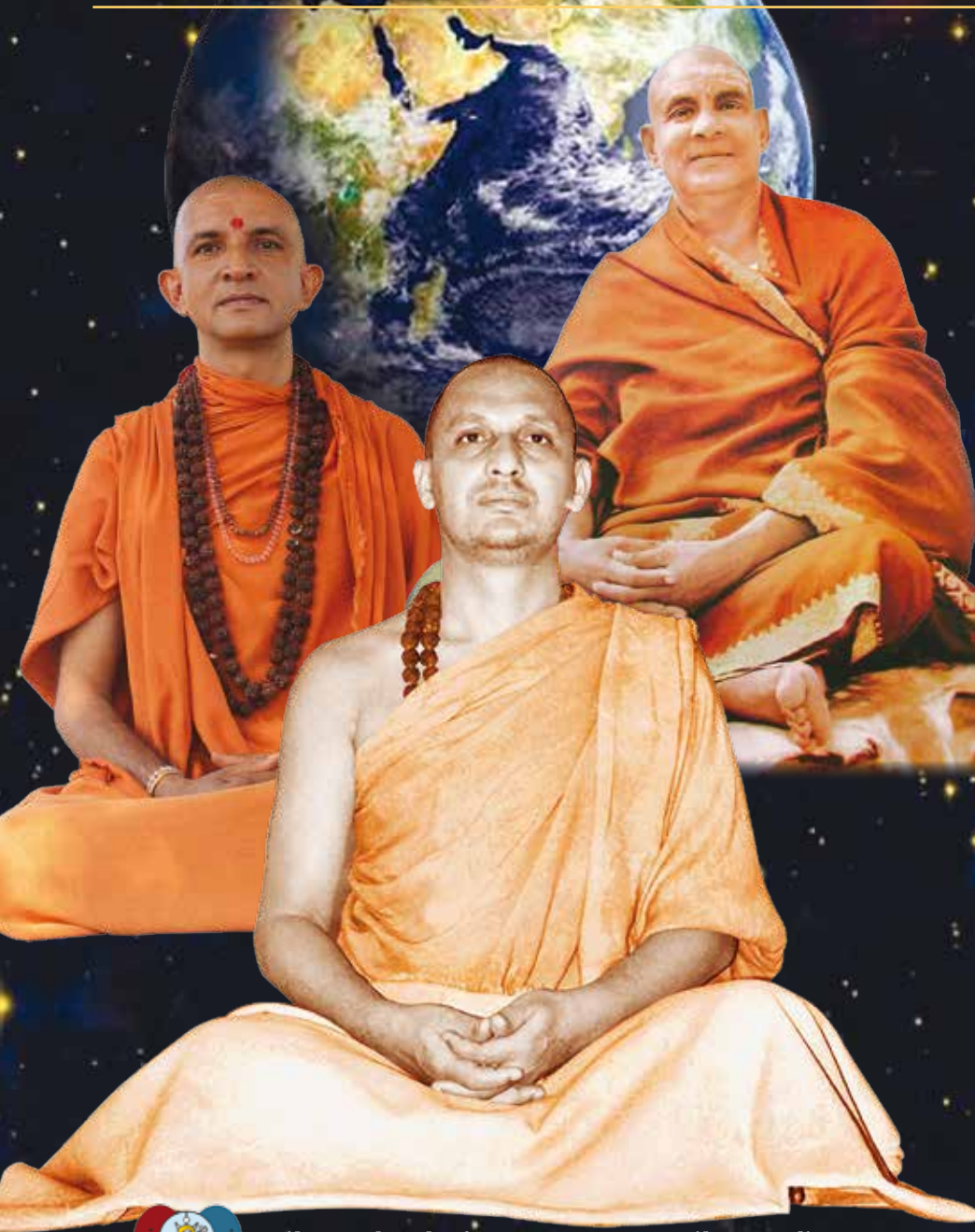


YOGA

Year 12 Issue 1
January 2023



Bihar School of Yoga, Munger, Bihar, India



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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www.sannyasapeeth.net
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Apps:

(for Android and iOS devices)

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APMB
YOGA (English magazine)
YOGAVIDYA (Hindi magazine)
FFH (For Frontline Heroes)

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Swami Sivananda Saraswati
Swami Satyananda Saraswati
Swami Niranjanananda Saraswati

Plates: Stellar Charts



TRIBUTES BY SWAMI SIVANANDA TO SATYAM

Today I have found a cherished and capable disciple, who will contribute to the expansion of my work and be totally successful in that endeavour.

—Swami Sivananda Saraswati

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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 ॥

A Parampara is Born



This issue of *YOGA* magazine is dedicated to the *parampara*, the tradition and lineage, of our Masters whose vision is the foundation of the yoga renaissance that took the world by storm.

At the outset of the Centenary Year of Sri Swami Satyananda Saraswati, *YOGA* magazine follows the path on which flowers and fruits of the kalpataru were given freely to one and all. The seed of that wish-fulfilling tree was planted on the banks of the Ganga at Rishikesh, on the first day of June in 1924 by Swami Vishwananda Saraswati.

Sri Swami Vishwananda

Saraswati

Sri Swami Vishwananda was the Guru of our beloved Swami Sivananda. He gave him sannyasa initiation on 1st June 1924 at Swarg Ashram, Rishikesh. He met Swami Sivananda only for a day or so and immediately initiated him into the holy Sannyasa Order.

Swami Vishwananda was a great tapasvin. He was apparently of Punjabi origin. He spoke the language well and often quoted in it. He did not marry and lived in the Himalayas, where he spent most of his time immersed in samadhi. It is said that he would sit in samadhi for days, if not weeks on end. He went down to Kashi on a few occasions. He lived to a ripe old age of 115 years. He never looked it however. He seemed like a very fit and strong 45-year old even during his last days. During winter in the Himalayas he never needed clothing. All he wore was his loin cloth.

Swami Vishwananda lived with all creatures in total harmony. He used to converse with the wild animals of the forest. An old bull that was driven off by its owner was fed and cared for by him. He used to take the bull along with him to collect wood.

One day, it appears that a tiger came into their surroundings, and the bull bolted away. When Swami Vishwananda saw the bull running, he confronted the tiger asking it, "Who are you? What are you doing here?" He then yoked the tiger and put it to work since the bull had fled. Later he brought the bull back and all three lived and worked together.

Swami Vishwananda had three disciples - Swami Sivananda, Swami Vidyananda and Swami Vishudananda.

Swami Sivananda and Swami Vidyananda (who resided in Rishikesh and later in Nasik) have thousands of disciples, but



Swami Vishudananda has only one disciple, Swami Brahmananda.

A mahatma revealed that after living with and working for Swami Vishwananda for some time, the tiger revealed its true identity as Mother Parvati, and requested him to ask for a boon as She was very pleased with him. Swami Vishwananda responded, "What do I need? What I needed was you, nothing besides that." The Divine Mother showered Her blessings

upon him and withdrew Her vision.

Swami Vishwananda entered into Mahasamadhi about the year 1945 while sitting in the padmasana posture.

Swami Vishwananda was said to be an incarnation of Lord Shiva. When he met Swami Sivananda, the meeting was very brief. Many heard his celestial discourses while he was at Rishikesh and were enlightened and uplifted. While departing from his disciples, Swami Sivananda, Swami Vidyananda and Swami Vishudananda, he told them that he would never meet them again, and that this meeting with them was preordained.

Some of Swami Vishwananda's teachings were as follows:

1. One cannot realize God without Divine Grace.
2. Saints and great souls are God's representatives, so always look upon them with faith and reverence.
3. Never try to impress the common man of your greatness by performing miracles.
4. Intensely visualize the omnipresence of God in all living and non-living beings.
5. Visualize the entire universe in your own Self.
6. Do not lose your temper or give vent to anger under any circumstance.
7. Make the least use of the things you like the best.
8. Realize the Eternal Light within your own Self.



Whatever Swami Sivananda did is known throughout the world and what he is going to do further will be written in glittering golden letters in the annals of history. To this day the whole world is obliged to him for the great knowledge of the path he has shown to millions of seekers in every part of the globe.

—Swami Satyananda Saraswati

Sivananda Digvijay Tour

Swami Sivananda Saraswati never went to the East or to the West, but he touched the hearts of millions of seekers around the world. He came to Rishikesh in 1924, and after eight years of arduous sadhana and tapasya, he established Sivanandashram in 1932 and the Divine Life Society in 1936. He only left Rishikesh when invited to a program or to participate in kirtan. In 1937, he came to Munger after the city had been devastated by an earthquake. Swami Sivananda and his group of sannyasins conducted akhanda kirtan throughout the city.

In 1950, from 9th September to 7th November, he embarked on a 61-day whirlwind All-India-Ceylon Tour. He describes the experience in his *Autobiography*:

I came in close touch with thousands of sincere spiritual aspirants all over the land. I rejoice heartily that the Almighty gave me an opportunity to serve Him and His children by undertaking the All-India-Ceylon Tour. I recollect with immense delight the deep devotion of the people of India and Ceylon, the reverence they have for the Holy Order of Sannyasa and their eagerness to acquire the knowledge of yoga and Vedanta.

I visited all the important cities, towns and villages all over India. I addressed public meetings and conducted kirtans. I delivered speeches in many schools, colleges and universities on ethical culture and real education and addressed numerous public meetings on general spiritual topics. Several thousands of rupees-worth of valuable books were distributed free of cost to the public during this historic event – the All-India-Ceylon Tour.

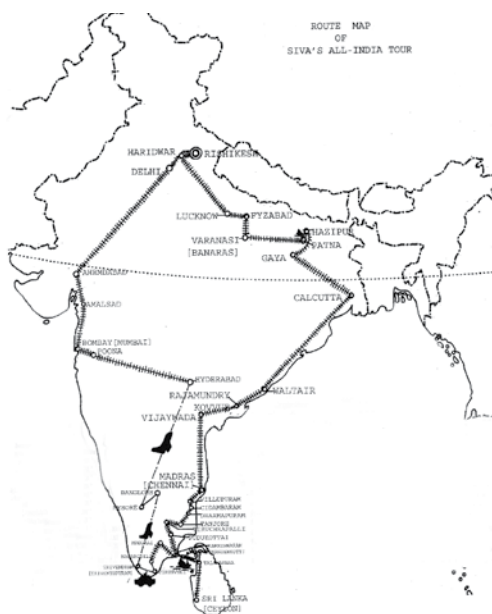
In keeping with my usual practice, I did not spend any time in preparing fine lengthy speeches on yoga, bhakti and Vedanta for such occasions. Along with my



kirtans and songs, I gave practical lessons on sadhana. That created a wonderful effect on the audience. When I was filled with immense joy in the company of devotees, I combined *nritya* also – the Dance of Lord Shiva and Lord Krishna. People were thrilled. Even today thousands repeat my favourite kirtans: *Agada Bhum*, *Chidanandahum*, *Pilade*. In various centres, the devotees also stood up and danced for a long period in divine ecstasy.

Everywhere I went, I was overwhelmed by the love of the people. I enjoyed at every centre the warmth of the people's cordiality and devotion. I bathed again and again in the ocean of the masses' devotion to the Lord. I drank again and again the Immortal Elixir of the Lord's Name, which all people sang with bhava and fervour.

These are the 43 places he visited: Haridwar, Lucknow, Faizabad, Benares, Patna, Hajipur, Gaya, Kolkata, Valteyar, Rajamahendravaram, Vijayavada, Madras, Villupuram, Chidambaram, Mayavaram, Dharmapuram, Tanjavar, Tiruchirapalli, Pudukote, Kanahukatan, Rameshwaram, Dhanushakoti, Talemanar, Colombo, Kurunegal, Pune, Madura, Virudhanagar, Tirunelaveli, Pattamadai, Nagarkobil, Kanyakumari, Trivendrum, Cochin, Coimbatore, Bangalpur, Mysore, Hyderabad, Mumbai, Amalasad, Badora, Ahmedabad, Delhi.



. . . and for your interest, these are the different modes of transport covering 7672 miles during this tour. Swami Sivananda travelled by:

Mode of transport	Distance covered
I.E.R Tourist car	3530 miles
S.I.R Tourist car	527 miles
Ordinary car	2040 miles
Airplane	700 miles
Steamer	24 miles
Steam Launch	20 miles
Ordinary Railway Carriage	374 miles
Royal Sri Lankan Saloon Railway Carriage	418 miles
On Horseback	35 miles
Bullock cart	4 miles
TOTAL	7672 miles



Did you know that Swami Sivananda

- Visited 37 associations and organizations
- Visited 28 branches of the above
- Held 144 community meetings and at 'Digvijay Mandals'
- Gave 45 discourses and darshan at important centres
- Conducted 125 kirtan Ganga at the homes of devotees
- Gave 8 addresses to universities
- Sang 25 times *Atma-Gita* at Universities, schools and other educational institutions
- Gave 5 press conferences
- Gave 7 broadcasted radio interviews
- Had 30 times darshan at renowned temples
- Received 35 times traditional padapooja
- Accepted 127 certificates of felicitation
- Accepted 5 silver felicitation certificates
- Distributed spiritual literature worth Rupees 7499/-

... and that Swami Sivananda was offered traditional purna-kumbhabhishek according to rites prescribed in the scriptures with 809 pots of sacred water.

Satyam is that luminous flame which will go on spreading the name of Siva and the light of his teachings throughout the entire world. Swami Satyam is satyam indeed in word, thought and deed.

—Swami Sivananda Saraswati



Guru's Blessings

Swami Pragyatirtha Saraswati

In 1956, during the auspicious brahmamuhurta
Satyam was initiated,
into kriya yoga sadhana by his delighted guru who then stated,

“O son! Adorned with sannyasa,
may you become a conqueror of all directions,
travel all over the world as a parivrajak
without any binding ties or connections.

People the world over are ailing and in dire distress,
teach them yoga so they are relieved of their stress.

In this era, for the benefit and welfare of suffering humanity,
it is necessary to bring yoga out of the caves and into society.

Yoga is not only useful for an ascetic or sannyasin,
but for householders too it is an unerring medicine.”

Prostrating before his guru, Satyananda left the ashram,
with 108 rupees and two dhotis being his sole possession.

Hearing about his departure
his fellow-sannyasins were greatly saddened,
they wondered aloud to each other
as to why he had decided to leave them.

Then the guru spoke thus, in order to dispel their lingering doubts,
“Tell me, is it possible to stop the sea or the thunder of rainclouds?

The rays of the sun, or the light of the moon,
or furious storm and rain,
or the changing of seasons –
trying to halt any of these is totally in vain.

Satyananda was born for the welfare of humanity,
any attempt to stop him is an exercise in futility.



I am totally convinced, assured and certain of the fact, that his scientific teaching of yoga will have a deep impact.

Without a doubt India will become a *Jagatguru* in various realms, and in the sphere of yoga too.

When he travels to western countries, yoga will flourish definitely. Those countries are quite advanced, materially and technologically,

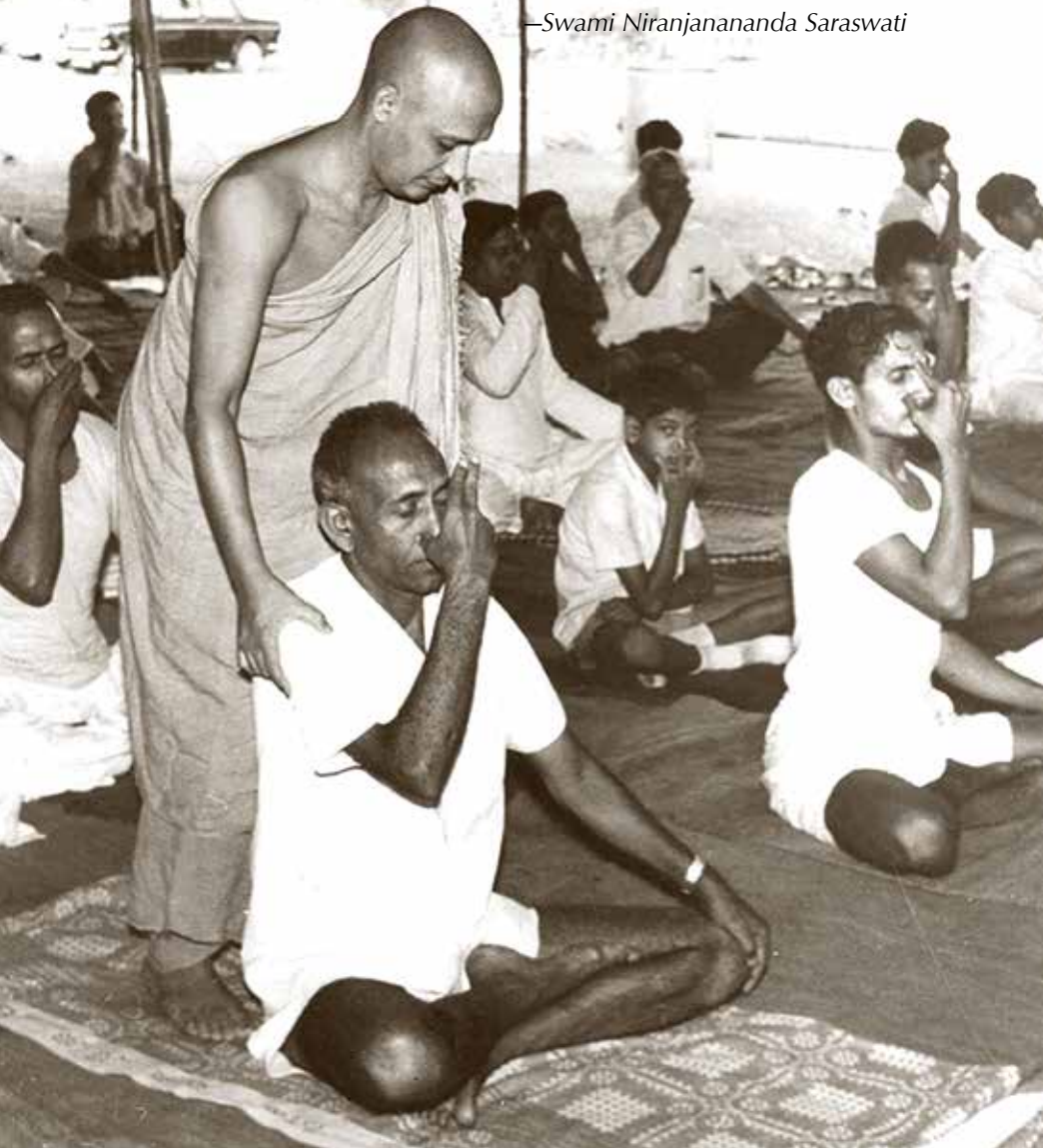
There yoga-related research will be quite conducive and fruitful. For reviving and refining yoga, science will prove very helpful.

Instead of feeling sad, all of you should be rejoicing, each one of you should aspire to work hard like him.”

—Extracts from *Srimat Satyananda Charitamritam – The Immortal, Inspiring Life Story of Swami Satyananda*, published in *Satyam Aradhana*

Sri Swami Satyananda's intention was to spread the spiritual teachings of his Master to uplift the poor and downtrodden with a clear statement, "I shall do it with asana, pranayama, sankirtan, smarana and seva." In this manner he kept the focus of the mission given to him by Sri Swami Sivananda, and travelled the length and breadth of India. During the course of his travels, he came across many cross-sections of people, some highly intellectual and intelligent, some totally illiterate – he met all strata of society. He lived with them, understood what their difficulties and problems were, and taught them some practices.

—Swami Niranjanananda Saraswati



Around the World

After travelling for eight years, Sri Swamiji settled in Munger and in 1963 founded the Bihar School of Yoga. Sri Swamiji explained:

In the beginning, I would have fifteen-day courses in which I was the teacher, the cook, the administrator and the guru. I also established a yoga research library and became the librarian. My plan was correct, as I really understood human psychology. Almost immediately, I had hundreds of students. People came and slept on the lawn if they did not have a place in the yoga hall. They came from any distance, at any cost, with any inconvenience. They knew that the yoga I had to offer was for their benefit.

My guru asked me to give yoga a distinguished place and sent me from Rishikesh. That has been done by the Bihar School of Yoga, so I have accomplished the task given by my guru. I have given yoga a place of respect.

It was in 1968 that I went on a world tour for the first time. I realized that people everywhere in the world are searching for themselves.



The first world tour that Swami Satyananda undertook was a landmark event which led to a massive interest and impetus to the worldwide yoga movement. He travelled at a time when there were no modern gadgets around, with just a shoulder bag, a few dhotis and a pair of wooden sandals, not for five days but five continuous months, with not even a day's worth of rest in between! Sri Swami Satyananda described the beginning of this great undertaking almost thirty years after the tour in these words:

I never dreamt of establishing an ashram. Never for a moment did I think of going overseas. Everything just happened on its own. Once, I had a big program in Bombay which was inaugurated by the governor. A high ranking officer of the Tata company was also present. He wanted me to inaugurate the new Tata fertilizer factory set up near Dwarka in Gujarat. He had also arranged for me to travel in the Tatas' private plane.

On 23rd February, I went to Porbander, Gujarat, for a day. In the aeroplane, I was sitting on the seat next to the pilot. In my younger days, I had learnt how to fly an airplane at the Lucknow Flying Club. I hadn't completed the full course; with the impetuosity of youth, I had only learnt for a couple of months. After a while, I asked the pilot seated next to me what his name was. I remembered that name from my days at the flying club. I gave my previous name to him and asked, "Did you know someone by this name?" He answered, "Yes." I said, "That's me." Upon hearing that, he said, "Then you should take over the controls." I said, "No, I've forgotten everything." However, he just left the controls and said, "Now you are in charge."

As I took hold of the controls, I suddenly got a clear glimpse of the future! I could see the entire scene passing before my eyes: taking the flight to the West, meeting different people there and giving lectures at

various places. That very moment I took the decision to go overseas. I returned to Bombay that day and asked an acquaintance to arrange a passport. He arranged for my passport, booked two round-the-world tickets and in two months, I along with my secretary departed India. When we started on our first overseas trip, I and my secretary did not know anything. What a visa was, where to go, how to go: we were both totally ignorant. If I'd ever thought of going overseas, then I might have known these things. What would you call this if not God and Guru's grace? I did not put in any effort at all. Whenever and wherever I went, I was sent there by God.

Guru's blessings

Before proceeding on this landmark tour, Swamiji sought his Guru's mandate and blessings as well. He took a big group, including Swami Niranjan along on this visit to his Guru's ashram. Swami Niranjan wrote of this visit while still a young boy:

Before his first trip overseas in April 1968, Swamiji went to Rishikesh for fifteen days. He wished to have darshan of his Guru's samadhi and receive his blessings. The nine-month teacher training course participants also went with him, so did Ammaji and myself. We reached Rishikesh on 3rd April. When we went to Swami Sivananda's kutir, we all felt something special there. We saw his chair, bed, meditation area, typewriter and his books too.

Swamiji was telling us many anecdotes about his guru. I noticed that sometimes his eyes were shining brightly, sometimes they would be searching for something, at other times his throat would choke up and suddenly he would stare into the distance. Suddenly I felt as if Swamiji became Swami Sivananda and I became Swamiji. Swamiji was saying to me, "O Swami Satyanandaji, give the books to everyone" and I got startled . . .



On the morning of the 6th, Ammaji and I were wandering along the banks of the Ganga. Soon we came close to Swami Sivananda's kutir. There are many boulders and it is also quite deep in that place so people do not bathe there. When I looked in the direction of the kutir, I saw a bright light near the desolate riverbank. I ran ahead and then came back to tell Ammaji, "I can see Swami Sivananda's light! Come quickly!" I took hold of her hand and pointed in that direction, "Look, there it is!"

She said in a soft voice, "That is not Swami Sivananda, it is our Swamiji. He is meditating." Then as we walked on she told me, "On many occasions, when giving mantra to aspirants a similar light would emanate from Swami Sivananda's face. Swamiji must be meditating upon his guru, this light could either be from his meditation or from Gurudev's blessings . . ."

The journey begins from the Guru's karmabhoomi

Having received his Guru's mandate and blessings for his epic journey, Swami Satyananda Saraswati left the shores of his beloved motherland on 26th April 1968. Swamiji explained:

The purpose of my journey is to promote world peace and universal brotherhood, restoring the dignity of man through the glorious medium of yoga. Society is rapidly disintegrating and the survival of humanity is in question. I am compelled to go.

The Boeing 747 that took off from Bombay carrying him was painted in a saffron hue and there were replicas of Ajanta murals all over its interior. It appeared as if Swamiji was reclining his head on cushions made of clouds and floating in the silent expanse of an endless sky.

Singapore

The first stop on the global tour was Singapore, an independent state predominantly Chinese in ethnic character. At the airport, Swamiji was received by important dignitaries, among them yoga teachers from various yoga institutions, the proprietor of Dalamal & Sons, host of Swamiji's stay in Singapore, and many members of the Indian business community. Swamiji was garlanded with flowers and the members of the press who were there asked for an immediate conference. Following the conference, Swamiji was escorted to the Malaysia Hotel, situated in the centre of the city, and there he remained comfortably throughout his stay.

Most of the trained yoga teachers in Singapore spent hours with Swamiji at the hotel, inspired by his concise conception of yoga, and the methods and techniques involved. Meditation classes were conducted for the key students who came regularly to absorb his teachings. Every evening different programs were arranged at various locations and Swamiji spoke with a dynamic fervour, stimulating an enthusiastic response to the practice of yoga.

Interviewed by Singapore radio, Swamiji's talk was relayed throughout the country. His discourse at the Singapore Yoga Health Centre was a notable occasion during his Malaysian visit. Many yoga teachers from various institutions attended this lecture. Swamiji spoke at length on the need for meditation and the benefits of hatha yoga, combining physical and mental discipline towards an integration of the human personality. He talked of the need for understanding clearly the techniques of yoga before actually putting them into practice. Following the discourse, the president and members of the centre gave Swamiji



a splendid reception, where he was honoured as a very special guest.

Another memorable occasion for Swamiji was at Johor Bahru, a sanctified location in Malaysia not far from Singapore where Swami Sivananda had lived and practised medicine. Swamiji was deeply moved to be in the exact place where his beloved guru had once lived and worked selflessly for humanity.

Among those most deeply inspired by Swamiji was yoga teacher Miss Margaret Wong (Indira Devi) who followed Swamiji's instructions implicitly and attended all his lectures, becoming one of his ardent disciples, dedicated to Swamiji's yoga mission in Singapore. Her oneness with Indian culture and the great yoga tradition was extensive, and Swamiji felt she had much to contribute in Singapore.

Seven days after his arrival and stay in Singapore, Swamiji left for Hong Kong. He was accompanied on this trip by Indira Devi.

Hong Kong

On 3rd May 1968, Swamiji arrived in Hong Kong along with Mr Wadhmal Dalamal, a leading sponsor of Swamiji's global tour. At the airport Swamiji was enthusiastically received and was escorted to the airport VIP room, where press reporters awaited him.



After the press interview Swamiji was taken to the Mandarin Hotel. The next day news of Swamiji's arrival was broadcast on radio throughout Hong Kong and for five successive days Swamiji held meditation classes at the South China Athletic Association, arranged by the Divine Life Society of Hong Kong. These classes were highly stimulating for the students who, until Swamiji's arrival, had practised only hatha yoga.

The specific technique of ujjayi pranayama was well received and was a great help in the practice of fundamental meditation. Yoga asana demonstrations were given throughout by Indira Devi. For two days, in the afternoon and in the evenings, Swamiji met the Indian community of Hong Kong, giving them practical knowledge in the science of yoga and how to apply this science in their own lives.

On 8th May, the day of his departure, a formal reception was given for Swamiji by the Hindu Association at the Mandarin Hotel. Over 200 enthusiastic students, devotees and admirers came to pay their respects.

"Hong Kong," Swamiji said, "is spiritually aware, but teachers must be sent here for the further training and further development of the people."

Australia

The success of the Australian program was mainly due to Swami Nirmalananda (Miss Roma Blair), an ardent disciple and devotee of Swamiji. Swami Nirmalananda had spent

time with Swamiji in India training with him at the Bihar School of Yoga in Munger, attending the International Yoga Conferences and taking every opportunity to absorb the many teachings of her guru. A tireless worker, Nirmalananda had done a great service to the cause of yoga, spreading its message throughout Australia through the medium of television and radio. Swamiji was also given maximum exposure to a large segment of the Sydney population by means of television and radio programs.

In Australia enthusiasm for yoga ran high. There were over 1,000 trained hatha yoga instructors at the time and, therefore, the reception to Swamiji's presence was great.

Swamiji arrived in Sydney on 9th May 1968. At the airport he was welcomed by Swami Nirmalananda with a group of her yoga teachers, John and Patricia Mumford and Mr Kriplani, a proprietor of Dalamal and Sons. The press were on hand to give Swamiji extensive interview coverage and, in the afternoon of the same day, live radio interviews, broadcast throughout Australia, gave the news of Swamiji's arrival. Then began Swamiji's whirlwind Sydney tour!

On 10th May, he gave newsreel interviews, then had a private interview with Sir Roden Cutler, Governor of New South Wales. This was followed by a lecture at Sydney University and then a private interview with Archbishop Sloane. In the evening he paid a visit to The Hebrew Temple, which was hosted by Dr Rabbi Brasch.

On 11th May, Swamiji gave a lecture at Patricia Cameron School of Yoga which was followed by a lecture at Triad School of Yoga.

On 12th May, he visited the Bahai Temple, the Anzac Auditorium and a Divine Life Society gathering. The attendees there received satsang and spiritual guidance from Swamiji. In the evening, a lecture was arranged at the Wayside Chapel.

On 13th May, a large meeting of yoga teachers was organized at Swami Nirmalananda's studio in the Sydney area. Swamiji also gave a live television interview on the Hazel



Phillips show on yogic relaxation. Later in the day Swamiji gave a lecture at the studio of Swami Karmananda.

On 14th May, Swamiji gave a lecture at Sydney University on the topic 'Relaxation through Meditation'. Later he appeared live on television on The Tonight Show on Channel 9.

On 15th May, he left for Melbourne, where he gave lectures and practical instruction at the Gita School of Yoga. His hostess there was Margaret Segesman. He returned to Sydney on 16th evening.

On 17th May, Swamiji had a private interview with Cardinal Gilroy, thereafter he gave afternoon and evening lectures at the studio of Swami Nirmalananda.

After this lightning tour of Australia Swamiji observed:

Australia has the beginning of a spiritually awakened country and now hundreds more will be drawn to the more advanced stages of yoga through meditation. It is up to the many yoga teachers in the Sydney area to continue the yoga teachings of meditation, as well as instructions on hatha yoga, so that this spiritual awakening will be permanent and effective. The seeds have been sown and the foundations are firm. Australia will develop rapidly.

Japan

Swamiji arrived at the Tokyo International Airport during the afternoon of 18th May, where he was met by a throng of Japanese admirers, led by Archbishop Okano, president of Kodo Kyodan Buddhist Fellowship and Mr Wadhupal Dalamal. That evening, the Indian Club of Yokohama gave a special dinner for its members to which Swamiji was invited as guest of honour. About a hundred people gathered around Swamiji as he entered the room. They were grateful for this opportunity to meet him and to be reminded of the holy traditions of their beloved homeland.

The next day Swamiji was taken to the Kodo Kyodan Buddhist Fellowship. There he saw the original bone relics of Lord Buddha.

The members of the institution conducted themselves with the greatest dignity and discipline, sitting quietly in vajrasana without moving throughout the entire lecture. Over 1,500 people were there, awaiting the arrival and discourse of the great Indian spiritual master, Swami Satyananda. He then gave a talk on yoga and the modern world. At the end of the talk, the film of the International Teachers Training Course in Munger was shown.

On Monday, Swamiji lectured at the Tokyo University. This program was arranged by the President of the Japan-India Society, Dr Hajime Nakamura. A press interview followed his lecture and Swamiji was requested to give a series of vedic chants which were recorded.

On Tuesday, 21st May, the students of Tokyo University welcomed Swamiji's return visit to their campus. There he gave a talk on the principles underlying yoga philosophy which was followed by questions and answers. This program was arranged by Professor Doi, Japanese National Scholar of Hindi and Sanskrit, and the Director of the Indian Philosophy Department of Tokyo University.

That evening Swamiji left by train for Kobe where he stayed for two days, lecturing at both the Indian Club and Indian



Association of Kobe. A private dinner for over 150 was given in honour of Swamiji's visit.

Swamiji returned to Tokyo on 24th May to lecture at the Kodo Kyodan Buddhist Fellowship. There more than 2,000 people gathered to hear him speak.

In the evening, Swamiji addressed members of the Indian Embassy of Tokyo, speaking on the need for meditation to relieve the tensions of modern man. Professor Doi of Tokyo University and the President of the Japan-India Society in Tokyo, were co-hosts.

On Saturday, 25th May, a reception in honour of his departure was given at the new Grand Hotel by Mr and Mrs Okan of the Kodo Kyodan Buddhist Fellowship. Later, at the airport, Swamiji was given a hearty send-off.

United States of America

Hawaii

Swamiji arrived in Honolulu in the morning of 25th May and was taken directly to the Princess Kaiulani Hotel situated on Waikiki Beach.

In the evening Swamiji addressed a large gathering of students at the Hawaii University. There, many questions were put to him regarding the higher aspects of spiritual life and how to find real peace and tranquillity within.

In Eternal Memory

The constellation of Ursa Major forever present in the northern sky represents the Sapta Rishis. These seven luminous eternal sages are symbolized by the Great Bear and the seven stars around it. They are the seven stellar pupils radiant through self-reflection designated and immortalized as the seven astral eyes, that are forever mindful of the creation. Their path marks the celestial division of heaven and earth. These Sapta Rishis are seven spiritual summits whose flow of amrit sustains and illuminates the creation. According to the *Satpatha Brahmana*, these seven are the seers of the vedic hymns. They are Vishvamitra, wise; Jamadagni, truthful; Bharadvaja, researcher; Gautama, knower; Atri, dazzling; Vasishtha, unmatched; Kashyapa, superior.

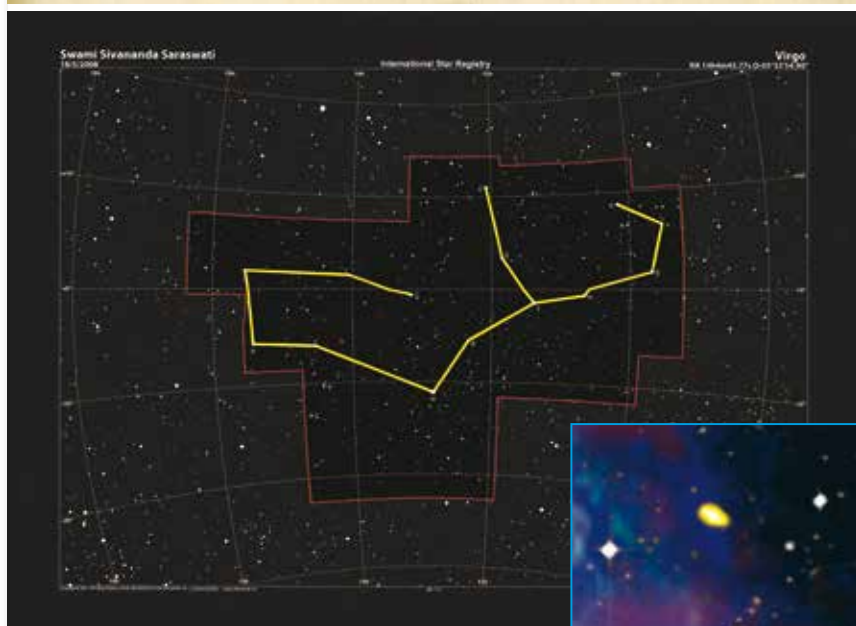
Rishis are not prophets, nor are they gods or goddesses, neither are they avatars, messengers or sons of God. Rishis are those who have completed their sadhana at several levels unknown to us. Their accomplishments are not ordinary for they have access to the source of all knowledge and powers. They are luminous beings receiving and transmitting knowledge and energy as radiant light.

The main concern of rishis is the welfare of the universe which they achieve by generating sattwa, as it is sattwa that sustains the world. This generation of sattwa is an ongoing process because the level of sattwa is being depleted all the time by the different activities of creation. The overly accelerated tamasic and rajasic activities of mankind are always posing a severe threat to the preservation of sattwa. In order to maintain this delicate balance and thereby the harmony and preservation of the creation, these rishis maintain a rishi tradition whereby this crucial process is not disrupted.

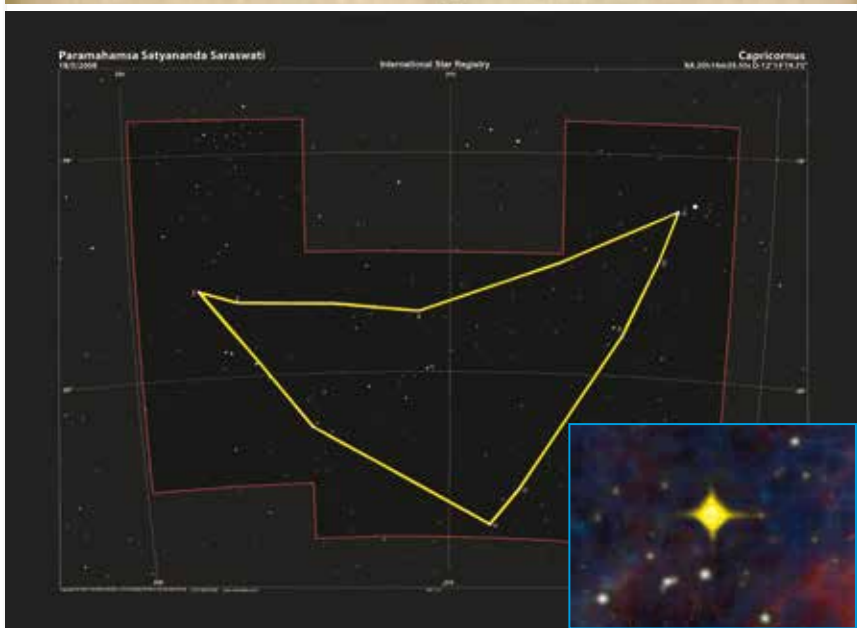
Thus you will find that in each manvantara these original Sapta Rishis are replaced and represented by others who the civilization prevalent at that time feels have met the standards of the original rishis and are true representatives of the rishi tradition. For example, these seven rishis were later replaced by Bhargava, Vyasa, Diptimaan, Ashvatthama, Gautama, Ruru, Vishvamitra, for it was evident to the civilization at that time that the light of the rishi tradition flowed through them.

This tradition has continued down the line and in this modern age too, the people have made their choices. Three such luminaries have been designated by the people of the world as upholders of the rishi tradition as the radiance and luminosity of sattwa flows through them to all corners of the globe. Swami Sivananda Saraswati of Rishikesh who lived on the banks of Mother Ganga, his disciple Swami Satyananda Saraswati of Rishikesh, Munger and Rikhia who also lived on the banks of the Ganga, and his disciple Swami Niranjanananda Saraswati, of Munger who presently lives on the banks of the Ganga.

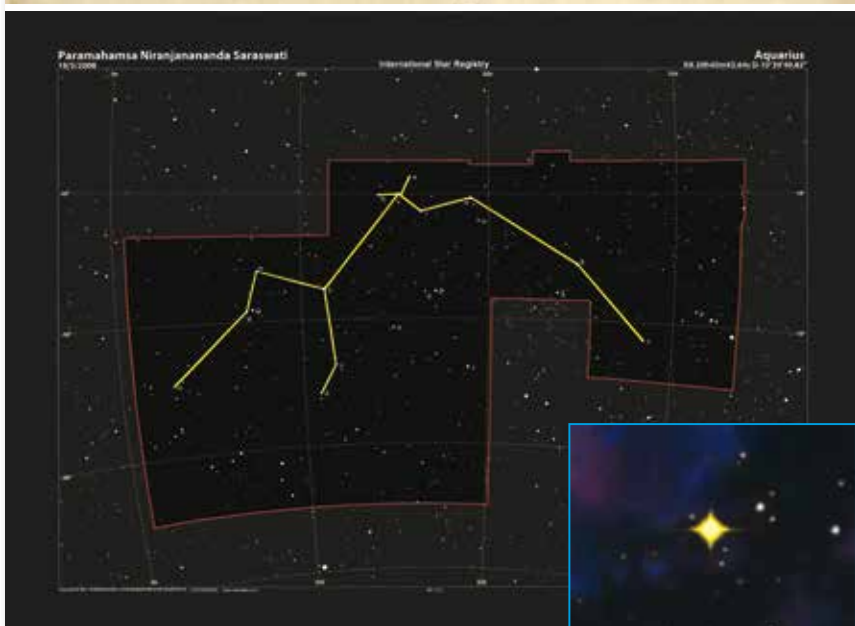
We are deeply honoured to present the stellar charts by which they have been immortalized for eternity by designating three luminous stars which have each been named after them. Now whoever you are and wherever you are, you may look up at the sky and gaze at them, offer your worship and receive their blessings in abundance from today until eternity.



Swami Sivananda Saraswati



Paramahansa Satyananda Saraswati



Paramahansa Niranjanananda Saraswati

An interview with Swamiji on the Honolulu radio network resulted in many people coming to Swamiji's two evening satsangs at the residence of Mrs Sundri Watumal, hostess for these informal discussions.

In Honolulu, Swamiji encountered the hippie community for the first time, many of whom attended his lectures. Through the hippies and through the many young people in Honolulu, Swamiji sensed a tremendous need for proper spiritual guidance. Swamiji was impressed with their enthusiasm and as he boarded the plane on 28th May for the United States, he expressed his regret at having to leave so soon:

Sincere, serious and receptive, these young people search for values and a higher means of self-expression. They are eager to learn and practise the teachings of yoga. I want these young people to have further yoga training. They are the ones who will shape the future for all mankind.

San Francisco

Swamiji arrived in San Francisco the morning of 29th May and was received by Dr Haridas Chowdhry, president of the Cultural Integral Fellowship of San Francisco. Dr Chowdhry undertook the responsibility of organizing Swamiji's San Francisco program, turning over the Institute to Swamiji for conducting both practical classes in yoga and holding theoretical lectures.

On 30th May, a large audience attended Swamiji's lecture. He emphasized the need for the practical application of the yogic techniques. He said:

Actual practice is the only path towards spiritual development.

The discourses on yoga continued at the institute for three more days and Swamiji covered many different aspects of yoga like karma yoga, bhakti yoga, jnana yoga and raja yoga. Meditation classes with practical instructions followed the discourses.

Two evening meetings on 2nd and 3rd June were held at the Metaphysical Library, where members and the general public would come to read books based on Indian culture and philosophy.

Swamiji dealt with the topics: 'How to Integrate Yoga in Everyday Life' and 'Yoga as a Means to Harmony Within', emphasizing the devotional aspects of yoga and the path of bhakti yoga along with its methods and practice.

Swamiji's visit to the hippie community was an interesting experience for him:

Hippies are the neglected children of a divided family system in America, and they have taken to yoga to find a meaning and purpose for their lives.

On the last evening in San Francisco, Swamiji was invited to the residence of Jim Bradley, a great follower of yoga and an ardent devotee of Swamiji. There, Swamiji responded with great dynamism to the questions asked on spiritual life.

Los Angeles

The next morning Swamiji left for Los Angeles. At the airport he was received by Mr and Mrs Chaney, directors of the Astara Foundation, an institution for research in mysticism and spiritual healing. From the airport, Swamiji was escorted directly to the International Hotel, Los Altos. Later, Mr and Mrs Chaney took Swamiji on a personal tour of the surrounding area.

The following day Swamiji was interviewed by Los Angeles radio. A visit to Mr and Mrs Chaney's Astara Foundation in the morning interested Swamiji greatly and he was impressed by the activities of the foundation.



From the Astara Foundation, Swamiji was invited to Ananda Ashram founded by Swami Paramananda, a disciple of Swami Vivekananda.

In the evening, a program was arranged by Mr and Mrs Chaney at the Astara Foundation, where Swamiji addressed a large audience. There, he emphasized the need of yoga psychology for modern man. Mental equilibrium, Swamiji stressed, is a necessary condition for spiritual illumination:

The cure for anxiety, neuroses and mental conflict lies in the proper application of yogic techniques, and japa yoga, a constant remembrance of the name of God, is the real basis for mental peace.

The following day, Swamiji again addressed the Astara Foundation. He explained the mysteries of the mind and the levels of consciousness, stressing the importance of meditation to transcend the mind's limitations.

On the next day, many people came to Swamiji for personal guidance and mantra diksha. In the afternoon, Swamiji visited Sivananda Yoga Ashram, run by his guru-bhai, Swami Vishnudevananda.

In the evening, Dr Judith Tyberg, a disciple of Sri Aurobindo and well-versed in Indian philosophy organized a program at the East-West Cultural Centre. Swamiji spoke on the meaning of yoga and the union of individual consciousness with Cosmic Consciousness:

Yoga is the only method which will unite all mankind. Yoga is the means to world unity. Yoga is not a religion, but a science. It does not belong to any particular sect, but when practised it brings about complete mental tranquillity and joy within.

Chicago

On 8th June, Swamiji left Los Angeles for Chicago. He arrived there in the afternoon and was received by Kenneth Tenny and Mr Umroliia. In the evening, he was interviewed by the press,

and later addressed the First Liberal Psychic Science Church, speaking on methods, stages and development in meditation.

The next morning Swamiji was received by Swami Bhashyananda of the Vivekananda Vedanta Society. There Swamiji spoke on jnana yoga and its practical application. He stressed one point:

Through yoga and meditation techniques, individual consciousness merges with Cosmic Consciousness, and thus true knowledge becomes self-effulgent.

In the evening, Swamiji gave a lecture at the first Progressive Spiritual Church, speaking on bhakti yoga, the path of devotion and love:

Try to develop the heart, as well as the head, in order to come closer to reality. No amount of intellectual knowledge will ever move the soul.

On the evening of 10th June, Swamiji addressed the Unity Unitarian Church and his discourse was very well received. On 11th June, the final day of Swamiji's program, a lecture was arranged for him by the Theosophical Society at Akbar Hall. The people were impressed by Swamiji's message – "Yoga, the culture of today and the hope of tomorrow."

New York

On 12th June, Swamiji arrived at Kennedy Airport and was received by Ma Yogabhakti (Blyth Gilmore), New York representative of the International Yoga Fellowship Movement. After speaking to members of the press he was driven to his hotel.

During his stay he visited universities, psychic institutions, a women's prison, Young Women's Christian Association, and the leading yoga institutes in New York. He lectured at the Universalist Church and the Community Church of New York, and he also visited the Sivananda Yoga camp, in Val Morin, Canada, under the direction of Swami Vishnudevananda, and the Ananda Ashram in Monroe, N.Y., founded by Dr Mishra.



He visited the underprivileged areas of New York, acquainting himself with the hippie and other minority communities in the downtown Village area. He was also interviewed several times on television and radio, the programs reaching a large audience.

The highlight of Swamiji's visit was the Town Hall lecture given before an audience of over 1,000 people. Dr Joseph Gelberman, rabbi of the Little Synagogue of New York city, was host for the evening. Swami Satchidananda of the Integral Yoga Institute in New York and a guru-bhai of Swamiji was also present. Demonstrations were also given as Swamiji described the various benefits of yoga asanas.

Swamiji's last two days in the New York area were filled with personal interviews every fifteen minutes and practical classes were given every hour.

On 26th June, Swamiji left for London and a large group of devotees was at the airport to bid him farewell.

SOME CHANGE IS TAKING PLACE . . .

A few days before 31st of March of this year 1968, I felt that some change is taking place somewhere. Again and again it came to my mind that it is the 31st of March, it is the 31st of March . . . This happened in the month of February.

And then it was on the 31st of March, in the evening, that my world tour was decided. I do not move out of my ashram or even my room. It is for the first time I am outside India and outside my compound. I feel that my coming to America has something to do with the emergence of a psychic race.

—Swami Satyananda Saraswati,
May 1968, USA

United Kingdom

On 27th June, there were a number of loyal devotees at the airport to receive Swamiji. Among them were Kishu Dalamal, Swamiji's London host and program organizer, Mr Soudhi, President of the Hindu Centre, and members of the Indian business community.

Press photographers were waiting to cover Swamiji's arrival and after the photos were taken, Swamiji was escorted to the Maharaja's Lounge for a press conference.

On 28th July, a lecture was held in the centre of London at Caxton Hall. It was the first in a series given by Swamiji to the people of that city. He spoke of the bright future of yoga in the western world and dispelled existing misconceptions.

On 29th June, Swamiji visited the Sai Baba Centre where he was welcomed by Aji Bai Banarase. He gave a discourse in Hindi, followed by bhajans, before a large and interested group. In the evening, a meeting was held at the Hindu Centre and Swamiji gave an inspired and instructive talk on japa yoga, stressing the importance of remembering God's name as the shortest and surest way to inner tranquillity.

On 30th June, a meeting was held at the Hindu Centre in Southall. There, Swamiji addressed his brethren in Hindi. His talk was inspiring and the Indian people were pressed to think deeply on their great Hindu culture and the responsibility they have in spreading its uniting message within the London community. In the evening, Swamiji gave a talk at another Hindu Centre in London, founded by Mr Soudhi.

On 1st July, Swamiji addressed members of the Acacia Healing Centre, founded by Mr and Mrs Francis. Swamiji spoke on the path of meditation, emphasizing meditation as a means to developing the mind as a more active and efficient instrument.

2nd July was Swamiji's last program at Caxton Hall, which was filled to capacity. He gave a talk on meditation.

On 3rd July, Swamiji addressed a group of members at the London Society for Psychic Research.



On 4th July, Swamiji left London for Manchester. In the evening a public meeting was held at the Manchester College of Technology, where a large number of Indian and European people had gathered. When the program ended a number of yoga teachers from the Manchester area came to meet Swamiji and receive spiritual guidance.

On 5th July, Swamiji returned again by air to London and was welcomed at the airport by his devotees.

On 6th July, Swamiji left for Paris and many devotees and friends came to see him off at the airport.

France

Swamiji was received at Orly airport, Paris, by Swami Devatmananda and many other devotees, and was taken to the house of Dr C. Guinebert. Swamiji received many yoga aspirants and a meditation class was held in the evening.

The next program was at the residence of Dr Donnars, one of the leading physicians of Paris, where over 60 men and women of the medical profession had gathered. Their interest in yoga was great.

On 7th July, Swamiji visited the Ramakrishna Centre in Gretz and met Swamis Ritajananda and Vidyatmananda. Swamiji delivered a lecture on 'How to find God.' At night a reception was held at the residence of Mrs Suzanne André.

On 8th July, Swamiji was interviewed on Radio Luxembourg. The next program was a demonstration on hatha yoga and



Swamiji gave a detailed commentary. This was followed by a meditation class.

In the evening Swamiji delivered a lecture at the Musée de L'Homme to an audience of 1,000. The topic of his talk was 'The Yoga Sutras of Patanjali'.

On 9th July, Swamiji moved to the residence of Swami Devatmananda and gave private interviews throughout the day. A public meeting took place here which was followed by a meditation class.

In the evening, Swamiji was welcomed at the Centre L'Homme et la Connaissance (Man and Knowledge) by Mrs Suzanne André, a devout enthusiast of Indian culture. Swamiji gave a talk on 'The Techniques of Meditation – a way to Inner Peace, Harmony and Tranquillity'.

10th July was a holy day for guru and disciples, the sacred day of Guru Poornima. Pooja was performed with fruits, flowers and arati, and Swamiji gave his blessings. In the morning Swamiji gave a talk at the house of Dr Donnars on 'The Psychological Techniques Involved in Yoga'.

The afternoon was filled with a private audience and thereafter a public meeting was held, followed by a meditation class.

On 11th July, Swamiji spent the day at the home of Swami Devatmananda where he gave mantra diksha, private interviews and public satsang. In the evening he gave a lecture on 'The Technique of Trataka'.

On 12th July, Swamiji was busy with private interviews, public meetings, appointments and an evening meditation class.

The French Film Company filmed for many hours an entire documentary of Swamiji's varied programs and techniques of meditation given to the people of Paris.

On 13th July, the last day of his stay in Paris, many people came to Swamiji to express their gratitude for the new spiritual life awakened in them through his presence in Paris.

A reception was given at the residence of Swami Devatmananda in the evening by all the devotees. The next day Swamiji left for Brussels by car with Swami Devatmananda.

Belgium

On July 14th, Swamiji arrived in Brussels. At the Yoga Institute he received a warm welcome from André van Lysbeth, his host and founder of the institute, and many other yoga aspirants. A reception was given at the institute and yoga students gathered around Swamiji as he spoke of his world tour and his recent visit to Paris. In the evening, a large number of people came to the institute to hear a lecture by Swamiji on 'Methods of Relaxation through Yoga'.

In the evening of the next day, a large crowd assembled at the Yoga Institute to see the International Yoga Teachers Training Course film which was followed by a short talk.

On 16th July, Swamiji had lunch in Ghent at the home of Mme Baertsoen where he was received by the Consul General of India, Mr Robert Desprechins. Following this, Swamiji visited a well-known boy's camp in Drongen. In the evening, in a room filled to capacity, Swamiji delivered his last lecture at the Yoga Institute.

On July 17th, Swamiji left Brussels for Bruges along with Mr Van Seelen. He attended Mass at the beautiful Benedictine monastery of Bruges. The Benedictine Fathers sought his guidance on many spiritual matters and had discussions on the philosophical background of all religions.

In the evening, Swamiji addressed a gathering of yoga aspirants in Bruges. He spoke on 'The Dynamic Aspects of Yoga Philosophy' and its application in day-to-day living.

From Bruges, Swamiji and his group drove to Aalst where a great gathering greeted him. On 18th July, three 'National Yoga Days' were declared in Aalst where Swamiji stayed with Sita and Ram (Mr Saenih). People came from all over Belgium and stayed throughout the three days to hear the teachings of Swamiji. Swamiji gave lectures and practical classes in the Town Hall, where each session was filled to capacity.

Holland

On 21st July, Swamiji arrived in Holland. An enthusiastic reception awaited him at the home of Mr Vunderink, his host.

In the afternoon, Swamiji gave private interviews and in the evening a public reception and period of questions and answers was held, to which members of the press had been invited.

The following day, Swamiji had private interviews and gave spiritual guidance to yoga aspirants, and in the evening he addressed an enthusiastic group of yoga students at Scheveningen, opening a five-day practical yoga course.

The following morning, Swamiji had a long press interview with Amsterdam's leading newspaper, *De Telegraph*. Throughout the day, people came to interact with Swamiji.

In the afternoon, he addressed an informal gathering of people from the community of Ede. In the evening he spoke to a gathering at the International Club in Wageningen and spoke briefly on the impressions of his world tour. The film of the First International Teachers Training Course was shown with Swamiji giving the commentary.

The next morning, a meeting was held at the home of Mr Vunderink which was attended by yoga students. In the afternoon Swamiji again received many people individually for spiritual guidance and instruction in sadhana, and in the evening he returned to Ede to address a group of yoga aspirants at the home of Mr Samshuyzen. There, he had an interview which was taped and broadcast the following day.

25th July was filled with interviews, group gatherings and informal talks. Yoga classes began and the home of Mr



Vunderink was transformed into a temporary yoga ashram. That evening Swamiji gave a discourse in Utrecht on 'The Expansion of Consciousness through Meditation,' followed by questions and answers.

Swamiji went to Scheveningen for the last day of the practical yoga training course. From Scheveningen he was driven to Amsterdam. He visited Fantasio, one of Amsterdam's hippie strongholds, and stayed for over an hour talking with those who questioned him.

27th July was Swamiji's last day in Holland, and a lecture and public reception had been arranged. Later that evening, Swamiji again visited one of Amsterdam's hippie night clubs, Paradiso, where he delivered an informal talk on yoga. By request, he conducted a practical meditation class for over 900 young people. Swamiji said:

You can be sure that out of all these people, at least two or three will take to the path, and it is for these I have come.

London (second visit)

Swamiji returned to London on 28th July. Mr and Mrs Francis were among those who welcomed him at the airport and were his hosts for the return visit. In the afternoon, Swamiji addressed a yoga seminar at the Acacia Healing Centre on 'Inner Silence'.



From 29th July to 3rd August, Swamiji conducted meditation classes at Caxton Hall, where the gatherings were very large. In the five days of practical classes different practices were covered by Swamiji, among them japa yoga, antar mouna and yoga nidra.

Daily, after these classes, Swamiji addressed groups of devotees at the homes of various Indian families and conducted asana classes at the Acacia Healing centre. For the major part of each day he was engaged in private interviews, mantra diksha and addressing small groups of teenagers.

On 4th August, Swamiji had a busy program. The Hindu Centre in Southall invited him to speak in Hindi to his countrymen at their morning lecture. He spoke on bhakti yoga, the path of devotion, and after the talk he sang bhajans and recited parts of the *Ramayana*. In the evening he addressed another Hindu Centre, this time in English, with both Indians and Europeans attending.

One of the highlights was his visit to Westminster Abbey. For the very first time in the long history of the Abbey, a sannyasin from India preached before a Christian congregation. Among those present were the Dean and Arch Dean. Swamiji began his discourse in Hindi and after a few opening words, chanted hymns in Sanskrit as requested, followed by his address in the English language:

Yoga is not a religion. Yoga does not belong to any particular sect but to all. Yoga is a science and a way of

life. In this present age of turbulence and frustration all should practise yoga to regain mental equilibrium and harmony within.

On 6th August, Swamiji had two programs in the city of Birmingham. The first was arranged by Mr Verma of Gita Bhavan. A large group of the Indian community of Birmingham had gathered to hear Swamiji discourse in Hindi, followed by some kirtans. Later, Swamiji addressed another gathering arranged by the British Yoga School.

Denmark

On 7th August, Swamiji flew from London to Copenhagen, to be greeted by his disciples Mrs Guni Martin and Sulabha (Elsie Helland), among others. In the afternoon, he gave a press conference and in the evening, a satsang was held.

Throughout the day, people came to receive spiritual guidance in private interviews and through mantra diksha.

A public meeting was arranged by all the yoga teachers in Copenhagen at the National Museum, where over 600 people gathered to hear Swamiji's discourse. At the end he gave meditation techniques for all to practise so they could experience for themselves this inner tranquillity and profound upliftment.

West Germany

On 13th August, Swamiji flew from Copenhagen to Hamburg where he was received by Mr P.G. Nebhnani who drove Swamiji to his residence where he remained throughout his stay. On arrival he was interviewed by members of the press.

In the evening, a number of Indian devotees came to pay their respects. He told them that they should not forget their spiritual heritage and should always remember God under all circumstances.

On 14th August, Swamiji gave private interviews during the morning. In the afternoon a television interview



took place. That evening, Swamiji lectured at the Lotus Yoga Zentrum where many people had gathered to hear his discourses on yoga.

On 15th August, private interviews were again given. In the evening, there was a lecture at Siemens Hall to a capacity audience, and again the entire program was televised:

Yoga is the union between individual consciousness and Divine Consciousness. Yoga is not a religion but a science which, when practised, brings about tranquillity within. Yoga is an act through which we go inward, that's all. It is a process of communion with one's inner self to unite the two different personalities.

The next day a public meeting was held at Hopkens Ruh Hall, Bremen, organized by the Indo-German Society.

On 17th August, Swamiji visited Swami Dev Murthi at his ashram in Stuttgart. Swamiji emphasized the importance of japa yoga as the shortest way to inner tranquillity:

A constant remembrance of God thins out mental depression and brings about peace of mind.

The next day Swamiji returned to Hamburg and a satsang was held at the residence of Mr Nebhnani. On 20th August, Swamiji gave a discourse at the Hamburg University, which was arranged by Mr Jain and Professor Bernhard.

21st August was the last day of Swamiji's program in Hamburg and he addressed a meeting at American House which was televised. The next day he left by air for Zurich.

Switzerland

Swamiji flew to Zürich on 22nd August where devotees gave him a hearty welcome. Mr Karisek was his host and program organizer. Swamiji was taken to the Carlton Hotel where he stayed for three days. In the evening he gave a lecture at the hotel where many from the business community came to hear his discourse on yoga.

The next morning Swamiji left for Basel to visit Mrs Schneider and, in the afternoon, her yoga students came for interviews. In the evening 700 to 800 people gathered at Basel University Hall:

Yoga is not a running away from life, but the proper understanding of it.

On 24th August, many came to see Swamiji for spiritual guidance. In the afternoon he returned by car to Zürich for more private interviews, and in the evening he addressed a small group and gave a few practices on mental relaxation.

On 25th August, Swamiji left by car for Fribourg for his next program, which was arranged by Dr Robert Bosch. Swamiji stayed at the Yoga Ashram Fribourg for three days. The next day he gave a lecture to yoga students in the ashram and explained the benefits of yoga postures. A television interview followed and the entire program was broadcast.

On 27th August, Swamiji addressed a public meeting at Fribourg University.

The following day, Swamiji left for Geneva to address two public meetings arranged by Mr Jean Roost, Swamiji's host. Press reporters interviewed him and he stressed the need for yoga in the present troubled times. An evening public meeting was held at Sellede Hall.

On 29th August, many came to ask for personal and spiritual guidance. In the evening he gave a meditation class.

The next day Swamiji left for Lausanne and gave a lecture at Lausanne University Hall. On 31st August Swamiji left for Paris for a four-day return visit.

Paris (second visit)

Swamiji arrived in Paris in the afternoon, where a large number of devotees had gathered. He stayed for two days at Sivananda Ashram, the spiritual home of Swami Devatmananda.

On September 1st, Swamiji conducted a meditation class and in the afternoon addressed a group at the Sufi Centre.

The next day Swamiji conducted a yoga nidra class, private interviews followed, and people came for spiritual guidance. In the early evening, he gave practical instructions on ajapa japa at the Sivananda Ashram and later addressed a public meeting at the Institut de Movement.

On the morning of September 3rd, Swamiji spoke on mantra yoga. After the meeting, prominent doctors, psychologists and psychiatrists sat with Swamiji for spiritual guidance. In the evening he addressed a large gathering on kundalini yoga. The next morning Swamiji left by air for Vienna.

Austria

When Swamiji reached Vienna on 4th September, a large reception awaited him at the airport. On the 5th, people came for private interviews with Swamiji and in the evening he conducted a meditation class. The Indian Ambassador, Mr Trivedi and his wife were also present.

On the 6th, many came for private interviews and in the evening a yoga seminar was initiated by Swamiji at the Afro-Asiatische Institut Halle, arranged by Mr and Mrs Keyserling.



From the 7th to the 10th, in the mornings, Swamiji taught asanas, pranayama and meditation and in the evenings conducted yoga nidra.

Iran

On 11th September, Swamiji arrived in Tehran, where he was met by Mr Wadhmal Dalamal with a number of Indian friends and Mr Hinduji, Swamiji's Teheran host. Although he was a guest of honour of the Shah of Iran, Swamiji preferred to stay in a Sikh gurudwara.

Swamiji had requested no public meetings, as he had come to spend a few days in seclusion. He spent the next day at the residence of Mr Hinduji where a number of dignitaries came to have private interviews. Swamiji was interviewed by the press and the following day was asked to speak on television for fifteen minutes. After the program was over, the viewers were given a chance to ask questions. Once the questions started coming on the phone, there was no stopping them. They were on subjects like kundalini, chakras, nadis, lokas, mantra, shaktipat and samadhi, and what was supposed to be a fifteen-minute program turned into a two hour one!

Many years later, recounting this visit Swamiji said, "The people in Tehran were very happy with me. They invited me to dinner on the last day of my visit. At that time, I was staying in a Sikh gurudwara. These Sikh brothers had started a *langar*, free meals for all, in the gurudwara. I invited the Iranians there and that is where the feast was arranged. Roti, *tarka*, a concoction of pulses, and halwa were served and these three dishes satisfied us all. The Iranian Defence Minister also participated in that dinner. When I arrived they all stood up and said something in Persian, which I could not follow. I could follow the last address, however, which was *noukram-chaakaram*, meaning they were my servants. Then they asked me to begin eating. So, I remember those people and their country very much."

On 17th September, Swamiji left by air for India, his tour completed.



Epilogue

Thus was accomplished Swamiji's first world tour which lasted from 26th April to 17th September, a duration of 144 days. Incidentally, this is the number of months that Swamiji spent in his Guru's ashram as well. Who knows, maybe at a subtle level each day on this tour spent in propagating 'yoga from door to door and shore to shore' symbolized an offering of a month's worth of *Guru Rin*, debt to the guru . . .

Every disciple who lives with a guru will leave that institute, ashram or gurukul one day, and after going out they will have to repay their debt. Swami Sivananda did not ask me for money. He asked me to repay my debt by teaching yoga and making it popular all over the world. He had full faith in me.

Whether the number is significant or not, one thing is certain. Over the course of five months, Swamiji had ignited the spark of yogic renaissance all over the world. Swamiji conducted programs day and night, in hundreds of places amidst thousands of people. He did not have a moment's rest, even his meals seemed like interview sessions. During his stay, he even gave a discourse at Westminster Abbey. It was unheard of back then to have an Indian sannyasin, clad in two dhotis,

lecturing from the church podium, but such was the force of his personality that his message was readily accepted.

Reaching Delhi on the 17th, he immediately embarked on a tour of India, staying a day each at Porbander, Ahmedabad, Jaipur, Khamgaon, Amravati and Nagpur. He stayed in Gondia and Nandgram for three days each. He also visited Bhilai, Raipur, Bilaspur, Cuttack, Bhubaneshwar and Calcutta for a day each! He was accorded a hero's welcome at all these places.

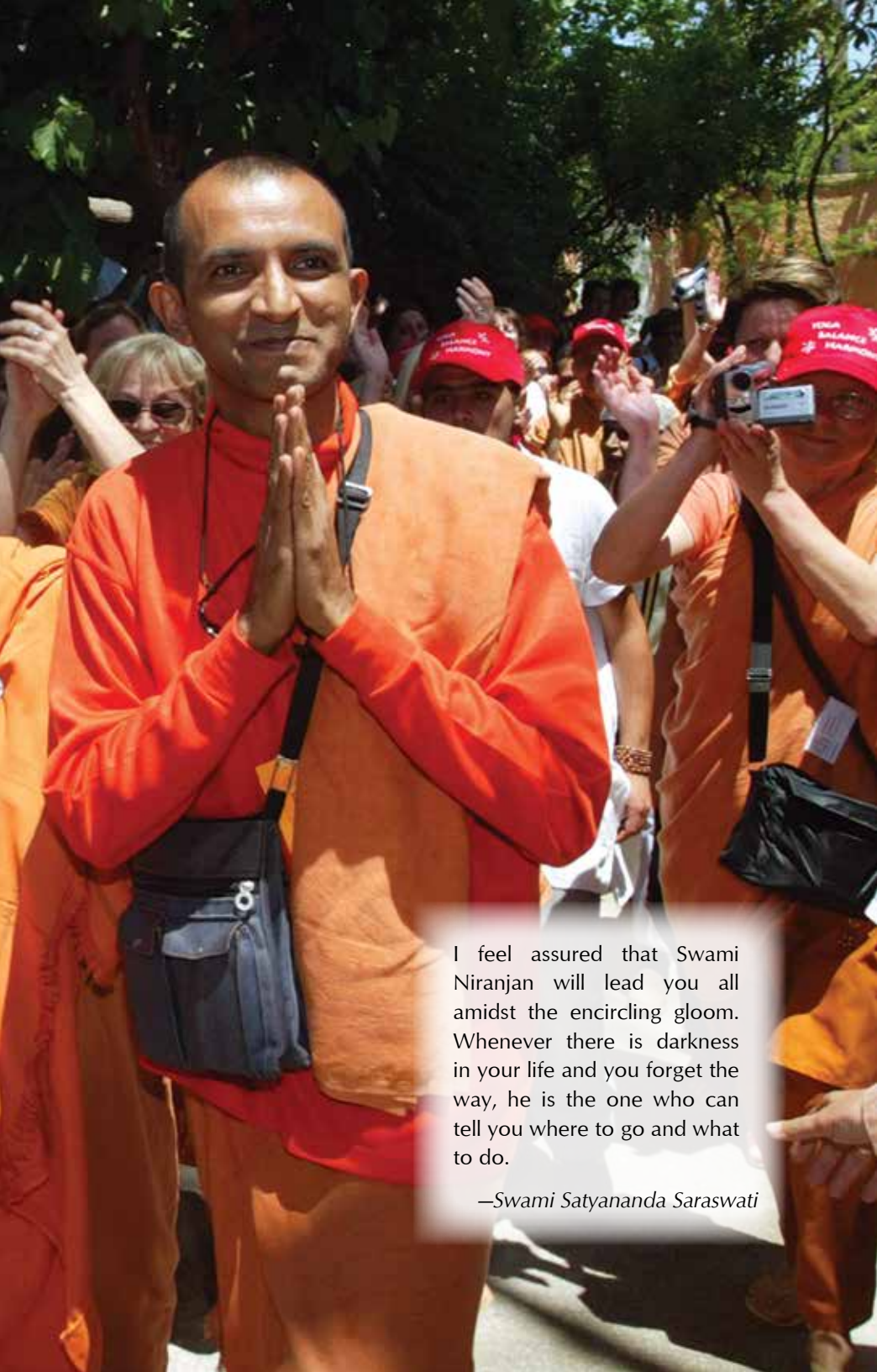
The extraordinary world tour was followed by many more, as Sri Swami Satyananda continued to spread yoga from 'door to door and shore to shore'. He divided his time between travels and the development of the Bihar School of Yoga in Munger, Bihar. When he felt that his guru's mandate was fulfilled, he left everything behind to embark on the next chapter of his life . . .

In 1963, I asked the Lord to help me fulfil my mission for twenty years, and in 1983 I gave it all up. I had only one goal, to restore yoga to its original status and glory. This was my guru's order, through me this mission was fulfilled, and yoga was universally accepted.

A DIFFICULT JOB . . .

I have a very difficult job to perform this evening, and this difficult job which I have taken upon myself is to destroy or reinterpret the theme of a great science which has been completely lost, but which is important as far as the evolution of consciousness, the collective consciousness of mankind, is concerned. More than 2,500 years before Christ there was a science in India and it was lived by people not in order to renounce the world, but in order to feel the world in its fullness and completeness.

—Swami Satyananda Saraswati,
August 1968, Switzerland



I feel assured that Swami Niranjana will lead you all amidst the encircling gloom. Whenever there is darkness in your life and you forget the way, he is the one who can tell you where to go and what to do.

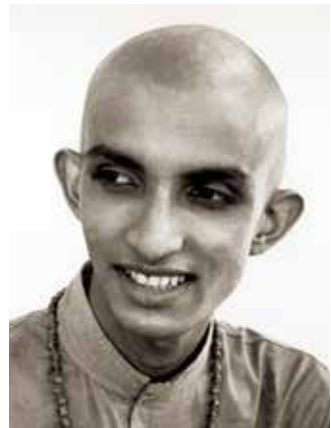
—Swami Satyananda Saraswati

On the Road Indeed

In February 1971, eleven-year old Swami Niranjan set out on his own yatra to propagate the teachings of Sri Swamiji and bring it to a new generation and society while living the advice of his Guru, 'Walk among the people to uplift them. Use every resource and faculty of yours for the wellbeing of others. Seek your own contentment within.' It all started in Belfast, Northern Ireland, followed by countries across Europe.



From 1973 to 1975, Swami Niranjan stayed in Colombia, perfected the Spanish language, researched into the pre-Colombian civilization and helped prepare and organize the 1975 Yoga Convention, and of course visited neighbouring countries like Ecuador, El Salvador, Guatemala, Mexico, Venezuela and Chile. The journey continued to Australia attending another World Yoga Convention, then a brief visit to New Zealand, and a return to Munger for some time. From 1980 to 1982, America became his home. He initiated yoga centres and as a keen and willing guinea pig participated in research projects across the country. Appointed president of Bihar School of Yoga in 1983, Munger was his base, yet ashrams and yoga centres throughout India were graced by his visits, and in 1994 he resumed his overseas travels to Australia, Europe and Colombia . . . until 2009.





Here is a list of all the countries Swamiji visited to bring the message of yoga and inspire aspirants to tread the yogic and spiritual path: Australia, Austria, Belgium, Bulgaria, Chile, Colombia, Croatia, Ecuador, El Salvador, France, Germany, Greece, Guatemala, Holland, Hungary, Ireland, Italy, Mexico, Nepal, New Zealand, Slovenia, Spain, Switzerland, Tahiti, UK, USA and Venezuela

After the World Yoga Convention and Golden Jubilee of Bihar School of Yoga in 2013, a series of Bharat Yoga Yatras took Swamiji to Mumbai, Kolkata, Bangalore, Delhi, Guwahati, Ludhiana, Chandigarh and Kathmandu in Nepal. The yatras took place from 2014 to 2016 and their theme was *Know Yourself and Find Divinity in Life*.

Around the World

Ireland 1971

Northern Ireland was Swami Niranjan's first assignment, where he had to live like the tongue between two sets of teeth! There he learnt how to live life, what to expect from life and how to conduct himself if he expected to be successful in life. Every morning there was graffiti on his door: "Yogi bear lives here. Yogi bear has no hair."

– Swami Satyananda Saraswati



Colombia 1973

I was five years old when I met this boy. He was fourteen years old. He was strange, wore orange clothes, had his head shaved but, most amazing of all, he was the nicest guy I had ever met. He gave yoga classes and played with children my age. In fact, I was very confused because his classes were so serious he seemed to me to be an adult, but was a child when he played with kids like me. He was called Swami Niranjan. When Swami Niranjan moved to Colombia in 1973, a whole new world was awaiting him. Here he learnt to speak Spanish, ride horses bareback, drive cars and explore the ancient indigenous culture of South America.

– Sannyasi Gopaldharma





France 1978

I have always believed that some rare people give a positive influence to everything they do, every word they utter. And this struck me the first time I ever met Swami Niranjan. He was about eighteen at that time. I remember how I was enthralled like the rest of the audience by the quality of his speech, wondering how, young as he was, he could transmit such wisdom. I could admire how through his buoyancy and joie de vivre during his lectures and outside the stage, he was endowed with the capacity to express so freely the changeless eternal essence of life. Since then I have been under the spell of a twinkle, a smile in his eyes, revealing how for a fleeting moment the harmony of opposites may be perceived, when a zest for life blends with profound insight.

– Swami Yogabhakti

Greece 1979

At the airport I waited. Again it was quiet and four hours passed. Then the moment came. He was there a few metres in front of me. Young, tall, radiant, wearing a geru poncho and geru dhoti around his head. I clearly remember the first moment I saw him. I can recall it at any time. Then he smiled and I went to greet him and welcome him to Greece.

There is an old saying – I think most cultures are familiar with it – that it is the first impression that counts and bears great importance. Well, that impression was of colour, warmth, radiance, strength, playfulness, an iron will and, perhaps on top of all that, deep understanding.

– Swami Sivamurti



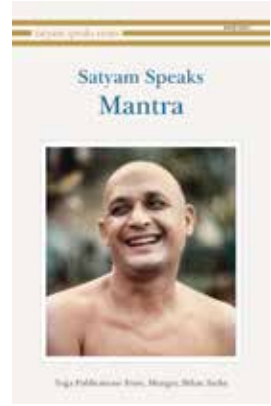
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www.biharyoga.net

The official website of Bihar Yoga includes information on: Bihar Yoga, Bihar School of Yoga, Bihar Yoga Bharati, Yoga Publications Trust and Yoga Research Foundation.

Satyam Yoga Prasad

The digital library of the Bihar Yoga Tradition presenting audio, video and publications online. Available at satyamyogaprasad.net and as apps for Android and iOS devices as *prasad*.

Living Yoga Lifestyle Sadhana

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Other Apps (for Android and iOS devices)

- *APMB*, the bestselling yoga book from YPT available as an easily browsable mobile app.
- The *Bihar Yoga* app brings to the user ancient and revived yogic knowledge in a modern medium.
- *For Frontline Heroes*, designed for people who are active in the fight against Coronavirus, presenting simple yoga practices to help alleviate tension and stress caused by the pandemic.

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Yoga Peeth Events & Yoga Vidya Training 2023

Bihar School of Yoga Yogavidya Training

<i>Jan 1-Jun 30</i>	Yoga Chakra Experience
<i>Jul 2022-Jul 2024</i>	Ashram Life Training
<i>Feb 6-11</i>	Total Health Yoga Capsule (Hindi)
<i>Mar 1-30</i>	Bihar Yoga Teacher Training
<i>Apr 4-10</i>	Pratyahara & Dharana Training
<i>Apr 18-24</i>	Pranayama – Breathe for Healthy Lungs Training
<i>Jul 1-Dec 31</i>	Yoga Chakra Experience
<i>Sep 20-28</i>	Hatha Yoga/Karma Yoga Training
<i>Oct 4-12</i>	Raja Yoga/Bhakti Yoga Training
<i>Oct 15-29</i>	Progressive Yoga Vidya Training
<i>Nov 20-29</i>	Kriya Yoga/Jnana Yoga Training

Bihar Yoga Bharati Yogavidya Training

<i>Apr 15-Jun 15</i>	Yogic Studies, 2 months (English)
<i>Aug 7-Oct 7</i>	Yogic Studies, 2 months (Hindi)

Events

<i>Jan 24-26</i>	Basant Panchami Celebrations/ 60th BSY Foundation Day
<i>Feb 13-14</i>	Bal Yoga Diwas, Children's Yoga Day
<i>Nov 4-15</i>	Munger Yoga Symposium II

Monthly Programs

<i>Every Saturday</i>	Mahamrityunjaya Havan
<i>Every Ekadashi</i>	Bhagavad Gita Path
<i>Every Poornima</i>	Sundarkand Path
<i>Every 4th, 5th & 6th</i>	Guru Bhakti Yoga
<i>Every 12th</i>	Akhanda Path of Ramacharitanamas