

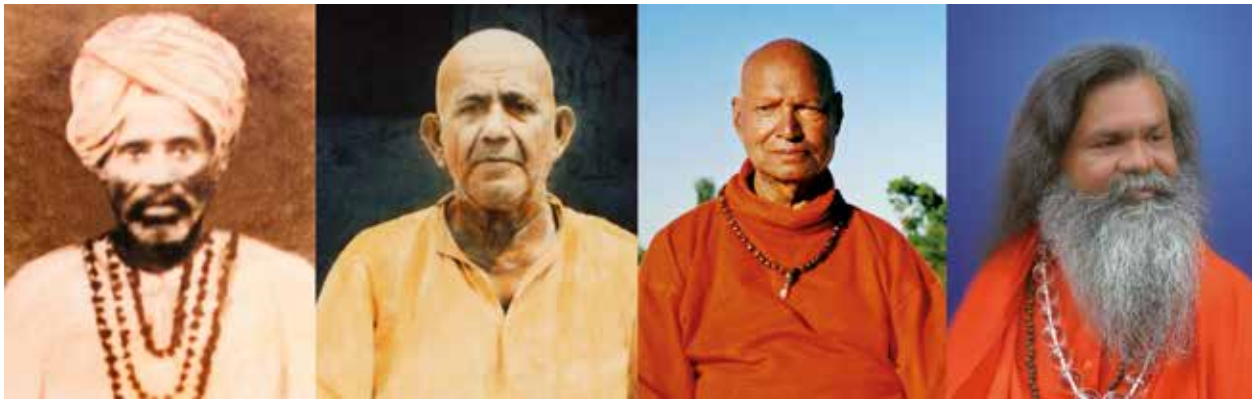


Yoga in Daily Life®

40

Hungary





OM SRI ALAKHPURIJI SIDDHA PEETH

THE SPIRITUAL LINEAGE OF YOGA IN DAILY LIFE

This spiritual lineage traces its origins to one of the ancient sages of the Himalayas – Maha Siddha Yogi Sri Alakhpuriji – and ultimately to Lord Shiva himself. Sri Alakhpuriji is one of the great Siddhas or Rishis of Satya Loka - the highest cosmic level of Absolute Truth and Reality - who are the protectors of this world; present on Earth for many thousands of years, either in visible or invisible form. Sri Alakhpuriji has been dwelling with his disciples high in the Himalayan mountain range, between the holy pilgrimage sites of Kedarnath and Badrinath. Sri Alakhpuriji's cave – one of the holy places where he meditated and from time to time appears in human form to his devotees – lies in a height of 3,650m on the way from Badrinath to the Nilkant mountain that is assigned to Lord Shiva, near the Alaknanda River.

Sri Alakhpuriji's disciple was Paramyogeshwar Swayambhu Sri Devpuriji, a great yogi who met Sri Alakhpuriji in the Himalayas. His cave, where he undertook his tapasya and sadhana in the Himalayas, was recently discovered again high up in the Himalayas at nearly 6,000m at Surya Kund between Svarga Rohini – the "Staircase to Heaven" where legend says that the Pandavas went up to Brahma Loka – and Satopanth Lake. When Sri Devpuriji left the Himalayas, he established an ashram (spiritual community) in the early 1900s in the desert village of Kailash in the Sikar district of Rajasthan, where he lived until 1942. Sri Devpuriji Kailash Ashram is named after Mount Kailash, the abode of Lord Shiva, that stands above all others as the ultimate sacred mountain in the Himalayas.

Sri Devpuriji passed on his spiritual mantle to one of the most divine incarnations of mankind, the avatar (divine incarnation) Bhagwan Sri Deep Narayan Mahaprabhuji – an embodiment of Divine Love, Wisdom and Light who lived from 1828 to 1963 in Rajasthan. Mahaprabhuji was born as a fully realized and enlightened soul and his life was filled with wonderful miracles and deeds. "Love each and every living being at least as much as yourself" is the essence of Mahaprabhuji's message to mankind. For him love means understanding, forgiving, serving and giving. Sri Mahaprabhuji expressed his teachings – the fundament and essence of the Yoga in Daily Life – System – in numerous poetic bhajans (spiritual songs).

His successor - Hindu Dharmasamrat Sri Swami Madhavananda Puriji - a spiritual luminary who brought the light of Mahaprabhuji into the world, recorded the divine life of Sri Devpuriji and Sri Mahaprabhuji in the sacred book Lila Amrit. Paramhans Swami Madhavanandaji, or Holy Guruji, belonged to the Puri Order of Dasnami Sampradaya, founded by Sri Adi Shankaracharya (788-820), and was a follower of the Saivas tradition and the Advaita philosophy. Holy Guruji entered in Mahasamadhi in October 2003. The Sri Swami Madhavananda World Peace Council was founded in his memory to expand and bring to fruition his noble ideas for humanity.

Vishwaguru Paramhans Swami Maheshwaranandaji is the current heir to this spiritual lineage, and was anointed according to the Dasnami tradition in the presence of His Holiness Sri Shankaracharya of Sumeru Peeth. At the Maha Kumbha Mela in Haridwar in 1998 he was inaugurated as Mahamandaleswar of the Panchayati Maha Nirvani Akhara (spiritual order), and in 2001, during the Maha Kumbha Mela in Prayagraj (Allahabad) he was consecrated with the title Vishwaguruji – Spiritual Master of the Universe. Vishwaguruji came to Europe almost 50 years ago to help humanity by sharing the ancient science of yoga and the universal message of Sat Sanatan Dharma.

Dr. Renate Lavicka - Radha
Sri Swami Madhavananda World Peace Council
Sri Deep Madhavananda Ashram Fellowship
Vienna - Austria

My grand Holy Master His Holiness Paramhans Swami Madhavananda

I had the honour to meet and spend some years with His Holiness Paramhans Swami Madhavananda, known as Holy Gururji. It was difficult for me to adapt to the different cultural circumstances, but Holy Gururji made it easy for me. From the beginning, I was amazed by his tolerance and friendliness. Even language was no barrier to communication between us. As I learned Hindi, I became more and more impressed by his deep knowledge of life and its simplicity of explanation. He taught equality of vision. No caste, creed or position was important to him. His teachings were for everyone. The spontaneity and sincerity of his satsangs attracted crowds of people. He wrote many bhajans, spiritual songs in which he explained even the most complicated things in the simplest way. In one of his bhajans he explained the life of the householder:

"... Father, Mother and Family should serve each other with a pure heart and for the benefit of the whole world they should purify their behaviour, then they should find shelter in the Guru, the spiritual teacher, and ask for the higher nature. These people are dear to God who regularly go to satsang. They should be truthful like King Harishchandra and patient as Prahlad. They should not speak untrue words and should keep the truth in their hearts. Only when they purify this world they can purify the other one. The sense of life is to live an ethical life ..."

So he showed how we have to connect the material and the spiritual world if we want to live a happy and successful life. During his long life, Holy Gururji addressed many problems in society, and there is no corner in India where he did not visit. What fascinated me most about the travels is that Holy Gururji, though received with honours by the governors, ministers and other public personalities, was a guru of the people. During his visits to many villages, he gladly accepted the simplest accommodation they offered. I was present on many occasions where we slept on the roof of the houses in the villages, even if an air-conditioned room was offered. He taught everyone this equality and simplicity, and his disciple Vishwaguru Mahamandeshwar Paramhans Swami Maheshwaranandaji is the perfect example of this. His lifestyle can be captured in the saying of his Guru Bhagwan Sri Deep Narayan Mahaprabhuji:

"Simple living and high thinking."

Wherever he went, he gave lectures and satsangs to teach people how to live their lives in peace. His Divine Master Bhagwan Deep Narayan Mahaprabhuji used to say:

"Everyone has good and bad habits, do not see the bad in others, rather discover their virtues and emulate these. Learn from everyone and everything. "

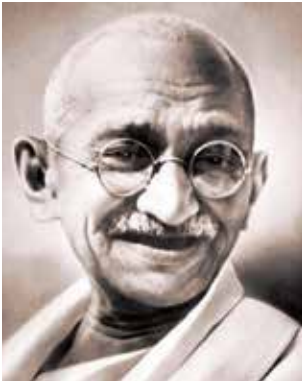
We are all aware of this and want to follow, but are so often drawn into negativity. But I can confirm that both, Holy Gururji and Vishwagururji follow this saying literally.

This world is full of problems, full of violence. We talk about peace, but this peace is still as far away today as it was years ago. Wars, crimes and everything that plagues this world can be traced back to our materialistic way of life. By teaching the ancient Vedic way of life, Holy Gururji dealt with many of these problems and showed that only by accepting our spiritual nature can we achieve peace. Yes, he knew the way was hard. He often said:

"Enter the kingdom of the Lord through the gate of the sacrifice".

We must sacrifice our ego and our desires before we can do anything for this world. Otherwise, all peace talks are just empty words.

Mahamandaleswar Swami Gyaneshwar Puri
Om Vishwa Guru Deep Ashram, Jaipur, India



150th Anniversary of Gandhi Ji

Gandhi was inevitable. If humanity is to progress, Gandhi is inescapable. He lived, thought and acted, inspired by the vision of humanity evolving toward a world of peace and harmony. We may ignore Gandhi at our own risk.

– Martin Luther King

Gandhiji's message of Ahimsa (Non-Violence) has a great meaning for our time. The Mahatma stated,

"Realization of the Truth is not at all possible without Ahimsa. That is why it is said that Ahimsa is the supreme Dharma (Duty). Violence is the weapon of the weak; non-violence that of the strong. Non-Violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man."

Gandhi's life story is full of courage, determination and religious willpower. His timeless message that still holds true is to combat injustice and cruelty with the means of love and truth. His message can be used to solve today's social, political and ecological problems.

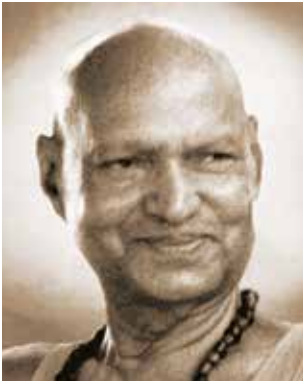
Mahatma Gandhi respected the principle of Ahimsa, non-violence towards all living beings, again as a living example – he was a strict vegetarian. In his work as a politician, he expressed this by respecting all humans irrespectively of gender, nationality or religion. For him, religion was nothing separate from day to day life. Life itself should be understood as a religion.

In his autobiography, he wrote "To see the universal and all-pervading spirit of truth, we must be able to love even the most miserable create the same as we love ourselves. And that one who strives for this goal, cannot venture to turn away from any possible area of life. Therefore the devotion to truth brought me to politics; and I can say with all the modesty that those who say that religion doesn't have anything to do with politics, don't know what the religion is."

Gandhiji's philosophy is one of love, respect, understanding, compassion and commitment. So, when we ask the question: Is non-violence relevant today, we actually ask, are love, respect, understanding, compassion and commitment relevant today? If we denied that these principles are relevant today, then there would be no hope for humanity. For too long humanity has been caught by prejudice, hatred, ignorance, fear, mistrust, deception, jealousy, resentment and greed – all qualities and attitudes that breed violence, wars, murders, raping etc. Therefore we must "be the change we wish to see in the world", as Gandhiji demanded, to give hope for our world, for humanity.

"Every drop of water make an ocean, so we, through friendship, become an ocean of friendliness. The shape of the world would indeed be transformed if all of us live in a spirit of love and amity with one another.

I may be said to have an ideal only when I put forth an effort to realize it." – Mahatma Gandhi



Hindu Dharm Samrat Paramhans Sri Swami Madhavanandaji Message

There are few people who fortunately exist and live among us whose existence and spiritual strength ennoble the whole humanity and all living beings. His Holiness Hindu Dharm Samrat Paramhans Sri Swami Madhavananda Puriji was one of them.

– Paramhans Swami Maheshwarananda

His Holiness Hindu Dharm Samrat Paramhans Sri Swami Madhavananda Puriji, successor of the Spiritual Lineage of Sri Alakhpuriji, Sri Devpuriji and Sri Mahaprabhuji was one of the rare spiritual leaders of our time. He attained the blessed state of God-Realization through pure devotion and service to God and to all creatures in the name of his Master.

The spiritual Master lineage of Holy Guruji, as his devotees used to address him, starts with the legendary master of the Himalayas, Maha Siddha Yogi Sri Alakh Puriji, one of the great Mahatmas or ancient sages of Satya Loka. His successor was Paramyogeshwar Sri Devpuriji, an embodiment of Lord Shiva. He resided in Sikar District, Rajasthan. His Ashram "Kailash" in Rajasthan carries the same name as the holy Mount Kailash in the Himalayas, which is revered as the Abode of Lord Shiva. Sri Devpuriji is the Master of Sri Deep Narayan Mahaprabhuji, a divine incarnation of love, mercy and wisdom, who lived from 1828 to 1963 in Rajasthan in northwestern India. "Love each and every living being at least as much as yourself," embodies the essence of his Golden Teachings for the whole of mankind.

Holy Guruji, carried his devotion to the Almighty and love for all beings at numerous journeys through India and other parts of the world. He attained great respect, both in India and abroad, and was honored with many spiritual titles, among others the Hindu Dharm Samrat, which means "Upholder of Sanatan Dharma", the eternal Religion which stands above all confessions and denominations, and connects and unites all living beings.

In order to enable mankind follow and practice Sri Mahaprabhuji's teachings, he established many ashrams in India. They are today holy and spiritual centers visited by spiritual seekers from all over the world. Kindled by the grace and the divine mercy of his Master, His Holiness helped people and inspired them in many ways. He worked actively for the well-being of the entire world – for social care, education, spiritual and ethic values, and against drugs.

His preaching was: "The life of humans without spirituality is uncompleted. People are in great delusion, thinking that spiritual science is less important than modern science. In reality, spiritual science is more important because it opens the inner eye, with which it is possible to hear the divine voice. It heals the pain of body and soul and leads to mutual understanding, harmony and peace."

His Holiness Swami Madhavanandaji was incarnated on 11th September 1923 and attained Mahasamadhi on 31st October 2003. In honor of him and to continue his divine message for the sake of world peace, environmental protection, ethical and moral education, and the well-being of all creatures, and to see in each and every entity the light of God – as His Holiness used to say: "One in All and All in One." – the World Peace Council conferences have been taking place every year in different parts of the world.



Sri Swami Madhavananda World Peace Council

and

Sri Deep Madhavananda Ashram Fellowship – Yoga in Daily Life International

related to the UN Development Goals are supporting numerous humanitarian and charitable projects in India and worldwide.

OM Vishwa Deep Gurukul Swami Maheshwarananda Ashram
Education & Research Center:



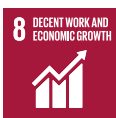
Jadan School (Sri Vishwa Deep Gurukul Prathmik Vidyalaya)

primary & secondary school in Jadan Ashram registered with the Government of Rajasthan. All girls are exempt from school fees and 70% of the children are getting free education. In 2015 about 1,500 children visited this school.



Gyan Putra Project

The school is supported by the "Gyan Putra" project, a charity in Hamburg, Germany, which has members and sponsors throughout the world to facilitate school transports from the villages, free schooling for girls and supporting in general children from needy families.



Jadan College (Paramhans Swami Madhavanand College)

Sri Paramhans Swami Madhavanand College was established in 2007 and is currently offering three years degree and one year diploma courses in Yoga and Naturopathy, as well as three years degree courses in Arts. The College is affiliated with Maharishi Dayanand Saraswati University, Ajmer for these courses.



Desert Rainwater Harvesting Project

Desert Rainwater Harvesting Project: is a grass roots project aimed at alleviating poverty and providing a reliable supply of fresh water for rural communities in drought affected areas of Rajasthan. In the ashram was built an artificial lake with a capacity of 120 million liters water to catch and preserve the monsoon rains to provide water for the fields, animals and humans in the dry season. It also has the effect that the groundwater level is raising and sweet water returned. The Desert Rainwater Harvesting Initiatives will be extended to six other locations throughout remote, rural Rajasthan. The project will benefit the local communities by providing local employment, fresh water for drinking and agriculture, education opportunities for women and children, reducing pollution, preventing water related diseases and improving public health.



Sri Swami Madhavananda Austria Hospital

The Sri Swami Madhavananda Austria Hospital Project in India aims to offer compassionate service to the sick and needy, promotes an holistic approach to health care and fosters high standards in health related education and research. It aims to provide adequate medical services for people. The Hospital is providing free medical camps, emergency service to the surrounding villages; women education programs on the topics of health, hygiene and child welfare. These health services and projects are supported by two internationally operating charitable societies, Austria Hospital in Vienna, Austria, and Helping Hands in Czech Republic.

Sri Devpuriji Ashram Trust



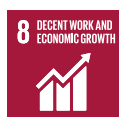
OM Ashram

This central monument will be the largest man-made symbol of OM in the world. Promoting the ancient science of Yoga and the invaluable spiritual treasures of Vedic culture; dedicated to foster physical, mental, social and spiritual health, respect and protection of all life, tolerance and understanding amongst religions, cultures and nations, world peace, upholding human rights and protection of the environment.



Preserving ancient handicrafts, arts and technologies

The OM Ashram is built according to the ancient architecture and science of Vastu Shastra and all the thousands columns of the main temple are made in craftsmanship. Skilled stone masons are carving traditional depictions and illustrations of the Vedic history into the stone pillars. Ancient technologies of pressing oil and scooping water are maintained and shown in an open-air museum.



Education and laboring opportunities for rural areas

Several thousands of families are supported from the labor work created through the Ashram. This stopped migration of local people to the big cities and brought economic benefit to the local area.

Sri Alakhpuriji Siddha Peeth Parampara Trust & Yoga in Daily Life Foundation:



Projects for spiritual, ethics and social education



Support of people below poverty line (BPL)



Drought and famine relief, medical support



Animal welfare projects (Gaushala), Tree planting

The society is supporting 7 Gaushalas (animal refuges) providing veterinary care for over 800 abandoned, aged and sick animals, and various animal welfare and health care projects in the region. During the drought drinking water and fresh fodder is provided to more than 5000 animals in Pali and Nagaur district.



International Projects:

Disaster Relief

International Fundraising for immediate aid for victims of natural disasters, e.g. Nepal Earthquake 2015, flood disaster in Uttarkandh 2013

Planting of Peace Trees

Acknowledged as an 'Ambassador for Peace', Paramhans Swami Maheshwarananda has shown five decades of outstanding commitment at promoting tolerance and respect between different religions, cultures, and nationalities. He has initiated worldwide, inter-religious World Peace Prayers and Conferences, as well as several annual World Peace Tours among people of diverse religions and cultures. One tradition associated with his humanitarian efforts is the planting of World Peace Trees in public parks, in collaboration with local authorities and dignitaries; the trees are planted as living symbols of peace and hope for a sustainable future.

Tree Planting Initiative

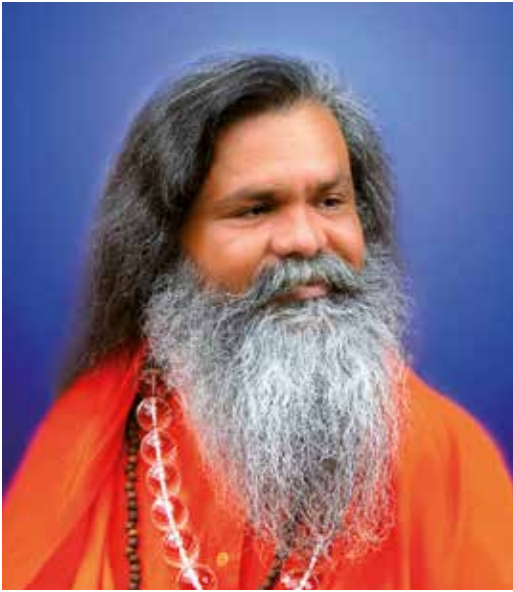
this project was established as a commitment at the Rio+20 UN Summit of Sustainable Development. Since 2012 Yoga in Daily Life members have planted more than 60.000 trees, seedlings and seeds all over the world.

Save the Birds

to bring broader attention to the problem of birds lives being endangered and in just too many cases lost due to the excessive pesticide use, some inhumane sport activities and other inhumane actions. www.safe-birds.com

Jiv Jantu Board

protection of wild life and their natural environment, preserving of regional crops, vegetables, fruits and seeds.



Yoga in Daily Life® Spirituality, Religion and World Peace

Yoga means balance, harmony and unity. Universal balance, Harmony of body, mind and soul and Unity of the individual consciousness with the cosmic consciousness.

The ancient science of Yoga, readily equips humans to re-instate world peace, environmental sustainability, as well as harmony between individuals, communities, religions and nations. In modern times, Yoga has unfortunately come to mean only physical exercise or posture, however that is only one aspect of this ancient science, the others are neglected. The word Yoga is derived from the Sanskrit word 'yog' meaning union. Yoga is that single universal principle which balances the entire universe. All elements, visible and invisible, as well as all stars, moons and sun systems, are entirely sustained by the balancing principle of Yoga.

The origin of Yoga is explained in the Vedas, the oldest written scriptures known to man. In these, it is said, Ananta Brahmand Sahastra Suryas – this universe is endless – and the Vedas declare that within it are thousands of solar systems. We humans exist in just one of these. The word Ananta means endless and the Vedas call this endless universe Mahakasha – the great void of nothingness. Within Mahakasha is consciousness – Chaitanya – Cosmic Consciousness. This Cosmic Consciousness, Hiranyagarbha can be likened to the 'golden-womb of mother consciousness', and it is this 'yog' or Yoga (the uniting or mother principle) that nourishes and sustains all of life.

Since Yoga is so ancient, then it is apparent that Yoga is not a branch of any religion, but is indeed the source and basis of all religions. It is Sanatana Dharma – the eternal universal principle – the one eternal religion that has neither beginning nor end, it always was existent and will always be. Therefore, since Yoga is the common inheritance of all religions of the world, there is no cause or justification for conflict or disharmony between the different faiths.

Each faith has its doctrines firmly established in the principles of Yoga – belief in God, prayer to God, love all equally, protect life, live in harmony with nature and strive for God-Realisation or Oneness with the Supreme. Even a brief look at the teachings inherent in Islam, Judaism, Buddhism as well as the Christian traditions, will reveal this. The essence of all religions is Yoga, with spiritual development and Realisation of God the ultimate goal. Unfortunately, religious dogmas have over-shadowed these similarities and that is why differences are seen. Yoga, however, is non-dogmatic and teaches that everyone can attain and realize God. There is, of course, no universal recipe and each person must find his or her own way. Yoga can help and guide us in our search as it offers each seeker, thousands of years of experience and living examples of holy men and sages who attained God-Realisation.

Every individual is on Ananta Yatra – an endless journey. Since the creation of this universe, our individual soul has been traveling. But where? Everyone is in a hurry running here and there, but where are you going? Ask yourself these questions: Who am I? Where do I come from? Where am I going? Why am I here? Where will I go? Until we have truly realized the answers to these questions from the depths of our own meditation experience, we will continue to run. "Know Thy Self" is the solution to all our problems and the answer to all our questions.

The human soul has experienced much good and bad, pleasant and unpleasant karmic reactions and untold suffering. Desire, pride, ego and greed constantly delay us from reaching the final destination. We continue to live in the darkness of ignorance, with anger, hatred and duality separating us from each other. As a result, humans are not able to live together as they should. Today there is not enough tolerance amongst religions, little respect amongst cultures and an absence of love between nations.

It is high time to demonstrate love to our fellow humans, to all of mankind, and to pray for them. In today's world situation we should pray for those who are involved in the war – for all the soldiers from the different countries. No one is to be blamed. We can only say that it is our bad destiny, a bad destiny for humans. Mahatma Gandhiji said, "We don't hate the person, we hate the action". Our prayers should be for the whole world and for all those who live on this planet.

It is the human condition that is responsible for the critical situation of our world – for wars and environmental catastrophes. Mother Earth is seriously suffering because day-by-day humans are destroying her. Our rivers, lakes, oceans and seas are polluted. Our fields, mountains and skies are polluted. The whole environment is poisoned due to human greed. Indeed the most dangerous pollution is mental pollution. How can we hope to achieve lasting world peace and sustainable development without first correcting the state of the human mind?

The first step that we must take is to bring Love and Respect into our consciousness in order to heal the wounds that have existed for such a long time. Peace and happiness cannot be bought in the market, it can only be developed within. A Yogi would say, renounce and limit your needs. Renounce all those things that give us trouble and open our heart and hands in order to give. Renounce greed, renounce anger, renounce duality and narrow-thinking. Open the heart and give understanding. Understand another's feelings, understand another's life situation and grant them their rights. Give them happiness and forgiveness. Do not violate anyone physically, mentally or emotionally. Never be the cause of another's tears. As my Grand Master Bhagwan Sri Deep Narayan Mahaprabhuji said, "Love each and every living being at least as much as you love yourself". God is one and dwells in all. We gave Him different names and images - we call Him Father, Allah, Ishvara, Divine Will, Love, the highest Self, Truth and so on. There are as many images of God as there are people on the face of the earth.

Since Yoga is the balancing principle that sustains all of life, it is Yoga that will restore harmony to our world. Take this example - a wall is made of bricks, mortar and water. If the wall breaks we must repair it with exactly the same materials – bricks, mortar and water. Similarly, leading a Yogic life will remove dualism from an individual's mind and restore their inner peace. The result will automatically be demonstrated in the outer world. There will be peace between individuals and communities, and humans will live in harmony with nature. The human family must be deeply established in tolerance, respect and understanding, towards religions, cultures and nations.

Yoga in Daily Life® is a comprehensive system of Yoga and lifestyle management that can and should be practiced in everyday life. It was developed 45 years ago and is currently taught on every continent around the world. There are five aspects of the system of Yoga in Daily Life® - Physical Health, Mental Health, Social Health, Spiritual Health, and God-Realisation. Yoga in Daily Life® is based on the ancient authentic literature of Yoga Vedanta philosophy - non-duality. Vedanta declares that one God has created this world. All creatures are children of one creator and all living beings are part of one universal family. The highest precept of Yoga is to protect all living creatures in all forms and manifestations of existence. To understand this, it is necessary to adopt a holistic way of thinking and acting in life. Work for the benefit of all and you yourself will benefit.

Yoga is the source of spirituality and wisdom, yet Yoga itself is not a religion – it is the origin of all religions. Every religion on this globe has its roots in Yoga since Yoga represents the wholeness of all cosmic principles. Yoga is the common inheritance of all humans. Therefore all religions should sincerely unite in their efforts for sustainable world peace.

World peace is possible only when all religious and political leaders of this globe practice tolerance, recognition and respect for all other cultures, traditions, languages, races, nationalities and religions. Their prime duty is to guide humanity towards forgiveness and brotherhood, and preach that we are all children of one God. There is only religion to which we all belong on this Earth, and that is Humanity.

Paramhans Swami Maheshwarananda
 Founder and President
 of Sri Swami Madhavananda World Peace Council
 author of Yoga in Daily Life - System



Harmony for Body, Mind and Soul

Yoga in Daily Life – The System® Ancient Wisdom for Modern Times

Based on the authentic Yoga tradition "Yoga in Daily Life" ® contains the pure essence of the original Yoga teachings and was developed by Vishwaguruji Paramhans Swami Maheshwaranandaji specifically to suit the modern mind and lifestyle and as a means to show people the way to live a contented and purposeful human life. It is a scientific system of yoga & meditation based on ancient wisdom and adapted for our time. "Yoga in Daily Life"® is designed for health & lifestyle management, based on four main principles - physical health, social health, mental health & spiritual health. It is practiced by people from all walks of life, regardless of age or level of physical ability. Yoga in Daily Life® classes are conducted worldwide for the general public; in the professional and corporate sector; in hospitals & rehabilitation centers; as well as for adults and children with special needs. Today, incorporated non-profit Yoga in Daily Life Associations are established in 30 countries around the world, each being actively involved in local, national and international community projects.

A Healthy Body

"Health is not everything, but everything is nothing without health", Paracelsus

To promote physical health, the Yoga in Daily Life® System begins with a series of simple exercises designed to warm, stretch and improve flexibility. These exercises, together with basic relaxation techniques, gradually prepare the practitioner for the classical Yoga practices, which include:

- Yoga Asanas - postures
- Hatha Yoga Kriyas - practices to cleanse & detoxify the body
- Pranayam - breath control
- Yoga Nidra – deep relaxation

These techniques awaken the natural healing capacity of the human body, providing an independent means of achieving a balanced and vital state of health. When practiced regularly the techniques can alleviate almost all conditions of ill health including stress, muscle and joint pain and chronic disease. On a more subtle level, they harmonize the chakras and energy systems, whilst also preparing the practitioner for contemplation and meditation.

A Peaceful Mind

"Yoga is the inner state in which your mind and emotions are under control and have come to rest", Patanjali

Clarity of thought, inner freedom, contentment and a healthy self-confidence are the basis for mental wellbeing. The Yoga in Daily Life® system offers numerous methods to attain mental wellbeing, including mantra practice, the observance of ethical principles, keeping of good company and the study of spiritual texts to purify and liberate the mind. A unique feature of the Yoga in Daily Life® system is the Self-Enquiry Meditation Technique to access the deepest recess of one's psyche.

A Healthy Society

"Be the Change you want to see", Mahatma Gandhi

The Yoga practitioner develops balance and happiness, which become a genuine source of joy, peace and stability for others, in turn contributing to a healthier, balanced and conflict free society.

Yoga in Daily Life® is built on the foundation of service – the wish to create a better world and the willingness to actively work for the welfare of all – humans, animals and the environment. The Yoga in Daily Life® centers around the world conduct humanitarian service in their local community such as Yoga for the disabled, Yoga for palliative care, Yoga for the mentally ill and Yoga for the elderly. The centers also host fundraising events to support various humanitarian causes in the third world – disaster relief funds, the construction of rural hospitals, an underprivileged child education scheme and support for a children's drug rehabilitation center. Yoga in Daily Life® hosts annual interfaith dialogues between eminent religious leaders of the world, conducts international forums and conferences on world peace and is actively involved in the world sustainable development initiatives of the United Nations.

A Spiritual Consciousness

"The more wisdom you possess, the more humble becomes your mind. The more understanding you develop; the more helpful become your actions. The more goodness residing in your heart, the more love you feel for every being." Vishwagururji

As the most highly developed being upon earth, the human is capable of realizing their real nature and inner Self. The spiritual goal of Yoga is Self-Realization, the union of the individual soul with the cosmic consciousness. Towards this end, Yoga in Daily Life® offers guidance to each individual on the spiritual path, through the practices of Mantra Yoga and Kriya Yoga.

In the development of self-awareness, one becomes a more considerate individual, who is caring of the environment and compassionate towards all creatures that inhabit it. To protect life and respect the individuality and independence of all forms of life is a primary practice of the Yoga teachings. By following this precept throughout life, greater tolerance, understanding, mutual love, help and compassion will be displayed between individuals and nations alike - inclusive of all humans, cultures and religious faiths. Those qualities that really make us human are the ability to give, understand and forgive – and eventually will bring peace to the whole world.

Sadhvi Dr. Shanti Puri





Global Action for People and Planet

The International Sri Deep Madhavananda Ashram Fellowship, a worldwide non-profit humanitarian organisation with member associations in Special and Roster Consultative Status with UN ECOSOC, is carrying out and supporting numerous humanitarian projects in Rajasthan, India, in cooperation with Sri Swami Madhavananda World Peace Council, humanitarian Foundations in India and Yoga in Daily Life associations worldwide.



Jadan School (Sri Vishwa Deep Gurukul Prathmik Vidyalaya)



Gyan Putra Project



Jadan College (Paramhans Swami Madhavanand College)



Om Ashram



Swami Madhavananda Austria Hospital



Women education programmes



Desert Rainwater Harvesting Project



Tree planting and organic farming



Preserving ancient handicrafts, arts and technologies



Animal welfare programmes (Gaushala)



Sri Swami Madhavananda World Peace Council – SSMWPC

The Sri Swami Madhavananda World Peace Council (SSMWPC), an international NGO in special consultative status with the UN ECOSOC, has been founded by Vishwaguru Paramhans Swami Maheshwarananda in remembrance and in honour of his beloved master, His Holiness Dharmasamrat Paramhans Sri Swami Madhavanandaji who lived in Rajasthan, India from 1923 till 2003. His Holiness belonged to the spiritual Master-lineage of the OM Sri Alakhpuriji Siddha Peeth Parampara. Mahamandaleshwar Paramhans Swami Maheshwarananda Puriji, Vishwaguruji, as we affectionately call him, the spiritual successor of this Parampara, established the Sri Swami Madhavananda World Peace Council (SSMWPC) to commemorate and pay homage to his Master.

The World Peace Council has been established as a non-governmental, humanitarian and charitable society, which pursues the improvement of the world's situation and the welfare of humankind. The Council is an instrument to disseminate and to bring to realisation the messages of Mahatma Gandhiji and Sri Swami Madhavanandaji in order to achieve unity and peace.

Paramhans Swami Madhavanandaji, whom his disciples affectionately called Holy Guruji, during his whole life preached and campaigned for ethics, tolerance, peace, and the protection of nature and the welfare of all living creatures. As Gandhiji, Holy Guruji preached Ahimsa, non-violence and respect for all living beings.

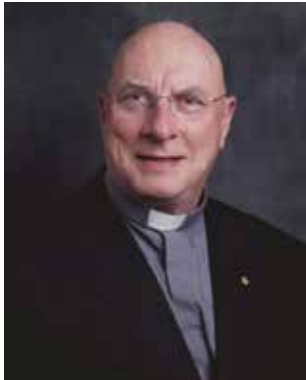
The SSMWPC has been formally supporting the UN's Agenda 21 and the Millennium Development Goals since 2002, the launch of the Type II partnerships at the Johannesburg World Summit on Sustainable Development, where the SSMWPC introduced its Desert Rainwater Harvesting Initiative (DRWHI) that ensures water for drinking and agricultural purposes to Rajasthan's poor rural communities, in a state that spans ten percent of India's geographical area, but which has only one percent of the country's water resources.

The International World Peace Summits and World Peace Council Conferences are convened once a year under the patronage of the Sri Swami Madhavananda World Peace Council, with the ambition to raise global awareness and to promote spiritual, social and political resolve to secure sustainable world peace, and to demonstrate in practice the feasibility of achieving tolerance, respect and understanding by acknowledging our 'unity in diversity'. In this way, these events continue to support the UN System, i.e. the post-2015 development agenda and the 17 Sustainable Development Goals as well as the Earth Charter Initiative as fundamental and necessary principles on our path to a just, sustainable and peaceful global society.

Held in a different country each year, the World Peace Summits and World Peace Council Conferences are hosted by Yoga in Daily Life Societies around the world. These are non-profit organisations that were established to disseminate a culture of peace and spiritual evolution through the practice of the "Yoga in Daily Life"-System.

Dr. Renate Lavicka (Dr. Radha)

Messages



Monsignor David Cappo
Vice-President SMWPC

Monsignor David Cappo AO
GPO Box 1963
Adelaide
South Australia 5001

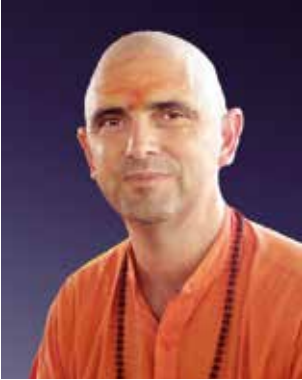
May the Sri Swami Madhavananda World Peace Council continue to give leadership in the need for dialogue amongst religions so that we can all contribute to keeping people away from extremism.

I am sure that active dialogue in a spirit of prayer, is the proper way forward. I hope and pray that people will keep their hearts open to the Spirit of God dwelling within them, and that they listen to the words of wisdom.

Greetings and blessings from Adelaide.

A handwritten signature in cursive script that reads "David".

Monsignor David Cappo



HH Mahamandaleshwar Swami Jasraj Puri

It is with great joy that I imagine everyone joining together with our beloved Vishwaguruji to celebrate the tireless work of Himself and all of the Yoga community during 40 years of Yoga in Daily Life in Hungary.

The World Peace Conference is a chance to reflect on the state of world affairs, and remind ourselves of the need for sustained dialogue that develops understanding across cultures, races and political borders. However, it is also a chance to remind ourselves of Mahatma Gandhi's message that we all have agency in creating the atmosphere and environment that makes society humane, supportive and uplifting for all beings.

The first verse of the Isha Upanishad says:

Ishavasyam idam sarvam yat kim ca jagatyam jagat
Tena tyaktena bunjitha ma grdhah kasyasvid dhanam

I know that all this, whatever moves in this moving world, is enveloped by God. Therefore find your enjoyment in renunciation, do not covet what belongs to others.

Mahatma Gandhi took great inspiration from this mantra, saying that "Since God pervades everything, nothing belongs to you...If it is universal brotherhood-not only brotherhood of all human beings but of all living things-I find it in this mantra."

Universal brotherhood is not only about living with compassion, lending a helping hand, or turning an understanding ear towards those in need. The 'change we want to see' comes from deep understanding of oneness between all creatures and the environment in which we live. That every action we take is for all of humanity. Every choice we make is not for our village, town, city or country, but for the whole world and every creature in it. And that our choices are not just offered into the present, but echo into the future.

The Indigenous People of Australia have a beautiful relationship to the land. Their belief is that no one owns the land on which they dwell. Rather, each generation is a custodian, caring and nurturing the land for following generations. Similarly we are all, in the present moment, custodians of the world's future, and the future of the generations that will inherit the fruits of our deeds.

I pray that with the inspiration of Vishwaguruji, Holy Guruji and Mahatma Gandhi, we will all prove to be worthy custodians, who hand on a legacy of peace, love and understanding to future generations. I trust that the World Peace Conference will act as a catalyst for change within each and every participant, as well as a beautiful celebration of the achievements of Vishwaguruji and Yoga In Daily Life in Hungary.



HH Mahamandaleshwar
Swami Gyaneshwar Puri
Vishwaguru Deep Ashram
Jaipur, India



OM VISHWAGURU DEEP ASHRAM

Kirti Nagar, Shyam Nagar, Jaipur, Raj., India
Tel: 0141 2293856, 774 274 9288

Jaipur, 03. June 2019

150th Birth Anniversary of Mahatma Gandhi

Mahatma Gandhi was known to the West for his non-violent struggle to free India from the British colonial power. But with time, his name is slowly getting lost. Do we need non-violence today? Do we need the teachings of Gandhi today? I would say unequivocally, yes. Because, the violence is all around us: in the movies, TV serials, games and in reality: the terrorist attacks, local and regional wars, we should be reminded that there is also another way. A way which does not include an eye for an eye.

Although Gandhi came from India and his teachings are based in Indian philosophy, he incorporated thoughts of many great thinkers of that time. Leo Tolstoy, John Ruskin and Henry David Thoreau are just some of the names of the people he followed and adopted their thoughts in his Non-violent movement. The Bhagwat Gita and the Surmont of the Mount were the main guidelines of his thoughts, showing how successfully he managed to blend Eastern and Western thoughts.

To live and act in this world, aware of all our differences, whether personal or cultural, is very difficult. Gandhi could do that. He could understand the people in the London mills as easy as he could understand the workers in the fields in India. This capability of crossing cultural borders have our Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwaranandaji Ji. The title Vishwaguru is rightfully given and shows his capacity for interacting with the people all over the World equally. He does not make any differences between the cultures. Many times, he tells the joke: "All cultures are good, but agriculture is the best." His teaching is simple as he follows in the footsteps of his masters. The teaching of Bhagwan Deep Narayan Mahaprabhuji 'Simple living and high thinking!', and "Ahimsa Dharm se koi Ucha Dharm Nahi"- There is no higher duty than non-violence, written in a bhajan by Holy Guruji, Paramhans Swami Madhawanandaji resonates in the Vishwaguruji's system, Yoga in Daily Life. The System incorporates the non-violence towards oneself and the others too. Starting by simply being vegetarian, we stop harming the animals. The base of Social health, as taught by the System, is non-violence, and so on. If we look at the Ahimsa carefully, it can be followed everywhere and in every aspect of our life.

I would express my gratitude to Vishwaguruji that he brought Gandhiji's thoughts and deeds in our lives and promise to follow the System of Sri Alakhpuriji Parampara till the end of my life.

Swami Gyaneshwar Puri

Mahamandaleshwar
Swami Gyaneshwar Puri
Vishwaguru Deep Ashram
Jaipur, India



HH Mahamandaleshwar Swami Vivek Puri
President of Yoga in Daily Life Croatia



Udruga "Joga u svakodnevnom životu" Zagreb
Jurišićeva 3/IV, 10000 Zagreb, Hrvatska
Tel. 01/481-2624, 091/461 3358
e-mail: zagreb@yogaindailylife.org

Udruga "Joga u svakodnevnom životu" Zagreb
je ogranak međunarodnog Sustava "Yoga in Daily Life"
Udruga je neprofitna pravna osoba. MB/OIB: 03297152/61468519769
RBA IBAN HR3324840081102817296

On the occasion of this significant anniversaries, which this conference is celebrating, it is my great privilege and opportunity to contribute to this noble ideas with a few words.

His Holliness Vishwaguru Mahamandaleshwar Paramhans Sri Swami Maheshwaranandaji, author of the Yoga in Daily Life System is a true ambassador of the message of the ancient knowledge of India and the message of Mahatma Gandhi „Be the change you want to see“. In last forty years Vishwaguruji is regular dear guest in Hungary, inspiring thousands of people to live happy and healthy life, and to embrace and spread message of peace and non-violence.

It is not a coincidence that the 150 birthday of Mahatma Gandhi Ji is coming in this year, when non-violence and peace are so crucial for the existence of the human rase and whole planet Earth. Yoga in Daily Life offers us tools and techniques to attain that genuine state of capacity for compassion, peace, understanding and unconditional love. Teaching of Vishwaguruji provides us with practical tools for reaching the state of inner peace and consciousness and consequently for becoming a better humans which is necessary for survival of this planet. Combination of Vishwaguruji's wisdom with devotion and open hearts of Hungarians gave us strong Yoga in Daily Life Hungarian community which is capable to fulfil all the mentioned goals.

In the name of Yoga in Daily Life of Croatia I wish you continue your work with the same strength, dedication and success as the last decades.

President of Yoga in Daily Life Croatia
Mahamandaleshwar Swami Vivek Puri



Mr Amit Shah
President of the BJP
Minister of Home affairs

AMIT SHAH,
President BJP



भारतीय जनता पार्टी
Bharatiya Janata Party

I am delighted to see the contribution made by Sri Swami Madhvanand World Peace Council towards the organization of the astounding conference on yoga, non - violence and peace. Outstanding the proceeds of the conference will come out as landmark in developing a template for the kind of life, we ought to live in order to be healthy, and safe.

The involvement of Swami Maheshwaranand ji and the untiring efforts made by him is remarkable. Let their efforts be blessed and the generations see a better, peaceful and healthy future.

AMIT SHAH

To,
Shri Swami Madhavananda World Peace Council,
in special Consultative status with the economic and
Social Council of United Nations,
Trubelgasse 17-19, A-1030 Vienna,
Austria - Avr 197481066

अर्जुन राम मेघवाल, आई.ए.एस. (रिटायर्ड)
Arjun Ram Meghwal, IAS (Retd.)



सत्यमेव जयते



भारी उद्योग एवं लोक उद्यम और
संसदीय कार्य राज्य मंत्री
भारत सरकार, नई दिल्ली-110001

MINISTER OF STATE FOR
HEAVY INDUSTRIES & PUBLIC ENTERPRISES
AND PARLIAMENTARY AFFAIRS
GOVERNMENT OF INDIA, NEW DELHI - 110001

MESSAGE

It gives me immense pleasure to know that Sri Swami Madhavananda World Peace Council(SSMWPC) in association with International Fellowship of Yoga in Daily Life(YIDL) is organising the 150th Birth Anniversary of Father of the Nation Mahatma Gandhi, 70th Anniversary of the Indian-Hungarian Diplomatic Relations in and 40th Anniversary of the Initiation of Yoga in Daily Life in Hungary on Thursday, 4th July 2019 at SzéchenyiIstván University, Management Campus, 9026 Győr, Egyetemter 1., Hungary.

I am deeply honoured by the Sri Swami Madhavananda World Peace Council's kind invitation for the World Peace Conference which is to be organised on this occasion. I congratulate all the members of this organization for this noble initiative. Mahatma Gandhi respected the principle of Ahimsa non-violence towards all living Beings. Gandhi Ji's philosophy is one of love, respect, understanding, compassion and commitment. Therefore we must "be the change we wish to see in the world" as Gandhi Ji has demanded, to give hope for our world, for humanity. The great challenges of transforming this World can be achieved with the balance of yoga and power of ideas, ambition, and ability of youth. The youth was always and is still an important building block for transforming the World into a Global Planet of Peace. Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. To root out the complex problems of modern world yoga practice would play a significant role. Yoga is not a religion; it is a way of living whose aim is 'a healthy mind in a healthy body'. Today it is practiced in various forms around the world and continuously growing in popularity. On proposition of Honourable Prime Minister Shri Narendra Modi Ji's and by recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga.

I convey my heartiest greetings to the Sri Swami Madhavananda World Peace Council (SSMWPC) and associated members for all the great and appreciable work for grand success of the conference.

Yours

(Arjun Ram Meghwal)

36, उद्योग भवन, नई दिल्ली -110 001, फोन : 23062676/78, 23061593, फैक्स : 23060584

36, Udyog Bhawan, New Delhi-110 001, Phone : 23062676/78, 23061593, Fax : 23060584

Delhi Residence : 5A, K. Kamraj Marg, New Delhi-110001, Phone : 011-23011770 Telefax : 011-23011772

Residence : Sansad Seva Kendra, C-66, Khaturia Colony, Bikaner, Rajasthan, Phone : 0151-2230260



Mr Ashok Gehlot
Chief Minister of Rajasthan



CHIEF MINISTER
RAJASTHAN

Message

I am glad to know that Sri Swami Madhvananda World Peace Council is organising 'World Peace Conference' on July 4th, 2019 in Hungary.

At the very outset, I congratulate Sri Swami Madhvananda World Peace Council for organizing this Conference on the occasions of '150th Birth Anniversary of Mahatma Gandhi', '70th Anniversary of the Indian-Hungarian Diplomatic Relations' and 40th Anniversary of the Initiation of Yoga in Daily Life in Hungary'.

Mahatma Gandhi gave India a distinct identity in the global community. His ideals of peace, non-violence and tolerance are relevant in today's world marked with incidents of terror, violence and intolerance. The 150th Birth Anniversary of Mahatma Gandhi gives us an opportunity to spread his teachings and ideals across the globe.

I am thankful for inviting me on this occasion and extend my good wishes for the success of the event.

(Ashok Gehlot)



Rector's Welcome

Most Respected Swami-ji, Our dear Honoured Guest,

On behalf of Széchenyi István University, I would like to take this opportunity to convey to you what an immense pleasure and great honour it is to welcome your Holiness, as the founder of *Yoga in Daily Life*, to this special Conference organised by the University with the kind collaboration of the Indian Embassy to Hungary. First and foremost, allow me to offer you our most sincere congratulations on the 40th Anniversary of the initiation of the system *Yoga in Daily Life*.


Very significantly, this occasion also marks the celebration of the 150th Birth Anniversary of **Mahatma Gandhi**. The two themes of Gandhi Ji's legacy and the Indian Government's emphasis on the importance of daily yoga practice form the centrepiece of today's event. Moreover, it is our intention that this joint Indian-Hungarian celebration should incorporate the observation of International Yoga Day. The idea for an International Day of Yoga, as you well know, was first proposed by the current Prime Minister of India, **Mr Narendra Modi**, during his speech at the United Nations General Assembly, on 27 September 2014, and in which he suggested the date of 21 June, being the longest day of the year in the Northern Hemisphere and sharing a special significance in many parts of the world.

Széchenyi István University has by now established a very close cooperation with The Indian Embassy to Hungary. Ambassador Tuhin has already paid us a visit during which he met a group of Indian students from our international programmes. Last year we were fortunate to be able to celebrate the **3rd Ganges-Danube: Indian Cultural Festival** which acknowledged the International Day of Yoga with a public yoga practice session according to the system of "Yoga in Daily Life". Furthermore, In March of 2016, His Excellency **Mr Rahul Chhabra**, Ambassador Tuhin's predecessor at the Embassy, delivered a speech at the University titled the "*Economic Development of India*". Mr Chhabra's predecessor, **Mr Gauri Shankar Gupta**, is currently a student of Széchenyi István University in the Doctoral School of Regional Sciences and Business Administration & Management Sciences.

Especially from the point of view of recruitment of applicants, India plays and will continue to play a very significant role in our internationalization process. When joining our English-taught international programmes, Indian students enjoy an enormous linguistic advantage, with the majority having undertaken their previous studies in English-medium programmes at high school and university. In connection with the subject of student enrollment, I would like to express our gratitude to you, Swami-ji, for your most generous support in contributing to the building up of the Indian community at Széchenyi István University, Győr.

Gratefully acknowledging your kindness and willingness to dedicate your valuable time to participating in this Dual Commemorative Event.

Yours most sincerely,


Dr Péter Földesi, Rector,
Széchenyi István University,
Győr, Hungary



SZÉCHENYI ISTVÁN EGYETEM - UNIVERSITY OF GYŐR
9026 GYŐR, EGYETEM TÉR 1.
UNI.SZE.HU | SZE@SZE.HU | +36 96 503 400



HE Mr Kumar Tuhin
Ambassador of India to Hungary

I am delighted that the University of Győr is organizing a conference on July 4, 2019 in commemoration of the 150th birth anniversary of Mahatma Gandhi.

The teachings and thoughts of Mahatma Gandhi are as relevant today as these were during his lifetime. A series of activities are, therefore, being organized by the Indian embassies all over the world and by various organizations and institutions within India to remember and keep aloft Gandhi's ideals, principles and teachings.

The activities organized by the Indian embassy in Hungary include release of a commemorative stamp on Gandhi by Magyar Post earlier this year; LED projection on the walls of Buda castle on 2nd October 2018; article by a prominent Hungarian leader on "what Gandhi means to me" in a Gandhi anthology being published in India; singing of Gandhi's favourite prayer 'Vaishnav Jan To' by a famous Hungarian singer; a vegetarian food festival; a cycling event in collaboration with IbikeBudapest; planting of 150 saplings on the World Environment Day on June 5, 2019 at Krisna-völgy, Somogyvámos; an exhibition on Khadi on the theme of Khadi as an idea and not merely a garment; a talk on Gandhi, etc.

In this background, I consider it very important that the University of Győr is organizing this Conference to honour Mahatma Gandhi, the Father of Indian nation. It is my belief that the deliberations and presentations made at the Conference will not only reconfirm the salience of Gandhian thoughts in today's world but also encourage a larger number of people, especially the youth, to work together for a better tomorrow for humanity.



Vasundhara Raje
ex-Chief Minister of Rajasthan
and current Vice-president of BJP, India



VASUNDHARA RAJE

13, CIVIL LINES, JAIPUR (RAJ.)

MESSAGE

It is a pleasure to note that a World Peace Conference is being organized to mark the 150th birth anniversary of Mahatma Gandhiji, the 70th anniversary of Indo-Hungary diplomatic relations and the 40th anniversary of the initiation of Yoga in daily life in Hungary. It is a coincidence that the three occasions have come together in the form of a conference that fosters peace, non-violence and a healthy way of life.

In a world full of turmoil and societies full of angst and stress, it is important that Gandhiji's philosophy of non-violence and HH Paramhans Swami Madhavanandaji's message of peace are re-emphasized and subsumed in the manner in which we live and in our interactions with others. Yoga, timeless and non-invasive, is a perfect tool to de stress and explore the self.

India and Hungary have been friends and partners in trade, development and culture for decades. I take this opportunity to congratulate the citizens and leaders of both nations on the ever strengthening ties between the two countries.

I am sure the Conference, graced by luminaries, shall be a grand success in furthering a more tolerant, humane and healthy global order.

(Vasundhara Raje)



The Honourable Mr Róbert Balázs Simon

Vice Chairman to the Hungarian Parliamentary
Standing Committee on Culture
Member of Parliament for the City of Győr

As Vice Chairman to the Hungarian Parliamentary Standing Committee on Culture, and as Member of Parliament for the City of Győr, it is my great honour to participate in the dual celebration of the 150th Birth Anniversary of Mahatma Gandhi and the 70th Anniversary of the establishment of Indian-Hungarian diplomatic relations.

First and foremost, may I offer my warmest congratulations on these two highly significant commemorations. It is appropriate, moreover, that on the occasion of this Conference we should also take the opportunity to mark the institution of The International Day of Yoga as proposed to the UN by Prime Minister Narendra Modi and which was very recently publicly observed at this University.

I would like to extend a warm welcome to His Excellency the Ambassador of India to Hungary, Mr Kumar Tuhin, to thank him for his kind acceptance of the University's invitation to attend this event, as well as for his personal support, and furthermore, to acknowledge the indispensable collaborative efforts of the Embassy in organising this conference. It is a further honour and my great pleasure to welcome to the Conference representatives from the Ministry of Foreign Affairs and Trade.

I also wish to take this opportunity to extend my immense gratitude to the senior management of Széchenyi István University due to whose efforts this Conference has been made possible.

This year, on 2 October, we will together celebrate the 150th birth anniversary of Mahatma Gandhi, which in 2007 was declared "The International Day of Nonviolence" in his honour by the United Nations General Assembly. On the Indian national holiday, Gandhi Jayanti, the annual celebration of Gandhi's birth anniversary, Indians joyfully commemorate his ideals of peace and non-violence as well as his immense contribution to India's freedom struggle. Here in Hungary we recognize the absolute relevance in today's world of Gandhi-ji's universal principles.

The Conference is also just one of the diverse ways that Hungary is celebrating this year's 70th anniversary of the establishing of diplomatic relations with the great nation of India. The last 70 years have seen mutual respect and collaboration that continues to grow and intensify not only in the political sphere, but also economically with Indian investment in our economy continually increasing. In cultural areas, too, via the Amrita Sher-Gil Cultural Centre in Budapest, Hungarians can become acquainted with the many varied aspects of Indian culture. Our countrymen already show great interest in Indian music, dance, and yoga demonstrated by the fact that currently there are more than 200 yoga centres and six Indian dance schools in the country.

I sincerely hope that all who attend this conference will be inspired by Gandhi, Father of the Nation. His words were full of wisdom and have inspired people around the world. The two quotations I have chosen are as follows: "You must be the change you wish to see in the world." and "Live as if you were to die tomorrow; learn as if you were to live forever."



Mr Zoltán Németh
President, General Assembly,
Győr-Moson-Sopron County Council

This conference's combined tributes to the 150th Anniversary of Gandhi's Birth and to the 70th Anniversary of the establishment of Indian-Hungarian diplomatic relations are indeed a worthy cause for celebration. With these two themes of the Conference in mind, it is also opportune to pay a further tribute to the foundation of The International Day of Yoga.

On behalf of the Győr-Moson-Sopron County Council, I am pleased to convey our congratulations to His Excellency the Ambassador of India to Hungary, Mr Kumar Tuhin on these momentous commemorations and to say how immensely honoured we are by his presence at this Conference. I wish to express my gratitude to his Excellency and all the Embassy staff for their support and collaboration with the University in the organisation of this event.

I would also like to extend a warm welcome to our honoured guests from the Ministry of Foreign Affairs and Trade.

It is a great honour for me to be invited by the University to participate in this Conference and my sincere gratitude goes to the Rector, the Chancellor and the Vice-Rector of Széchenyi István University as well as to other members of the senior management, whose tireless efforts have enabled this Conference to take place.

The 150th birth anniversary of Mahatma Gandhi, "Father of the Nation" and the world's mentor, falls on 2nd October, when we will celebrate and commemorate his ideals of peace and non-violence, justice and harmony between people of all faiths. Hungarians also readily acknowledge the significance and relevance in the modern world of Gandhism's two pillars of truth and non-violence.

Significantly, this Conference is also proud to mark this year's 70th anniversary of the establishment of diplomatic relations with India. India and Hungary have enjoyed friendly relations since their formal establishment in 1948. Since that time, cooperation has developed politically, culturally and economically. With investments of over \$2 billion from India to Hungary, in recent years the Indo-Hungarian bilateral relationship is witnessing a growth.

In the area of cultural relations, events are regularly organised by The Amrita Shergill Cultural Centre (ASCC) in Budapest. Besides instruction in Indian classical dance, music and yoga, the Centre frequently organizes exhibitions, film festivals, India Days and lectures. It is a very positive sign for the future that collaboration with various Hungarian HEIs is also on the increase.



Mr Gulab Kothari
Chairman and Editor-in-Chief,
Rajasthan Patrika

Ahimsa is an Attribute (dharma) of the Soul

Whether it is truth or nonviolence or any other great vows, all are related to the positive aspects of life from a scientific standpoint. Every great vow is based on the fundamental view of the subtle science of pranas and not on the direct deluded view or perverted faith imbedded in the senses.

The principle of truth is an aspect of the soul which cannot be expressed in words. How can a language express the truth without the resoluteness of the mind? The mind alone is the ruler of the senses. It is with the help of this axiomatic view alone that the avowed intellect moves forward gradually towards satya tattva (the basic component of truth) at the centre. The resolutions of the soul are fulfilled even without words. In fact, the speech or language covers the resoluteness of the mind. Hence, to say that doing one's duty is dharma is proved to be adharma (iniquitousness). That is why devotion to duty is more important than words.

In the same way refraining from hurting or injuring anyone is not the true nature of ahimsa (nonviolence). Moreover, the vow of ahimsa tattva is associated with the subtle tattava of prana only. The prana tattva alone is the basis of 'mahimsyat sarvabhutani' (do not kill any living being). From the gross point of view there remains no place for ahimsa. According to the aphorism 'jiva jivasya bhojanam' (every living being is the food of another living being) the inherent predisposition (bhava) of anna – annad (something that is consumed and that which consumes anna) which are the characteristics of Agni-Soma is directly visible every moment in each material object of the universe. It means all are consumers or eaters and all are foodstuffs 'sarvamidam annadaha sarvamidam annam'. It is the law of nature. Is it violence? In navakara mantra, which is the most sacred mantra of the Jains, the very first venerable personage is Arihant (the slayer of enemies). 'Ari' means a foe, an enemy. Can the slayers of enemies be the representatives of 'ahimsa paramo dharma' (nonviolence is the highest dharma) or the first venerable personages?

No one believes that before we came into this world in the form of humans we had been born as insects, birds and animals several times. All the samskaras (inborn instinctual tendencies) of previous existences cling to our souls even today. The first ladder of being nonviolent (ahimsaka) is to acknowledge this innate bestial instinct, identify it and befriend it. It means we must make it a part of our evolutionary process. Acharya Mahaprajna said, "Violence cannot be ended by mere relinquishment or renunciation or by indulging in it more and more. It can be eliminated only by awakening our consciousness. It exterminates a person's innate tendency to indulge in violence. Neither memory nor the incident associated with it remains." There must be a brilliant light hidden in the base of our materialistic existence which

takes a decision that reaches outwards. Our existence is intrinsic and our individuality or personality is extrinsic. Our body is acquired from parents, it is perishable. All the activities of our body also remain ephemeral or transitory. An eternal soul rests within me. It alone is my existence. The karmas carried out under its control or authority are not imaginary or changeable.

According to the Gita Krishna is seated within me and I am an external existence. If we make a sincere endeavour we can also realize Krishna or Purusha that sits within us in the form of Atma. We develop a fallacious or deluded view in the deceptive web of Prakriti in the form of the body, mind and intellect. They are mine but they do not constitute me. Therefore, whether it is our truth of ahimsa, it is also proved false. The real or fundamental meaning of ahimsa is to do our duty or karma protecting the form of our soul and also protecting the forms of the other living beings. Ahimsa is an attribute of the soul and not a karma in itself. The soul does not do any karma (deed).

Krishna declares – 'paritranaya sadhunam yuge'. In this sloka two words are very important – 'sadhunam (ascetic) and 'dushkritam' (evil doer). The inherent predisposition of a sadhu (ascetic) is the renunciation of the doership of the karmas carried out by the mind, the senses and the body. A sadhak (aspirant) dedicates all his karmas to Ishwara, detaches himself from them and tries to purify his inner conscience.

He relinquishes his attachment towards the fruits (results) and remains immersed in Ishwara steadfastly. It alone is the supraphysical or divine predisposition of a jiva (living being).

For it too Krishna says –

'buddhivjnana sammohaha kshama satyam damaha shamaha |
sukham dukham bhavoabhavo bhayaneva chall 10/4'
'ahimsa samata tushtistapo danam yasheeyashaha |
bhavanti bhava bhutanam matt eva prathagvidhaha 10/5'

The power of determining the purpose, true knowledge, steadfastness, forgiveness, truth, restraint of the senses and the mind, joy, sorrow, fear, fearlessness, ahimsa, equanimity, contentment, penance, charity, fame, infamy – all these inherent predispositions spring from me only. In all these bhavas (mental states) forms of vidya (knowledge) and avidya (ignorance) are clear and distinct. Deva Pranas (supraphysical energies) and Asura Pranas (demonic forces) of the creation alone are their causative factors. Vidya, which represents dharma, knowledge, detachment and prosperity, is the realm of Deva Prana and ajnana (ignorance), which represents nescience, egotism, attachment and love of life, is the realm of demonic forces. The desire and ignorance that persist alone are the cause of our birth and rebirth. In our life triguna (satva, raja, tama) affects our karmas. Hence, our mind chooses demonic propensities under the influence of Prakriti. The soul that sits within us always tries to prevent it but egotism resists it with all its might. It alone is the conflict of the mind. It alone is the battle between demons and gods in the Kurushetra (battlefield) of our life. These very demonic forces are dushkritam (sinners or evil doers). Annihilating them is tapa (penance) since they cannot be killed. 'devanam asuro balinaha' – demons are more powerful than devatas (gods or supraphysical energies). The development of the inherent predispositions or mental states (bhavas) such as truth and nonviolence alone is tapaha (austerities) and he who undergoes such penance is a sadhu. This very tapa (penance) removes the veils of vidya (knowledge) and avidya (ignorance). AS a result the innate spiritual state manifests itself. 'sambhawami yuge yuge' also means the same. It is a state which reveals the nature of arihanta (the slayer). Mere neg-



ative thoughts (avidya) do not create bondages. Positive thoughts (vidya or dharma) also cause them. Moksha means liberation from both of them. Whether it is Krishna or Lord Mahavira, both expound the same truth. We cannot grasp the profound meaning inherent in it spiritually with the help of this intellect which is camouflaged by the veil of triguna. Therefore, the form of our truth and nonviolence cannot become permanent. It remains changing with time and country. It is perishable.

Lord Krishna declares – 'paritranaaya sadhunam visashaya cha duskritam dharma sansthapanarathaya sambhavam ; yuge yuge' (In order to deliver the pious and annihilate the wicked as well as to re-establish the principles of dharma, I incarnate myself age after age.) – In order to know one's own nature one should make use of varna (class) – ashram (stage) – purushartha (endeavour), vyavasayik buddhi (professional intellect) and as soon as one attains the state of the true nature of the self, one perceives one's soul – 'mamaivansho'. The question is whether you are able to awaken the resoluteness in your mind to protect yourself from adharma (iniquitousness). It is only then a person can stand on the cognitive plane of 'karmanyava' and proclaim that he is an avatara.

Violence is an emotional process which can be seen at the level of the action of the body. Himsa (violence) is an act, a function. In order to fulfil one's need depriving the other of his basic need or doing away with his right is violence. The thought of violence is called counter-violence. Materialistic outlook, impact of globalization, career-centric life and even religious sects have all along ignited violence. The restraint of thoughts and emotions is not the subject of intellect. The peace conferences or dialogues for peace are organized with the help of intellect. They are devoid of atmabhava – a deep feeling of the heart. A person has to live peace and nonviolence at the level of his heart. He has to descend into the realm of his soul with the help of bhavana yoga (the science of controlling one's thoughts). Ahimsa too is a form of tapa (penance or conscious and dedicated self-control) (the Gita 17/14). Mere refraining from physical violence is not ahimsa (nonviolence).

The Vedic view is that Atma consists of one Ishwaratma (the soul of Ishwara) and one Jivatma (the soul of a jiva). Atma is the substratum of all and jiva varies from living being to living being. Atma is a form of Purusha and the rest is all Prakriti of Maya. It is changeable. Hence, it is untrue and unreal. Atma is a reality, it is the basis of Prakriti. Our behaviour is also propelled by the body-mind-intellect. In this situation Purusha remains inactive. That is why our karma doesn't have a permanent bhava (form). Then, how can our satya-ahimsa (truth and nonviolence) be in a permanent bhava? The people of the world launched a campaign of the percept of ahimsa and also tried to establish it in the world but it didn't yield the desired results.

Our activities are governed by Prakriti in the form of satva, raja, tama (the three constituents of Prakriti – purity, passion and inertia or darkness). The basis of our purushartha (self effort or pursuit) is also artha (wealth) and kama (desire). Dharma (an intricate tapestry of ethics, duties, functions and responsibilities) is not the basis of these two pursuits. If we speak the truth, we do so only to hurt others. Using harsh or bitter words pleases us. Our lie (falsehood) is also sweet and we only publicize and propagandize it. The results of our actions stem from our reflective discerning or inherent predisposition (bhavana) only. For it alone, Krishna says – 'traigunyavishaya veda nistraigunyo bhavarjuna' (The Vedas mainly discuss the subject of the three constituents of nature – sat, raj and tam (purity, passion and ignorance) which camouflage our true nature rise above these O Arjuna).

A jiva also dwells in Atma. Atma is neither born nor dies. Contrary to it, a jiva is not only born but also dies. It does karma and suffers or enjoys its results. The path of ahimsa is samadarshan or samyak darshan (equanimity or enlightened worldview or right faith). Atma can exercise control over Prakriti and Prakrita Vyavahara (behaviour controlled by Prakriti) only through ahimsa since despite a person's being dominated by Prakriti externally he is a form of Atma only intrinsically. Atma alone is equanimous. This equanimity of the soul alone awakens a feeling of ahimsa in an individual. This inherent predisposition (bhava) of ahimsa is also dependent on himsa (violence). Ahimsa means annihilating the ingredients that are antithesis to the equanimity of the soul. It is reverence for the beneficial ones. The analytical form of the Indian concept of violence and nonviolence is imbedded in it only. If the equanimity of the soul is neglected, it will result in the augmentation of a jiva's form of emotionality and unreal percept of ahimsa. In other words it will lead to greater ferocity of violence.

Another reason is the system of our education which follows the west. It only makes us intellectually sound. On the other hand there is consciousness and primordial materiality (padartha) on the other hand. The missing link between the two is Prana. It alone is adhidaiva. Without understanding it one can neither grasp the concept of adhibhoot (the world of matter) nor that of spirituality. Deviation from this process of Prana on account of remissness or spiritual lethargy (pramada) alone is violence. The question of violence and nonviolence is extremely subtle, it is not gross.

The cycle of violence will continue in the world as long as the bestial tendency in man remains active. What is imperative is that the soul that lives in the body should first be developed into a human form. The body-mind-intellect are the means of living, they do not constitute 'I'. Even the preparation of a new model of means will not help. We will have to concentrate our attention on Bhokta Atma (the soul that enjoys or suffers). Our attention should be focused on the fragrance and not on the flower.

We have heard of the fourteen dreams of Trisla – the mother of Lord Mahavira. Which mother is not able to foresee the future of her offspring or unable to know about the previous existence of her child from which the soul comes? Which mother doesn't know that Abhimayu (the son of Arjuna – a hero of the battle of Mahabharata) learnt the strategy of breaking Chakravyuha (the ring-shaped formation of troops) in the womb of his mother? Just as a potter gives a shape to clay and gives it to us after getting it baked in a kiln, similarly a jiva will have to be exposed to samskaras in the womb itself. Then, the coverings of Prakriti will not be able to shroud that jiva.

Today the equanimity of the soul has been replaced by the unreal and fictitious equanimity forged by Prakriti which is not possible. Then, came into existence the fictitious form of the precept of ahimsa. As a matter of fact, it is a manifestation of materialism. Ignoring the scriptural sutras, imaginary, unreal pity, compassion and truth have been proved to be the real. It alone has become the supreme dharma. Our rise or upward movement is not possible by mere emotional efforts unless the equanimity of the soul is made the basic ground of man and the essential nature of ahimsa inherent in himsa (violence) is mentally assimilated or taken to heart. It is so because the name of Prakriti is not man nor can the body-mind-intellect be termed as man. Man is the expression of Atmapurusha (the man associated with Atma) and ahimsa is a great vow because it is an attribute of Atma.



Dr H R Nagendra

Chancellor-SVYASA,
President-VYASA,
& President IYA

The Indian subcontinent which has a great history amongst all the other nations speaks of its contribution in walks of life for the welfare of the mankind across globe. In the recent centuries, the contribution of great Indian monk Swami Vivekananda in upholding the values of Universal brother hood for peaceful co-existence of people across globe irrespective of cast, creed, religion and boundaries of nations.

Mohandas Karamchand Gandhi (Mahatma Gandhi), popularly referred to as the father of the nation in India is one such humble person, who showed the world the strength of peace and nonviolence, which was instrumental in bringing independence to India. As mark of respect, the 150th Birthday celebrations of this great global personality, along with the 70th year of Indo-Hungarian Diplomatic relations combined with 40th year of Initiation of yoga as a part of life with Hungarians is scheduled on 4th July 2019 under the leadership of Swami Maheshwarananda the founder of Madhavananda World Peace Foundation, at Szechenyi Istvan University, Management Campus, Hungary in the presence of eminent personalities drawn across globe.

Being an Indian and pioneer of Yoga education and research with a vision to promote and establish the importance of yoga across population, all over the world for building sound mind and body for the all-round growth of the individuals for peaceful and harmonious coexistence of humans across globe. It gives me immense pleasure to note for organizing the World Peace Conference, which is most awaited across globe, in the current situation of social unrest and bloodshed posing threat for the human existence. I am glad that Yoga which has more than 5000 years of history, is one of the greatest contribution from India to the entire human community. Yoga as a science fo Holistic living which was mostly confined to Indian subcontinent has spread across globe and today, Yoga has become the of walk of life, mainly due the acceptance of International Day of yoga on June 21st. Yoga as defined by Patanjali 3000 years back is to gain mastery over the mind And has two wings

1. To sharpen the mind and to increase the speed of mind and
2. To slow down the mid and bring tranquillity, peace, equanimity of mind

In the whole of education system we have been bringing the first dimension and the second is grossly neglected. This is responsible for lack of peace and all the ills of the modern society

Unless the second aspect is brought out, all our talk of peace will only be superficial and will not bring the needed result.

Establishing the efficacy of Yoga through research in preventing, managing and controlling most of the modern day life style based non-communicable diseases including cancer, is alarmingly on the rise all over the world.

I am confident that the ensuing World Peace Conference emphasizing the second dimension of mind control, will lay more emphasis on Peace and Yoga for the welfare of the society and humans at large. I take this opportunity to thank Swami Maheshwarananda and his entire dedicated team in organizing this global summit for the welfare of the society and to uphold the values of peace and yoga.

With Love,

Dr H R Nagendra



Swapnil Kothari

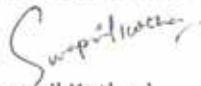


Chancellor, Renaissance University
 Founding Chairman & Managing Director, Renaissance-Indira Group
 of Institutions, Indore

I would like to pay my sincere gratitude towards His Holiness Vishwaguru Paramhans Swami Maheshwarananda Ji for initiating this series of conferences around the world. It has been an enduring experience and unparalleled opportunity for international leaders and experts from around the world to discuss world peace, exchange ideas of spreading harmony & peace, and to globalise the idea of 'Ahimsa' in the hearts of every human being. As the world celebrates 150th birth anniversary of the legendary Mahatma Gandhi, it reminds me of a statement he made "my life is my message". This verily throws light on the path we all must take, "the path of leading by example". One can only spread the idea of love, peace and happiness if he himself is at peace with himself, is a loving person and finds happiness in small mercies of the Almighty. In a world where there is accelerating animosity, cruelty and betrayal, we promote "Ahimsa Parmo Dharma " i.e. "Non-Violence is the greatest Virtue ".

My sincere thanks to Vishwaguru ji for his care and guidance which has open our hearts and awaken our desire for self-realisation, charity and peace.

My best wishes for the success of the endeavour.


 Swapnil Kothari



Dr Dávid Fekete

Vice Mayor,
Győr Municipality

„Be the change you would like to see in the world!”

Respected Reader!

The above quote is of course from Mahatma Gandhi, who did not only give this wisdom to the word, but also justified his words through his actions. Through his life he demonstrated how one can change the world without violence- that world, which has always been shaped by big wars. Then a man was born 150 years ago and became an example for all, since he achieved changes without weapons that had not even been attempted without weapons before. The man fighting for India's independence without any arms became the symbol of non-violence and more than a decade ago his birthday was declared as the International Day of Non-Violence.

Besides the momentous anniversary of the 'great soul', we also celebrate the 70. anniversary of the Hungary-India diplomatic relationships. We have a reason to celebrate as traditionally the two countries have been enjoying a great and colorful relationship. A range of economic, cultural and scientific relationships signpost the mutual respect and recognition.

There has always been a good relationship between the Embassy and the city of Győr and several programs have been offered for the citizens to get to know the Indian culture. One of the outstanding programs is the International Day of Yoga, which already has its traditions, and the campus is not merely the venue, but also has an audience open for the physical and spiritual recreation. The conference is another significant example of the mutual respect and cooperation that provides a solid base to our good relationship. I wish you a fruitful meeting and that we continue to collaborate in the future as well.



Photo:www-gyor.hu

„Magad legyél a változás, amit a világban látni akarsz!”

Tisztelt Olvasó!

A fenti idézet természetesen Mahatma Gandhitól származik, aki nem csak ezt a bölcsességet adta a világnak, hanem tetteivel be is bizonyította, hogy mennyire igazak a szavai. Életével megmutatta, hogy erőszak nélkül is meg lehet változtatni a világot. Azt a világot, amelyet a történelem során mindig nagy háborúkkal alakítottak. Aztán 150 évvel ezelőtt született egy ember, és példát mutatott mindenkinek, hiszen fegyver nélkül ért el olyan változást, amelyet öelötte fegyver nélkül még csak meg sem próbáltak. A független India megteremtéséért fegyver nélkül harcoló férfi az erőszakmentesség jelképévé vált, születése napját több mint egy évtizede az erőszakmentesség világnapjává nyilvánították.

A „nagy lélek” születésének jeles évfordulója mellett a magyar-indiai diplomáciai kapcsolatok felvételének 70. évfordulóját is ünnepeljük. Van okunk ünnepelni, hiszen a két ország hagyományosan jó és sokszínű kapcsolatot ápol egymással. Gazdasági, kulturális, tudományos kapcsolatok sora jelzi a kölcsönös tiszteletet és elismerést.

A nagykövetség és Győr városa között is hagyományosan jó a kapcsolat, és számos program segít megismertetni az Indiai kultúrát a győriekkel. Ezek közül is kiemelendő a Nemzetközi Jóga Nap, amelynek már hagyományai vannak, és az egyetem kampusza nem csak befogadó helyszín, de jó közeg is az eseményhez, a testi, lelki feltöltődéshez. A konferencia szintén egy fontos állomás, és újabb jó példája annak az együttműködésnek és kölcsönös tiszteletnek, amely a jó kapcsolatunk szilárd alapjául szolgál. Kívánom, hogy eredményes legyen a tanácskozás, és a jövőben is megtaláljuk a közös pontokat az együttműködés jegyében!



Ms Alenka Smerkolj

Former Minister for Development
Slovenia

Message to the auditorium of the 2019 World Peace Conference in Győr, Hungary

More than ever before our world and humanity is being torn between the gravity of human-created problems and natural catastrophes on the one hand and the inability to overcome these challenges on the other. In this context, the Sustainable Development Goals - Agenda 2030 adopted by the United Nations, is a sign of realistic hope for the world as it stands at crossroads.

The Agenda 2030 puts people, planet and prosperity at its centre. Its 17 goals represent a new global development paradigm, which also takes our planet's limited capacities into account. In essence, Agenda 2030 is a global long term strategy and a clear pathway to follow. The Sustainable Development Goals touch all three pillars of sustainable development – economic, social and environmental. So the big global plan is already in place. Now actions need to be taken, there is no time to wait. The world's top scientists have recently warned us that we have just 12 years to avert climate catastrophe.

On the one hand, governments need to follow the global plan and design a sustainable development agenda at national levels. On the other hand, we need to understand from the beginning - the sustainable development agenda is not and will never be just the responsibility of governments. It requires deep engagement of all members of all societies of the world. All stakeholders - institutions, business, local communities, civil society...each of us individually is responsible. Only when each individual will understand that their actions matter, that even small steps make a difference - only then things will start to change for the better.

Who could be a better example to follow than Mahatma Gandhi, who's 150th birth anniversary is being celebrated at the 2019 World Peace Conference? His famous statement "Be the change you want to see" is a perfect description of what we need to do.

Furthermore, HH Vishwaguru Sri Mahamandeshwar Paramahans Swami Maheshwarananda supports the Agenda 2030 with all his heart and does numerous humanitarian and charitable projects in India and worldwide related to these global development goals. His deeds and teachings are a great inspiration and they inspire his followers and all others not to remain passive.

We all need to open our eyes and start acting now. Each and every one of us. Let us be bold and courageous and let us begin transforming the world now. Let us come together, and let us work together. The more we are, the more our voice will be heard. And the more of us do the first steps, the bigger the global impact will be.

*Alenka Smerkolj
Former Minister for Development
Slovenia*



सत्यमेव जयते

SHREEMAT PANDEY
Chairman

Rajasthan Electricity Regulatory Commission



Vidyut Viniyamak Bhawan
Sahkar Marg, Jaipur-302 001
E-mail : recjpr@yahoo.co.in

It gives me immense pleasure to know that Shree Swami Madhavananda World Peace Council (SSMWPC) in association with International Fellowship of Yoga in Daily Life (YIDL) is organising the 150th Birth Anniversary of Father of the Nation Mahatma Gandhi, 70th Anniversary of the Indian-Hungarian Diplomatic Relations and 40th Anniversary of the Initiation of Yoga in Daily Life in Hungary on Thursday, 4th July 2019 at Szechenyistvan University, Győr, Hungary.


Mahatma Gandhi is well known in the whole world, but in India, we respect him very much, especially for the introduction of Non-violence, Ahimsa on the global scale. I believe that these quotes express his views perfectly: "Whenever you are confronted with an opponent, conquer him with love." And: "An eye for an eye will make the whole world blind."

Gandhi's philosophy is one of love, respect, understanding, compassion and commitment. Therefore, we must "*be the change we wish to see in the world*", to give hope for our world, for humanity. The great challenge of transforming this World can be achieved with the balance of yoga and power of ideas, ambition, and ability.

As His Holiness Vishwaguru Swami Maheshwaranandaji said, one should practice yoga and not only talk about it. We have to not only understand and respect one another but welcome each other. This is the change about which Mahatma was talking. Active participation in the creation of a peaceful world.

I convey my heartiest greetings to the Respected Shree Swami Madhavananda World Peace Council (SSMWPC) and associated members for all the great and appreciable work for the grand success of the conference.

Yours sincerely,


(Shreemat Pandey)



**His Holiness Bharat Gaurav Vishwaguru
Paramhans Sri Swami Maheshwaranandaji!**

On the historical occasion of 150th anniversary of Mahatma Gandhiji birth, and for us at least as important historical occasion of 30 years of Yoga in Daily Life in Slovenia, allow me, most respected Vishwaguruji, to thank You for bringing ancient India wisdom and knowledge also to our part of the World, namely to our country of Slovenia.

Unbelievable number of things changed during past 30 years, during Your incredible and indelible great footprint. Former country of Yugoslavia divided to several new countries, one of them our homeland Slovenia. From previous Dinars, followed by Tolars, we are now using Euro and we became full member of the European Union.

And. From initial several disciples who brought You and Your Yoga in Daily Life Scientific System to Slovenia, we now have 110 Yoga Centers and more than 30.000 citizens regularly practice Yoga in Daily Life.

But numbers are not all what has changed. It is mainly we who changed significantly. We have become better humans. Ahimsa has become part of our daily life. Discipline has become part of our daily life. And Yoga is our daily life.

Dearest Vishwaguruji, thank You.

Gregor Kos, M.Sc.
co-President





Dr VP Bishnoi

Advocate,
Rajasthan High Court,
Jaipur

It is great times for us to witness not one but three very auspicious anniversaries. In our homeland, we look forward to celebrating Gandhiji's 150th anniversary. The 70th anniversary of Indo-Hungarian diplomatic relations and lastly the 40th anniversary of initiation of Yoga in daily life. India has come a long way since independence, starting from toddler steps since independence, has now reached the gates of being the next superpower. In its endeavour to excel in fields ranging from education, sanitation, health and space technology, India has not forgotten Mahatma Gandhiji's talisman- "I will give you a talisman. Whenever you are in doubt, or when the self becomes too much with you, apply the following test. Recall the face of the poorest and the weakest man [woman] whom you may have seen, and ask yourself, if the step you contemplate is going to be of any use to him [her]. Will he [she] gain anything by it? Will it restore him [her] to a control over his [her] own life and destiny? In other words, will it lead to swaraj [freedom] for the hungry and spiritually starving millions? Then you will find your doubts and yourself melting-away."

- One of the last notes left behind by Gandhiji in 1948, expressing his deepest social thought.

Thus, India has grown holistically, always recalling and remembering the poorest and weakest. Government of India has further initiated many programs to celebrate the 150th Anniversary of Mahatma Gandhi. To name a few.

- The Swastha Bharat Yatra, a journey undertaken by volunteers on foot/cyclothon across the country, spreading awareness on health and sanitation.
- Drive for Peace, A drive to propagate the message of road safety which started on 03.02.2019 spanning 7250 kms in three countries. (India-Bangladesh-Myanmar).
- Gandhi Global Solar Yatra, a workshop which began in 2018 with an aim to sensitize the future generations on sustainable energy and climate change.

In its long journey, India has not been alone. Its long lasting friendship with Hungary has stood the test of time. Its diplomatic relations started in 1948 and in 1990, resulted in signing of several agreements which strengthened the already unshakeable friendship. The visit of Hungarian Prime Minister Gyurcsany to India took place during the 60th anniversary of establishment of diplomatic relations in 2008 further strengthened the diplomatic relations. These relations have led to cooperation in education, science and technology, agriculture, water management, defence, health and other vital sectors. On 15th August 2014 the India Cultural Centre in Budapest was officially renamed as Amrita Sher-Gil Cultural Centre(ASCC). The ASCC was formally opened in November 2010 bringing both the countries closer. Indian community in Hungary has made it its new home and this wouldn't have been possible unless for the hospitable and welcoming nature of the people of Hungary.

International Yoga day will be celebrated on 21st June 2019. Yoga would not have reached the heights it has in the International waters, if it wasn't for the untiring efforts of the World Peace Council. To quote Paramhans Swami Maheshwarananda "Helping hands have more value than folded hands." It becomes pertinent to endeavour in spreading the message of yoga coupled with the philosophies of Mahatma Gandhi. The Conference titled Yoga and World Peace on 7th March 2019 held at the United Nations Headquarters, New York is testimony to the steady growth in achieving the goals.

I sincerely hope that we as a family of Sri Madhavananda World Peace Society strive to imbibe the knowledge around us, strive to inculcate the philosophies of Mahatma Gandhi and make our Planet, a better world for the coming generations.



150th Birth Anniversary of Mahatma Gandhi
70th Anniversary of the Indian-Hungarian Diplomatic Relations
40th Anniversary of the Initiation of Yoga in Daily Life in Hungary

Dear Guru Ji,

It is a great honour to be part of so great community as Sri Swami Madhavananda World Peace Council. I share all ideas of the Council and the spiritus movens of the council's activities HH Vishwaguru Sri Mahamandaleshwar Paramhans Swami Maheshwarananda, founder of the Yoga in Daily Life System and president of the Sri Swami Madhavananda World Peace Council.

One of the greatest leaders of humanity Mahatma Gandhi who serves as the crucial source for ideas of harmony and peace for all of us has still been our inspiration. Therefore, it is very important that also Council keeps alive his magnificent heritage.

I strongly believe that peace in the world would only survive for all human being if will be connected with liberty for everyone and all humans. At the same time liberty has never ever would be possible without equality and justice for all with respect of the nature in a broader sense. I do believe that today's world has developed better possibilities for realization of those values, but we are not appropriate organized. Change on the all different levels of global human society is needed more than ever. Therefore, Gandhi's call: "Be the change you want to see in the world" is more than actual for today.

Yoga is becoming more and more recognised also in Slovenia as strong way towards peace with (your)self, generation of power for better world inside individuals and outside in society.

prof. dr. Igor Lukšič
Ljubljana, Slovenia, EU



INDIA STRATEGIC COUNCIL
STRATEŠKI SVET ZA INDIJO





Dr Manjunath N.K.,
Director of Research and International Affairs,
S-VYASA University, Bengaluru, India

**The Science behind the practice of Yoga
for individual health and global peace**

Yoga as an Indian heritage and tradition has a history of over 5000 years. It is known for its postures, breathing techniques, meditation, relaxation techniques and the associated philosophy. While the world is exploring the fascinating practices involved in Yoga, the researchers are trying to understand the impact of these practices on an individual's health and diseased conditions.

Earliest documented research work in Yoga is 130 years old. In the initial period scientists made an attempt to understand how Yoga practitioners can achieve exceptional feats voluntarily such as stopping electrical activity of the heart, changing body temperature, ability to float on water, managing extreme climates etc. These studies created interest in medical practitioners to explore the health benefits of Yoga. Series of studies in the last 50 years has generated more than 5000 publications on Yoga which can be classified into (i) studies on physiological effects of Yoga (ii) Yoga in the management of non-communicable diseases (iii) Yoga based rehabilitation (iv) Yoga for promoting performance (v) Yoga for achieving higher states of consciousness.

There is a need for bringing a transformation in lifestyle for health, and promote spiritual wellbeing.

The global peace summit is providing an opportunity to use the science of Yoga both at individual and societal levels for global peace.



Dr Judit Bényei, PhD

Associate Professor,

Head of Department Moholy-Nagy University of Art and Design Institute
for Theoretical Studies, Department of Pedagogy and Psychology

„Yoga with children” – THROUGH THE EYES OF A PEDOGOGIST PROFESSOR

Thank you for the instructors of Yoga in Daily Life Csepel

I have been attending the children's yoga sessions in Csepel since 2008. I was 40 years old then and I started because of my son, who was in the first grade. During the past 11 years this has become part of my life. This is one of the few things I insist on under any circumstances; the only regular activity besides my work and family. I have always been certain that it is important for me. The 40. anniversary of the yoga system gives me an opportunity to reflect on why.

The answer is quite complex. I came in order to do some exercise while my son is doing sports, however exercise is just a small element of why it is good to come here. It wasn't even easy to start. It was hard to approach it in a different way than we normally do with other sports and in the world around us. Agi (Kiran Agnes Kun), a wonderful and kind yoga instructor impressed me with the following back then: yoga isn't a competition with others, not even with ourselves, but instead we must progress by listening to our inner voice and to our body. Today it's self-explanatory for me, but then it was hard to understand as I wanted to 'develop' and 'achieve' something and 'spend the time effectively' while I'm there. Slowly though I discovered other 'benefits' of the sessions too.

To practise yoga with children is an amazing thing! I had the chance to follow the progress of three groups since I've started. Agi's (Kiran) kindness and complete acceptance towards the children is one of the reasons why everyone loves attending the classes. The kids arrive from school at 5pm- tired and full of tension. Everyone is chatting about their days and troubles or they are tired and would only like to lie down on the carpet. Often though they'd like to be free at last and run up and down to their hearts' content. It's not easy for the yoga instructor. A school would handle such a situation mostly with discipline, however here it's different. The need of every child is considered, and experiencing this is always one of the aims of the lessons as well as respecting others. And yet, the practice goes on. The children learn the exercises and sense the meaning of yoga in different ways and in their own pace. Listening to Indian stories and other tales, eating and drinking together, playing on occasions that everyone awaits is all part of the process. They are not forced to do anything, yet the effect of yoga can be noticed on them within a couple of years' time. I am too a pedagogist; I prepare teachers for their careers. It's a valuable experience for me to see how the system of Yoga in Daily Life is more effective by providing an accepting environment and with boundaries than the traditional school system that builds upon punishments or rewards.

As time goes the children in our group grow up and join other communities and go to different schools and thus don't continue yoga with us, but Agi (Kiran) and myself remember every one of them and sometimes they also come to see us. This also proves that belonging to this group is as important for us as the practice itself.

Budapest, 21 May 2019

„JÓGA GYEREKEKKEL” – EGY PEDAGÓGUS EGYETEMI TANÁR SZEMÉVEL

Köszönet a Jóga a mindennapi élet mozgalom csepeli oktatóinak.

2008 szeptembere óta járok a Jóga a mindennapi életben – Rendszer csepeli gyerekcsoportjának foglalkozásaira. 40 éves voltam akkor és az első osztályos fiam miatt kerültem ide. Az elmúlt 11 év során ez az életem részévé vált. Nagyon kevés dolgok egyike, amihez minden körülmények közt ragaszkodom, az egyetlen rendszeres elfoglaltság a munkám és a családom mellett. Mindig bizonyos voltam abban, hogy fontos számomra. A jógarendszer 40. évfordulójának ünneplése most alkalmat ad arra, hogy elgondolkozzam rajta, miért.

A válasz eléggé összetett. Azért jöttem, hogy mozogjak valamit, míg a gyerekeim sportol. De a mozgás csak egy kis eleme annak, amiért jó ide járni. Nem is volt olyan egyszerű elkezdni. Nehéz volt máshogy állni hozzá, mint ahogy egyéb sportok esetében és a körülöttünk lévő világban megszoktuk. Ági (Kun Ágnes Kiran), csodálatos és kedves jógaoktatónk mondatai közül akkor az ragadott meg leginkább, hogy a jóga nem verseny másokkal, de még önmagunkkal sem, saját belső hangunkra, testünkre figyelve kell előre haladni. Ez ma már egyértelmű számomra, de akkoriban nehéz volt megértenem, mert „fejlődni” akartam, „teljesíteni” valamit, „hasznosan” eltölteni azt az órát, amíg jelen vagyok. De lassan más „hasznát” is felfedeztem a foglalkozásoknak.

Gyerekekkel jógazni nagyon jó dolog! Már legalább három csapat gyerek fejlődését követhettem mióta itt vagyok. Ági (Kiran) kedvessége és a teljes elfogadás, támogatás, amit a gyerekeknek nyújt (csepeli kollégáival együtt) nagyon fontos eleme annak, hogy mindenki szeret ide járni. Délután 5-kor fáradtan és sok feszültséggel tele érkeznek az iskolából. Mindenki csivitel, elmondja gondját-baját vagy fáradt, csak feküdne a szőnyegen, gyakran viszont végre szabadok szeretnének lenni és izegni-mozogni saját kedvükre. Nem könnyű helyzet egy jógaoktatónak. Az iskola ezt fegyelmezővel oldaná meg legtöbbször, de itt nem ezt tapasztaljuk. Minden gyerek igénye fontos és mások tiszteletben tartása mellett ennek megélése is mindig célja az óráknak. Emellett mégis folynak a gyakorlatok. Különböző tempóban és különböző módokon jutnak előre a gyerekek a gyakorlatok elsajátításában és a jóga lényegének megérzésében. Az indiai történetek és más mesék hallgatása, az együtt evés-ivás, játszás az ünnepeken, amit mindenki vár, mind része ennek a folyamatnak. Senki nem kényszeríti őket semmire, mégis pár év alatt észrevehető rajtuk a jóga hatása. Magam is pedagógus vagyok, tanárokat készítek föl a pályájukra. Nagyon tanulságos számomra azt látni, hogy a Jóga a mindennapi életben elfogadó, mégis kereteket nyújtó rendszere mennyivel hatásosabb nevelési módszer, mint a büntetésre vagy a jutalmazásra alapuló hagyományos iskola. Csoportunk gyerektagjai idővel felnőnek és más közösségekhez csatlakoznak, más iskolába járnak, ami miatt már nem velünk folytatják a jógát, de Ágival (Kiran) mi mindenkire emlékszünk és néha ők is visszajönnek hozzánk saját maguk vagy testvéreik miatt. Ez is igazolja, hogy összetartozni ebben a közösségben legalább olyan fontos számunkra, mint maga a gyakorlás.

Budapest, 2019. május 21.



Dr habil Sándor Szabó, PhD

Associate professor
University of Nyíregyháza
Department of Biology

A JMÉ rendszer egy egyetemi oktató szemszögéből

A Jóga a mindennapi életben rendszer (JMÉ) legelső kurzusai 1996-ban érkeztek meg Nyíregyházára. Szerencsésnek mondhatom magam, hogy hamarosan jómagam is részt vehettem az egyik debreceni jógaszeminárium előadásán, melynek hatására egyre jobban érdekelték a jóga által képviselt értékek. Négy évvel később 2000-tól jómagam is belevetettem magam a nyíregyházi tanfolyamok szervezésébe, és résztvevőként elkezdtem a kurzusokat. Öt év kitartó gyakorlás után 2004-ben sikerült JMÉ oktatói vizsgát tennem. Azóta is napi rendszerességgel végzem a JMÉ rendszer nyolc szintre épülő ászanáit, pránajama technikáit, koncentrációs és meditációs gyakorlatait. Főiskolai tanárként 2005-től lehetőséget kaptam a „Jóga 1-3” szabadon választható gyakorlati kurzusok kidolgozására és oktatására a Nyíregyházi Főiskolán. Ennek eredményeként hat éven keresztül több száz hallgatónak volt lehetősége elvégeznie a tantárgyat. A diákjaimnak a tornatermi gyakorláson túl lehetőséget biztosítottam arra is, hogy részt vegyenek Vishwaguruji jógamesterünk debreceni előadásain is. Hogy a JMÉ rendszer még szélesebb körben hasznosítható legyen, 2013-tól a városlakók számára vezetek tanfolyamokat.

A jóga évezredes tudománya kiállta a mai kor próbáit is. A jógagyakorlással kapcsolatos több száz anatómiai-, orvosi- és idegtudományi cikk átolvasása után bátran kijelenthetem, hogy se szeri se száma azoknak az élvonalbeli tudományos eredményeknek, melyek a legmodernebb módszerekkel bizonyították be a rendszeres jógagyakorlás egészségmegőrző hatásait.

A JMÉ rendszer a több ezer éves jógatradíciókat adja át a 21. század emberének oly módon, hogy lépésről lépésre egymásra épülő gyakorlátsort alkot. Emiatt életkortól és nemtől függetlenül sokféle ember találja meg benne az értékes elemeket, melyek által teljesebb, kiegyensúlyozottabb és örömtelibb életet élhetnek. Bátran ajánlom azoknak, akik az egészségi állapotukon szeretnének javítani akár fizikai akár mentális értelemben. De ezen túl azoknak az útkeresőknek is csak javasolni tudom, akik a létezés legfőbb kérdéseire szeretnének választ kapni.

Nyíregyháza 2019. június 17.

Yoga in Daily Life from a point of view of a university professor

The first courses of Yoga in Daily Life (YIDL) arrived to our city Nyíregyháza at 1996. Luckily I was soon able to take part in a lecture at one of a YIDL international seminar in the nearby Debrecen. Due to this special event I was increasingly interested in the values represented by Yoga. Four years later, from 2000 I myself started organizing courses in Nyíregyháza, and as a participant I started the courses as well. After five years of persistent practice, I passed the YIDL instructor exam in 2004. Since then, I have been practicing asanas, prana-techniques, concentration and meditation practices of the YIDL system as a daily routine.

As a college teacher, it was a great opportunity me to develop and teach "Yoga level 1-3" freely elective courses at the College of Nyíregyháza from 2005. As a result, hundreds of students had the opportunity to complete the yoga courses under the period of the following six years. Beyond to exercising at the gymnastic hall, my students were also given the opportunity to participate to YIDL seminar leaded by Vishwaguruji in Debrecen. In order to make the YIDL system even more widely usable, I have been leading courses for city dwellers from 2013 onwards.

The ancient science of yoga has proven to be resistant the trials of today as well. After reading the hundreds of anatomical, medical, and neuroscience articles dealing with yoga practice, I can safely say that large amount of high impacted scientific results have proven the health-preserving effects of regular yoga practice.

The YIDL system handles thousands of years of yoga traditions to a 21st century man in a step-by-step way. For this reason, regardless of age and gender, many people find the valuable elements that can lead them to a more complete, balanced and joyful life. Both as researcher and as a yoga practitioner, I strongly recommend Yoga to those who would like to improve their state of health, either physically or mentally. But beyond that, I can also recommend to those spiritual seekers who would like to answer the most important questions about the existence.

Nyíregyháza 17th Jun 2019.



Dr Géza István Márk, PhD

Physicist,
Senior Research Fellow,
Center for Energy Research Hungarian Academy of Sciences

Yoga as an aid for the work and life of scientists

I work at the Central Research Institute for Physics of the Hungarian Academy of Sciences in Budapest since 1982, as a research physicist. My master thesis had been written here, too. This 37 years is a considerable portion of time in a men's life and this gave me an opportunity to observe the life of many of my colleagues, apart from my own life. The scientific, technical, and administrative work we do here at the Research Institute is important for the society and dealing with modern physics and chemistry is an exciting intellectual challenge. Work we do here, however, is mainly seated work and the stress level is often high. Theoretical physicists spend most of their time sitting in front of a computer, while experimental physicists often have to deal with equipment and chemicals harmful to their health. Researchers often have to travel a lot, spend time in airplanes, airports, and hotels. Sadly I often saw the cumulated effect of these risk factors on the health of a number of my brilliant colleagues, resulting in a serious premature illness. This is a significant burden not only on the individual, but also on the family and society, when an experienced scientist or engineer is forced to quit work prematurely.

I experienced the excellent effects of yoga, the "Yoga in Daily Life" System of Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda Ji in my own life and later I become a "Yoga in Daily Life" instructor, hence I had the idea that yoga practice would also be beneficial to my colleagues. That's why I started a "Yoga in Daily Life" course in my Institute in autumn 2018. According to the feedback of the "students" they experience not only the effect of yoga practice on their physical status, but also their concentration and mood improves. During the past six months, their mobility has been spectacularly improved, they can carry out postures that they themselves would not have thought of before. They have the motivation for further development in yoga.



1982 óta dolgozom a Magyar Tudományos Akadémia Központi Fizikai Kutatóintézetében (Budapest) fizikus kutatóként. Már a diplomamunkámat is itt írtam. Ez a 37 év nagy idő egy ember életében, ezalatt számos kollégám sorsát volt módom megfigyelni, a sajátomon kívül. A tudományos, műszaki és adminisztratív tevékenység, amelyet a Kutatóintézetben végzünk, társadalmi szempontból nagyon fontos és sok esetben szellemileg is igen izgalmas a modern fizikával, kémiával és technológiával foglalkozni. Ám az itt végzett munka többnyire ülőmunka és sok esetben meglehetősen stresszes is. Az elméleti fizikusok idejük nagy részét manapság számítógépek előtt töltik, a kísérleti fizikusok pedig gyakran az egészségre ártalmas berendezésekkel és vegyszerekkel dolgoznak. A kutatóknak általában sokat kell utazniuk, jelentős időt töltenek repülőgépen, repülőtereken és szállodákban. Számos kiváló, sőt briliáns kollégámon voltam kénytelen megfigyelni az évek, évtizedek során ezeknek a rizikófaktoroknak a káros hatásait, ami bizony idő előtti és sokszor elég komoly egészségi problémákban nyilvánul meg. Ez nem csak az egyén és a családja számára rossz, hanem a társadalom részére is hátrányt jelent egy gyakorlott kutató, fejlesztő, adminisztratív alkalmazott teljesítményének csökkenése, idő előtti kiesése a munkából.

Ezért, mivel a magam életében tapasztaltam a jóga előnyös hatásait és a későbbiekben "Jóga a mindennapi életben" nemzetközi oktatói bizonyítványt is szereztem, gondoltam rá, hogy segítség volna a kollégáim számára, ha tartanék számukra jógaórát. Ezért indítottam az Intézeti dolgozók számára JMÉ órát 2018. őszén. Az órára járók visszajelzései szerint nem csak a jóga gyakorlás kedvező fizikai hatását tapasztalják, hanem a koncentrációképességük és a kedélyállapotuk is javul. A csoport mostanra már összeforrott, az egyéni gyakorlás során megfigyelhető, hogy anélkül felveszik egymás ritmusát, hogy figyelniük egymásra. Az eltelt hat hónap alatt látványosan javult a mozgékonyáguk, olyan gyakorlatokat tudnak végrehajtani, amelyekről maguk sem gondolták volna korábban és megvan bennük az igény a még tovább fejlődésre a jógában.



Mr Zoltán Oláh

Head of Business Development, Nokia

This special occasion of celebrating Mahatma Gandhi's 150th anniversary, the 70th anniversary of the diplomatic relations between Hungary and India and the 40th anniversary of the beginning of Yoga in Daily Life in Hungary bears a personal significance to me as well. This mid-year marks the 30th anniversary of me becoming Vishwaguruji's disciple. I met him during the summer of 1989 as a teenage boy in search for the meaning of life and trying to find and form my own personality. From that moment Swamiji was the spiritual guide to me opening my inner vision to capabilities I could not have been able to imagine before, let alone experience. The confusion of the youth was replaced gradually by clarity, his training helped me develop in many ways and inspired me to embrace a mindset to keep on improving myself always. But beyond helping my inner awakening, to the utmost delight of my parents, Swamiji has always been there to guide me on the practicalities of life: he was the reason I started studying English, his gentle coaching directed me even in choosing the line of my studies, and his consultations, training and wisdom has helped me to rise in my career as well. I seek his advice on every important change, be it career related or moving to another country. It's my delight now as a parent to see my daughter getting the same guiding care.

Vishwaguruji works tirelessly to make this world better, runs countless humanitarian projects in parallel, creates awareness and focus on the most important issues with incredible patience waiting until the understanding matures, and then he empowers people to act in accordance as a true leader. And yet he always finds time to support his disciples with their everyday problems and hardships. Not only supports them but gives the most personalized training for those willing to develop themselves.

Understanding the importance of continuous self-improvement is key to success. Development of leadership capabilities can greatly benefit from yoga, and meditation helps to cope with the stress one cannot avoid in the complex environment of a multinational company that strives to stay on the cutting edge. After stepping through several leadership positions, spending 7 years in Finland and another 7 in Dubai, UAE, I have finally moved back to my homeland, Hungary as Head of Business Development at Nokia. My life has been and is still filled with business trips, I spend a lot of time on the road. The yoga sadhana (practice) prescribed by Swamiji and laid out in YIDL system has always followed me everywhere. Most of my holidays are spent in yoga retreats, and I try to align my travel plans to seek Swamiji's presence, because in his presence one can intuitively grasp a deeper understanding. Understanding without which life would be superficial.



Dr Egri Sándor József Phd,
Senior Lecturer
University of Debrecen

Yoga in Daily Life at the University of Debrecen

Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda the founder of the system Yoga in Daily Life was held a public lecture in the University of Debrecen in autumn of 2000. After the lecture, one group of international medical students have started to practice Yoga in Daily Life just because of their own favour and well-being. After one year, students asked Professor Peter Molnar, a researcher of the human brain and the former head of the Institute of Behavioural Sciences if it would be possible to practice yoga in the frame of the elective course. The professor supported this idea so Yoga and Meditation I and Yoga and Meditation II were accredited officially. An elective course is not compulsory for the students but an offered possibility for getting more credits, which is important for their learning progress. Practice book of the system Yoga in Daily Life was chosen as a learning material for the course, the weekly content of the course follows the content of the first three levels. In the first years' classes were held in various places, sometimes in an exhibition area among sculptures and pictures, sometimes in the lecture halls, before the board, after removing the table of the lecturer in order to create more space. Students were informed about the course by a home printed flyers. After these early years, we got a place at the gymnastic hall of the Institute of Physical Education. There are more than a hundred students every semester takes the course within some seconds in the electronic educational office. They are coming from Korea, Japan, Island, Israel, Nigeria, and from different institutes like dentistry, pharmacy, general medicine, public health. Practicing of the system is very good for the students because it helps them to overcome the consequences of university life: too much learning also during the night, tension because of the exams. Another advantage of the course is that by practicing the system they are collecting some real knowledge about yoga, and becoming aware of the fact that yoga is much more than only physical exercise but it is a science of the body, mind, and soul. Sometimes we have students from India, it is interesting for them to meet this gift originated from their own culture far away from home, in Europe. This year one student has finished her diploma thesis about the topic of the effects of yoga practicing on the lifestyle of the students. In May of 2019 Hungarian Embassy of India was organized a day of yoga in order to spread the knowledge of yoga among the students with the help and support of the Coordination Centre of Sport-science and the Ayurveda Department of the University of Debrecen. The local group of Yoga in Daily Life and students from the elective courses Yoga and Meditation I-II also participated at the event. The success of the program indicates a promising future of the presence of the system of Yoga in Daily Life at Debrecen University.

Dr. Egri Sándor József Phd, Senior Lecturer
University of Debrecen



Dr Renate Lavicka

General Secretary,
Sri Swami Madhavananda World Peace Council
(SSMWPC)



**SRI SWAMI MADHAVANANDA
WORLD PEACE COUNCIL**

DIALOGUE AS WAY TO PEACE

The state of our world is already very alarming, if not already irrevocably damaged. This requires a radical change in our careless handling of nature and a withdrawal from the exploitation of our Mother Earth. To realize this, we must give up our selfishness and become more modest by remembering our old values and ethics. Rethinking at all economic and social levels is therefore required, which is a long and difficult process, but the only answer to the increasingly worrying state of our world.

In this spirit, we thank the co-organizers of the International Conference in Győr - "Yoga in Daily Life" -Hungary, the Embassy of India in Hungary and the Széchenyi István University, who have initiated a dialogue by bringing three significant anniversaries into the mind of the people, the 150th birth anniversary of Mahatma Gandhi, 70 years of Indian-Hungarian diplomatic relations, and 40 years of "Yoga in Daily Life" in Hungary.

Mahatma Gandhi's wise-legacy is maybe more relevant to our present day than it was during his lifetime, as it affects not just one continent, but the entire world. In the same way, HH Paramhans Swami Madhavanandaji – the eponym of SSMWPC – has dedicated his life to peace and understanding among all people based on ethics and spirituality. We believe that statesmen and world religions leaders can make a significant contribution to this urgent renewal process through education, dialogue and cooperation.

Many thanks to the Indian Ambassador to Hungary, H.E. Kumar Tuhin, to give us the opportunity to celebrate seven decades of diplomatic and cultural relations between Hungary and India as part of this international peace conference. This long-standing dialogue and interchange in various areas has deepened understanding and appreciation in both countries.

Forty years ago, Vishwaguruji, the author of the scientific system "Yoga in Daily Life", visited Hungary for the first time. With this visit started a deep spiritual relationship and successful implementation of "Yoga in Daily Life" throughout the country for the physical, mental, social and spiritual health and well-being of Hungarian people of all ages, social status and denominations.

Just as drops of water form an ocean, we too, through friendship, become an ocean of friendliness. The shape of the world would indeed change if we all live together in a spirit of love and friendship. Peace in the world, as well as the protection of nature and all living beings, is a primary and existential issue that affects us all, regardless of nationality or denomination, or on which part of this planet we live.

With best wishes for the success of the Conference,
on behalf of Sri Swami Madhavananda World Peace Council,

Dr. Renate Lavicka – Radha
General Secretary



Sri Swami Madhavananda World Peace Council (SSMWPC)

Non-governmental and non-profit humanitarian organisation in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC). The Association's activities are aimed to serve humankind by fostering world peace; tolerance, understanding, respect and freedom among religions, cultures and nations; cultural exchange; dialogue between denominations and nationalities; ethics education and healthy lifestyle; humanitarian aid, protection of the environment and all creatures.

council@worldpeacecouncil.net – www.worldpeacecouncil.net



Dr Manfred Stepponat

President,

International Sri Deep Madhavananda Ashram Fellowship



International Sri Deep Madhavananda Ashram Fellowship
»Yoga in Daily Life International«
 Vienna, Austria

Congratulation and message
to the Sri Swami Madhavananda World Peace Conference
in Győr, Hungary, on 4th July, 2019

On behalf of the International Sri Deep Madhavananda Ashram Fellowship and all its members, I would like to convey my appreciation and best wishes to the Peace Conference at the Széchenyi István University Győr, Hungary, which is taking place to celebrate three important events:

- the 150th anniversary of Mahatma Gandhi (1869 - 1948)
- the 70th Anniversary of Indian-Hungarian Diplomatic Relations
- the 40th Anniversary of "Yoga in Daily Life" in Hungary

This conference marks significant cooperation of YIDL Hungary, the Embassy of India in Hungary, the Széchenyi István University in Győr, and the Sri Swami Madhavananda World Peace Council.

It is gratifying that on these occasion people from all over the world meet and exchange thoughts about the peaceful coexistence of all people in healthy and spiritual atmosphere. It is the mindset and teaching of the great saint Mahatma Gandhi that is carried into the present and may serve as guidance and inspiration to all people in this world, regardless of their religious attitude and culture. A peaceful mind creates a peaceful world and therefore we must learn through spiritual practices and examples how to let our restless minds be peacefully. This inner peace Sri Swami Madhavananda (Holy Guruji, 1923 - 2003) Himself realized and taught us through spiritual poems and lectures. Therefore, this conference also bears His name to remember His example.

I am also delighted with the longstanding relationship between India and Hungary, which guarantees cultural enrichment, understanding and mutual knowledge in both these countries with great history and tradition. This long-term and friendly relationship is an example for everyone in the world.

But not at least, I would like to express my thanks to the founder of the authentic and scientific system "Yoga in Daily Life" - Vishwaguru Paramhans Swami Maheshwarananda ji - by congratulating the Hungarian YIDL societies to their successful dissemination of yoga in the last 40 years and to foster the public health and spiritual wellbeing of the citizens of Hungary and all international participants of the innumerable seminars.

This conference is dedicated to promoting world peace through tolerance, respect and understanding between different religions, cultures and nations. It is an essential contribution to bringing people and countries together in mutual understanding, respect and appreciation.

Dr. Manfred Stepponat
 (President)

Yoga in Daily Life® is a worldwide non-profit humanitarian association, with member associations in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC). The Association's activities are aimed to serve humankind by fostering health, world peace, humanitarian aid, protection of the environment and all creatures, tolerance, respect and freedom among religions, cultures and nations.

fellowship@yogaindailylife.org – www.yogaindailylife.org



Ms Anikó Németh
Director,
University of Szeged Botanic Garden

The Indian lotus has been living in the lake of the Botanical Garden of Szeged since 1932. This wonderful plant, a real rarity in Hungary, which is the most essential symbol of the Far East, gave the idea of organizing our significant festival: the Lotus Days. This event presents the plants as well as the rich cultural treasures of the Far East. The very fact that at in 2019 we are organizing the 12th Lotus Days clearly proves the success of the idea.

The group of the Yoga in Daily Life practitioners has been an indispensable part of the two-day festival. By presenting yoga demonstrations, yoga practise, vegetarian food tasting and lectures they have enhanced the quality of the event representing real values.

Hereby, I would like to express my gratitude for their work and help by which they transmit the traditional values they represent, and promote Yoga in an authentic way.

On the 10th jubilee of the Lotus Days we appreciated their help by a souvenir coin.
We wish them good health for their further work!



**Szegedi Tudományegyetem
Füvészkert**

6726 Szeged, Lövölde u. 42
tel: 36 62 544 108



**University of Szeged
Botanic Garden**

H-6726 Szeged, Lövölde u.42
E-mail: fuveszkert@bio.u-szeged.hu

"Jóga a Mindennapi Életben
40 éve Magyarországon Konferencia"
Emlékkiadványába

Szeged, 2019. 06.05.

Az indiai lótosz 1932 óta él a szegedi Füvészkert tavában. Ez a csodálatos, Magyarországon igazi ritkaságszámba menő, a távol-kelet legfontosabb szimbólumának számító növény adta kiemelt rendezvényünk, a Lótosznapok szervezésének ötletét. A rendezvény az ázsiai növényvilág bemutatása mellett a távol-kelet kulturális értékeit is megismerteti az érdeklődőkkel. Az elgondolás sikerét mutatja, hogy 2019-ben már a XII. Lótosznapokat szervezzük.

A Jóga a mindennapi életben egyesület szegedi csoportja 2008 óta elmaradhatatlan része a két napos fesztiválnak. Jógabemutatóval, jógagyakorlási lehetőséggel, előadásokkal és vegetáriánus ételkóstolóval emeli rendezvényünk színvonalát, valódi értéket képviselve.

Ezúton is köszönöm munkájukat és segítségüket mellyel az általuk képviselt tradicionális értékeket továbbadják és hitelesen népszerűsítik a jógát. A jubileumi, X. Lótosznapokon emléklappal és emlékéremmel köszöntük meg segítségüket.

További munkásságukhoz jó egészséget kívánok!

Tisztelettel:


 Németh Anikó
 igazgató





Mr Lajos Molnár
Principal,
Kürt Foundation Grammar School

**'YOGA IN DAILY LIFE- THE SYSTEM'
HAS BEEN TAUGHT IN OUR SECONDARY SCHOOLS FOR 28 YEARS**

We've been teaching Yoga in Daily Life -The System in our school, the Kürt Foundation Grammar School, since 2013.

However I've been in contact with Karoly Kovacs (Krishnanand) and Agnes Kun (Kiran) for much longer- since 1991-, as we collaborated together since the very foundation of my previous school.

Agnes Kun (Kiran) teaches those attending the yoga faculty in year 11 and year 12. For students in year 11 it's not compulsory to do yoga, but they are offered a list of various subjects and many of them decide to get to know this form of movement deeper. Year 12 students have the decision also to select the options for their list: yoga is always the obvious winner.

The foundations for the above mentioned are laid down in year 9 and 10, as well as in the Intensive Language Study year by Agi (Kiran) who teaches them 2x10 lessons for 3 years. This demonstrates well the power of the spirituality, culture and movements that students perceive during practising yoga. And of course Agi's personality, knowledge and commitment are also key to success.

In the more recent years students have had the option to do yoga as an after school club and we also introduced relaxation in the lunch-breaks where students and teachers alike can practise yoga-nidra together (a deep relaxation technique that forms an integral part of Yoga in Daily Life).

On our 'Healthy Body and Mind' days theme-days Agi and the Yoga in Daily Life team always offer some programs among the activities offered to students and many choose to be with them in the spirit of yoga.

I can't be grateful enough for having found Karoly (Krishnanand), Agi (Kiran) and the yoga system they represent- Yoga in Daily Life- 30 years ago.

For a long time I haven't been able to imagine our Physical Education program and our school without having them and without yoga.

KÖZÉPISKOLÁINKBAN 28 ÉVE TANANYAG
a
„JÓGA A MINDENNAPI ÉLETBEN - RENDSZER”

A Jóga a Mindennapi Életben rendszerét iskolánkban, a Kürt Alapítványi Gimnáziumban 2013 óta működtetjük. Én már jóval korábbról, 1991 óta kapcsolatban állok Kovács Károllyal (Krishnanand) és Kun Ágnessel (Kiran), korábbi iskolámban a kezdetektől, az iskola alapításától együttműködtünk velük.

Kun Ági (Kiran) oktatja nálunk a jóga fakultációra jelentkezőket a 11. és a 12. évfolyamokon. 11-ben sem kötelező a jógát választaniuk a diákoknak, de egy adott listából önkéntes választásuk alapján ekkor is sokan ezzel a testgyakorlati ággal ismerkednek meg mélyebben. A 12. évfolyamos diákok pedig döntenek arról is, hogy mi legyen a felkinált választék: a jóga mindig egyértelműen befutó.

Mindezt az alapképzésen: a nyelvi előkészítő és a 9. és a 10. évfolyamokon alapozza meg Ági (Kiran), összesen 2x10 órában három éven keresztül. Mindez jól mutatja annak a szellemiségnek, kultúrának, mozgásanyagának az erejét, amit a jóga gyakorlása közben a diákok megéreznek. S persze nyilvánvalóan Ági (Kiran) személyisége, tudása, elhivatottsága a siker másik záloga.

Újításként, már évek óta szakkörként is lehet jógára járni iskolánkban, illetve bevezettük az ebédszünetben a relaxációt, ahol diákok és tanárok együtt gyakorolhatják a jóganidrárt (a Jóga a mindennapi életben – Rendszer részét képező: mély relaxációt).

Vonatkozó témnapjainkon, a „Testi-Lelki Egészségnapokon” Ágiék mindig ajánlanak programot a diákok számára nyújtott kínálat részeként: ekkor is sokan választják a velük való együttlétet, a jóga szellemében.

Csak hálát tudok mondani azért, hogy Károlyékat (Krishnanand), Ágiékat (Kiran), illetve a jóga általuk képviselt rendszerét, a „Jóga a mindennapi életben” megtaláltam, közel 30 évvel ezelőtt.

Már régóta nem tudom elképzelni a testnevelés programját, illetve iskolánkat nélkülük és a jóga nélkül.



Denis Licul (Kripadevi)
Secretary General SSMWPC,
SSMWPC UN representative

Congratulations for the 40 anniversary of "Yoga in Daily Life" in Hungary, and best wishes for a successful International Peace Conference in Győr, honoring 150th birthday of Mahatma Gandhi.

After almost a century, the words of Mahatma Gandhi "Live the change you want to see" are still relevant, and even more than ever! They speak to each of us, and invite us to take responsible actions.

Having the same vision of a better world, Holy Gururji invites us to see "One in all, and all in One", and Vishwagururji, the founder of Sri Swami Madhavananda World Peace Council (SSMWPC), teaches us that "Only wisdom and clarity of consciousness can set us free from troubles and suffering - personal, social or global. When this happens it's like a veil is suddenly lifted from the mind and all answers become clearly visible."

Five years ago, the UN General Assembly overwhelmingly adopted 21 June as the International Day of Yoga, recognizing how yoga provides holistic approach to health and wellbeing, contributing to Sustainable Development Goals. The environmental science defines sustainability as the quality of not being harmful to the environment or depleting natural resources, and supporting long-term ecological balance.

Yoga values are fully compatible with sustainability.

Yoga promotes sustainable lifestyle by practice non-violence (ahimsa), by promoting moderate consumption (aparigraha), and cultivating discernment in choosing what is beneficial in the long term over what is pleasant in the short term (viveka). When we apply these practices in our lives we are able to make wise decisions and choose proper actions rooted in high ethics (niskam karma). Yoga significantly improves physical, mental, social and spiritual health of people. Yoga contributes to a gender balance by empowering women, who represent more than 70 % of all yoga practitioners.

Serious yoga practitioners are mostly vegetarian and vegans. By choosing a plant based diet we contribute to greater efficiency of food production and use of a fertile land, reduction of deforestation, water consumption and pollution. Albert Einstein said, "Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet."

SSMWPC and YIDL are committed to support the United Nations in achieving the SDGs by providing yoga classes to thousands of people worldwide, conducting humanitarian and environmental projects, by organizing International Peace Conferences and by collaborating with IDY Committee at the UN on programs based on yoga values.

Gandhi was inspired by the vision of humanity evolving towards a world of peace and harmony. The mission of SSMWPC, as well as world wide activities of Yoga in Daily Life are honoring the same vision.

**Dorjano Miletic (Dayapuri)**

Yoga in Daily Life - New York
SSMWPC UN representative

With a privilege and honor, on behalf of YIDL-US, we convey our best wishes for a successful International Peace Conference in Győr - "Yoga in Daily Life" - Hungary, which coincides with two significant anniversaries, the 150th birthday of Mahatma Gandhi and 40 years of Yoga in Daily Life in Hungary.

Heartfelt congratulations and gratitude to our brothers and sisters from YIDL Hungary for four decades of maintaining and disseminating the light of yoga, brought and ignited by our beloved Gurudev, HH Vishwaguru Paramhans Swami Maheshwarananda, the founder of YIDL System. By decades of facilitating the international yoga seminars in Vep, you provided opportunity for the international YIDL community to gather, learn, practice and enjoy countless inspiring Satsangs with Vishwaguruji.

As we reflect, on this special occasion, upon holistic healing effects of the scientific system of Yoga in Daily Life on our individual lives, our families, communities, countries, society at large, and the natural environment our hearts rejoice in gratitude, love and hope that a harmonious and sustainable life is possible on this beautiful planet.

Vishwaguruji's crystal clear message of Yoga, that springs from the spiritual lineage of Sri Alakhpuriji Siddha Peeth Parampara, is opening hearts and building bridges among different nations, cultures and religions, awakening consciousness of our shared humanity and existence of underlying universal spirituality that pervades all life.

Dorjano Miletic (Dayapuri)
Yoga in Daily Life - New York
SSMWPC UN representative



Mr László Simon

Mayor,
Kocs Parish Municipality

Ms Andrásné Szabó

Head of Community Center,
Kocs

Ms Jánosné Nagy

Yoga Instructor

Kocs Village Municipality
2898 Kocs, Komáromi str. 5.

Acknowledgements

Nowadays, thanks to the media, the society became impersonal. The chase for material goods, and the vain joy provided by the social media distract the attention from each other and from ourselves. A yoga club in the Community Centre of Kocs, that has been active for more than 15 years, gives possibility to all, who are interested to get to know a completely different life attitude, learn a movement culture, and experience meditation with expert guidance. The club shows an alternative to those who are open to change. We are thankful to the Master, who brought the science of yoga to Hungary 40 years ago, and who created the System Yoga in Daily Life, which is the base of our practice.

Kocs, 27. May 2019.





Dr Szabóné Bugán Ágnes Marianna

Nyíregyháza

Garabonciás Art School, music and folkmusic teacher

Gratitude for all aspects

23 years ago, when I was young, I met the Yoga in Daily Life System. First I went to yoga classes in our town, which inspired me to practise yoga regularly. Then I started to take part in international yoga seminars. As a young married woman, later a mother with 3 children I kept in touch with the yoga system. The founder of the yoga system, Vishwaguruji's lectures, knowledge, devoted support and practising yoga made many changes in my life. It gives power, safety, trust and believe in the importance of life, ethical guidelines and it motivates me to take socially responsibility. I feel this yoga system special, because it is traditional, it is based on thousands years of experience, it has message for the present. Vishwaguruji gives a great example to the nations to love their cultures, keep their constructive traditions and to respect and tolerate other nations', too.

The 23 years in YIDL System inspires me to practise yoga in the future too. I feel gratitude for things I receive from this system.

Hála minden szempontból

23 évvel ezelőtt, ifjú koromban találkoztam a Jóga a Mindennapi Életben (JMÉ) rendszerrel. Először városi jógatanfolyamra kezdtem járni, mely az otthoni rendszeres gyakorlásra ösztönzött, majd bekapcsolódtam nemzetközi jógasemináriumokba is. Ifjú házasként, majd háromgyermekes anyaként is folyamatosan tartottam a kapcsolatot a jóga rendszerrel. A jóga rendszer alapítójának, Vishwagurujinak előadásai, tudása, elhivatott támogatása és a jóga gyakorlása számos területen változást hozott az életemben: erőt, biztonságot ad számomra, bizalmat az életben, hitet az élet fontosságában, etikai iránymutatást, és társadalmi felelősségvállalásra ösztönöz. Különlegesnek érzem abban is a jóga rendszerrel, hogy tradicionális, évezredek tapasztalatain alapuló, és számomra, mai ember számára is van üzenete. Vishwaguruji példát ad arra is, hogy a nemzetek szeressék, ápolják saját hagyományuk, kultúrájuk építő értékeit, és tiszteljék, fogadják el más nemzetekét.

A 23 év a JMÉ rendszerben további jóga gyakorlásra inspirál. Hálát érzek azért, amit a JMÉ rendszeren keresztül kapok.



Yoga In Daily Life, Tsinamdzgvrshvili 72, Tbilisi, 0102, Georgia, tel.+995599025755

19.06.2019

Dear Hungarian sisters and brothers, dear participants of the conference,

On the occasion of the 40s anniversary of Paramhans Sri Swami Maheshwarananda's continuous work on building and supporting the yoga community as well as his promotion of healthy living and inner peace among people in Hungary, we would like to congratulate you and express our gratitude to His Holiness Vishwaguruji.

Yoga In Daily Life system appeared in Georgia in 2006 and slowly became very popular in the capital city of Tbilisi. The first yoga center in Georgia was opened in Tbilisi by Sri Swami Maheshwaranadaji's disciple in 2010 and immediately attracted hundreds of people and soon became the hub for tranquility, vegetarian life style and harmony. Gurudev first came to Georgia in 2012 when the large-scale International Yoga Seminar was organized. Around 60 people took his mantra that time and became Vishwaguruji's disciples. Now there are more than 120 people can call themselves Swamiji's disciples in Georgia.

Swamiji has already visited Georgia four times and each time more and more people are attracted by his teachings and dedication to his respected long line of Yoga Masters. We consider ourselves very privileged by having such a grand Gurudev, who generously shares with us the ancient yoga techniques on how to master one's own life to live happily, healthy and meaningfully and to fulfil to its fullest the potential of the human life.

With the warmest regards, much love and dedication on behalf of all the Georgian disciples,

Gyandevi
(Olga Ramer)

Galina Bocharova

Govorova 46, Tomsk, Siberia, 634057, Russia

+79039507595

June 19th, 2019

Dear friends from the Hungarian Society Yoga In Daily Life,

Mahamandaleshwar Sri Swami Maheshwarananda with all his life, love and tireless work for the benefit of world peace is constantly giving us a great example on how one man can change the world. This example of my dear Gurudev is truly inspiring and gives me enormous strength and optimism. It helps me tremendously in my pedagogical practice as the Vice School Principal and teaches responsibility, respect to both nature and my own health, and also love and tolerance to all living beings.

Through practicing of the system Yoga In Daily Life of Vishwaguruji, I significantly improved my physical, mental and psychological health, and opened the whole new path of spirituality for myself. I also gained confidence that if every human would strive to self-improvement, then with our all combined efforts we can restore the harm that we caused to our planet and make this world a beautiful place for all living creatures.

With tremendous respect and love to Sri Swami Maheshwaranandaji,

Galina Bocharova,
Vice School Principal,
Tomsk, Siberia, Russia





Ms Ilona Mecsei
Head of Tatabánya District Unified Social Institutions

As the Head of Tatabánya District Unified Social Institutions, I personally got acquainted with the system of "Yoga in Daily Life " in 2011.

Yoga had been practiced in our institution for many years.

At the beginning I was just listening to the practitioners' OM's from the neighboring room.

I went to my first yoga class to invitation of the yoga instructor Éva Molnár. I felt that I needed physical and mental refreshment, stress relief, relaxation as well as the protection of the health of the spirit.

Initially, I was very stiff and tight. I didn't feel good while doing the exercises. Later, when I defeated the inner pressure of 'living up to the expectations" many things have changed even while doing the exercises. My first meeting with Swamiji was an experience that changed my life.

The Yoga Community is a giant family where there is peace, and tranquility during the reunions, where one can turn towards oneself and others at the same time. During the cooking sessions I learnt how to prepare new dishes, which I could integrate into my everyday life.

Thanks to my yoga practise, I became more patient and understanding as a manager.

Tatabánya, May 22, 2019

A Tatabányai Járási Egyesített Szociális Intézmények vezetőjeként 2011-ben kerültem személyesen kapcsolatba „Jóga a mindennapi életben” rendszerrel. Intézményünkben ezelőtt már több éve helyet adtunk a jóga gyakorlásának. Akkor én csak „hallgattam” a szomszéd szobából kiszűrődő gyakorlók „ohmjait”

Molnár Éva jóga oktató invitálására mentem el az első jógaórákra. Úgy éreztem szükségem van a testi és lelki felfrissülésre, stresszoldásra, lazulásra és ezáltal a szellemi egészség megőrzésére is. Kezdetben nagyon merev, feszes voltam és nem éreztem jól magam a gyakorlatok végzése közben. Miután legyőztem az „itt is megfelelni, érzést, megváltozott sok minden a gyakorlások során is.

Az első találkozásom Swamijivel egy életre szóló élményt jelentett számomra. A jógaközösség egy óriási család, ahol az együttlétek során a béke, a nyugalom, az egymásra és a magamra való figyelés is megvalósul. A közös főzések során sok új étel elkészítésével ismerkedtem meg, melyet a mindennapi életembe is beépítetek. Igazgatói munkám során türelmesebbé, megértőbbé váltam, melyet a jóga gyakorlásának köszönhetek.

Tatabánya, 2019. május 22.



Dr Tamás Cseuz
Veterinarian, Yoga Instructor,
President, Yoga in Daily Life Society Szeged

Respected Vishwaguruji, Dear Guests,

„Whatever you plan to do, do it with firm determination and your success will be assured.”

The quoted nice thought is one of the golden teachings of Bhagvan Sri Dip Narayan Mahaprabhu Ji. I do believe that this teaching resonates with the topics of this conference. Mahaprabhuji, Mahatma Gandhi and all the other great souls, consciously or unconsciously, lived and worked in the spirit of this teaching. Their successful and exemplary lives were not the result of their origin, financial background or religion, but only of their firm commitment to a higher ethical principle. In case of Gandhi, this principle was the "ahimsa"; non-violence.

My yoga master Vishwaguru Paramhans Swami Maheshwaranand Ji often says in his lectures and personal conversations too, that we must hold on to our chosen path for a lifetime.

Although we live in a constantly changing world, the endurance and internal stability of the individual have brought and will bring forth its fruit in all ages.

India's sages and wise men discovered thousands of years ago how one can improve his or her endurance - one of the most important abilities of the human. Among other things that is why the system of yoga practices had been created; a method that is available for all for their self-development. Self-development is the basic duty of every human being. The science of yoga is effectively helping the process of self-evolvement by offering simple, but practical methods. Yoga teaches us to respect and honor the value of all life if not more, than at least as much as we respect our own life. Respect for others, inevitably, leads to the intention of helping others.

Thus becomes yoga universal, acting wisdom beyond the individual.

Today's conference, as an integral part of a series of similar events, is the fruit of Vishwaguru Ji's 40 years' work in Hungary.

I wish the participants a solid endurance, good health and the achievement of their positive goals as soon as possible!

Tisztelt Vishwaguruji, Kedves Vendégek,

„Amit meg akarsz tenni, tedd szilárd elhatározással, így a siker biztosan nem marad el”

Az idézett szép gondolat Bhagvan Sri Dip Narayan Mahaprabhuji egyik arany tanítása. Úgy hiszem, kifejezetten illik ez a tanítás a mai alkalomhoz és e konferencia témái közé. Mahaprabhuji, Mahatma Gandhi és a hozzájuk hasonló nagy lelkek – tudatosan vagy tudattalanul- mind ennek a tanításnak a szellemében éltek és tevékenykedtek. Sikeres és példamutató életük nem származásuk, felekezetük vagy anyagi háttérük következménye volt, hanem kizárólag egy magas rendű etikai elv (Gandhi esetében például, az ahimszá, a nem ártás elve) melletti, egész életen át való szilárd kitartásé.

Jógamesterem Vishwaguru Paramhans Swami Maheshwaranand Ji gyakran elmondja előadásain és személyes beszélgetéseken, hogy a választott utunk mellett egy életen át ki kell tartanunk.

Habár egy folyamatosan változó világban kell élnünk, az egyén belső stabilitása és kitartása minden korban meghozta és meg is fogja hozni a maga gyümölcseit.

India bölcsei évezredekkel ezelőtt rájöttek, hogyan fejleszthető a kitartás képessége, mint az egyik legfontosabb emberi minőségé. Többek között ezért hozták létre a jóga gyakorlatainak rendszerét, amely minden ember számára alkalmazható az önfejlesztés módszereként. Önmaga fejlesztése pedig minden embernek alapvető kötelessége. A jóga tudománya egyszerű, hatékony és gyakorlatias módszerekkel segíti az ember személyes fejlődését. Megtanít arra, hogy becsüljük és tiszteljük minden élet értékét, másokét legalább annyira, mint saját magunkét. Mások tisztelete pedig szükségszerűen hozza magával az irántuk való segítő szándék megnyilvánulásait.

Így válik a jóga, a személyen túlmutató, egyetemes, cselekvő bölcsességgé.

Vishwaguru Ji 40 éven át tartó magyarországi munkájának gyümölcse a mai konferencia, amely számos hasonló esemény sorába illeszkedik.

Kívánok a résztvevőknek mindenekelőtt szilárd kitartást, sok sikert, jó egészséget és pozitív céljaik mielőbbi megvalósulását!



Міська громадська організація
“ЙОГА В ПОВСЯКДЕННОМУ ЖИТТІ”
 вул. Гагаріна, 71, кв. 3, м. Черкаси, Черкаська
 область, Україна, 18021 тел. +38 (0472) 38-30-30
 Р / Р 26002301788240 в Центральному відділенні
 ПБ м. Черкаси, МФО 354091 ЄДРПОУ 26260566
 Ел. пошта: ukraine@yogaindailylife.org
 Сайт: www.yogaindailylife.org.ua



Public organization
“YOGA IN DAILY LIFE”
 fl. 3, 71, Gagarina Str.,
 Cherkasy, Ukraine 18021
 Phone: +38 (0472) 38-30-30
 E-Mail: ukraine@yogaindailylife.org
 Web-Site: www.yogaindailylife.org.ua

Dear Madams and Sirs,

We are writing this letter of support and appreciation on the occasion of 40 years of tireless work of Mahamandaleshwar Paramhans Sri Swami Maheshwarananda ji in Hungary. This one of the greatest Spiritual Masters of our times and a descendant of a long line of respected yogis, first came to Ukraine in 2004. It was a difficult period for our country, when Ukraine was striving to build its independent economic, social and political institutions after the collapse of the Soviet Union. Many people were confused and desperate, and needed the spiritual support in rebuilding their faith. At that period, Vishwaguruji's visit became the breath of fresh air. He brought ancient knowledge of yoga and taught people to love themselves and other living beings, to live in harmony with nature, and showed the ways to gain health, confidence and positive way of thinking.

Since 2004, Gurudev has visited Ukraine eight times, and nearly 500 people became disciples of Vishwaguruji. His Holiness usually visits the capital city of Ukraine Kyiv and Cherkasy, where he gives lectures at our yoga centers, universities, medical and rehabilitation centers. At the Rehabilitation and Healthcare center “Astra” in Cherkasy, Yoga in Daily Life System is successfully used for rehabilitation of disabled people, Chernobyl liquidators, peacekeepers, people after myocardial infarction, strokes, people with spinal or limbs injuries, women after mastectomy, children with infantile cerebral paralysis, etc.

Each time, when Vishwaguruji visits Ukraine, he gives interviews to the local TV channel, inspiring the viewers to practice yoga, lead natural and healthy way of life, and gives practical advices and answers the questions of the audience. Yoga in Daily Life System has been used successfully in Ukraine for prevention and rehabilitation of autonomic and neurotic disorders, diseases caused by stress, psychosomatic disorders, sleep disorders, cardio-vascular diseases, and functional diseases. The system has proved to be a very efficient supplementary method of rehabilitation for people with multiple pathologies. Hundreds of the Ukrainians practice Yoga In Daily Life system in many locations of Cherkasy and Kyiv.

With this letter, we would like to express our gratitude to our beloved Master Paramhans Sri Swami Maheshwarananda ji for his continuous support and patience in sharing his wisdom, love, care, understanding and kindness towards all of us. We hope to spend many more years under his divine shelter and looking forward to Gurudev's visit to Ukraine!

With deepest respect and best wishes,

President of the Ukrainian
 “Yoga in Daily Life” Society Vadym Lisnyak



Harmony for Body, Mind and Soul

YOGA UNION OF SLOVENIA



Yoga Union of Slovenia, Selanova ulica 16, SI-1000 Ljubljana, Slovenia
 Identification number: 1161377000, Tax Number: SI 67908039
 t: + 386 40 315 000, e: info@joga-zveza.si

Ljubljana, June 2019

Most respected Bharat Gaurav Vishwaguruji Maheshwarananda, founder of the Sri Swami Madhavananda World Peace Council,

Excellences, dignitaries and respected international delegates!

First of all, I would like to express gratitude to the most respected Bharat Gaurav Vishwaguruji Maheshwarananda founder of the Yoga in Daily Life System, founder of the Sri Swami Madhavananda World Peace Council and a tireless humanist who working around the globe for spiritual tolerance, social harmony, environmental protection and lasting world peace that he brings his knowledge also in our beautiful country Slovenia.

This year we mark the 30th anniversary of the organized activities of Yoga in Daily Life in Slovenia, and we also mark the 150th anniversary of the birth of world leader and humanist Mahatma Gandhi, who was an exceptional leader whose voice has inspired many of the world leaders and individuals for humanity, equality, justice, and non-violence gained global recognition. Many activities will be organized this year in Slovenia in honor of both anniversaries.

Organized Yoga in Daily Life activities has been a presence in Slovenia for 30 years. Yoga Union of Slovenia unifies Yoga in Daily Life centers throughout Slovenia. It is a voluntary, independent and non-profit union of yoga centers, which helps them easier realize their interests. It coordinates, directs, conducts and implements joint activities and develops and promotes the principles of yoga practice in Slovenia. Yoga Union of Slovenia organizes national and international meetings, seminars and other events, connects and brings together members through social, sporting and cultural events. During the summer months, in all major cities of Slovenia, the union has been organizing and coordinating the project 'Yoga in the park' for the past fourteen years, where is free of charge offered yoga exercises to the public in the pure nature throughout the whole of Slovenia.

Most respected Bharat Gaurav Vishwaguruji Maheshwarananda, please accept our sincere congratulations for your continuous humanitarian endeavors and numerous projects aimed to help humanity and Mother Nature. We are thankful for the opportunity to accompany you at your selfless and dedicated path to serve all living beings! Yoga is a path to peace and we will make sure we will take care of our inner light and be an active part of that peaceful society we all strive to live in.



Jože Sraka
 President

Yoga Union of Slovenia

Selanova ulica 16, SI-1000 Ljubljana, Slovenia, t: + 386 40 315 000, e: info@joga-zveza.si



Mr Kapil Agarwal

Globe Asia Transport, Jaipur, Rajasthan, India.

Kapil Agarwal is a Young Entrepreneur having Transport & Logistic business in the name of Globe Asia Transport in Jaipur, Rajasthan, India. He also has political & social responsibilities for Rajasthan. Currently, he is the Secretary of H.H.VishwaguruSwami MaheshwaranandJi & Ambassador of World Peace Council for India.

150th Birth Anniversary of Mahatma Gandhi and Yoga

Gandhi's message of Ahimsa (Non-Violence) has a great meaning for our time. The Mahatma stated: "Realizations of the Truth is not at all possible without Ahimsa. That is why it is said that Ahimsa is the Supreme Dharma (Duty). Violence is the weapon of the weak: non-violence that of the strong. Non-violence is the greatest force at the disposal of humanity. It is mightier than the mightiest weapon of Destruction devised by the ingenuity of man."

Gandhi's life story is full of courage, determination and religious willpower. His timeless message that still holds is to combat injustice and cruelty with the means of love and truth. His message can be used to solve today's social-political and ecological problems.

Mahatma Gandhi respected the principle of Ahimsa non-violence towards all living Beings. In his autobiography, he wrote, "To see the universal and all-pervading spirit of truth we must be able to love even the most miserable create the same as we love ourselves."

Gandhi's philosophy is one of love, respect, understanding, compassion and commitment. Therefore we must "be the change we wish to see in the world" as Gandhi demanded, to give hope for our world, for humanity. The great challenge of transforming this World can be achieved with the balance of yoga and power of ideas, ambition, and ability of youth. The youth was always and is still an important building block for transforming the World into a Global Planet of Peace. As we know, terrorism shows its head in many countries and gun alone cannot control it. To root it out, we must change the mindset of the people, and for that yoga practice would play a significant role. Yoga is not a religion; it is a way of living whose aim is 'a healthy mind in a healthy body'.

The combination of Yoga & Youth helps in developing new ideas, infusing new energy, and with a neutral background which contributes to peace development. We should also make sure that national policies are religion-neutral, with no place for phrases like jihad etc. With the help of yoga, we can make a respectful and spiritual relationship between all beings on the earth and free the world of misery.

Yoga teaches us to empathise with all beings through intentional movement (asana), conscious breathing (pranayama), meditation, Satsang (a community with a good people), serving others and practising an ahimsa (non-harming) lifestyle thus creating a path to Inner Peace and through it to a World Peace. Yogic exercises recharge the body with cosmic energy, remove negative blocks from the mind and toxins from the body and enhances personal power.

As my beloved Gurudev H.H.Vishwaguru Swami Maheshwaranandaji said: "The tones of the theory are nothing when compared to a gram of practice!" Therefore, one should not only talk and listen about yoga but also practice it. Swami Ji also added that we must not only understand and respect one another, but we must welcome each other. That changes a noble, but passive quality into active. To be inclusive and participatory is at the core of an inner peace which, while secure in its calm, is energetic in its promise. Every inhabitant of this planet should think "wherever I go, peace is with me because without peace, there is no me."

Finally, I am sure that with World as a big laboratory, and with the experiences of our Parliamentarians and Leaders, which is very extensive, it is only a question of using it with a commitment to peaceful development. We must ensure that the 21st century should be a century of tolerance and peace, led by Yoga and Youth.



Matej Bel University in Banska Bystrica
FACULTY OF ARTS

Ivan Soucek, PhD.

anthropologist



The occasion of the 150th anniversary of the birth of the greatest person in Indian history, politician, philosopher, spiritual leader and above all, humanist, Mohandas Karamchand Gandhi (also known as Mahatma), offers a unique opportunity to recall his inspiring legacy. The legacy that has been left in his words was also steadily present in his life. It can be said without hesitation that in modern history there are only a few people that have so greatly affected people around the world as this relentless fighter for freedom and independence did. His authenticity meant that he was able to capture the attention of people not only in his native country but also reaching far beyond its borders. This is why the anniversary of his birth is being commemorated at many cultural and social events around the world, as well as at this year's World Peace Conference.

Looking at the life of Mahatma Gandhi, it is hard to believe how many personal sacrifices he made in fulfilling his ideals. Furthermore, though it may seem that the social problems he highlighted are closely linked to the time and place in which he lived, in reality, this is not the case. In fact, the ideals of nonviolence and passive resistance that represent the cornerstone of his teachings, are present in contemporary India. This is because the country is still facing racial, religious and class intolerance, at levels that are perhaps higher than ever. Despite the fact that his struggle against colonial rule and social inequality did not take place without criticism from his compatriots, the overall message of non-violent struggle for freedom should still be remembered and promoted today.

Yours sincerely,

Ivan Soucek



Ms Sita Rojova

Yoga Instructor,
Author and Scriptwriter
of Films and Stories for Children

The Rain of Nectar

On the occasion of world peace conference I would like to share some thoughts of His Holiness Paramhans Swami Madhavananda, which remind us of the message of peace and understanding and the living message of his personality for the benefit of the mankind. The main inspiration for my contribution are the words of this big Master, coming from his lectures and satsangs. Allow me to present few of those quotations here.

"Nowadays people from all around the world are busy with work, suffering through attachments, anger and uncertainties. Through ever growing anxieties in people the whole mankind is like on fire and there is obvious need for the rain of the nectar to come upon the Earth to bring happiness to all.

Everyone is striving for happiness, no one likes to be sad. Despite this, the world from which we expect happiness, brings us more suffering and sadness. The real happiness and contentment can remove the suffering of the soul..." We all can observe around us this fire of aggression, anger, intolerance and misunderstanding, in this fire individuals, families, cities and countries are burning, through this fire the whole world is suffering. The source of this fire is ignorance and human ego. There is no need to continue on this subject any further, everyone is aware of the problems in the world. What is however, that rain of nectar mentioned earlier, that can cool the heat of suffering and bring the much needed world peace?

Sri Swami Madhavanandaji knew the answer:

"The hope for ever lasting peace and removal of suffering of the soul is listening of wisdom of "big personalities" and following their teachings...from the mercy of divine incarnation of Sri Devpuriji, we have received the precious gift (prashad). Trees don't eat their own fruits, rivers don't drink their own water and in the same way Sri Devpuriji Maharaj passed his divine qualities to Sri Swami Maheshwarananda and now Swamiji is passing them to us. Maheshwarananda Maharaj is bringing eternal peace and bliss to millions of people around the world..."

The participants of the conference will have the opportunity to listen to the words of Vishwaguruji Maheshwarananda directly, through his personality with the help of the conference with his presence will give a speech as a part of the program. Even to those who are unable to meet Swamiji personally, Gurudev speaks various ways, primarily through yoga teachings of the world known Yoga in Daily Life system. I personally have been practicing according to this system for thirty years and I can confirm from my own experience, that this teaching and its application into daily life is real and certain way towards finding the inner peace and contentment. Let us spread the wisdom of this system by our own example, in this way we help to spread the light around us and in all corners of the world and together we will lit the light of wisdom and love, that will remove the darkness of this world. I am certain, that through the Yoga in Daily Life system and through the presence of Vishwaguruji Maheshwarananda in this world, there is a great hope for establishing peace and understanding among humankind of all nationalities and religious believes.



Ms Istvánné Miklós
Board Member of Juniorka Foundation

Juniorka Foundation Nursery
2890 Tata, Bacsó B. str. 66/1

Dear Paramhans Swami Maheshwarananda,

The Juniorka Foundation Nursery got in touch several years ago with the Yoga in Daily Life System, created by you.

We provided place for an adult yoga group. I started to practice yoga privately. I read many of your books that my fellow yoga practitioners recommended. Your book, „Yoga with Children” had a great effect on me. We started to use the described exercises with the children in nursery.

Our experience is very positive:

- The children became much calmer
- Their endurance and vitality increased
- They became physically stronger and better-poised
- Their attention and concentration ability became more persistent

This system offers a long-term help for children of today's restless world to become healthy adults.

Thank you for this system, we hope it helps widely our children's physical and mental development.

Tata, 23. May. 2019

Wish you good health for your further work.

Miklós Istvánné

Board member of Juniorka Foundation





Juniorka Alapítványi Óvoda

2890 Tata, Bacsó B. u. 66/1

Kedves Paramhansa Swami Maheshwarananda!

A Juniorka Alapítványi Óvoda több évvel ezelőtt került kapcsolatba az Ön által megteremtett „Jóga a mindennapi életben” rendszerrel.

Helyet adtunk felnőtt jóga csoport működésének. Jómagam, először magán emberként kezdtem el gyakorolni. Jóga társaim ajánlására több Ön által megalkotott könyvvel is megismerkedtem. A „Jóga gyermekeknek” című kiadvány nagy hatást gyakorolt rám. Ennek hatására kezdtük el alkalmazni az óvodás gyermekek körében is a leírt gyakorlatokat.

Tapasztalataink nagyon pozitívak:

- a gyermekek sokkal nyugodtabbak lettek
- növekedett kitartásuk, állóképességük
- erősödött tartásuk, fizikumuk
- tartósabb lett figyelmük, koncentráció képességük.

Mai zaklatott világunkban ez a rendszer hosszútávon segítséget nyújt a gyermekeknek, hogy egészséges felnőttekké váljanak.

Köszönjük Önnek ezt a rendszert, bízunk abban, hogy minél szélesebb körben segíti gyermekeink testi-lelki fejlődését.

Tata, 2019.05.23

További munkájához jó egészséget kívánok.

Miklós Istvánné

Miklós Istvánné

A Juniorka Alapítvány kuratóriumi tagja

JUNIORKA Alapítvány
2890 Tata, Bacsó B. u. 66.
Adószám: 18604410-2-11



Ms Katalin Vajda
Writer, Theater Professional

I am Katalin Vajda LilaDevi writer and theater professional. Since July 26, 1993, I have been the disciple of Swamiji, also known as Vishwaguru Sri Paramahans Swami Maheshwarananda.

I come from a Jewish-Christian family, due to the whim of fate, precisely in the ratio of 50-50. In my childhood, in socialist Hungary, I did not feel any advantages or disadvantages of that. But during my university years, as the change of regime was approaching, more and more people urged me to decide if I wanted to be Jewish or Christian. I argued in vain: I can't split myself, both sides belong to me. However, the increasing pressure of a more and more divided society was forcing me to take sides.

At this point Swamiji entered my life and he cut through the Gordian knot in an instance. It was the first time that I ever heard the thoughts spoken aloud that I only dared to think to myself: there is one God and we are all his children irrespective of gender, race, religion, color and national origin. But Swamiji went even further and said that we are one with every creature: the difference between an animal, a plant, a bird, a beetle, is that we humans are responsible for the less developed ones, since being superior does not mean dominance, let alone repression, on the contrary, it means serving the one who is less powerful. As a mother feeds, nurtures, and serves her child, we humans should help and serve the beings which are less developed than we are. This is Ahimsa, the principle of non-violence, which is the basis of vegetarianism.

As a playwright, I try to follow these thoughts in the spirit of the Universal Sanathana Dharma. I do not commit myself to any system of belief, ideology or religion, but as I learned from Swamiji, I want to talk to everyone equally, as deep down, in our Selves, in the Atma we are all one.

In 2008, I worked for half a year at the OM Ashram, that Swamiji has been building in, Jadan Rajasthan for more than 20 years. The Ashram will open its gate soon for the service of the mankind. The time spent there inspired me to write my first novel. This is a story of the love, the breakup and the reunion of an Indian man and a Hungarian woman. It is not only a romantic novel, but also an encounter and interaction between two cultures, where the emphasis is on the common points with special regard to spirituality. The heroes are reunited in the OM Ashram. This reunion happens at a different level, at the level of the Universal Soul.

I owe Swamiji and Alakhpuriji Siddha Peet Parampara a debt of gratitude and thanks for channelling and clarifying my diverse and sometimes confused thoughts. I believe that by His guidance I will find my way out of the cycle of life and death into the Universal Light.

Zsidó-keresztény családból származom a sors szeszélye folytán precízen 50-50%-ban. Gyermekkoromban, a szocialista Magyarországon ennek sem előnyét, sem hátrányát nem éreztem, egyetemista éveimben azonban, közeledve a rendszerváltáshoz egyre többen sürgették, döntsek: zsidó akarok lenni, vagy keresztény? Hiába érveltem: nem tudom ketté szelni magam, mindkét oldal hozzám tartozik, az egyre erősödő társadalmi nyomás választásra akart kényszeríteni.

Ekkor toppant az életembe Swamiji és egy pillanat alatt átvágta a gordiuszi csomót. Először hallottam hangosan kimondva azokat a gondolatokat, amiket addig csak magamban mertem gondolni: hogy egy Isten van, és valamennyien gyermekei vagyunk nemre, fajra, vallásra, bőrszínre, nemzetiségre való tekintet nélkül. De Swamiji ennél is továbbment és azt mondta: egyek vagyunk minden teremtménnyel: állattal, növényvel, madárral, bogárral a különbség csak annyi, hogy mi, emberek felelősséggel tartozunk a nálunk fejletlenebb lények iránt, mert magasabb rendűnek lenni nem uralkodást, pláne nem elnyomást jelent, hanem épp ellenkezőleg szolgálatot a gyengébb felé. Ahogy egy anya táplálja, neveli, szolgálja gyermekét, úgy kell nekünk, embereknek segíteni, szolgálni a nálunk fejletlenebb lényeket. Ez az ahimsa, a nemártás elve, ami a vegetarianizmus alapelve.

Szindarabjaimban ezeket a gondolatokat igyekszem követni az egyetemes sanathana dharma szellemében. Nem teszem le a voksot egyetlen hitrendszer, eszme, vagy vallás mellé, hanem ahogy Swamijitól tanultam, egyformán szeretnék szólni mindenkinek, hisz legbelül, önvalónkban, az atmában mindannyian egyek vagyunk.

2008-ban félévig az OM Ashramban dolgoztam, amit Swamiji már több, mint 20 éve épít a rajastani Jadanban, és ami nemsokára megnyitja kapuit az emberiség szolgálatára. Az ott töltött idő inspirált első regényem megírására, mely egy indiai férfi és egy magyar nő szerelmének, szakításának majd újra találkozásának története. Nemcsak egy romantikus regény, hanem két kultúra találkozása, egymásra hatása, ahol a hangsúly a közös pontokon van különös tekintettel a spiritualitásra. Hőseink a jadani OM Ashramban találnak újra egymásra, ez a találkozás azonban már más szinten, az egyetemes lélek szintjén történik.

Hálával és köszönettel tartozom Swamijinek és az Alakhpuriji Siddha Peet Paramparának, hogy szerteágazó, időnként zavaros gondolataimat világos, egyértelmű mederbe terelte, és az Ő vezetésével hiszem, hogy megtalálom a kiutat az élet körforgásából az egyetemes fénybe.



Ms Judit Fogarassy
Ballet Master, Choreographer

Respected Vishwaguruji, dear Guests and participants of the conference,

I am very honored to share a few thought with you in the occasion of the 40th anniversary of Vishwaguruji's first visit to Hungary, and bringing us the knowledge and wisdom from India that the yoga can give to the world.

First of all, I would like to introduce myself: I have been working in the field of dance for 45 years, I educate the youth on healthy lifestyle, and being open to arts and different cultures.

As an acknowledgement of my work so far, my town, Hódmezővásárhely gave me the Bessenyei Ferenc Art Award. Later on, the president of Hungary, János Áder, awarded me with the Hungarian Gold Cross of Merit for my significant cultural and public activity. The Ministry of Human Capacities acknowledged my career with the Art Life Path Acknowledgement.

I met Vishvaguruji for the first time in 1997 in a yoga seminar held in Budapest. It had such a deep effect on me, that since this meeting I strive as His disciple to give further to my disciples the knowledge, wisdom, and attitude He teaches. I do it with pure belief as my own life has been revolutionized since I follow the path of yoga with the guidance of Vishvaguruji.

In this modern world with lack of exercise, the youth needs to consciously develop their movements. Yoga is one of my main tool for it in my work.

What can the youth achieve by practicing yoga?

Joy of life, joy of exercising, harmonic development of their body, mental and spiritual balance, releasing the inner tensions.

It leads to a successful, healthy, and happy life, that is much needed nowadays.

We would like to express our gratitude to Vishvaguruji, the recent successor of respected yogis, that He tirelessly brings the light of the yoga to the whole world, and He has been bringing it to Hungary for the last 40 years.

Tisztelt Vishwaguruji, Kedves Vendégek és Konferencia Résztevők,

Nagyon megtisztelő számomra, hogy néhány gondolatot megoszthatok Önökkel abból az alkalomból, hogy Vishwaguruji 40 évvel ezelőtt először ellátogatott Magyarországra, és elhozta nekünk azt a tudást, bölcsességet Indiából, amit a jóga adhat a világ számára.

Mindenekelőtt szeretnék bemutatkozni: 45 éve dolgozom a táncművészet területén, a fiatalokat nevelem az egészséges életmódra, nyitottságra a művészetek és különböző kultúrák iránt.

Eddigi munkám elismeréseként a városom Hódmezővásárhely, a Bessenyei Ferenc Művészeti Díjjal jutalmazott, majd Magyarország köztársasági elnöke Áder János, a Magyar Arany Érdemkereszt kitüntetéssel adományozta a jelentős kulturális közéleti tevékenységem elismeréseként, valamint az Emberi Erőforrások Minisztériuma egy szakmai életút elismeréseként a Művészeti Életpálya Elismerésben részesített.

Vishwagurujival 1997-ben találkoztam először Budapesten egy jóga szemináriumon. Olyan mély hatással volt rám ez a találkozás, hogy azóta a tanítványaként igyekszem azt a tudást, bölcsességet, életszemléletet továbbadni tanítványaimnak, melyet ő tanít nekünk. Igaz hittel teszem mindezt, hiszen az én életem is gyökeresen megváltozott amióta a jóga útját követem Vishwaguruji vezetésével.

A mai mozgásszegény világban szükség van a fiatalok tudatos mozgásfejlesztésére, melynek eszközeként munkám során a jóga is kiemelkedő szerepet kap.

Mit kaphatnak a fiatalok a jóga gyakorlatától?

Életörömet, a mozgás örömet, szervezetük harmonikus fejlődését, szellemi és lelki kiegyensúlyozottságot, belső feszültségek oldását.

Egy sikeres, egészséges és boldog élethez vezet, melyre nagy szükség van manapság.

Köszönjük Vishwagurujinak, a nagyrabecsült jógik élő utódjának, hogy fáradhatatlanul a jóga fényét hordozza szerte a világban, és 40 év óta rendszeresen hozzánk is elhozza Magyarországra.



Christine Farmer
Alexandria, Virginia, USA Ashram

On behalf of Yoga in Daily Life, USA, it is a great honor to celebrate with you two great heroes.

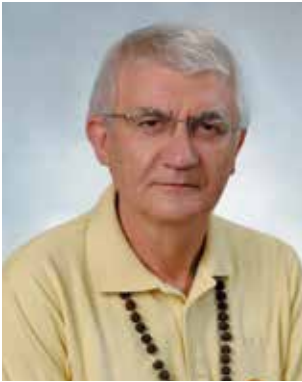
Mahatma Gandhi showed by example the change he wished to see in the world by giving his life to the Peace cause 150 years ago.

Today, we have in our midst a living giant for the Peace cause. Vishwaguru Paramhans Swami Maheshwarananda has, too, dedicated his life to the Peace cause, giving the people of Hungary 40 years of his tireless efforts in bringing one for all and all for one.

We are privileged to be in the consciousness of such a magnanimous soul whose energy has been a life of dedication to peace and service for all living beings.

With deep respect,
Gitapuri
Christine Farmer
Alexandria, Virginia, USA Ashram

YIDL Centres & Programmes in Hungary



Mr Károly Kovács (Krishnanand)

President, Special Advisor of Yoga in Daily Life - The System,
Hungarian National Center

40 YEARS OF THE YOGA IN DAILY LIFE – SYSTEM

It passed in a blink of an eye...

It's hard to believe that it's been already 40 years that sometime in May the long-awaited spiritual teacher and yoga master, His Holiness Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda, arrived at Hungary.

As soon as Vishwaguruji arrived at Budapest, he immediately went to our 'Yoga Centre', where he saw our students practicing yoga at our course. He appraised the practitioners and among other things he said that we were very developed in the field of 'Raja-yoga', especially in practicing asanas.

Well, in the following 30 days Swamiji introduced us the basics of 'The System Yoga in Daily Life' (YIDL). He held satsangs daily where he spoke about yoga-philosophy and the spiritual life, introduced to us the YIDL system and its systematic structure- one of the main pillars of yoga. He emphasized the importance of pranayam, yoga-nidra, positive thinking and a positive way of life on our way towards Self-realisation.

This wonderful first month with Swamiji was full of interesting trips; Swamiji gave lectures and workshops in Miskolc, Szeged, Budapest and many other cities. We practiced yoga with Swamiji in schools, community halls, and stages of cinemas and in different parks.

The following years also brought very rich programs to our yoga-lives; there were times when Swamiji visited us 2-3 times a month for weekend programs and also led seminars during the summers. Swamiji introduced the Yoga in Daily Life System to hundreds and hundreds in Budapest, Érd, Mezőtúr, Kétegyháza, Szeged, Pécs, Miskolc, Tata, Tatabánya, Győr, Kecskemét, Békéscsaba, Vép, Szombathely and several other cities and towns and at the same time started training of yoga teachers as well. The yoga teacher training was a really intensive, and at the same time uplifting experience as Vishwaguruji taught us the techniques of teaching yoga step by step along with revealing the spiritual aspect of yoga as well.

During the past 40 years many Yoga in Daily Life centers (Ashrams) have opened in Hungary. YIDL groups were created in almost all major cities and in other towns, where certified yoga teachers trained by Swamiji and also qualified by the official Hungarian education system (organised by the University of Physical Education, the Budapest Bureau of Sport and many other municipal Bureaus of Sport) lead yoga classes, satsangs and weekend programs.

The last 40 years are the beginning, the foundation on which the following generations can build and expand upon so that all who are interested can take from Vishwaguru Ji's knowledge by practicing the wonderful system he created- Yoga in Daily Life.

Vishwaguru Ji gave the following answer to a question:

'Yoga is like the rising Sun in Hungary, and the future of yoga will soon be the Sun on its zenith!- Therefore practise and teach Yoga in Daily Life-The System.'

The close and friendly cooperation with the Embassy of India in the past 40 years also needs to be highlighted. The "Yoga in Daily Life - The System" has been supported by India's Ambassadors and their colleagues and there have been many jointly organized Yoga programs. Ambassadors and high-ranking officials regularly visited the Ashrams of Budapest, Szeged, Békéscsaba, Győr, Debrecen, Érd, and our Hindu Mandir, also, the International Yoga Seminars several times, sharing their wisdom with the participants. We have also participated in Embassy organized programs such as AYUSH, Yoga and other events at its premise, and the India Days events in Budapest and other cities.

Mahatma Gandhi Ji's birthday and its achievement through his works are regularly commemorated, from which the World Peace Conference in October 2009 in Szombathely and Vép needs to be highlighted. At this conference, the message of His Holiness HolyGuru Ji Swami Madhavananda Ji and of Mahatma Gandhi Ji was the main topic.

Budapest, 13 June 2019

www.joga.hu
joga@joga.hu



JÓGA A MINDENNAPI ÉLETBEN – RENDSZER 40 ÉVE eltelt mint egy röpke pillanat...

Felfoghatatlan, hogy immár 40 éve annak, hogy egy májusi napon megérkezett Magyarországra, az akkor már sokunk által nagyon várt indiai lelki-tanító, és jógamester, Őszentsége Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda.

VishwaguruJi amint megérkezett Budapestre az első útja a „Jóga Központunkba” vezetett, ahol megnézte az éppen gyakorlókat a jógatanfolyamunkon. Dicsérő szavakkal értékelt a látottakat és -többek között- azt mondta, hogy nagyon fejlettek vagyunk a „Raja-yoga” területén, elsősorban az ászanák gyakorlásában.

Nos, a következő 30 nap alatt SwamiJi megismertette a „Jóga a mindennapi életben – Rendszer” (JMÉ) alapjait. Minden nap Satsangot tartott, ahol a jóga-filozófiáról és a spirituális életről beszélt, bemutatta a JMÉ rendszert és annak szisztematikáját, mint a jóga egyik fő pillérjét és kiemelte, hogy az ászanák gyakorlása mellett a pránájama, a „yoga-nidra”, a pozitív gondolkodás és pozitív életvezetés mennyire fontos az Önmegvalósítás útján.

Ez a csodálatos első magyarországi hónap SwamiJi-vel nagyon érdekes utazásokkal telt, előadásokat és workshopokat tartott VishwaguruJi Miskolcon, Szegeden és Budapesten is több helyszínen. Jógázunk SwamiJi-vel iskolákban, Művelődési Házakban, Mozi színpadán és több parkban is.

A következő évek is nagyon gazdag programokat hoztak jóga-életünkbe, volt, hogy havonta két-három hétvégi kurzusra és nyaranta minden jóga-táborba eljött SwamiJi. Budapesten, Érden, Mezőtúron, Kétegyháza, Szegeden, Pécs, Miskolcon, Tatán, Tatabányán, Győrben, Kecskeméten, Békéscsabán, Vépen, Szombathelyen és számos más településen százakkal és százakkal megismertette a Jóga a mindennapi életben – Rendszert, és közben elkezdte a JMÉ jógaoktatók képzését is. A jógaoktató-képzés nagyon intenzív és egyben igen felemelő is volt, mert VishwaguruJi lépésről-lépésre megtanította az oktatás technikáját és eközben feltárta a jóga lelkeségét, szellemiségét is előttünk.

A 40 év alatt Magyarországon sorra létrejöttek a Jóga a mindennapi életben – Rendszer Központjai (Ashramjai). Szinte minden nagyvárosban és számtalan más településen megalakultak a JMÉ csoportok, ahol SwamiJi által képzett, valamint a magyar hivatalos oktatási rendszerben (Testnevelési Egyetemen Továbbképző Intézete, valamint a Budapesti Sport Hivatal, és számos megyei Sport Hivatal szervezésében) is tanult és vizsgázott jógaoktatók vezetnek a gyakorlati órákat és a Satsangokat, hétvégi kurzusokat.

Az eltelt 40 év a kezdet, az alap amelyet a következő generációk tovább vihetnek és kiterjeszhetnek, hogy minden érdeklődő merithessen Vishwaguru Ji tudásából és az általa létrehozott csodálatos jógarendszerből a „Jóga a mindennapi életben” gyakorlása által.

VishwaguruJi egy kérdésre válaszolta:

„A jóga ma Magyarországon a felkelő Naphoz hasonlatos, és a jóga jövője a Ti hazátokban rövidesen a zeniten álló Nap lesz! - Ezért gyakoroljátok és tanítsátok a Jóga a mindennapi életben – Rendszert!”

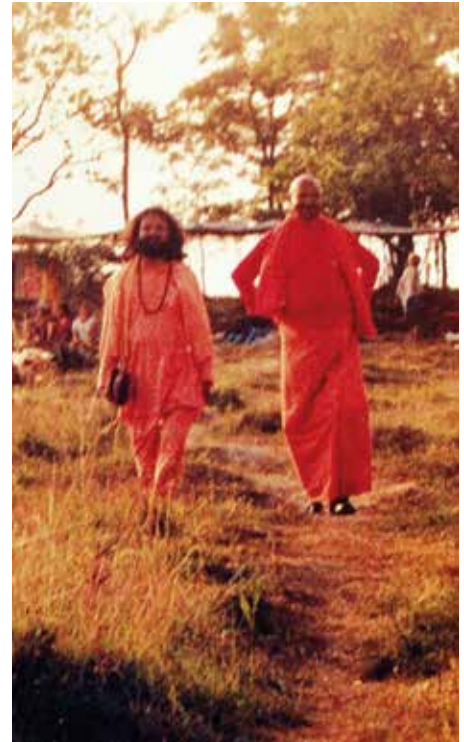
Ki kell emelni még azt az örömdetes tény is, hogy a 40 év alatt nagyon szoros és baráti együttműködés

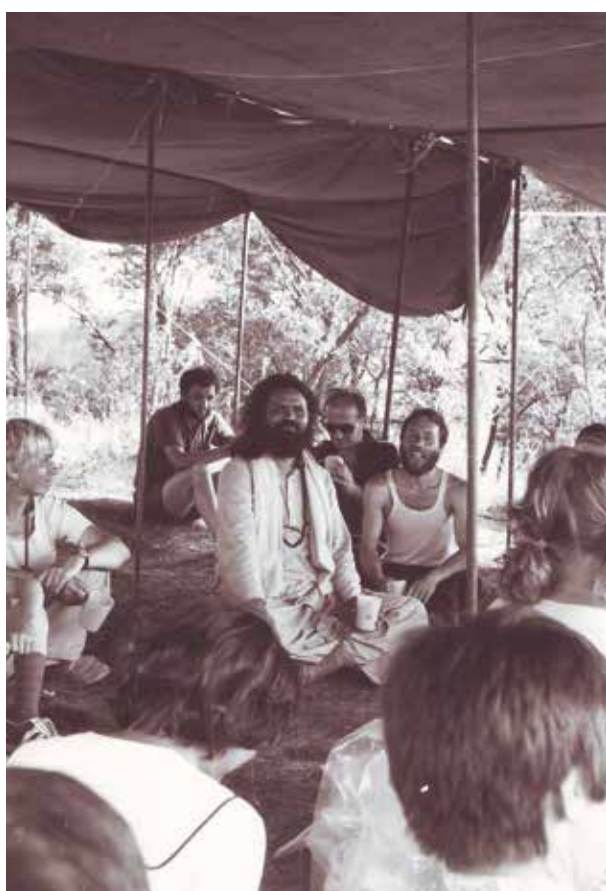
volt az India Nagykövetséggel. India Nagykövetei és munkatársai támogatását élvezte a „Jóga a mindennapi életben – Rendszer”, valamint számos közös jóga programunk volt. A nagykövetek és magas rangú munkatársak rendszeresen látogatást tettek a budapesti-, szegedi-, békéscsabai-, győri-, debreceni és érdi Ashramokban és a Hindu Mandirunkban. Többször meglátogatták a Nemzetközi Jóga Szemináriumainkat is, ahol megosztották bölcsességüket a résztvevőkkel. Mi is mindig részt vettünk a követség programjain, mint például az AYUS, jóga és más rendezvényeken - amelyek a követségen és a budapesti és sok más városban rendezett India Napokon voltak.

Mahatma Ghandi Ji születésnapját és a munkásságának állomásait rendszeresen megünnepeljük, amelyek közül ki kell emelni a 2009. októberében Szombathelyen és Vépen rendezett Világbéke Konferenciát. Ezen a konferencián Őszentsége HolyGuru Ji Swami Madhavananda Ji és Mahatma Ghandi Ji üzenete volt a fő téma.

Budapest, 2019. június 13.

www.joga.hu
joga@joga.hu









International Yoga Day 2017 - Tata





Days of Light in Debrecen

Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda – Swamiji – came to Debrecen for the first time on 7th November 1991. Nearly 400 listeners attended the lecture in the lecture hall of the Debrecen University of Medicine, whose starting sentence was: "Now you will see that yoga is completely different from what you have thought". The Master came with the spiritual message of the light of the Self, and he initiated about 80 seekers with the mantra initiation on the following day. "Come to the summer camp, we will meet there" – he asked at the end of his visit, as for the success of the yoga practice, the sadhana, it is needed for the disciple to meet the Master regularly.

In the period after that Swamiji came to our town for a public lecture as well as for a satsang, supporting the practitioners, enforcing, inspiring them, and he revealed the original science of yoga gradually for the listeners. In 1993 the public lecture was in the cultural hall of the railway station, where he asked the yoga practitioners of Debrecen to sing a couple of bhajans. The spiritual seekers have to meet weekly to remember the teachings, the Masters. The essence of such a meeting – the satsang – is singing the bhajans written by yogis and saints. In October he also came together with Kapoorchand Kulishji. The elegant Bartók Hall of the Hotel "Aranybika" became absolutely full, then a more exclusive satsang started – teaching about the power of words and the essence of the mantra meditation. The repetition of the mantra engages and tires the mind, which calms down in the end and therefore the message in the words can be realised. In September 1996 we could hear the story of the parrot during the public lecture in the Bartók Hall, which pretended to be dead, and when its deceived owner opened its cage, it attained freedom.

The satsang took place in the "Postás" holiday home, in Nagyerdő, at the same place, as earlier the mantra initiation in 1991. In October 1998, the place of the event was also the Bartók Hall, in October 2000 the auditorium of the University of Debrecen became full of people, as in October 2002 too. The lectures of the university had the consequence that a group of foreign students studying in Debrecen started to practice The Yoga in Daily Life System. Later the practice of Yoga in Daily Life went on as accredited credit course at the university, with almost 150 Hungarian and foreign participants per semester – up till today. Swamiji's disciples – following the first disciples – started to give courses in bigger and bigger numbers in the town and in the neighbourhood, transmitting to the ones interested in yoga the principles and exercises formulated in the practice book of the system. On 2nd March 2007 began the first weekend seminar with Swamiji, which took place in the gym of the Mechwart András Secondary School, whereas the accommodation was in the Györffy István dormitory. On 12th June 2009 another weekend seminar began. The public lecture was advertised all-over the city by molinos spread at the crossroads in the town, the venue was the conference hall of the Kölcsey Centre, which had to be used with full capacity, so that it could give place to the 800 listeners.

The practice and the lectures were in the sports hall of the Mechwart Secondary School, whose topic was the philosophy of the Vedanta Yoga. „Just as the space, which is one and undividable, so is the Self present in all creatures" – we could hear. After that was the biggest pause in the series of visits of Debrecen. On 23rd October 2015 Swamiji noted on the program of Szeged that he will come to Debrecen for one satsang. The inauguration of the Yoga in Daily Life ashram at 3 Külsővásártér took place at this occasion. The ashram was fully crowded, some of the disciples had to follow the events from outside, looking through the windows. On 10-12 June 2017 there was a weekend seminar in the sports

hall of the Mechwart Secondary School, as well as the nearby Ashram. Apart from the lectures about Ayurveda, the science of life, there was a planting of two trees in the botanic garden, representing the universal message of peace. We visit the trees regularly, and on 10th June we had a satsang here with singing bhajans and meditation.



1998.



2017.



A fény napjai Debrecenben

Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda – Swamiji - először 1991 november 7-én érkezett Debrecenbe. A Debreceni Orvostudományi Egyetem előadójában közel 400 érdeklődő figyelte az előadást, amelynek egyik bevezető mondata ez volt: „Most pedig látni fogjátok, hogy a jóga teljesen más, mint amire eddig gondoltatok”. A Mester az Önvaló fényének spirituális üzenetével érkezett, és másnap körülbelül 80 keresőt indított el a mantra beavatás alkalmával a keresés útján. „Gyertek el a nyári táborba, ott találkozunk” – kérte látogatása végén, mivel a jógagyakorlás, a sadhana sikeréhez a tanító és a tanítvány rendszeres találkozására van szükség.

Az ezt követő időszakban Swamiji egy nyilvános előadás és egy szatszang erejéig érkezett városunkba, támogatva a gyakorlókat, megerősítve, inspirálva őket, és fokozatosan feltárva a jóga eredeti bölcsességét az érdeklődők előtt. 1993-ban a vasútállomás kultúrtermében volt a nyilvános előadás, ahol arra kérte a debreceni jógázókat, hogy énekeljenek néhány bhajant. A spirituális keresőknek hetente találkozniuk kell, hogy együtt emlékezzenek a tanításokra, a Mesterekre. Az ilyen találkozás – a szatszang – lényege a jógik és szentek által írt bhajanok éneklése.

Októberben újra itt járt, Kapoorchand Kulishji társaságában. A Hotel Aranybika elegáns Bartók-terme színültig megtelt, majd szűkebb körű szatszang következett – tanítás a szavak erejéről és a mantra meditáció lényegéről. A mantra ismétlése lefoglalja és elfárasztja az elmét, ami végül megnyugszik és így megvalósulhat a szavakban közvetített üzenet. 1996 szeptemberében a Bartók teremben lezajlott nyilvános előadáson hallhattuk a papagáj történetét, aki halottnak tetette magát, és amikor megtévesztett gazdája kinyitotta a ketrec ajtaját elnyerte a szabadságot. A Postás üdülőben, a Nagyerdőn került sor a szatszangra, ugyanott, ahol a mantra beavatás 1991-ben. 1998 októberében is a Bartók-terem volt a helyszín, 2000 októberében a Debreceni Egyetem aulája telt meg, ahogyan 2002 októberében is. Az egyetemi előadások egyik következménye az lett, hogy a debrecenben tanuló külföldi egyetemisták egy csoportja gyakorolni kezdte a Jóga a mindennapi életben rendszert. Később akkreditált kredit kurzusként folytatódott a JMÉ gyakorlása az egyetemen, szemeszterenként közel 150 magyar és külföldi résztvevővel – a mai napig.

Swamiji tanítványai – az első tanítványokat követve – egyre nagyobb számban kezdtek tanfolyamokat tartani a városban és környékén, átadva az érdeklődőknek a rendszer gyakorlókönyvében megfogalmazott elveket és gyakorlatokat. 2007 március másodikán kezdődött az első hétvégi szeminárium Swamiji vezetésével, aminek a Mechwart András Szakközépiskola tornaterme adott helyt, míg a szállítás a Györfly István kollégiumban volt. 2009. 06. 12-én újabb hétvége kezdődött. A nyilvános előadást szerte a városban a kereszteződésekben kifeszített molinók hirdették, a helyszín a Kölcsey Központ konferenciaterme volt, melyet teljes kapacitással kellett üzemeltetni, hogy be tudja fogadni a 800 érdeklődőt. A Mechwart Szakközépiskola tornacsarnokában volt a gyakorlás és az előadások, melyek témája a Jóga Védánta filozófiája volt. „Akár a tér, amely egy és oszthatatlan, úgy az Önvaló is jelen van minden élőlényben” – hallhattuk. Ez után következett a leghosszabb szünet a debreceni látogatások sorában. 2015 október 23-án a szegedi programon Swamiji jelezte, hogy egy szatszang erejéig debrecenbe érkezik. Ez alkalommal került sor a Jóga a mindennapi életben rendszer Ashramjának felavatására a Külsővásártér 3 szám alatt. Az Ashram zsúfolásig megtelt, a tanítványok egy része az ablakon át kívülről követhette csak az eseményeket. 2017-ben június 10-12-én ismét hétvégi szemináriumnak adott helyt a Mechwart Szakközépiskola tornacsarnoka illetve a közeli Ashram. Az élet tudományával,

az Ayurvédával is kapcsolatos előadások mellett az egyetemi botanikus kertben sor került két – a béke egyetemes üzenetét megtestesítő – fa elültetésére. A fákat rendszeresen látogatjuk, június 10-én pedig itt tartunk szatszangot bhajan énekléssel, meditációval.



2015.



2017.







Yoga in Daily Life Youth Club - Debrecen



International Day of Yoga in Nyíregyháza





MahaprabhuJi's Light in Szeged for 40 Years

Vishwaguru Mahamandaleshwar Sri Swami MaheshwaranandaJi came to Hungary for the first time in May 1978. On his first visit to Hungary he also reached Szeged, where he delivered a lecture at a suburban cultural house. Since then the Yoga in Daily Life System has been present in Southern Hungary. In the eighties some of Vishwaguruji's disciples were already active in Szeged. Some Yoga in Daily Life courses also began over the years. In 1988 regular courses started in the city with the help of Károly Kovács Krishnanand and local instructors. Gurudeva visited Szeged twice in 1990, the number of disciples increased and these visits were so inspiring that at the beginning of 1991 we established the Hungarian Hindu Yoga Vedanta Society of Szeged (today our name is Yoga in Daily Life Association). Our civil organization has been organizing programs for people interested in yoga for nearly three decades.

In the 1990s, VishwaguruJi came to our town almost every year, and the sown seed slowly sprouted. At first, we held a Satsang in a flat every month; We organized courses in cultural houses and schools. Since 1993, disciples and visitors have been able to come to Satsang every Friday.

Between 1997 and 2002 in Szeged there was a Reform Lifestyle Kindergarten, which was Hungary's first vegetarian kindergarten. Our association worked closely with the kindergarten, whose building was a Yoga Centre in the evenings. But we wanted our own, independent yoga centre, an ashram. We had to wait for that until 2010. Our association then moved to 16 Kálvária Square, where we have been offering yoga courses, satsangs and programs ever since. We were pleased and happy to welcome VishwaguruJi in the ashram in 2015 and 2018.

In the past 40 years, VishwaguruJi has visited 17 times Szeged and twice the nearby Hódmezővásárhely. In the course of decades, our association's instructors have held yoga courses from Bonyhad to Makó, from Kecskemét to Rösztke in 21 settlements, introducing thousands of people to the Yoga in Daily Life System. Apart from VishwaguruJi's lectures and seminars, Mahamandaleshwar Swami Jasraj PuriJi, Mahamandaleshwar Swami Vivek PuriJi, Swami UmapuriJi, Swami DayaJi, Swami GajanandaJi and Swami ShantiJi have been to Szeged and Kecskemét. Their programs have given a lot of help to the disciples and listeners.

We have organized children's yoga camps, held several vegetarian cooking courses, literary evenings, yoga clubs. For the 14th year we have given free outdoor yoga classes in one of Szeged's parks. On the occasion of the International Day of Yoga, we organize a "yoga week" of several days, where the visitors can get to know the Yoga in Daily Life System. For a decade we have been present with yoga shows, lectures on the Lotus Days in the Botanical Garden of Szeged.

We are grateful to Vishwaguru Mahamandaleshwar Sri Paramhans Swami MaheshwaranandaJi for bringing the Yoga in Daily Life System, the light of Bhagwan Sri Deep Narayan MahaprabhuJi, to southern Hungary as well four decades ago.

MahaprabhuJi fénye 40 éve Szegeden

Vishwaguru Mahamandaleshwar Sri Swami MaheshwaranandaJi 1978 májusában járt először Magyarországon. Első magyarországi látogatása alkalmával Szegedre is eljutott, ahol egy külvárosi művelődési házban tartott előadást. Ettől az alkalomtól van jelen a Jóga a mindennapi életben rendszer Dél-Magyarországon.

A nyolcvanas években VishwaguruJinak néhány tanítványa tevékenykedett már Szegeden. Néhány Jóga a mindennapi életben tanfolyam is indult az évek során. 1988-ban Kovács Károly Krishnanand és helyi oktatók segítségével rendszeres tanfolyamok kezdődtek a városban. Gurudéva 1990-ben kétszer is járt Szegeden, megnövekedett a tanítványok száma és ezek a látogatásai akkora inspirációt adtak, hogy 1991 elején megállapítottuk a Szegedi Magyar Hindu Jóga Védanta Társaságot (ma már a nevünk Jóga a mindennapi életben egyesület). Civil szervezetünk közel három évtizede szervez programokat a jóga iránt érdeklődőknek.

VishwaguruJi a kilencvenes években szinte minden évben eljött városunkba és az elvetett mag lassan szárba szökkent. Eleinte havonta tartottunk szatszangokat egy lakásban; művelődési házakban, iskolákban szerveztünk tanfolyamokat. 1993 óta minden pénteken szatszangra jöhetnek a tanítványok és az érdeklődők.

Szegeden 1997-2002 között működött a Reforméletmód Óvoda, amely Magyarország első vegetárius óvodája volt. Egyesületünk szorosán együttműködött az óvodával, mely épülete esténként Jógaközpontként működött. De szerettünk volna egy saját, önálló jógaközpontot, ashramot. Erre 2010-ig kellett várunk. Egyesületünk akkor költözött a Kálvária tér 16. szám alá, ahol azóta is folyamatosan tartunk jógatanfolyamokat, szatszangokat, programokat. Örömmel és boldogan köszöntöttük az ashramban VishwaguruJit 2015-ben és 2018-ban is.

VishwaguruJi az elmúlt 40 évben 17 alkalommal járt Szegeden és kétszer a közeli Hódmezővásárhelyen. Egyesületünk oktatói az évtizedek során Bonyhádtól Makóig, Kecskeméttől Röszkéig 21 településen tartottak és tartanak jógatanfolyamokat, több ezer emberrel megismertetve a Jóga a mindennapi életben rendszert. VishwaguruJi előadásai és szemináriumai mellett járt Szegeden és Kecskeméten Mahamandaleshwar Swami Jasraj PuriJi, Mahamandaleshwar Swami Vivek PuriJi, Swami UmapuriJi, Swami DayaJi, Swami GajanandaJi és Swami ShantiJi. Programjaik sok segítséget adtak a tanítványoknak és a hallgatóknak.

Szerveztünk gyermek jógatáborokat, tartottunk több vegetárius főzőtanfolyamot, irodalmi esteket, jógaklubokat. 14. éve tartunk ingyenes, szabadtéri jógafoglalkozásokat az egyik szegedi parkban. A Jóga Nemzetközi Napja alkalmából több napos „jógahetet” szervezünk, ahol az érdeklődők megismerhetik a Jóga a mindennapi életben rendszert.egy évtizede jelen vagyunk jógabemutatóval, előadásokkal, kitelepüléssel a Lótusz Napokon a szegedi Fűvészkertben.

Hálával tartozunk Vishwaguru Mahamandaleshwar Sri Paramhans Swami MaheshwaranandaJinak, hogy elhozta Magyarország déli részére is négy évtizeddel ezelőtt a Jóga a mindennapi életben rendszert, Bhagwan Sri Deep Narayan MahaprabhuJi fényét.



Yoga in Daily Life - Szeged







H.H. Vishwaguruji's visits in Győr, Hungary

In 2014

On 10 September, H.H. Vishwaguruji first met YIDL practitioners at the Győr Ashram during His visit in the City.

Later on, H.H. Vishwaguruji was welcomed by Prof. Dr. Péter Földesi, Rector of Széchenyi István University to plant the 105th tree, dedicated to world peace, in front of the University's Library. The auspicious event was attended by the delegates of the Rector's Office, the Ministry of Education Science and Sport of the Republic of Slovenia, the Municipal Government of Győr, representatives of YIDL communities of Austria, Slovakia, the Indian diaspora as well as students of the Széchenyi István University.

Vishwaguruji planted a yoke-elm, which is a type of tree that tends to grow high. The high-aiming nature of the hornbeam Vishwaguruji associated to the rising consciousness of the students studying at Széchenyi István University. Dr. Földesi, the Rector of the University implied that the event of the tree planting is a step towards the "green planet", a lifestyle adjusted to the laws of nature and the environment. Vishwaguruji expressed His good wishes to Hungarians telling that this tree would be the country's symbol of re-found harmony and love.

The program continued with H.H. Vishwaguruji's public lecture at MOBILIS Science Centre, a building constructed to symbolize the piston of the Wankel engine, and erected opposite the Department of Combustion Engines of Széchenyi István University. In His lecture, Vishwaguruji emphasized that education should not be only about technology, but it also should give moral, ethical and spiritual training.

In 2015

H.H. Vishwaguruji's tour of October 2015 consisting of six Hungarian locations finished in Győr, where Vishwaguruji paid His visit on 26 October. The local and international audience in Győr Ashram celebrated Vishwaguruji's visit with a bandhara, a feast, on the evening just before the 2015 Sharad Purnima, autumn full moon harvest festival.

In 2017

At the invitation of Prof. Dr. Péter Földesi, the Rector of Széchenyi István University H.H. Vishwaguruji visited again the university of Győr on 12 June 2017. Vishwaguruji and Rector Földesi had a lively dialogue about new education possibilities, including yoga and healthy cooking; and they also revisited the Peace Tree, which they planted together in 2014.

Later in the afternoon Vishwaguruji bestowed His blessings on His devotees who congregated for Sat-sang at the Győr Ashram. In His lecture, Vishwaguruji focussed on the importance of pure nutrition and a vegetarian lifestyle being a prime duty of every human.

In 2019

In 2019, we are celebrating the 40th Anniversary of the Initiation of Yoga in Daily Life in Hungary which is coinciding with the 150th Birth Anniversary of Mahatma Gandhi and the 70th Anniversary of the Indian-Hungarian Diplomatic Relations. The YIDL associations of Hungary are commemorating the anniversaries in the frame of an event advocated by the Indian Embassy at Széchenyi István University in Győr.

Őszentsége Vishwaguruji győri programjai

2014

Őszentsége Vishwaguruji szeptember 10-i győri látogatása során először a JMÉ gyakorlókkal találkozott a helyi Ashramban.

Ezután Prof. Dr. Földesi Péter, a Széchenyi István Egyetem rektora fogadta Őszentségét, hogy közösen ültessék el Vishwaguruji 105. világbékének szentelt fáját az egyetemi könyvtár épülete előtt. A nagyszerű eseményen a Rektori Hivatal, a Szlovén Köztársaság Oktatásügyi és Sport Minisztériumának, Győr Város Önkormányzatának küldöttei, az osztrák és szlovák JMÉ közösség, az indiai diaszpóra képviselői, valamint a Széchenyi István Egyetem hallgatói vettek részt. Vishwaguruji egy gyertyánfát ültetett el, amelynek lombzata felfelé törő. A gyertyánfa magasba törő természetét Vishwaguruji a Széchenyi István Egyetem hallgatóinak emelkedő tudatához hasonlította. Az egyetem rektora beszédében pedig arra utalt, hogy a faültetés egy lépésnek tekinthető a 'zöld bolygó' megvalósítása érdekében, ahol a természet törvényeihez alkalmazkodva élünk. Vishwaguruji – a legjobbakat kívánva – a magyaroknak azt mondta, hogy a fa az újra megtalált harmóniát és szeretetet jelképezi az országuk számára.

A program Őszentsége Vishwaguruji nyilvános előadásával folytatódott a MOBILIS Interaktív Kiállítási Központban, amelynek épülete a Wankel motor dugattyúját formázza és a Széchenyi István Egyetem Belsőégésű Motorok Tanszékével szemben helyezkedik el. Vishwaguruji az előadásában azt hangsúlyozta, hogy az oktatásnak nem csak a technológiáról kellene szólnia, hanem morális, etikai és spirituális képzésről is.

2015

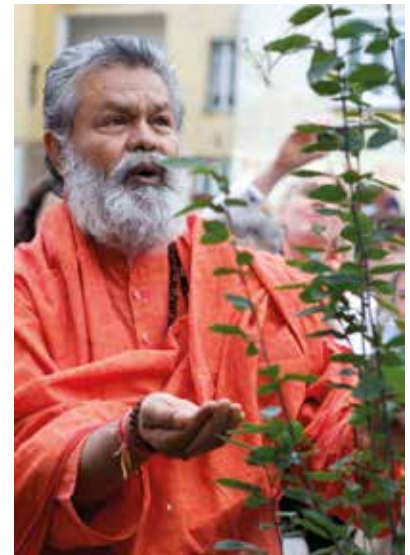
Őszentsége Vishwaguruji 2015 október 26-án, hat állomásból álló magyarországi körútjának végén Győrbe látogatott. A győri Ashramban összegyűlt helyi és nemzetközi közösség Vishwaguruji jövetelét bandharával (közös étkezéssel), közvetlenül az őszi teliholdhoz (Sharad Purnima) kapcsolódó aratási fesztivál előtt ünnepelte.

2017

Prof. Dr. Földesi Péter, a Széchenyi István Egyetem rektorának meghívására Őszentsége Vishwaguruji 2017. június 12-én újra ellátogatott a győri egyetemre. Vishwaguruji és Földesi rektor úr élénk párbeszédet folytattak új oktatási lehetőségekről, többek között, a jogáról és az egészséges főzésről is. Majd ezt követően felkeresték a világbékefát, amelyet 2014-ben közösen ültettek el. Az egyetemi látogatás után Vishwaguruji áldásában részesítette a híveit, akik a győri Ashramban szatszangra gyűltek össze. Vishwaguruji a tiszta táplálék és a vegetárius életmód, mint elsődleges emberi kötelesség fontosságáról beszélt a jelenlévőknek.

2019

2019-ben ünnepeljük a Jóga a mindennapi életben magyarországi létrehozásának 40. évfordulóját, amely egybeesik Mahatma Gandhi születésének 150. évfordulójával és az indiai-magyar diplomáciai kapcsolatok felvételének 70. évfordulójával. A JMÉ magyarországi egyesületei – az indiai nagykövetség támogatásával – a győri Széchenyi István Egyetemen rendezett ünnepség keretében emlékeznek meg az évfordulókról.







Association of Yoga in Daily Life - Békéscsaba

Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda – Swamiji in the 90s visited Békéscsaba several times. On his initiative the association of Yoga in Daily life of Békéscsaba was established in 1991, and since then we are working continuously. We regularly hold yoga classes in the county on several settlements, in Békéscsaba, Gyula, Békés, Orosháza, Mezőberény and in a few small settlements too.

We organize yoga retreats with the guiding of international yoga teachers, swamis, hold open yoga days, yoga demonstrations, and organizing cleansing cures.

We regularly take part on the domestic and international seminars of Swamiji, and on the training courses.

For the first time Swamiji visited Békéscsaba in 1990 and in 1991, then in 1996, holding successful lectures. The international summer retreat camps were holding several times in the agriculture college of the village of Kétegyháza nearby Békéscsaba early 90s.

Our association bought a part of a house in the downtown of Békéscsaba in 2010 to have our own ashram property.

What does it mean for us, for the association members, disciples the system of Yoga in Daily life and the teachings of Vishwaguru Ji?

Security, guidance, and protection on the path of yoga. The yoga system developed by Him, is a systematically built, holistic and authentic one, which means for all practioners perfect security, contributes to our physical and mental health. Those who truly practise this system, and the mantra from the master, their life will change positively, gaining deeper self-knowledge, and gradually realize the immortal internal Self, the Atma, which is the essence of all of us.

Already in the beginning, in 1991 in a public lecture in Békéscsaba, Swamiji told an example, which enlightens in a simple way for us what means, we all are one.

...Take twenty bowls and fill them with water. Put them in the full moon night in the garden and look into them. You will see the moon in every bowls. But there are not twenty moons, only one, and it is reflecting now in all bowls. That is meant if one says: "All in one and one in all."

In the course of nearly 30 years we have got many similar wise instructions, and practical directions and guidance from Swamiji.

Jóga a Mindennapi Életben Egyesület - Békéscsaba

Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda – Swamiji az 1990-es években többször is ellátogatott Békéscsabára. Az Ő kezdeményezésére alakult meg a Jóga a Mindennapi Életben Egyesület – Békéscsabán 1991-ben. Azóta elnyertük a közhasznú egyesület címet, s folyamatosan működünk. Rendszeresen tartunk Békés megye szerte jógaórákat, Békéscsabán, Gyulán, Békésen, Orosházán, Mezőberényben és még néhány kisebb településen.

Szervezünk jógatáborokat a rendszerünk nemzetközi oktatói vezetésével, nyílt jóganapokat, bemutatókat, tisztító kúrákat.

Rendszeresen részt veszünk Mesterünk Swamiji hazai és nemzetközi szemináriumain, továbbképzésein.

Swamiji először az 1990-es években, 1990-ben, 1991-ben, majd 1996-ban látogatott el Békéscsabára és tartott nagyszerű előadásokat. A nyári nemzetközi jógatáborok a 90-es évek elején többször is a Békéscsaba melletti Kétegyházán kerültek megrendezésre.

Egyesületünk 2010-ben vásárolta meg a Békéscsaba belvárosában található házrész jógaközpont – Ashram céljából.

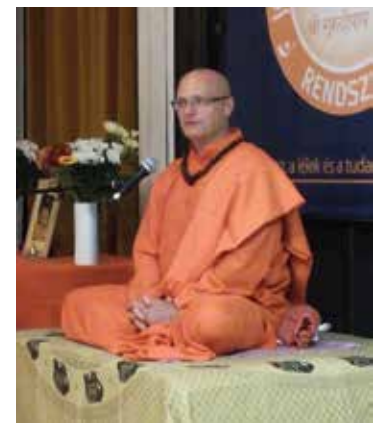
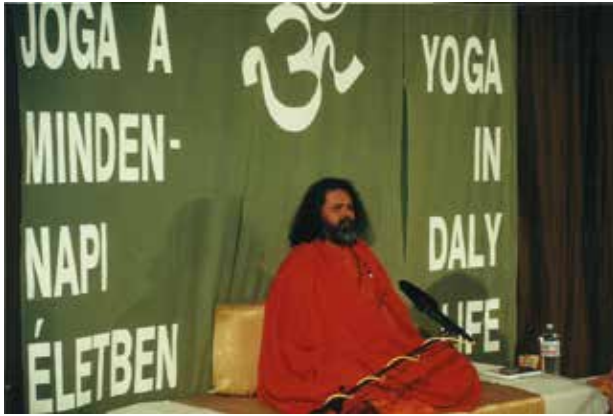
Mit is jelent számunkra, egyesületi tagok, tanítványok számára, a Jóga a Mindennapi Életben rendszer és Mesterünk, Vishwaguru Ji tanítása?

Biztonságot, vezetést és védelmet a jóga útján. Az általa kidolgozott, szisztematikusan felépített, holisztikus, autentikus jóga-rendszer, ami minden gyakorló számára tökéletes biztonságot jelent, hozzájárul a testi-lelki egészségünkhöz. Aki hűségesen gyakorolja e rendszert, a mestertől kapott mantráját, annak az egész élete pozitívan megváltozik, egyre mélyebb önismeretre tesz szert, fokozatosan felismeri, realizálja a belső halhatatlan Önvalót, Atmát, ami mindannyiunk közös lényege.

Már a kezdetekkor az 1991-es békéscsabai nyilvános előadásán is elmondott Swamiji egy példát, ami egyszerű módon világította meg, mit jelent az, hogy mindannyian egyek vagyunk?

„...Végy 20 db csészét, töltsd meg mindegyiket vízzel. Tedd ki őket a teliholdas éjszakán a kertedbe és nézz a csészékbe. Mindegyik csészében látni fogod a holdat. Persze nincs 20 hold, csak egyetlen egy, ami a csészékben visszatükröződik. Ez a jelentése annak, ha azt mondjuk, ...egy mindenben, minden egyben... ”

Az elmúlt közel 30 év során sok ilyen és ehhez hasonló bölcs útmutatást, és számos gyakorlati tudnivalót sajátíthattunk el.



Programs and famous visits between 1991 and 2010





Érd

16.11. 1998. - Swamiji inaugurated the Ashram of Érd (Bagoly street) This is his first satsang in the Yoga Centre of Érd. (He came to Érd earlier too, he was in Yogiraj's flat and inaugurated his practice hall of the attic sometime around 1994) The number of participants was about 80-100 people.

12.17. 1998. Article in the Newspaper of Érd, titled "The Master inaugurated the Hall"



23.10. 2002. - Peace-prayer and public lecture in Százhalombatta. (About 200 people.)

In the morning satsang in the Ashram of Érd. (About 50 people.)



WORLDPEACE PRAYER

the ecumenical World Peace Prayer program titled "A Flame for World Peace" started in 2001, initiated by Paramhans Swami Maheshwarananda, and organised by the national and local centres, which was organised in several places in the world in the spirit of tolerance and understanding among religions and cultures, for the peace of our Earth, between 2001 and 2003 (Vienna, Umag, Salzburg, Prague, Bratislava, Ljubljana, Lyon, Barcelona, Budapest, Szombathely, Százhalombatta).

Our Union also arranged an ecumenical world peace prayer in the framework of this series of program to Százhalombatta on 23rd October 2002. Several prominent religious leaders took part in the program:

- Mahamandaleshwar Paramhans Swami Maheshwarananda, Hindu church leader.
- M.D. Szabolcs Sajgó, Jesuit priest, Director of the Manresa Spiritual Retreat and Conference Centre, Vice President of the Union of the Hungarian Catholic Journalist, translator and poet
- Master Myoken (Yvon Bec) zen master, lawyer, philosopher, pianist, and also Judit Gesztelyi Kannon (Judit Gesztelyi Nagy) and other monks of her order, the Dharma Gate Buddhist Church, the Mokusho Zen Dojo of Budapest, the zen monks of the Temple of Taisenji
- Bhakti Kamala Tirtha Maharaj (Géza Rácz), Hindu monk, the curator president of the Hindu-Hungarian Cultural Foundation, the founder member and secretary of the Hungarian Vaisnava Hindu Mission, author of the Vaisnava Academy of Budapest, founder of several Hungarian Bhakti monastic communities, editor in chief of the magazine "Kagylókört" and "Gangesz", lecturer of the Sociology Department of PTE (University of Pécs)





- Tivadar Kórodi, the executive deputy of the Buddhist Mission, the Hungarian Ariya Maitreya Mandala Church Community
- Ferenc Weisz, the chief cantor of the Israelite Religious Community
- Sant Rajinder Singh Sant Mat Master's peace message was interpreted by Judit Künszlerné Antoni, the Hungarian representative of the Sawan Kirpal Ruhani Mission

After the peace prayer, Swami Maheshwarananda's public lecture, titled "The Chance of the Future" took place in Százhalombatta, in the "Barátság" Cultural Centre. The patron of the lecture was M.D. György Jánosi, Child-, Juvenal- and Sports Minister. In the gallery of the Cultural Centre, M.D. István Lengyel photographer's child portrait exhibition took place.

11.10. 2013. – Vishwaguruji visited Budapest on 7-11 October 2013 as one of the presenters of the Water World Summit. Although he had a very tight schedule, he found time to visit and inaugurate and bless the Erd Ashram that had been running since 2003 in Kutjavari Street. Before the Budapest seminar, in the morning of 11 October about 60 people arrived from the surrounding towns and Budapest to take part in the inauguration ceremony and to receive Vishwaguruji's Darshan. We are forever grateful for Vishwaguruji's visit.



1998.11.16 - Swamiji felavatta az érdi ashramot (Bagoly u.) Ez az első szatszangja az Érdi Jógaközpontban. (Korábban is járt Érdén, volt Yogiraj lakásán és annak tetőrei gyakorlótermét is felavatta valamikor 1994 körül.) Résztevők száma kb. 80...100 fő.

1998.12.17-én cikk az Érdi Újságban „Felavatta a mester a székházat” címmel.

2002.10.23 - Békeima és nyilvános előadás Százhalombattán. (Kb 200 fő.)
Délelőtti szatszang az Érdi Ashramba. (Résztevők száma kb 50 fő.)

VILÁGBÉKE IMA

Paramhans Swami Maheshwarananda kezdeményezésére, a nemzeti és helyi központok szervezésében vette kezdetét 2001-ben egy Ökumenikus Világbéke Ima program „Egy láng a világbékéért” címmel, mely a világ számos helyszínén került megrendezésre, a vallások és kultúrák közti tolerancia és megértés jegyében, Földünk békéjéért 2001 és 2003 között. (Bécs, Umag, Salzburg, Prága, Pozsony, Ljubljana, Lyon, Barcelona, Budapest, Szombathely, Százhalombatta).

E programsorozat keretén belül Egyesületünk is szervezett egy ökumenikus világbéke imát Százhalombattára, 2002 október 23-án. A programon több prominens egyházi vezető is részt vett:

- Mahamandaleshwar Paramhans Swami Maheshwarananda, hindu egyházfő.
- Dr. Sajgó Szabolcs, jezsuita atya, a Jezsuita Rend Manréza Lelkigyakorlatos és Konferenciaközpontjának igazgatója, a Magyar Katolikus Újságírók Szövetségének alelnöke, műfordító és költő,
- Myoken Mester (Yvon Bec) zen mester, jogász, filozófus, zongoraművész, valamint Gesztelyi Kannon Judit (Gesztelyi Nagy Judit) és szerzetestársai, a Tan Kapuja Buddhista Egyház, Budapesti Mokosó Zen Dódszó, Taiszendzsi Templomának zen szerzetesei,
- Bhakti Kamala Tirtha Maharaj (Rácz Géza), hindu szerzetes, a Hindu-magyar Kulturális Alapítvány kurátor elnöke, a Magyar Vaisnava Hindu Misszió alapító tagja és titkára, a budapesti Vaisnava Akadémia szervezője, több hazai bhakti szerzetesi közösség alapítója, a Kagylókört és Gangesz című folyóiratok főszerkesztője, a PTE Szociológia tanszékének óraadó tanára,
- Kórodi Tivadar, a Buddhista Misszió, Magyarországi Árya Maitreya Mandala Egyházközösségének ügyvivő helyettese,
- Weisz Ferenc, a Budapesti Izraelita Hitközösség főkántora,
- Sant Rajinder Singh Sant Mat Mester békeüzenetét a Sawan Kirpal Ruhani Misszió magyarországi képviselője, Künszterné Antoni Judit tolmácsolta.

A békeimát követően, Százhalombattán, a Barátság Művelődési Központban került sor Swami Maheshwarananda nyilvános előadására „A JÖVŐ ESÉLYE” címmel. Az előadás védnöke Dr. Jánosi György, gyermek-, ifjúsági és sportminiszter volt. A Művelődési Ház galériájában Dr. Lengyel István fotóművész gyermekportré kiállítása kapott helyet.

2013.10.11. - 2013 október 7 - 11 között a Budapesti Víz Világtalálkozó előadójaként látogatott Vishwaguruj Budapestre. Rendkívül feszített programja mellett időt szakított, hogy személyes jelenlétével megáldja és felavassa a 2003 óta a Kutjavári úton működő Érdi Asramunkat. A budapesti szeminárium előtt október 11-én pénteken délelőtti kb 60 ember gyűlt össze a környékről és Budapestről az Ashram avatásra, hogy részesüljön Vishwaguruj Darshanjában és Szatszangjában. Hálás köszönet a felejthetetlen látogatásért.



Yoga in daily life Youth Club, Hungary

Our beloved Master, Paramhans Sri Swami Maheswarananda lit the candle in our hearts, and in the future we will defend this spiritual light and do what it takes to share this light with others. The small candlelights added together will become stronger each time we share it with more and more people in the form of a helping hand or a smile.

In line with the principles of the SystemYoga in Daily Life, Yoga in Daily Life Youth Club was started, with the blessing of Vishwaguru Paramhans Sri Swami Maheswarananda. Currently the Youth Club holds programmes in Debrecen, Szeged and in Budapest for the age group between 14 to 35 years old.

A lot of things happened since 2015. On the one hand old friendships were reforged with the help of the Youth Club, on the other hand new acquaintances were made at our programmes. On these occasions we deepened our knowledge of cooking at the vegetarian cooking courses. We organized community programmes for spiritual seekers where we could get to know more about one another.

One of our incentives was to make the world better by raising money for the Indian underprivileged children so that they can receive education within the framework of Gyan Putra operated by the System Yoga in Daily Life.

There were many other programmes made by the Youth Club

- Making food for the homeless
- Ice-skating at Christmas at the Budapest Városliget ice rink
- Visiting university botanical gardens of Budapest and Debrecen
- Doing karma yoga at various events in Budapest, Debrecen and Szeged
- Taking care and interacting with small children at seminars in Vép, Hungary
- Organizing a flashmob at Vörösmarty Square for the honor of International Day of Yoga
- Holding conversations about spiritual life, watching documentaries, films

Keeping our goals in sight which are the following: extending the Youth Club not only in Hungary but also making international programmes. Our first international meeting will take place at the Dharma Hostel in Rijeka, Croatia, where there will be opportunities to practice yoga, to get to know spiritual aspirants from many countries, having conversations, organizing excursions, discussing the importance of a spiritual youth in the world of today.



Jóga a mindennapi életben Ifjúsági Klub, Magyarország

A Jóga a mindennapi életben rendszer elvei mentén jött létre a JMÉ Ifjúsági Klubja, amelyet 2015-ben alapítottunk Vishwaguru Paramhans Sri Swami Maheshwarananda áldásával. Jelenleg Magyarországon Debrecenben, Szegeden, illetve Budapesten vannak programjaink 14-35 éves korosztály számára.

2015 óta sok minden történt velünk. Egyrészt régi barátságok elevenedtek fel, erősödtek meg a közösség által, másrészt új ismeretségek szövődtek a programjainkon. Legtöbbször lakto-vegetárius főzőtanfolyamainkon igyekeztünk elmélyíteni tudományunkat a főzés terén, másrészt igyekeztünk olyan közösségi programokat szervezni, amelyeken jobban meg tudtuk ismerni egymást. Másrészt igyekeztünk jobba tenni a világot magunk körül kicsit azáltal, hogy szegény indiai gyermekek számára gyűjtöttünk pénzt azért, hogy a Jóga a mindennapi életben rendszer által működtetett iskolába járhassanak Indiában a Gyan Putra projekt keretein belül.

Ezen túl sok más típusú programunk is volt:

- hajléktalanoknak készítettünk szendvicseket
- jégkorcsolyáztunk minden évben karácsonykor Budapesten a Városligeti Műjégpályán
- kirándultunk, növényi fajokkal ismerkedtünk az ELTE Fűvészkertben Budapesten, illetve a debreceniben
- karmajógáztunk különböző rendezvényeken Budapesten, Szegeden és Debrecenben is
- Vépi szemináriumon foglalkoztunk a kisebb gyerekekkel
- a Nemzetközi Jóganapon a Vörösmarty térre flashmobot szerveztünk
- beszélgetéseket, filmnézéseket szerveztünk magunk, illetve más fiatalok számára

Jövőbeli terveink közé tartozik, hogy ne csak országos szinten működjünk, hanem nemzetközi programokat is szervezzünk. Az első nemzetközi találkozókat most szeptemberben tartjuk Rijekában a Dharma Hostelben, ahol a gyakorlás mellett lehetőség lesz arra is, hogy a fiatalok ismerkedhessenek, beszélgethessenek egymással a programok, kirándulások során.

Szeretett mesterünk Paramhans Sri Swami Maheswarananda meggyújtotta a lángot a szívünkben, és a jövőben arra törekszünk, hogy megvédjük ezt a spirituális fényt, és megosszuk másokkal. E kis gyertyalángok együttevén mind erősebben világítanak, mikor megosztjuk másokkal egy segítő kéz vagy egy mosoly formájában.







World Peace Summit, Szombathely, Hungary, 2009

From 2nd to 4th October, 2009, the World Peace Summit – The Message of Mahatma Gandhi and Sri Swami Madhavananda took place in the city of Szombathely, Hungary. Mahatma Gandhi and His Holiness Sri Swami Madhavananda were outstanding spiritual leaders of our time, and their messages of peace, nonviolence and truthfulness is more than ever relevant to our troubled world.

The Summit is an annual event conducted by the Sri Swami Madhavananda World Peace Council in cooperation with Yoga in Daily Life®. Its founder and President is H.H. Vishwaguru Sri Mahamandaleshwar Paramhans Swami Maheshwarananda, author of the worldwide renowned Yoga in Daily Life System. In 2009, the patronage was granted by the Prime Minister of Hungary. The topic of the Summit was chosen as: „Inner Peace – Answer to the World Conflicts”.

On Friday evening, 2nd October, the Conference started with a cultural performance of national and international artists, dancers and musicians. On Saturday morning the opening of the Summit was celebrated by the lighting of Peace Candles. Keynote speakers were H.H. Vishwaguru Sri Mahamandaleshwar Paramhans Swami Maheshwarananda; H.E. Ranjit Rae, Ambassador of India to Hungary; H.E. Ivan Bandic, Ambassador of Croatia to Hungary who conveyed the message of his President, Stjepan Mesic; Dr. Arun Manilal Gandhi, grandson of Mahatma Gandhi; Mr. Surya Kumar Bose, grandnephew of Shubhash Chandra Bose, Prof. Timi Ecimovic, scientist; Mr. Riccardo Di Done, President of the Organisation for the Protection of Children's Rights; and many other dignitaries.

Numerous Peace Messages have been received, among them messages from the President of Slovenia, the Chairman of the Presidency of Bosnia & Herzegovina, the Chief Minister of Rajasthan, the Premier of South Australia, and the Vicar General of the Catholic Archdiocese of South Australia.

This year, for the first time, the World Peace Council conferred Peace Awards and recognized as “Messengers of Tolerance, Nonviolence and Peace”, three personalities: H. E. Stjepan Mesic, President of Croatia; the Hon. Mike Rann, Premier of South Australia; and Mr. Ramu Damodaran, President of the UN Staff Recreation Council. As a living and lasting symbol of this peace initiative a Peace Tree was planted and Peace Prayers were offered by H. H. Vishwaguruji, the VIP guests and summit delegates in the central city park of Szombathely.

H.H. Vishwaguru Sri Mahamandaleshwar Paramhans Swami Maheshwarananda, started his speech by chanting OM and reciting the Peace Mantra. He told that his Master, Holy Guruji would often say: „It takes a time for a seed to grow into a large tree.” For that, the seed has to sacrifice itself. As it is said in the Christian Bible – you have to die in order to live. Humans have made one big mistake: We speak only about human rights, human needs – but we shall love and protect all God's creation because God does not love only us humans. Wars and fighting are reflections of the karma which humans committed against other creatures. Every action has its reaction and opposite. The highest principle is nonviolence. Gandhiji also used the same word – ahimsa. Wars are against ahimsa, against Vedas, Bible, Q'uran and all holy scriptures. October 2nd is the International Day of Nonviolence as declared by the UN in honour of Mahatma Gandhi's birthday. There are no boundaries, no limitations, life is one and the creator is only one. We are all children of one God. If we want to see peace in our country we have to search for brotherhood. We should raise these thoughts and awareness that the whole world is one family. Then there will be no more hate, fighting, violence and war.

Világbéke Találkozó, Szombathely, Magyarország, 2009

A Mahatma Gandhi és Sri Swami Madhavananda üzenete – Világbéke Találkozó 2009. október 2. és 4. között, Szombathelyen, Magyarországon került megrendezésre. Mahatma Gandhi és Őszentsége Sri Swami Madhavananda korunk kiemelkedő szellemi vezetői voltak, akiknek a békéről, erőszakmentességről és igazságosságról szóló üzenetei soha nem voltak még ennyire aktuálisak a bajokkal terhelt világunkban. A Találkozó a Sri Swami Madhavananda Világbéke Tanács és a Jóga a mindennapi életben® közös éves eseménye, amelynek alapítója és elnöke Őszentsége Vishwaguru Sri Mahamandaleshwar Paramhans Swami Maheshwarananda, a világszerte ismert Jóga a mindennapi életben rendszer szerzője. A 2009-es Találkozó Magyarország miniszterelnökének védnöksége alatt került megrendezésre, amelynek témája a „belső béke, mint válasz a világ konfliktusaira” volt.

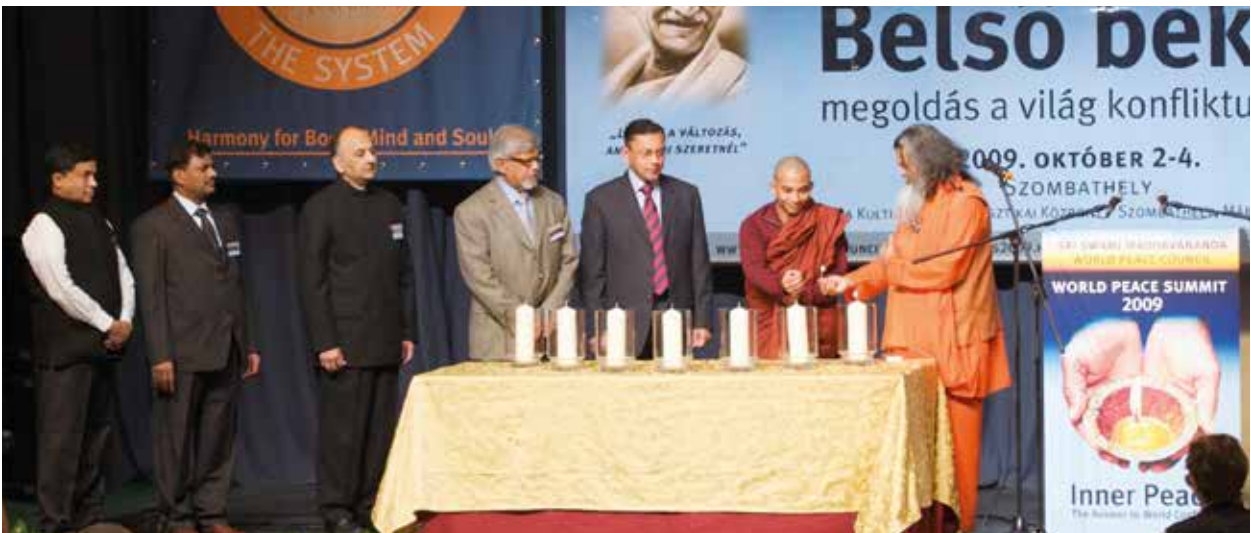
A konferencia október 2-án, pénteken este nemzeti és nemzetközi művészek, táncosok és zenészek kulturális programjával kezdődött. Szombaton reggel a Találkozót békegyertyák gyújtásával nyitották meg. A Találkozón beszédet mondott – többek között – Őszentsége Vishwaguru Sri Mahamandaleshwar Paramhans Swami Maheshwarananda, Öcellenciája Ranjit Rae, India magyarországi nagykövete, Öexcellenciája Ivan Bandic, Horvátország magyarországi nagykövete, aki Stjepan Mesic horvát elnök üzenetét adta át, Dr. Arun Manilal Gandhi úr, Mahatma Gandhi unokája, Surya Kumar Bose úr, Shubhash Chandra Bose unokaöccsének fia, Dr. Timi Ecimovic professzor, tudós, Riccardo Di Done úr, Szervezet a Gyermekek Jogainak Védelméért elnöke.

Számos békeüzenet érkezett, többek között Szlovénia elnökétől, Bosznia-Hercegovina államelnökségének vezetőjétől, az indiai Rádzsasztán Állam fő miniszterétől, Dél-Ausztrália miniszterelnökétől és Dél-Ausztrália Katolikus Érsekségének általános helynökétől.

2009-ben, legelső alkalommal, a Világbéke Tanács Béke-díjat adományozott Öexcellenciája Stjepan Mesic úrnak, Horvátország elnökének, a tiszteletreméltó Mike Rann úrnak, Dél-Ausztrália miniszterelnökének és Ramu Damodaran úrnak, az ENSZ Foglalkoztatottak Rekreációs Tanács elnökének, akiket egyúttal a „tolerancia, erőszakmentesség és a béke hírnökeiként” ismert el. A békekezdeményezés élő és tartós jelképeként Őszentsége Vishwaguruji, a VIP vendégekkel és a találkozón résztvevő küldöttekkel együtt elültetett egy békefát és békeimát ajánlott fel a szombathelyi központi parkban.

Őszentsége Vishwaguru Sri Mahamandaleshwar Paramhans Swami Maheshwarananda beszédét az OM zengetésével kezdte, majd elénekelte a Béke Mantrát. Azt mondta, hogy Mestere Holy Guruji gyakran mondta a következőket: „A magnak időre van szüksége, hogy nagy fává nőjön.” Ehhez a magnak fel kell áldoznia magát. Vagy, ahogy a keresztények Bibliájában szerepel: „Meg kell halnod, hogy élj.” Az emberek elkövettek egy nagy hibát. Csak az emberi jogokról és szükségletekről beszélünk, de nekik szeretnünk és védelmeznünk kellene Isten minden élőlényét, mert Isten nem csak minket, embereket szeret. A háborúk és küzdelmek a karma visszatükröződései, amelyeket az emberek követtek el más teremtményekkel szemben. Minden akciót reakció követ és fordítva. A legfelsőbb elv az erőszakmentesség. Gandhiji ugyanezt a szót, az ahimszát használta. A háborúk szembe mennek az ahimszával, a Védák, a Biblia, a Korán és minden szent irat tanításával. Mahatma Gandhi születésnapjának tiszteletére október 2-át az ENSZ az Erőszakmentesség Nemzetközi Napjává nyilvánította. Nincsenek határok, korlátok, az élet egy, és csak egy Teremtő van. Mindannyian egy Isten gyermekei vagyunk. Ha békét szeretnénk látni az országunkban, akkor a testvériséget kell keresnünk. Az egész világ egy család gondolatát kellene elterjesztenünk és tudatosítanunk. Ezután nem lesz több gyűlölet, harc, erőszak és háború.







Budapest Water Summit, 8-11 October 2013

The Budapest Water Summit took place in the frame of the UN International Year of Water Cooperation, from 8 to 11 October 2013 in Budapest, organized in cooperation with UN institutions in order to discuss the most important issues related to the preservation of the world's water resources and the provision of safe drinking water.

The Water Summit was opened by H.E. Mr János Áder, President of the Republic of Hungary and H.E. Mr Ban Ki-moon, Secretary General of the United Nations.

H.H. Vishwaguruji was invited to the Water Summit as a speaker to represent the Sri Swami Madhavananda World Peace Council & Yoga in Daily Life Fellowship. At the Philanthropy Roundtable of the Budapest Water Summit, H.H. Vishwaguruji introduced the Desert Rainwater Harvesting Initiative (DRWHI) of the Sri Swami Madhavananda World Peace Council (SMWPC) and Yoga in Daily Life (YIDL). He presented a film that impressively showed the practical impact and effectiveness of this initiative for the surrounding community. Vishwaguruji said that the DRWHI will be extended to a community level to support the villagers in creating roof-water catchment facilities. The DRWHI was nominated by the National Institute for Environment (Hungary) for the 'Water for Life' UN-Water Best Practices Award in 2013.

In the frame of the Budapest Water Summit, H.H. Vishwaguruji planted 11 Peace Trees at the Sas-hegy Protected Landscape Area of the Duna-Ipoly National Park. Taking part alongside Vishwaguruji at this symbolic event were dr. Sándor Fazekas, Minister of Rural Development, representatives of the park authorities and organizers of the Budapest Water Summit. Vishwaguruji suggested that the trees in Budapest shall be named after the nine planets, the Moon and the Sun being in the middle of the circle. In accordance with our RIO+20 commitments, members of YIDL Hungary offered their volunteer services to the Director of the National Park, and were received with a warm welcome.



Budapest Víz Világtalálkozó, 2013. október 8-11.

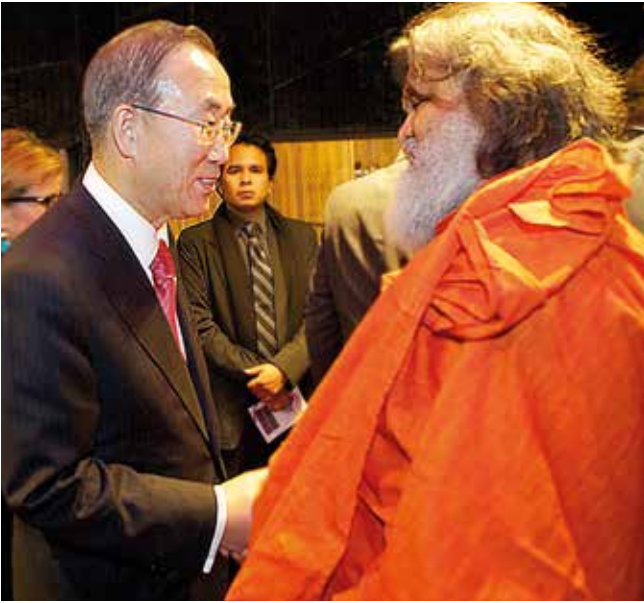
A Budapest Víz Világtalálkozó az ENSZ Vízügyi Együttműködés Nemzetközi Évének keretében, 2013. október 8. és 11. között, Budapesten került megrendezésre. A Víz Világtalálkozót ENSZ intézmények együttműködésével, a világ vízkészleteinek megőrzésével és a biztonságos ivóvízellátással kapcsolatos legfontosabb kérdések megvitatására szervezték meg. A Víz Világtalálkozót Öexcellenciája Áder János úr, a Magyar Köztársaság elnöke és Öexcellenciája Ban Ki-moon úr, az ENSZ főtitkára nyitotta meg.

Őszentsége Vishwagurujit a Sri Swami Madhavananda Világbéke Tanács és a Jóga a Mindennapi Életben Társaság képviselőjében, előadóként hívták meg a Víz Világtalálkozóra. Vishwagurujit a Budapest Víz Világtalálkozó Filantróp Kerekasztalánál mutatta be a Sri Swami Madhavananda Világbéke Tanács (SMWPC) és a Jóga a Mindennapi Életben (YIDL) Sivataji Esővízgyűjtő Kezdeményezését (DRWHI). Vishwagurujit egy film segítségével lenyűgöző előadást tartott arról, hogy a kezdeményezés milyen gyakorlati hatással bír és milyen hatékony a környéken élő közösség számára. Vishwagurujit azt mondta, hogy a DRWHI közösségi szinten fog bővülni. A falvak lakóit fogja támogatni tetővíz felfogó berendezések építésével. A magyarországi Nemzeti Környezetügyi Intézet 2013-ban a UN Water legjobb gyakorlati programjai közé jelölte a kezdeményezést.

A Budapest Víz Világtalálkozó keretében Őszentsége Vishwagurujit tizenegy békefát ültetett a Duna-Ipoly Nemzeti Park Sas-hegy Természetvédelmi Területén. A szimbolikus eseményen, Vishwagurujit mellett dr. Fazekas Sándor vidékfejlesztési miniszter, a parkigazgatóság képviselői és a Budapest Víz Világtalálkozó szervezői is részt vettek. Vishwagurujit azt javasolta, hogy a Budapesten elültetett fákat a kilenc bolygó, a Hold és a Nap után nevezzék el. Az elültetett fák alkotta kör középpontjába a Holdnak és a Napnak elnevezett fák kerültek. A RIO+20 kötelezettségvállalásainknak megfelelően a Jóga a Mindennapi Életben Magyarország tagjai felajánlották önkéntes szolgálatukat a Nemzeti Park igazgatójának, amely szívélyes fogadtatásra talált.









International Websites and Channels

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www.yogaindailylife.org

www.vishwaguruji.org

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ॐ श्री अलखपुरीजी सिद्धपीठ

Grand Opening Ceremony

of the

OM Ashram

2020

Jadan, Rajasthan, India

