left early, transforming a space into an inviting, inspiring and beautiful tent of knowledge.

The biggest "thank you" goes to Swamiji for his care for detail and leadership which gave so many people focus for this grand event.



# Hari Om

*Swami Sumitrananda, Australia*

Seva for 'Satyam Yoga Prasad' is both an inside and outside story. The seva culminated in welcoming the participants with a *Hari Om*, a smile, and giving them a bag just before they disappeared into the pandal to choose their prasad. The snake like queue had an air of anticipation, yet patience and lightness. Some participants nearby became intrigued at being swiped and then laughed or smiled as though relieved that swiping the identification didn't hurt.

A cheer to the youths of YUVA Mitra Mandal who are very energetic but had to stay in one spot to assist when needed. Their presence kept quieter moments entertaining.

The opening of the pandal was the culmination of a great effort by many sevaks from all corners of the world, with many languages working together with a deep desire to help each other fulfil the task. We counted, boxed, labelled boxes with zest so that each box of books, CDs, DVDs would reach the appropriate spot on the counter in the pandal. Amidst the zest more trucks with new stock arrived every day to add spice to how we would work and adapt. And the temperature got higher.

I found the drive and inspiration to be part of this seva came through Swamiji's words that this prasad really was Sri Swamiji's Prasad to us - his legacy.

Although the voice became hoarse with the constant repetition of *Hari Om*, after a while it slipped into mantra japa with intention. It is certainly a high light of this life and a privilege to be with our worldwide family in such high spirits and be part of something so unique. The cherry of the cake was being able to repeat so many *Hari Om* each day before Sri Swamiji' Prasad



# Global Tribute – Serbia

*Swami Omgyanam*

We have come from Serbia to participate in the celebrations of the Golden Jubilee of the Bihar School of Yoga, and to express our solidarity with the mission of Sri Swami Sivananda, Sri Swami Satyananda and Sri Swami Niranjanananda, and the yogic vision that they have propagated through the Bihar School of Yoga.



Satyananda Yoga came to Serbia in the 1970s and people embraced it wholeheartedly despite the communist regime and its restrictive doctrine. This well-developed system of yoga and its gradual progression with an integral approach is what we need, and through the strong guiding hands of Sri Swami Satyananda and Swami Niranjan, we have benefited immensely. As a people we have lived through many challenging situations – civil wars, occupations, communism, poverty – which have affected us in a way that does not make it easy to appreciate our inherent strength. However, Swami Satyananda understood the Serbian character and we felt accepted, appreciated and loved by him. And we loved him immediately in our own way. Bihar School of Yoga is very much present in Serbia with many teachers and many followers. It has given us so much: how to live a disciplined life, cooperate with each other, and most of all, it opened our hearts.

We have come to pay respect to the tradition that has uplifted our lives. Hari Om Tat Sat.

# The Golden Souvenir

Swami Yogakanti, Ganga Darshan



The Souvenir was a collection of six books: *Tantra Darshan*, containing Swamiji's lectures on tantra, *Yoga Yatra*, the account of the 2013 All-India yoga shivirs, *In Appreciation* of the many members of the Satyananda Yoga community who contributed to the 50 years of BSY, *Supporters of the Bihar School of Yoga*, *Souvenir Messages & Tributes* on the occasion of the 1973, 1993 and 2013 Conventions, and *Experience of Yoga* presenting a

kaleidoscope of articles and research papers on yoga.

Our pandal was situated between Satyam Darshan, the pandal for the feature film on Sri Swami Satyananda and the Satyam Baithaki, the sitting area where Swamiji and Swami Satsangi would meet delegates. Satyam Yoga Prasad, the heaven of books, CDs and DVDs, was right in front of us.

On 23rd October it began. The delegates seemed to be in trance, a state of disbelief and happiness. They emerged from Satyam Prasad with their bags packed with beautiful books and discs, wondering how they were ever going to fit everything on the plane or train as they contemplated the extra six books of their Souvenir. The nights were cooling but it was still very hot during the midday hours. Long lines formed before us, and as Swamiji appeared for darshan, everything seemed coated in honey and we were all honey bees. The chain gang continued turning up faithfully and moving the books, thirteen overseas guests, a team of volunteers from Bariarpur and the Y2M2s were

totally committed to their task and continuously stepped forward, presenting the Souvenir with sincere smiles and *Hari Om*.

It never stopped. The next day it was Karnataka and Delhi, the day after it was MP and Orissa. This was a 24-hour phenomenon day after day: the preparation, the programs, the parade of devotees clutching their prasad quite overcome with emotion and sometimes visibly trembling from the impact of it all. The queues were dissolving as we moved deeper into India, and there were simply floods of people by the time we got to Bihar.

We all became super charged. I was picking up heavy boxes of books effortlessly. So were the Y2M2s, so was everyone. What was happening? Energy and a spirit of giving was everywhere. That was lucky because instead of being on duty from 12.30 pm to 3.30 pm we were starting before breakfast and continuing through evening program. The Souvenir stall became a little raft that we inhabited like a family - getting to know each other as we worked as hard as we could and, through rotation of duties, gleaning experiences from the celebrations and interactions with crowds of yogis and sadhakas. There was an intense awareness that we were indeed attending the first Yoga Kumbha Mela of the century, and we were always aware of Swamiji's presence whether he was physically there or not.

We had thought the Convention was from the 23rd to the 27th, but actually many national and overseas guests were present for seven days. One of the transforming factors was that so many of the delegates were volunteer workers and the whole event, including its creation and dissolution, became a yogic sadhana of immense proportions. Swamiji had chosen *Sincerity, Seriousness and Commitment* as the theme of the Convention, and as the days glided past one felt a great ship was launched that was the result of his commitment to Swami Satyananda's mission of presenting yoga for the evolution of humankind.

The ashram remained open for Munger residents till the 6th November, ensuring that 'The City of Yoga' became aware of itself once more as a spiritual homeland.

# Evening Program



As per ashram tradition, the Mahamrityunjaya havan was performed. The havan was conducted by four of Sri Swamiji's first sannyasa trainees, Swami Niranjanananda, Swami Kaivalyananda, Swami Goraknath and Rishi Nityabodhananda.

As an offering to our guru Swami Satyananda, the sannyasa trainees presented the major events of his life through song, dance, drama, kirtan, karate and percussion. The audience was guided through the journey, from the bright yellow costumes that signified Sri Swamiji as a seeker; to the guru robed swamis chanting 'Hari Om, have no home' with lively percussion that depicted the young swami leaving his guru's ashram; to a dark strong fire and karate display that signified Sri Swamiji's panchagni sadhana.

The performance ended with an offering to Sri Swamiji, as all performers brought light and candles to his photo accompanied by the heart-felt melody sung with devotion and love of 'I know I'll never find another you'.

# Day 5

Polo Ground – Sunday, 27th October 2013

## Vision of Yoga as the Global Culture of Tomorrow

### Closing Session: 11 am to 3 pm

- Introduction and felicitations by Swami Niranjanananda
- Address by Rishi Vasishthananda, Acharya, Satyananda Ashram, Canada
- Felicitations to Swami Satyasangananda on her shashtabdapurti (sixty years) by Swami Niranjanananda and senior sannyasins, and release of the book *Sankalpa Putri* which is dedicated to her
- Vote of thanks by Minhaz Alam, Commissioner, Munger
- Address by Swami Satyasangananda Saraswati, Peethadhishwari
- Closing message by Swami Niranjanananda
- Golden Jubilee song by sannyasins of BSY
- Shanti Path
- *Swasti Vandana* prayer by Swami Niranjanananda





# A Touch of Splendour

*Sannyasi Pragyadhara, New Zealand*



How did we manage to store, pack, shift and distribute the ashram prasada? The process became yoga for us, an expression of yoga in action, as we focused on perfecting the science and art of giving.

The science of giving involved clear and proper planning to ensure order and discipline. We had to standardize the layout, arrange items in a practical manner, and pay attention to small details like the direction of the logo or image within each individual bag.

The art of giving included finding creative and positive solutions; staying buoyant through positivity; creating the placement and orchestration of people and objects in order to facilitate the beauty that unfolds in the exchange of giver and receiver.

On arrival delegates received an official 'Welcome Pack', and on a daily basis a prasada pack was given to complement

the items delegates had chosen for themselves at Satyam Yoga Prasad.

Each day around 1,200 delegates came to receive their Convention prasad. The operation consisted of: 62 sevaks to manoeuvre, poised to make it happen; 20 YUVAs shifting, passing prasad and guiding people in an orderly way; 30 sevaks coordinating stores, traffic flow, swiping and the stage area; 15 BYMM children took turns giving the prasad. Through the children, as mediums of the spirit of unconditional giving, the sanctity of prasad was maintained as grace from a higher power.

When everything was in synch, each part seamlessly linked without effort to the next. This created a ceaseless flowing river of blessings to fill the current of our minds and hearts for a long time to come.



# Global Tribute – Uruguay

*Sannyasi Janardana*

We have come from Uruguay to participate in the celebrations of the Golden Jubilee of the Bihar School of Yoga, and to express our solidarity with the mission of Sri Swami Sivananda, Sri Swami Satyananda and Sri Swami Niranjanananda, and the yogic vision that they have propagated through the Bihar School of Yoga.

Thank you to the Gurus for making this possible. It is like a new Big Bang when we come together from far and wide, exchange ideas and feelings and then explode back to our countries, families and work with renewed inspiration and energy!

There is a saying that everything gets to Uruguay twenty years later and Sri Swamiji also talked about twenty year cycles, so here are the twenty year cycles of Satyananda Yoga in Uruguay.

In 1973 a sannyasin from the Satyananda tradition came to Uruguay and that was the first step. In 1993 a group from Uruguay visited Munger for the first time and met Swami Niranjanananda, who filled our hearts with inspiration. This was followed by the Bogota Yoga Convention in 1995. And now in 2013 we are preparing to take Satyananda Yoga to schools, universities and into the work space. With the immense inspiration we have received from our time in Rikhia and here at the Convention, we return with the goal of spreading the teachings of this great tradition. We are proud and grateful to be part of this yogic family and offer our pranams to Swami Sivananda, Swami Satyananda, Swami Niranjanananda and Swami Satyasangananda. Thank you for this new Big Bang.

Hari Om Tat Sat

# Behind the Scenes at the Kumbha of Yoga

*Jignasu Akashmurti, Delhi*

Yoga prepares one to face the challenges of life with equanimity. Nearly ten thousand delegates from the length and breadth of India were expected to come to the Convention. Their accommodation arrangements were made in all the hotels, dharmashalas, community centres, and schools of Munger. My seva was to plan and execute the travel logistics for bringing the delegates everyday to the Convention venue, the Polo Ground, and then dropping them back. Arranging safe transportation for ten thousand people from fifty different places in the city! Initially, just thinking about the whole thing made one break into a sweat, but Swamiji's training turned this challenge into an unforgettable adventure.

## **Preparation**

Planning for this project started five months in advance. The whole city was surveyed, and road conditions were inspected – where a bus could reach, and where only a smaller vehicle could enter. The city was divided into seven parts, and a transport route was chalked out for each part. Constant coordination and communication was maintained with the local administration and police. At the planning stage, each aspect of the project was analyzed from different angles, and the minutest details were taken into consideration. In case it rained, a 'Plan B' was prepared.

After getting things right on paper, the next challenge was to actually arrange for the vehicles. An event of this magnitude had never happened in history, and making transport agencies and drivers understand our requirements was an uphill task. Finally, a caravan of one hundred big and small vehicles

**WORLD YOGA CONVENTION (23<sup>RD</sup> – 27<sup>TH</sup> OCTOBER) VENUE DIRECTIONS**  
**विश्वयोग सम्मेलन (23 अक्टूबर से 27 अक्टूबर 2013) सम्मेलन स्थल**

**Haridwar**  
 Welcome to this most auspicious event. Please understand and follow the directions as given on this map during the Convention period.  
 हरिद्वार में  
 इस प्रमुख सम्मेलन में आपका प्रवेश करने के लिए सबसे सही दिशा निर्देशों को ध्यान में रखते हुए आपका मार्ग दिखाने के लिए

**Main Ground / भीड़ जमा**

1. South Gate – For Ashram vehicles + Delegation sleeping in town  
दक्षिण द्वार – आश्रम वाहनों के लिए + शहर में रुकने वाले प्रतिनिधियों के लिए
2. West Gate – Restricted Entry  
पश्चिम द्वार – प्रवेश सीमित रहेगा
3. North Gate – For Delegates staying in ashram  
उत्तर द्वार – आश्रम में रुकने वाले प्रतिनिधियों के लिए
4. North-East Gate – For locals  
उत्तर-पूर्व द्वार – स्थानीय लोगों के लिए
5. East Gate – For Locals (no vehicles)  
पूर्व द्वार – स्थानीय लोगों के लिए (वाहनों के लिए नहीं)

**Routes / रास्ता**

- WYC Venue to Dining Area (for Non-Residents)  
स्थल से खाने के क्षेत्र तक का रास्ता (अतिथियों के लिए)
- WYC Venue to Dining Area (for Residents)  
स्थल से खाने के क्षेत्र तक का रास्ता (आश्रमियों के लिए)
- Vehicle Movements  
वाहनों के आवागमन
- Locals Movement  
स्थानीय लोगों के आवागमन

**Daily Timetable / दैनिक कार्यक्रम**

7:00am Breakfast / भोजन  
 8:00 – 11:00am WYC (Morning Session) / स्थल से खाने (सुबह के सत्र)  
 11:00 – 12:00pm Lunch / भोजन  
 4:00 – 7:00pm WYC (Afternoon Session) / स्थल से खाने (दोपहर के सत्र)  
 7:00pm Dinner / भोजन  
 8:00pm Haridwar Fair (at 1/2 km)

For any further guidance, please contact the Enquiry Centers. We wish you a wonderful stay and thank you for your cooperation.  
 अधिक जानकारी के लिए कृपया सहायक केंद्रों से संपर्क करें। आपका सहयोग हमें बहुत पसंद है, यह हमें प्रसन्न करता है।

**Legend:**

- Parking Lot / वाहन पार्क
- Enquiry Counter / सहायक केंद्र
- First Aid / प्राथमिक चिकित्सा
- Registration / पंजीकरण (संकेतित)
- Toilet / शौचालय
- Lost & Found / खोया हुआ सामान
- Resource Center, Power Agent, Storage, etc. / सहायक केंद्र

fulfilled the mission. A big credit for making the operations successful goes to volunteers from the local Youth Yoga Federation (Yuva Yoga Mitra Mandal). A team of forty sevaks ensured that from morning till night, the transportation system ran smoothly.

**Yoga-yajna**

Convention preparations happened at a war-footing, and sometimes in the midst of it all, one feared getting swept away by this hurricane of ceaseless activity. However, Sri Swamiji’s inspiration and Swamiji’s guidance always stayed with us as pillars of strength. Working under Swamiji’s guidance, I witnessed a rare coexistence of farsightedness and on-the-ground practicality.

During the Convention my day started at four in the morning, going to the car park and waking up all the drivers, and ended at ten at the night after noting down the kilometre readings of all the vehicles. The surprise element of my seva was the bond that evolved between the vehicle drivers and myself. People in the transport business, especially drivers,



are notorious for their uncouth ways. However, after they had spent a week, working day and night in the yoga energy field, there was a visible difference in their mannerisms. Life had presented them an opportunity to lower their rough defences, and the soft side of their personality was emerging. On the last day, as they received prasad and walked down the annals of yoga in Satyam Vatika, their eyes were gleaming, and mine were trying to hold back their tears.

To contribute to this historic event, old and new members of the Satyananda Yoga family congregated at the Ganga Darshan ashram from every corner of the world. Seeing several generations of the Satyananda Yoga Tradition work side-by-side was an experience in itself. Working day and night, all volunteers seemed to be immersed in the *guru tattwa*, the guru-element, as if they had a vast ocean of energy within.

I consider myself extremely blessed to have received an opportunity to take a dip in this Kumbha of yoga. Participating in this yoga-yajna, I witnessed such depths of and such potential for transformation of human consciousness as I could not have experienced even if I had spent my whole life in the outside world.



# Golden Jubilee Song

(Sung to the tune of the Beatles song Yellow Submarine)

In the town, where I reside, lived a man, Sri Swamiji.  
And he told us of a life, that would lead to the light.

So we set out on this path, yoga, ashram and sannyasa.  
And we lived, in harmony, with beloved Swamiji . . .

*We're all here for the Golden Jubilee,  
The Golden Jubilee, the Golden Jubilee.*

He gave us hope, he gave us joy, he gave us wisdom to live the life.  
With his grace and his love, we're all happy to be alive.

*We're all here for the Golden Jubilee,  
The Golden Jubilee, the Golden Jubilee.*

Yoga is a way of life, that brings us closer to the light.  
If you're after inner peace, we may just have, what you need . . .

*We're all here for the Golden Jubilee,  
The Golden Jubilee, the Golden Jubilee.*

Yoga went from shore to shore, from door to door to every home.  
And it shines within our hearts, as inspiration for everyone.

*We're all here for the Golden Jubilee,  
The Golden Jubilee, the Golden Jubilee.*

What's the purpose of this life, oh I wonder, I wonder why.  
To discover who we are, is the aim of BSY.

*We're all here for the Golden Jubilee,  
The Golden Jubilee, the Golden Jubilee.*

# Satyam – Life, Mission and Sankalpa

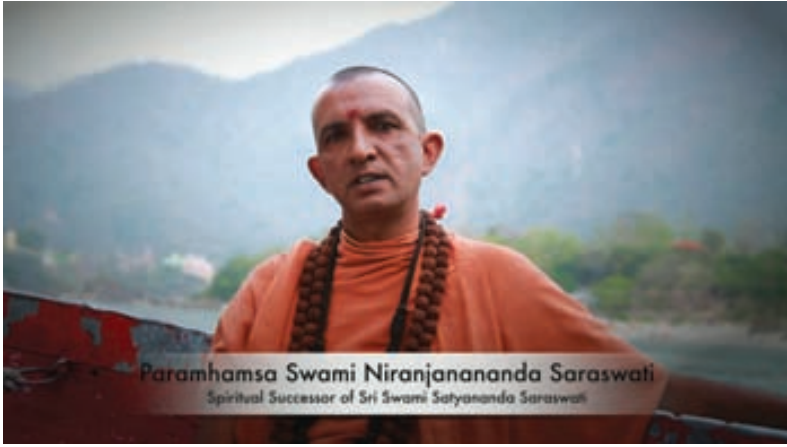
*Sannyasi Raam Sharan, Mumbai*



How does one define an experience that transcends all definitions, where even the attempt to capture those treasured moments in words seems limiting and quite frankly beyond me? Still, I shall try my best.

My journey with making a film on the life of Sri Swamiji began with a small seed – an intention rather; to use the skills God has graced me with – to contribute to the ashram, to Swamiji’s mission, in a meaningful way. I had no idea as to how to translate this intention into action and my first impulse was to conduct film-making workshops with the children of Rikhia.

It was Sannyasi Ramnavmi from Mumbai who actually asked me to make a film for the Convention and even formally introduced me to Swami Satsangi. My connection with Swami Satsangi was instant and spontaneous, and she immediately agreed with the idea of making a film on the life of Sri Swamiji



and opened up the channel for me to meet Guruji, Swami Niranjan, in order to discuss it further.

In retrospect, we are all amazed at the ease and pace with which things took place. It was almost like it was pre-ordered and right from the beginning, I knew and felt very deeply that I was a medium, a channel for an already conceived plan to manifest; and Sri Swamiji was the engineer.

### **According to plan**

I met Swamiji during Akshaya Tritiya 2012, in Rikhia and on the last day he gave me directions to develop the script. He said, “Think of it in four parts - Rishikesh, Parivrajaka, Munger and Rikhia as the creation and consolidation of his mission.” It was a clear direction, but I was still stumped. Where to begin? How does one transcribe such a monumental journey into a befitting script? Once again, I received guidance this time from Ammaji.

I had received *Mere Aradhya* as prasad, it was Ammaji’s beautiful and sublime Guru Gita that became the foundation of my script. For days, it must have been almost a month, I was immersed in first the book and then scripting feverishly. I had lost the concept of time, rest, leisure and the outside world itself! All I could think of was various points of Sri

Swamiji's life, the incidents that made him come alive, and that gave me glimpses of his divine personality. I felt him, very tangibly, not only through scripting, but verily at every stage of making this film. Not only I but everybody who was part of the film, including Guruji and Swami Satsangi felt Sri Swamiji's presence as a living force present amidst us.

Whether it was coincidence or ordinance I don't know but even our shooting began on the 5th and 6th April in Tryambakeshwar and ended on the 5th and 6th May in Rikhia. The last patch of voice overs we had to record of Swamiji and Swami Satangi were done on the 23rd September – the day Sri Swamiji arrived in Rikhia. Just like his life, everything with regards to the film too occurred in an auspicious and benevolent manner. In fact, the actor who played Sri Swamiji on the Rikhia section one day said, "All this while I kept hearing 'divine grace', 'divine grace', and I never understood it, but now I am feeling it and I don't know how to define it." He said this, after we had shot the panchagni scene. So I'd like to once again stress that all of us who came together to make this film, were mediums in Sri Swamiji's grand plan.





## **Anything is possible**

All I did from my end was surrender, and that too was effortless! I can say that I experienced three things through this process very clearly – a feeling of oneness, union with the guru tattwa, an unbroken and constant awareness of guru and the strength and power of the guru's energy which makes even the seemingly impossible, eerily manageable.

There were times when we were working really hard and shooting from 5 am to 12 at night. Our schedule spanned a month, divided between Rishikesh, Munger and Rikhia. Every day we were on our toes, but if there was a moment of exhaustion it never showed. The crew was always happy, always willing to stretch and everything happened in a very smooth and positive manner.

In the last two weeks of editing, colour grading, music and sound design I was sleeping for hardly three hours a day, but my mind was still active, still happy, almost elevated! In those moments too I felt this shakti, Sri Swamiji's shakti, that had possessed me and was making everything happen. If we look at it practically it is impossible to score music and sound, design and mix a two hour film in barely a week and a half. This itself usually takes anything between three to five months, but again we all learnt practically that with guru's grace nothing is impossible.

Words are too limiting to describe the huge role that Guruji and Swami Satsangi played in this whole process. They have been pillars of support and it is their grace, blessings and of course participation that inspired, enabled and paved the way for the film being all that it is. I received from them 'complete cooperation' and 'complete trust' and it was this trust that made me jump over my own limitations to create a film worthy of Sri Swamiji.

## **Must be a hit**

Having Guruji with us both as a performer and as a guide was of course a treat, but I must say that his keen observations and

guidance on the finer details of recreating scenes brought them to life. Even the archival footage that we used was handpicked by him!

At no point did I feel lost or a lack of anything. Guruji and Swami Satsangi were like my 'kalpavriksha'. They opened up all the doors to help us accomplish this unified vision. All the memories of time spent with them are imprinted like snapshots on my consciousness, however, I have no way of translating them into words.

This film has been the most uplifting, enriching and amazing experience of my life. I have witnessed the magic of guru's strength and power on so many levels and through innumerable instances – that my only prayer now is to continue to be used as a channel, a medium, to manifest his will – as there is no greater joy in life.

The response to the film at the World Yoga Convention has been overwhelming and far exceeded expectations. Then again, that has been the case at every point in this journey, whether it was the support we received from the ashrams, Guruji's personal involvement, finding the actors or even the music composed. At every stage I felt Sri Swamiji giving me more than I had asked for, anticipated or planned. Everyone had been coming up to me congratulating, thanking and praising me. Honestly I don't know where to hide in those moments – for as I've said a fair few times now – yes I gave my skill, my time, my mind and all of my heart – but the work, the creation, the manifestation was done by somebody else, I have no part in the credit!

Everybody has been saying "The film is a hit!" I smile, and in response say, "Well, it is Sri Swamiji's film . . . it has to be!"



# Evening Program

The evening started with an explosive modern dance performed by Bal Yoga Mitra Mandal (BYMM) girls, followed by both boys and girls participating in a lively display of martial arts, accompanied by narration and interjections from Swamiji, creating a light and enchanting atmosphere.

The traditional dance performed by the older girls of BYMM was beautiful and full of grace, demonstrating how creative, positive and inspiring the ashram youth is. All were captivated by the gentle movements and stunning choreography.

The stage was set for the sannyasa trainee presentation on the life of Swami Niranjanananda. Using the story of a seagull by the name of Jonathan Livingston, Swamiji's favourite book as a child, the audience was taken on a journey through Swamiji's life and philosophy for living. Using their talents of song and dance, the sannyasa trainees presented an energetic and heartfelt musical. An inspiring and amusing collection of slides accompanied the presentation.

Swamiji highlighted that this was not a part of the official celebrations, but all present had the feeling that it was a perfect end to the five days of celebration and joy.



# A Humble Thank You

*Swami Prembhav, Ganga Darshan*



It is a month since the World Yoga Convention of 23 to 27th October 2013 and Ganga Darshan still bathes in the divine warmth and light of WYC. The gardens shine with a new beauty, filled with new species of birds, animals and flowers. They remind me that I did not dream of a place and time of celestial beauty, where nature and human beings united in divine inspiration and happiness. The World Yoga Convention was real, it did happen here at Ganga Darshan, Munger!

I feel the memories slipping from me, and I want to keep them, in a place where I can find them, whenever required, to uplift me and remind me that it is possible for true divinity to be experienced. For my beloved guru did it. He was able to lift us all out of our mundane existence and for five days we all danced, worked hard and felt such happiness, joy and unity, it hardly seems possible.

Behind it all, behind my guru, behind the sevaks and delegates, there was the force of our parampara, the tradition,

established by Swami Sivananda and Sri Swami Satyananda. Their vision and inspiration became manifest during the months of preparation, and during the activities and events of the Convention. Their teachings were alive in the spirit of 'serve, love and give' as karma yogis from all corners of India and the globe gathered to make a dream become reality. The year 2013 saw the Fellowship of Satyananda yogis and the universality of Satyananda Yoga bloom and blossom at Ganga Darshan and Munger.

The joy and smiles on the faces of the participants was an acknowledgement of the tradition and the desire and good will to uphold the mission of Swami Sivananda and Sri Swami Satyananda whose blessings and presence were felt by one and all.

### **One man show**

I am not talking about the inspiring lectures, workshops, Prasad, or kirtan, they were the medium for the grace to flow. I am talking of one person alone; it is of our Guru, our beloved Swamiji. For it is his brilliance and ability to, invoke, inspire, create and give, that made the WYC the most incredible program ever in the history of the Bihar School of Yoga and maybe even the history of Yoga!

I am a sannyanasin of the Bihar School of Yoga, living at Ganga Darshan Campus, Munger. For the last few years we had been hearing about the 'convention' and it was all we were working for. Every action of everyday was 'for convention', we created and produced so much 'for convention'. Honestly, I never really understood what this 'convention' was, I had no idea how 20,000 people would come to Munger and what we would do. Swamiji spoke about the 'convention' and we listened and worked as hard as we could. Actually never really knowing what was going to happen!

The weeks before the Convention were the most intense time of our lives. We were planning and arguing among ourselves with the usual headtrips and power trips that sannyanasins go



through under pressure. Swamiji watched the dramas and with his skill and understanding, knew exactly what had to be done and how. He managed us all with such expertise and skill, and like a master conjurer everything planned fell exactly into place. It was Swamiji who planned everything; from every stitch and pole in the pandal, every page of every book, every musical note on every audio CD, every name on every badge, and every mattress on the floor, all were planned, executed and managed by him. It was a one man show. We were only the means for it all to happen. By observing him and through this training, he gave us understanding and tools that would assist us for the rest of our lives. It was an intense time of learning and growth and we were pushed to see our strengths and overcome our weaknesses.

### **Guru's grace**

In spite of us and our limitations, the 'convention' formed around us, and before we knew it we were receiving our 'convention' prasad and skipping like children with joy in the sunshine singing *We're all here for the Golden Jubilee, the Golden Jubilee, the Golden Jubilee*. The Convention was upon us. Thousands of people were descending on Ganga Darshan and I still didn't know what 'convention' was. There was only one person who had the vision and understanding of 'convention', and through that, Swamiji guided us through our muck and negativity to come out shining, smiling and living life to the fullest.

The Convention' started, and the world changed for us. The fighting stopped, the heart opened, and high spiritual energy flowed everywhere. The Convention was a shining success, not thanks to all of us with all our limitations and human failings but thanks to one man alone – Swami Niranjan, who miraculously used whoever and whatever he had (like Rama who used the monkeys, bears and little squirrels to build the bridge to Lanka) to create not only a program but a vortex of energy beyond this world that shone with such grace and light, it became a beacon to all aspects of nature, from the gross



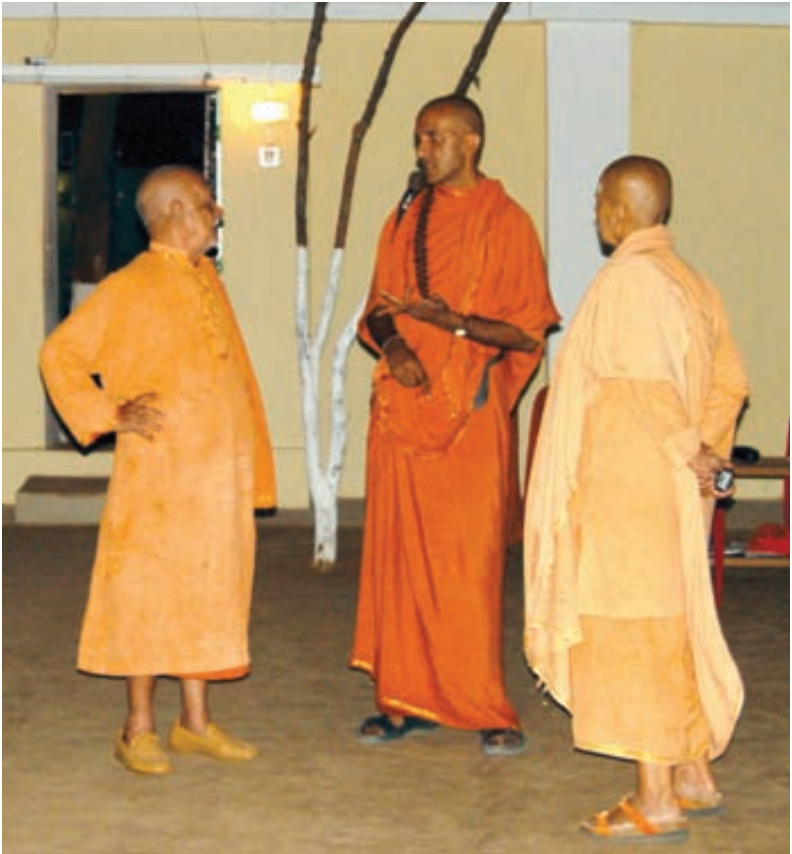
to the sublime, all were attracted to the shining divinity that illuminated the whole of Munger.

I want to thank my Guru. For it is Swamiji, who showed us that divinity is real, it is not a concept or an experience only for the churches, saints and gods. It is here with us now and it IS possible to create heaven here on earth. Swamiji did it during the Convention simply by connecting everyone together with the source of their divine inspiration – guru tattwa. It is this source of inspiration that enabled people from all over the world, of all ages, religions and cultures to come together and join as one, with renewed strength, conviction and inspiration to keep working for yoga, sannyasa and spiritual life. The guru tattwa permeated the entire World Yoga Convention and continues to flow through every part of our being. When we can tune into that force there is nothing in this world that cannot be achieved . . . nothing!

# Comm-Union of Yoga

*Swami Niranjanananda Saraswati*

The journey of the Golden Jubilee celebrations began in 2009 when, in the month of June, my guru Sri Swami Satyananda called me and said that the Golden Jubilee of the Bihar School of Yoga was only a few years away. "You will celebrate it! Right?" he said. "Of course," I replied. Then he said in Hindi, "*Khoob dhoomdhaam se manana*," which literally means, 'celebrate with great pomp and splendour'. I said, "It will be as you wish."



Sri Swamiji attained mahasamadhi in December 2009, and for the year that followed there was no time to think about the Convention. The formalities of Shraddhanjali, the rituals performed to honour the mahasamadhi of a sage of Sri Swamiji's calibre, were completed by the end of 2010, and the year 2011 was spent immersed in sadhana and visiting the teerthas in Sri Swamiji's footsteps. When 2012 dawned, thoughts of the Convention returned. During the 2012 Basant Panchami program, held at the end of January, we made a formal announcement inviting all to join in the preparations. Thereafter, preliminary meetings were held with town planners and citizens of Munger. The defining day, however, was 6th February 2012, when after the performance of the Sri Yantra Abhisheka at the Akhara, I went to my room and did yoga nidra. During the practice, I felt a download of information in my brain. When I came out of the practice, the entire plan for the Convention was crystal clear in my mind.

The next morning, I called a sannyasin and said, "Come with a clean diary." She said, "Shall I bring a notebook?" I replied, "No, I want a diary." I wanted a yearly diary with clean pages for each of the 365 days. When she arrived with the diary I said, "Okay, now sit down and start writing." For three hours, I dictated and filled the whole diary of three hundred and sixty-five pages with a detailed plan of the Convention, by days, weeks, months, departments, people; everything was outlined. This happened on 7th February 2012. Everything that was downloaded in my mind was written down. That done, I said to the sannyasin, "Now remind me of the Convention after Guru Poornima 2013."

The work of preparing for the Golden Jubilee and the World Yoga Convention started then and I began to think what the theme of the Convention should be. The spiritual and yogic tradition and culture in India has become like a huge banyan tree, under whose shade yogis meditate and even thieves, robbers and dacoits count their money. This is the umbrella of spirituality under which we all sit, some as tapasvis, yogis

and sadhakas, some as commercial opportunists to propagate their own agendas.

### **Purity of tradition**

We belong to the tradition of tapasvis, yogis and sadhakas. This tradition is visible from the time of our paramguru, Swami Sivananda. He did not strive for any commercial gain through his wisdom, knowledge and power. Although he was a popular and famous person, there were times when there was nothing to eat in the ashram. Yet his motto and ideal remained selfless service and not self-oriented accumulation of wealth and power. In this way, he lived the life of a tapasvi, a yogi, a siddha and a sevak.

That same spirit is seen effulgent in Sri Swamiji. While having all the options and opportunities to 'become the messiah', he chose the path of tyaga, tapasya, yoga and selfless service. He did not desire anything for himself, for status, name or fame. The only motivation in his life and the only inspiration he gave to all who came in contact with him was to bring a smile of happiness on the faces of people, and to wipe their tears of pain and sadness.

These tapasvis and siddhas created the foundation of yoga and spirituality, and the Bihar School of Yoga has been propagating their teachings for the last fifty years. It is a very solid foundation and we hope that the future generations will maintain the purity, the sanctity, and the classical and traditional aspects of spirituality and yoga. It is this that survives, not the add-ons or fluff that people attach to the subject of spirituality or yoga. All the fluff that people add in the form of hot and cold, power and no power yoga, are only indications of a mindset wanting to be identified differently and acquire name and fame, guided by financial and commercial motivations.

If you want to help humanity through a tradition and a science, a *vidya*, then the purity, integrity and sanctity of the tradition and the teachings have to be maintained. Otherwise, despite all the vidyas in the world, there will be no





salvation, growth or evolution for humankind. It has been the attempt of the Bihar School of Yoga, Ganga Darshan Vishwa Yogapeeth, to maintain the systems and the teachings of spirituality and yoga, as taught by Swami Sivananda and Swami Satyananda, pure and intact, free from the influences and impositions of people and society.

All those who come here must remember that this is a place where discipline and yogic culture are imbibed. It is not a place for flirting away one's time under the guise of spiritual life. This was the inspiration we see in the life of Swami Sivananda and Swami Satyananda, and this is the foundation of the Bihar Yoga tradition, of Ganga Darshan Vishwa Yogapeeth, Munger.

### **Fifty years of accomplishing the mandate**

In the last fifty years, yoga has become a household word. Fifty years ago, Sri Swamiji had pronounced that 'yoga is the culture of tomorrow'. Fifty years ago, Swami Sivananda had given the mandate 'to spread yoga from door to door and from shore to shore'. Since the mandate and the pronouncement, fifty years have gone by. In this period, yoga has undoubtedly gone from door to door and from shore to shore: as a practice, a way of life, an academic subject, a subject of research, a subject of implementing in one's life. The mandate given to Sri Swamiji by his guru, Swami Sivananda, is fulfilled; there is nothing lacking. That mandate is complete and over.

In these fifty years, the aspiration and pronouncement of Sri Swamiji that yoga will become the culture of tomorrow, is also being realized, as more and more people become aware of

what yoga has to offer. This relates not only in terms of physical health and practice, but also mental health and practice, and spiritual awareness and practice. People are realizing that yoga is not a religion, that the aspirations of yoga are different from those of religion.

Many types of yoga have come up in the world, some focusing on physical aspects, some on mental, and some on a pseudo-spiritual/religious aspect. Nonetheless, in these last fifty years that I have been a witness to the development of yoga around the globe and seen the effort put in for the propagation of yoga by my guru and others who have followed him, I find that the understanding of yoga is incomplete in both the East and the West even today. If you look at human society and the yoga studios and centres that exist around the world, in many countries and India, what are they teaching? What are they doing? Teaching hatha yoga to slim the waistline? That defeats the purpose of yoga. Teaching asana and pranayama for health also defeats the purpose of yoga. If you look at the hatha, raja, jnana or bhakti yoga centres around the world, they are each teaching only one-tenth of yoga. How many centres in the world teach holistic yoga as conceived by Swami Sivananda and as propagated by Swami Satyananda? A handful.

### **New yogic mandate**

While the hatha yoga and the raja yoga centres will fail in the next five years' time, the need for yoga for the development of an integrated human personality is going to increase manifold. In this area, Satyananda Yoga has a lot to contribute and offer. Therefore, when thinking as to what should be the theme of the Convention, I chose three words: seriousness, sincerity and commitment to yoga. I am not saying 'practice of yoga'; I am not using the term 'yogic lifestyle'. I am using three very specific, non-abstract words. How you understand and define sincerity is up to you. If you are sincere, you will know what it means, and if you are not sincere you will never know its meaning.

Seriousness is to go deep into something. Sri Swamiji often says that if you want to get water from the ground, do not dig fifty holes one-foot-deep. Instead, dig one hole that is fifty-feet deep and you will find water. The yogis, yoga teachers and students of today are like those who dig a hundred holes that are only one-foot deep. Therefore, people are still not enlightened, nor is their kundalini awakened; they cannot face their own moods and stresses, despite being involved with yoga for twenty, thirty or forty years. They do not have control over the vrittis. Thus, seriousness, sincerity and commitment have to become the words that every yoga aspirant follows, emanates and lives.

This is the statement of the Bihar School of Yoga. The Bihar School of Yoga IS Swami Sivananda, Swami Satyananda and Swami Niranjanananda. This tradition, received from Swami Sivananda through Swami Satyananda to us, is going to be the tradition of the future. Mark my words. This World Yoga Convention has become the stepping-stone into the new world of yoga that will develop and evolve in the years to come.

What we witnessed and experienced during the Convention was something extraordinary. While everyone was fully engaged in the external events, a tectonic shift took place in the unified consciousness present here; how each individual experienced it depended on their receptivity, and how they will carry it forward will depend on their sincerity, seriousness and commitment. Many people came up to me and said, "Swamiji, despite the numbers, despite the long queues, despite the range of activities, despite the lack of sleep and so much to do, we feel so peaceful and calm." What they were referring to is real yoga: samatvam between the outer and the inner, and the Convention became the medium to have a glimpse of this state. People also expressed their delight at the number of activities they could engage in, but remember, the intention was not entertainment. Every activity was a 'neuro-bion injection' into an aspect of the personality, whether the mind, the emotions, the pranas, the psyche – even the legs were exercised with all

the walking required! The sum total gave a true experience of integral yoga: seen in the harmony shared by all. Now, this must become the reference point for how you perceive, practise or propagate yoga.

At the deliberations, the majority of the speakers were not spiritual masters but yoga sadhakas who have been practising and propagating yoga in the past thirty or forty years and are trying to live yoga in its true essence. Their experiences provided a real understanding of the yogic journey across the globe since the inauguration of the Bihar School of Yoga. At this Convention we also applied the latest technology, whether for security, procedures or information dissemination. In the future, yoga and modern science will play a complementary role. Above all, however, it was the presence of grace and gurus that made this Convention outstanding. Sri Swamiji's guiding hand could be felt in every aspect of the Convention, assuring us that he would continue to lead us forward. I could just imagine him looking down at all of us and smiling, for we had accomplished what he asked us to: the Golden Jubilee was celebrated with yogic 'dhoomdhaam', with great dignity and great splendour.

### **The future**

As the outcome of this Convention, many old systems and methods will be replaced, and within a few years you will see the new systems and methods that will be put in place. Those people who follow this system and tradition will have the responsibility to ensure that the sanctity and purity of the tradition is not diluted. In the coming years, a new direction and motivation will be given to all yoga aspirants, teachers and students. Those who have the ability will become part of it, and those who do not have the ability will be a witness for the development of something much more sustainable, substantial, intense and powerful to touch the lives of people. This is the vision of the World Yoga Convention and of the Bihar School of Yoga, whose Golden Jubilee we have celebrated. This is



the offering from all of us to our guru parampara, Sri Swami Sivananda and Sri Swami Satyananda.

Finally, I would also like to say 'thank you' to all the people who have contributed to the fulfilment of this vision of Sri Swamiji in their own manner. In whatever way you have done it, half a percent or one hundred percent, thank you for your contribution to make this vision a reality.

– 6 November 2013, Ganga Darshan



### ■ MUNGER

#### **Gurukul Lifestyle Course**

From February to October, a nine-month Gurukul Lifestyle Course was conducted for 18 participants from Australia, Bulgaria, India, Iran, New Zealand, Serbia and South Korea.

#### **Yogic Science and Lifestyle Course**

From June to August, 17 participants successfully completed the three-month Yogic Science and Lifestyle Course (Hindi). They represented the states of Bihar, Jharkhand, Maharashtra, Rajasthan UP and Uttarakhand, and Nepal. Sannyasi Soumyashakti gave daily classes on APMB, meditation and yoga nidra. Lectures on the various topics of the science of yoga were delivered by Swamis Gyanbhikshu and Nirmalananda.

#### **Propagation**

From 5th to 9th November, a yoga camp was held at Navayuga Engineering Company Ltd., at NTPC, Barh. Managers and their families attended classes and satsang conducted by Swami Gyanbhikshu who was assisted by Bal Yogesh of YYMM.

#### **Musical delight**

From 26th to 28th August, Ganga Darshan was under the spell of Prahlad Singh Tipanya, who enchanted all as he combined singing and explanation of Kabir bhajans in the folk style of the Malwa region of Madhya Pradesh. Not mere entertaining music, his concerts were deep engagements with the spiritual and social thought of Kabir.

On the last night, Krishna Janmashtami, the children of Bal Yoga Mitra Mandal joined in with singing kirtan. Kumar Satvik (10-years-old) and Kumari Aahuti (8-years-old) from Delhi held the audience spellbound with their beautiful rendering of classical Indian bhajans. Swami Niranjan concluded the program with an uplifting kirtan.

#### **Sri Lakshmi-Narayana Mahayajna**

From 8th to 12th September, Paduka Darshan Ashram, the seat of Sannyasa Peeth was host to the annual Sri Lakshmi-Narayana Mahayajna with the splendour of a new stage, mandap, and baithaki for Lakshmi-Narayana. Swami Satsangi graced the yajna with her

presence and pandits from Tryambakeshwar conducted pooja, havan and aradhana. In the mornings, Krishna Devi from Bhagalpur delighted all with Bhagavat Katha. On 9th September, Ganesh Chaturthi was celebrated. The breaking of 108 coconuts by 108 guests, sannyasa trainees and residents symbolized the breaking of the hard shell of one's ego.

On the third day, Lakshmi and Vishnu sahasrarchan was conducted during which 1,000 guests offered sindoor, tulsi leaves and rice. On the following day a special Ganga arati was performed by a group of local pandits. On 12th September, in memory of Swami Dharmashakti, the akhand Ramayana was chanted by the Ramayana Mandali, Munger, at the Akhara. At Paduka Darshan, poornahuti was followed by celebrations of Sri Swami Satyananda's sannyas diwas. Swamiji and Swami Satsangi conducted havan, before kirtan and song concluded the day and yajna.

A spirit of joy reigned throughout the yajna which was attended by 1,500 guests and visitors, and many local Munger residents came to participate wholeheartedly.

In the evenings, Yajnashala became the scene of artistic performance. On 8th September, sannyasa trainees presented their tribute to Swami Sivananda by singing his favourite songs. This was followed by a classical Odissi dance performance. On 9th September, Rudrabhisheka was performed by pandits which was followed by Akhara darshan. On 10th September, the sannyasa trainees performed a dance-drama based on the book *Jonathan Livingston Seagull*, paying tribute to Swami Niranjan.

The next evening, the children of Bal Yoga Mitra Mandal presented classical Indian and modern dance to a charmed audience. This was followed by darshan of Satyam Vatika.

### **YYMM Foundation Day**

On 2nd October 2000, Swami Niranjan founded the Yuva Yoga Mitra Mandal (Youth Yoga Fellowship). The 13th foundation day of the fellowship was celebrated at Paduka Darshan from 8 to 10 am with great joy and enthusiasm. The entire event was managed by the youths of YYMM who set up the venue, seated the guests and conducted bhajan, kirtan and havan. Swami Suryaprakash spoke on the three cardinal goals given to YYMM by Swamiji: yoga, seva and samarpan. In his address, Swami Shankarananda reminded the youths and their guardians about the true purpose of human life.

In his satsang, Swamiji highlighted the two flourishing yoga movements that have originated in Munger, the children's and the

youth's, and informed everyone about the yeoman service that the youths have rendered in different parts of the country including the earthquake-ravaged area of Bhuj. He expressed full confidence in the ability of the youth to contribute to the successful conduct of the upcoming World Yoga Convention, and ended his address by assuring the assembled parents and guardians that their wards would definitely shine in life and be the torchbearers and ambassadors of a yogic culture.

The program was attended by over 750 members of YYMM and over 800 parents and family members who received special prasad on the occasion.

### **World Yoga Convention 2013 and Golden Jubilee Celebrations of Bihar School of Yoga**

From 23rd to 27th October, the town of Munger was host to the World Yoga Convention at the Polo Ground, and the Golden Jubilee celebrations of the Bihar School of Yoga were held and celebrated at Ganga Darshan. Swami Niranjanananda was ever present, inspiring and guiding the proceedings with humour, clarity and a deep understanding of the challenge Satyananda Yoga has to face in times to come. Swami Satyasangananda graced the function with her presence and enlightening satsangs. Saints, acharyas from various traditions and eminent scholars spoke on topics related to yoga and spiritual life. The programs were attended by 20,000 delegates from 56 countries and 23 states of India. At the same time, 15,000 people from 76 countries watched the WYC live via the internet.

Workshops were held both at the Polo Ground and at Ganga Darshan.

Swami Girishananda from Saket Dham Ashram, Jabalpur, MP, delighted all with his rendering of the episode of the nine yogeshwaras from the Srimad Bhagavat Purana.

At the ashram, acharyas from Varanasi performed havan at Satyam Udyan (Akhara), throughout the five days, and people could share in the beautiful creative energies.

A feature film on the life and teachings of Sri Swami Satyananda was shown, and Yoga Drishti, a 5D theatre experience of the ascent of the kundalini, was inaugurated. From six in the morning to six in the evening, kirtans were sung at the amphitheatre by groups from different countries and states of India. The Car Park turned into an open-air theatre where dance, song and drama were dedicated to the lives of the masters of the Satyananda Yoga tradition.

In the pandal of *Satyam Yoga Prasad*, all delegates were invited to choose from the hundreds of book, CD and DVD titles produced by BSY.

Over 300 aspirants received mantra diksha, over 200 jignasu and over 150 karma sannyasa diksha.

At Paduka Darshan over 5,000 national delegates had three meals a day.

Apart from the ashram sevaks, a team of over 300 children of Bal Yoga Mitra Mandal and 600 youth of Yuva Yoga Mitra Mandal had the task of directing and assisting in every area of the event, which they accomplished with skill and grace.

### **Diwali**

On 3rd November, Diwali was celebrated in Ganga Darshan. At the amphitheatre, havan was conducted followed by singing of kirtan and bhajan, a fire dance and fireworks. Swami Niranjan spoke on the significance of Diwali 'the festival of the light of hope'. Ganga Darshan was shining bright in the light of thousands of candles and the beautifully lit Akhara charmed all as they came for darshan.

### **Yoga Poornima**

On 17th December, the occasion of Yoga Poornima, a program of havan, bhajan and kirtan was conducted by the sannyasins of Ganga Darshan in Jyoti Munder to celebrate the birthday of Swami Satyananda.

### **National Integration Shivir of Nehru Yuva Kendra**

On 22nd December, over 200 youths from eight states of India, participating in the National Integration Shivir of Nehru Yuva Kendra, visited Ganga Darshan. Swami Gyanbikshu gave an address on the tradition of Satyananda Yoga and its holistic nature. All were given the unique experience of the 5D theatre, Yoga Drishti.

### **Christmas**

On 25th December, Christmas was celebrated at Ganga Darshan. The morning program of havan, bhajan and kirtan dedicated to Jesus Christ and Swami Satyananda was held in Jyoti Mandir. In the evening, uplifting Christmas carols and songs were presented by a choir of residents, sannyasa trainees and guests of the ashram. In remembrance of Swami Satyananda's birthday, the program concluded with the screening of part one of the feature film, *Satyam*.



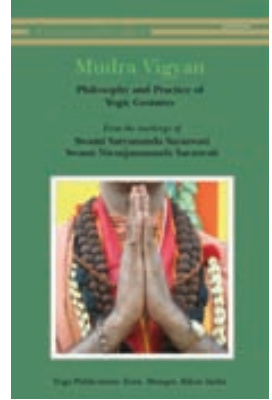
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## Satyananda Yoga Websites



### [www.biharyoga.net](http://www.biharyoga.net)

The official website of Bihar Yoga. Includes information on: Satyananda Yoga, Bihar School of Yoga, Bihar Yoga Bharati, Sivananda Math activities, Sita Kalyanam events, Yoga Publications Trust catalogues.

### [www.rikhiapeeth.in](http://www.rikhiapeeth.in)

The Rikhiapeeth blogspot posts a satsang of Sri Swami Satyananda daily on a wide range of topics concerning spirituality.



### Living Yoga with Swami Niranjan

[www.biharyoga.net/living-yoga/](http://www.biharyoga.net/living-yoga/). Dedicated to the vision and mission of Swami Niranjanananda Saraswati, the spiritual successor of Sri Swami Satyananda Saraswati, it contains news and articles.

### [www.yogamag.net](http://www.yogamag.net)

The official website of YOGA magazine. Includes world-wide links to Satyananda Yoga centres and teachers, a brief history of YOGA magazine, news and more.



### Avahan Online

[www.biharyoga.net/sannyasa-peeth/avahan/](http://www.biharyoga.net/sannyasa-peeth/avahan/). Provides online access to *Satyaka Avahan*, the bi-monthly magazine of Sannyasa Peeth, which contains the higher teachings of Sri Swami Sivananda, Sri Swami Satyananda and Swami Niranjanananda, along with the programs of Sannyasa Peeth.





- Registered with the Department of Post, India  
Under No. HR/FBD/297/13-15
- Registered with the Registrar of Newspapers, India  
Under No. BIHENG/2002/6305

issn 0972-5717

## Ganga Darshan Events & Courses 2014

<i>Jan 1</i>	Hanuman Chalisa
<i>Feb 1-4</i>	Sri Yantra Aradhana
<i>Feb 1-May 25</i>	4-month Yogic Studies Course (Hindi)
<i>Feb 4</i>	Basant Panchami Celebration
	Bihar School of Yoga Foundation Day
<i>Feb 14</i>	Bal Yoga Diwas
<i>Mar 1-21</i>	Teachers Training Course (Hindi)
<i>Mar 3-20</i>	Yoga HMC*: Asthma (Hindi)
<i>Apr 3-20</i>	Yoga HMC*: Diabetes (Hindi)
<i>Jun 1-Jul 25</i>	2-month Orientation in Yogic Science & Lifestyle (Hindi)
<i>July 12</i>	Guru Paduka Poojan
<i>Aug 2014-May 2015</i>	Diploma in Yogic Studies (English)
<i>Aug 1-21</i>	Teachers Training Course (English)
<i>Aug 3-20</i>	Yoga HMC*: Arthritis & Spinal Ailments (Hindi)
<i>Sep 3-20</i>	Yoga HMC*: General (Hindi)
<i>Sep 8</i>	Swami Sivananda Janmotsava
<i>Sep 12</i>	Swami Satyananda Sannyasa Diwas
<i>Oct 1-Jan 25</i>	4-month Yogic Studies Course (English)
<i>Dec 25</i>	Swami Satyananda's Birthday

\* HMC: Health Management Course

<i>Every Saturday</i>	Mahamrityunjaya Havan
<i>Every Ekadashi</i>	Bhagavad Gita Path
<i>Every Poornima</i>	Sundarkand Path
<i>Every 5th &amp; 6th</i>	Commemoration of Sri Swami Satyananda's Mahasamadhi
<i>Every 12th</i>	Akhanda Path of Ramacharitanamas

Please be aware that mobile phones are NOT permitted in the ashram.  
Ensure that you do not bring your mobile with you.

### ***For more information on the above events contact:***

Bihar School of Yoga, Ganga Darshan, Munger, Bihar 811201, India  
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