

Summer Issue 2010

Following the footsteps of Swami Paramanand Giri Ji Maharaj



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Timeless Knowledge

Maharaj Ji traveled from the west to east coast bestowing the nectar of 'Timeless Knowledge' in late April through June.

Many new brothers and sisters were initiated by taking diksha. The meaning of diksha is to put an end to the illusion and recognize our sacredness. Maharaj ji bestows diksha through touch, mantra and divine grace. In sanskrit these are known as sparsa, vag and saktipat diksha respectively. Swami Ji raises his hands in praise of initiates vows to embody the Knowledge rising to the highest potential for a human being.

Swami Ji's use of many techniques to wake us up is

remarkable. We were blessed to have be given many new tools to work with in our sadhana. Maharaj Ji reminded us to give love away for free without

expectaion. "If you can't give love away for free you are the poorest selfish person. What will be short if you give it away? Will you be short of love by giving it away? It will only run short if you have expectations. If you don't need that then your love will go on increasing. If you give selflessly, a drop will indeed become an ocean. So learn to give love away freely everyday.

Distribute it to all who come your way. By doing this you will help others and your spiritual progress will accelerate tremendously. By just doing this one thing your Bliss will increase."



Visit the website and blog to find videos, teachings, photos, webshop and more at www.akhandparamdham.com

This newsletter issue is sponsored by The Spiritual Growth Foundation, a US 501 c3 NPO. If you have photo's or stories to share about Maharaj Ji send them to: akhandparadham@gmail.com
Thanks to those who sent in pictures. Jai Gurudev!

UPCOMING EVENTS

JUNE 30- JULY 19
Russia

July 21 - Aug. 17
Guru Purnima
Celebrations
India

Aug. 25- Sept. 10
England Tour

October 20-22
75th Diamond
Jubilee
Vrindavan

Nov. 5 Diwali
Festival of Lights

November
Haridwar Retreat
tba



Guru Purnima

Is celebrated in reverence to one's spiritual preceptor on the full moon of the Hindi month of Ashadh.



Guru means one who brings light to the darkness & purnima means full moon. For Gurudev this last almost a month since so many await his presence and guidance at his ashrams and centers spread across India. Although he physically can not make it to all the centers he will travel to 3 or more places a day receiving hundreds of thousands of devotees. Puja is an expression of deep loving gratitude and is traditionally expressed by bestowing flowers, fruits, incense and gifts at the lotus feet of Gurudev. During these celebrations devotees rise early to renew their spiritual vows, meditate, sing, recite their mantras, and fast on fruits. Thankyou Gurudev for embodying the the Truth so that we may learn our highest potential from your example.

July & August Guru Purnima Events

- 21 - Jhansi (UP) Prem Aggarwal, 0510&2471876 , 9415030047
- 22 - Akhand Param Dham, Gwalior (MP) Swami Laxmanand 0751-2358021
- 23 - Akhand Param Dham Shiv Mandir, Gurgaon (Har) Sv AtmaChetna 0124-2304911
- 24/25 - Akhand Param Dham, Haridwar, Swami Dhyanand 01334-260105
- 26 - Akhand Param Dham, Dilshad Garden, Delhi, Sw. Anubhutanand 09868174108
- 27- Akhand Param Dham, Guru Puja & construction of ahram in Faridabad (Har.)
- 28 - Akhand Param Dham, Swami Vasudevanand 0129-4049607/09953391117
- 29 - 2 August Indore- Akhand Param Dham -Vijay Shadija, 09827023228
- 10 - Aligarh (UP) Sh Santosh Garh 09759040000/ 09412732271
- 11-12 Vedant Niketan Trust, Vrindavan (UP) Manmohan Sharma .09414183901
- 14 - 16 Akhand Param Dham Vrindavan (UP) Chit Prakash Maharaj, 09412279203
- 17 - Mathura (UP) - Swami Anandghan 09899233737
- 23- Akhand Paramdham Ashram in Mansa, Panjab

Ritual for our Waters

On the new moon in June during the NC retreat, Gurudev lit a sacred ritual fire to transform ourselves and the waters of our planet. Water was brought in from the Gulf of Mexico, the Ganga River & water that participants had carried from afar. The Hindu Goddess Durga was called upon to empower our prayers invoking her fierce compassion & divine shakti (power). Durga is the warrior aspect of the Divine Mother & is depicted with a multitude of arms each holding a tool or weapon to combat darkness and cut through the illusion. The present crisis of our waters and creatures who are sustained by them is an alarm heard around the galaxy. Maharaj Ji says pollution is caused by human minds and just as we are destroying the planet we have damaged our beings. The solution is in transforming our intellect. We must transform the mind to transform ourselves to do the work we were embodied for & recognize our divinity. In Hindi there is a saying 'Jaisa ki opka socate hein, to yaha hai.' which we understand as 'As you think, so it is' and we can do much to transform this disaster. Individuals and groups are urged to visualize, pray & perform rituals for the cleansing of our minds and the blood of the Gaia, her waters. Maharaj Ji performed a water blessing to the sounds of drums and chanting. Moving around the fire in a spiral dance retreaters sent forth intentions & prayers. The ritual ended with offerings to the fire and we joined hands in a large circle lifting our hands chanting 'Swaha', the Sanskrit word for 'So Be It'. Looking up on that starry mountaintop at that moment a brilliant shooting star shot across the entire expanse of the sky.





DEEPENING RETREAT IN NC

Maharaj Ji showered retreaters with his brilliant light for a weeks intensive in Asheville, NC. A secluded mountain location supported the deepening of teachings and sadhana. He took us beyond the illusion of being the body and mind to witnessing ourselves as the unseen source. One person said “The emersion in satsang, kirtan, yoga, ritual, sound meditations & other healing modalities was invaluable.” Swami Ji was asked, “If we are One, is collective consciousness seeking to wake up? He replied, “The collective consciousness doesn't need to wake up but we need to wake up in the collective consciousness. You are the only one who has to make efforts.” Another asked, “If we are the unchanging Supreme Consciousness then why are we dancing in this leela?” He related in a broader perspective that we are the avenue to recognize our True Self. When we rise in our awareness Supreme Consciousness recognizes itself. We are the Supreme Consciousness dancing to recognize ourself. This is the reason for the dance of this existence.” During the retreat many people had profound experiences and Maharaj Ji reminded us that these are helpful but are solely for our growth. As we progress, we will leave them as they are simply lures to increase our awareness. Consciousness is Truth beyond experience and once we know this we will not need these experiences.

MEDITATION

Silent walking meditations with Swami Ji are a treat & the US offers many great places for this.

Being that Maharaj Ji is a 'Giri' meaning the top of the highest mountain, it was fitting that he walked to the highest waterfall in the US at Yosemite.



YOGA

True Yoga is beyond physical postures and Swami Ji often surprises Americans when he gives a yoga session without

asanas. At the many yoga centers he went to in the USA he gave ancient teachings of the true role of yoga ..attaining union with the divine.



SATSANG IN THE PARK

A man came to Hechscher Park in Huntington, Long Is. lured by the beautiful music playing. Then satsang began & his life was changed. “I listened to the voice and was amazed when Swami sent a message directly to me! He said that suicide was a sin and would result in missing the



opportunity to realize my true self, the purpose of this human life. I knew these words were sent to me. After hearing Swami speak I decided not to take my life. His message saved my life.” Debbie Goldman, the programs focalizer said What Really Matters is making our beloved Guru available.

KIRTAN MUSIC

Chants & mantras are an essential elements of vedic ritual. Nadopasana (the worship of sound) is a means for moksha... the freedom of enlightenment. During the USA tour many brought their voices together sharing the oldest sacred music tradition of kirtan along with harmonium, tabla & dobo drums, piano, violin and guitar. Devotees in NY & NC are now having regular Gurudev's satsangs and kirtan sessions throughout the year. Maharaj Ji suggest other areas can also do this.



Gifts of Knowledge & Care

<http://www.akhandparamdham.com/webshop.html>

Books, CD's Videos & more

NEW!

GURU PURNIMA SPECIAL

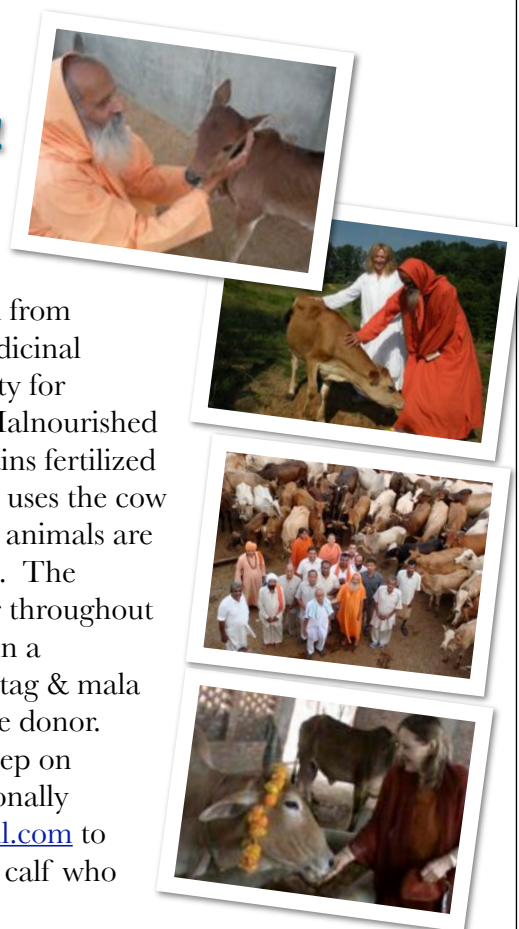
Get all 7 new items/sets for only \$50.

- *Timeless EnlightenMENT Retreat USA 2010 mp3 \$10.*
- *Kumbha Mela Foreigners Retreat mp3 set \$20.*
- *Satsang & Meditation, Talking Book, mp3 \$10.*
- *Divine Beauty Book \$10.*
- *3 New Booklets: Meditation & Pranayam, Wisdom Within & Immortal Existence (all 3 booklets for \$15.)*

HOLY COW ADOPTION AND CARE!

Haven't you ever wanted to adopt a cow? Gift yourself or loved one a heritage breed cow for Maharaj Ji's goshala in Sijay, India and not only help them from becoming extinct but be rescued from abuse. Not only that but your gift of adoption will provide milk, medicinal materials & dung to the ashram as well as the larger rural community for sustenance, sustainable agriculture, fuel and ayurvedic medicines. Malnourished children are able to have a nourishing diet with milk products & grains fertilized with worm casting dung compost. A vocational training center also uses the cow resources in this poor rural area to make medicinal products. These animals are never sold to slaughter houses or abandoned when they become old. The Goshala (cow home) provides shelter and they are lovingly cared for throughout their lives. When donors adopt a cow, Gurudev & villagers partake in a ceremony for the cow & donor. A name is chosen and an adoption tag & mala is lovingly placed on the cows neck with the name and picture of the donor.

A donation of \$500. for one cow is a lifetime gift that will keep on giving. If you feel inspired to participate in other ways you can optionally make a donation for any amount. Email akhandparamdham@gmail.com to donate today. The first picture above is Gurudev welcoming a blind calf who now has a loving new home.



Special thanks to those who adopted cowsNew moms are Bridgett Bounds, Viki Van Wey, Beena Kanuga, Ginger Oringer & Valerie Naiman. What about some new Dads?