



YOGA AND WORLD PEACE

UNITED NATIONS, NEW YORK
MARCH 7, 2018

SRI SWAMI MADHAVANANDA WORLD PEACE COUNCIL (SSMWPC)
in Special Consultative Status with the Economic and Social Council
of the United Nations (ECOSOC)



Excerpts of the
Address by the President of India
HE Shri Ram Nath Kovind
on the Eve of the Republic Day of India 2018,
New Delhi, January 25, 2018



My Dear Fellow Citizens,

Greetings to all of you on the eve of our 69th Republic Day. This is a day for all of us to celebrate and honour our nation and our sovereignty. This is a day to remember with gratitude the enormous efforts and sacrifices of millions of freedom fighters whose blood and sweat gave us Independence and created our Republic. Above all, this is a day to cherish our republican values.

India became a Republic on January 26, 1950. This was the second major milestone in our nation building process. Independence had come a little over two years earlier. But it was with the framing and adoption of the Constitution – and the birth of the Republic of India – that we truly achieved the ethic of equality among all citizens, irrespective of religion, region or community. This ethic of equality complemented the liberty that had come at Independence. And a third principle also defined both the cooperative efforts at creating our Republic as well as the India that we wished to be. This was the principle of fraternity.

Independence had come after a great struggle in which millions had participated. They gave their all; many gave their lives. Inspired and led by Mahatma Gandhi, the men and women who took us to freedom could have rested on the gaining of Independence. They could have let down their guard, and remained satisfied with political freedom. But they did not rest. Instead, they re-doubled their efforts. They immersed themselves in the process of writing a Constitution. They saw the Constitution not just as a basic law for a new nation, but as a scripture for social transformation.

The lessons from that formative period, the period that gave shape to our Republic, serve us well to this day. They serve us well in whatever we do, wherever we work, whichever goal we aim for. These lessons continue to spur our nation building project. Nation building is a grand project. But it is also the compilation of a million – rather, a billion – smaller projects, each as sacred as the other. Nation building is also about building a family, building a neighbourhood, building a community, building an enterprise, building an institution. And building society.

- A happy and equal-opportunity nation is built by happy and equal-opportunity families and communities. Families where girls have the same rights and the same access to education and healthcare as boys. Governments can bring in policies and laws to ensure justice to women – but these policies and laws can only be made effective by families and communities that must hear the voices of our daughters. We cannot shut our ears to their urgings for change.
- An innovative nation is built by innovative children. This must be our obsessive goal. Our schooling system has to encourage our children to think and to tinker, not just to memorise and reproduce. We have made strides in tackling hunger, but the challenge of malnutrition and of bringing the right micronutrients to the plate of every child is still there. This is important for both physical

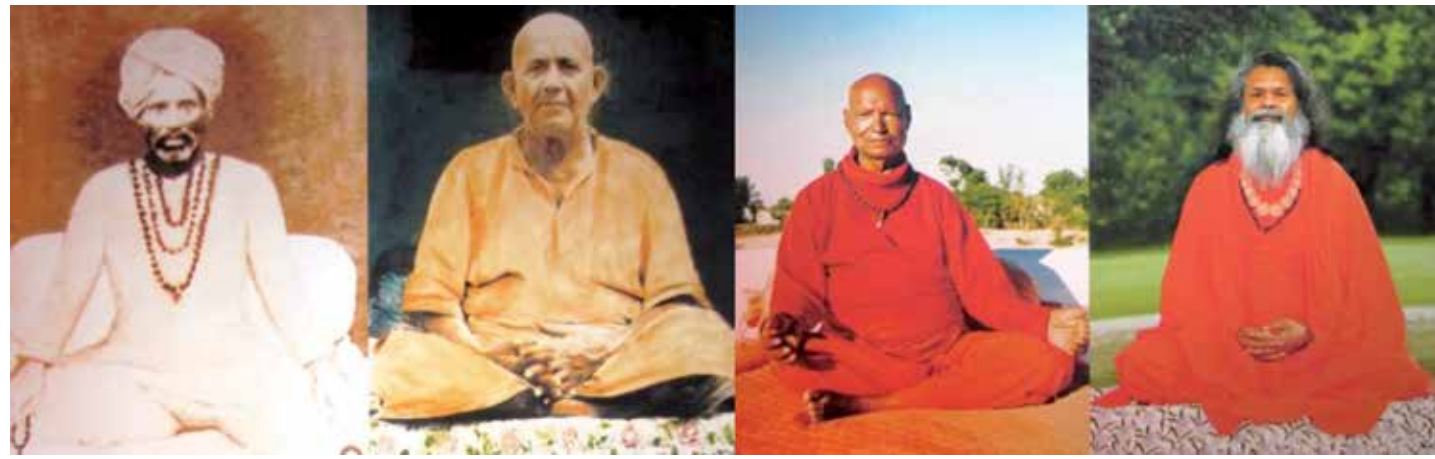
and cognitive development of our children – and for the future of our country. We simply have to invest in our human capital.

- A civic-minded nation is built by civic-minded neighbourhoods, whether in our cities or our villages. Where we respect the next-door person's space, privacy and rights. Where we do not inconvenience our neighbours – while celebrating a festival or while resorting to a protest or on any other occasion. Where one can disagree with another viewpoint – or even with a historical context – without mocking a fellow citizen's dignity and personal space. This is fraternity in action.
- A nation with a sense of selflessness is built by citizens and by a society that embraces selflessness. Where voluntary groups clean public places such as beaches and rivers. And care for orphaned children and homeless people, and even for homeless animals. Where we donate blood or a body organ to help a fellow citizen who may be a stranger to us. Where idealistic individuals travel to remote places to teach children, and change their lives with the magic of education. They do so not because anybody has asked them to, but because of a call from within. The spirit of philanthropy and of giving is part of our age-old culture. Let us renew it.
- A culturally vibrant nation is built by a collective will that cherishes and preserves cultural traditions, art forms and handicrafts. Whether these be folk theatre artistes, traditional musicians, weavers and handloom workers, or those whose families have been hand-making marvellous wooden toys for centuries. Or day-to-day articles made of bamboo.
- A disciplined and morally upright nation is built by disciplined and morally upright institutions. Institutions that respect their fraternal relationship with other institutions. Institutions that maintain the integrity, discipline and limits of their functioning, without compromising on excellence. Institutions that are always more important than the individuals located there. And institutions where the holders and members make every attempt to live up to the office they occupy as trustees of the people.
And of course, the highest stage of India's nation-building project is to contribute to building a better world – a composite and cohesive world, a world at peace with itself and at peace with nature. This is the ideal of Vasudhaiva Kutumbakam – of the World being One Family. It is an idea that may sound impractical in today's times of tensions and of terrorism. But it is an ideal that has inspired India for thousands of years – and that ideal can be felt in the very texture of our constitutional values. The principles of compassion, of assisting those in need, of building capacities of our neighbours, or even of those further away, underpin our society. These are the very principles that we bring to the international community.

Such principles are also meant for our global Indian family. When Indians living abroad face humanitarian or similar challenges, it is natural for us as a country to reach out to them. We have, and we will continue to do so.

We need to move ahead rapidly on the Sustainable Development Goals – Goals that commit us to eliminating poverty and hunger, to universal access to quality education and healthcare, and to giving our daughters equal opportunity in every field. We need to make clean, green, efficient and affordable energy reach our people. We need to ensure that housing for all becomes a living reality for the millions of families who await their own home. We need to craft a modern India that is both a land of talent – and a land of unlimited opportunities for that talent.

With those words, I once again wish all of you a very happy Republic Day. And wish all of you a very bright and fulfilling future.
Thank you
JAI HIND!



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.

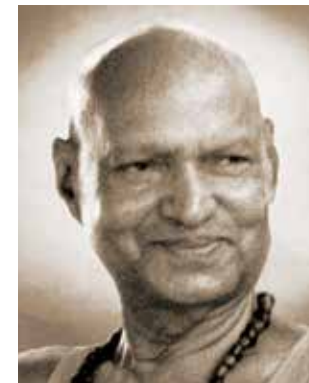
Sri Alakhpuriji's disciple was Paramyogeshwar Swayambhu Sri Devpuriji, a great yogi who met Sri Alakhpuriji in the Himalayas. His cave, where he undertook his tapasya and sadhana in the Himalayas, was recently discovered again high up in the Himalayas at nearly 6,000m at Surya Kund between Svarga Rohini – 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 Mahamandaleshwar 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



Dharm Samrat Paramhans Sri Swami Madhavanandaji and his 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 Dharmasamrat 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.

His Holiness Paramhans Swami Madhavananda

I had the honour to meet and spend some years with His Holiness Paramhans Swami Madhavananda, known as Holy Guruji. It was difficult for me to adapt to the different cultural circumstances, but Holy Guruji 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 Guruji 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 Guruji, 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 Guruji and Vishwaguruji 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 Guruji 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.

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



Sraddha Devi (Elfriede Schilling)

Shiva Mandir – Hindu Society Austria – Board Member
Yoga in Daily Life – Vienna – Organizer



SHIVA MANDIR – HINDU SOCIETY AUSTRIA

Yoga and World Peace
UN Conference, New York 2018

We can only achieve peace on earth if we accept all kinds of religions, ethnic groups and races. Besides, acceptance is not enough, we have to treat all living beings equally.

In our worldwide yoga centers, we act in this way and care for all creatures of God. Because yoga is above any religion, there is no competition or tension between religions in our groups of Yoga in Daily Life. In the Yoga in Daily Life organisation, all religions are respected, and therefore everyone can follow their own beliefs.

No matter where I search, I will never find such wise and beautiful words as in the Bhajans (spiritual song) from our beloved Holy Guruji, Paramhans Swami Madhavanandaji:

AHIMSA DHARM SE KOI UNCA DHARM NAHI

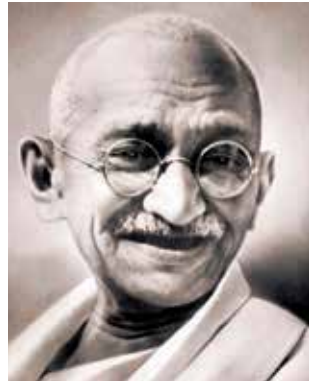
The essence and meaning of this Bhajan is:

"There is no Dharma (duty, religion) higher than Ahimsa, non-violence. This was the teaching of Mahaprabhuji, and all the scriptures and saints declare this to be the essence of the Vedas. Ahimsa Dharm (non-violence) is an eternal timeless principle, and therefore, the highest form of compassion is to make non-violence your own practice. In every sphere, you will be happy when you practice ahimsa. The Atma (true self) of all is the same as my atma (true Self) - there is no difference You should recognize the Lord in every living being Mahaprabhuji is our savior, he is the transmitter of this teaching. Sri Madhavanandaji says: That is indeed the Truth."

With Love and Devotion,

Sraddha Devi (Elfriede Schilling)

Shiva Mandir – Hindu Society Austria – Board Member
Yoga in Daily Life – Vienna – Organizer



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



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 (SSM-WPC) 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.



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:



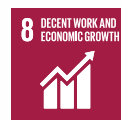
Jadan School (Sri Vishwa Deep Gurukul Prathmik Vidyalaya)

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



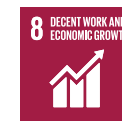
OM Ashram

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

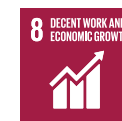
The OM Ashram is built according to the ancient architecture and science of Vastu Shastra and all the thousands columns of the main temple are made in craftsmanship. Skilled stone masons are carving traditional depictions and illustrations of the Vedic history into the stone pillars. Ancient technologies 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

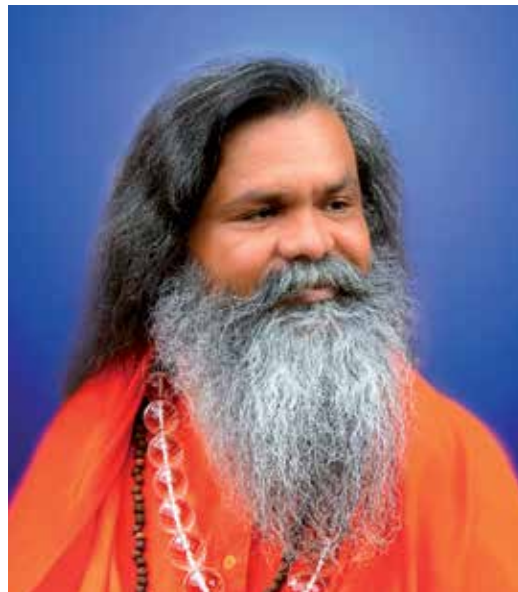
this project was established as a commitment at the Rio+20 UN Summit of Sustainable Development. Since 2012 Yoga in Daily Life members have planted more than 60,000 trees, seedlings and seeds all over the world.

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 reinstate 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 Brahma 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



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." Vishwaguruji

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.





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.



Swami Madhavananda Austria Hospital



Women education programmes



Jadan School (Sri Vishwa Deep Gurukul Prathmik Vidyalaya)



Gyan Putra Project



Desert Rainwater Harvesting Project



Tree planting and organic farming



Jadan College (Paramhans Swami Madhavanand College)



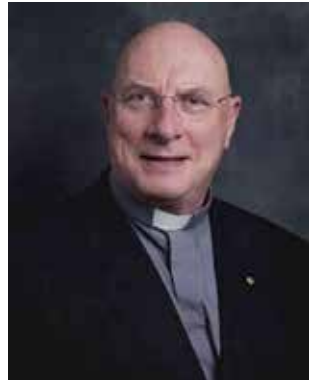
Om Ashram



Preserving ancient handicrafts, arts and technologies



Animal welfare programmes (Gaushala)



Monsignor David Cappo
Vice-President SMWPC



H.E. Ashok Gehlot
Former Chief Minister of Rajasthan
General Secretary, All India Congress Committee
Rajasthan, India

I send my blessings and prayers for your important discussions and reflections on world peace, and the role of Yoga in Daily Life in contributing to peace, harmony, and balance in all humanity. I acknowledge with deep gratitude the tireless work undertaken by Swamiji in promoting nonviolence, the practice of Yoga, and the discernment of the spirit that lays deep within each person, and indeed in all living creatures of God. This spirit calls each person to seek fulfilment not in inward looking self-centred attitudes and behaviour, but in a generosity of heart, where fulfilment is found in our relationship with the one God of the Universe, and in reaching out of ourselves for the good of the 'other', particularly the most vulnerable and in need in our communities.

In so many parts of the world community life is breaking down. Hatred and violence dominate. Racial tensions are high. And social and economic life is for so many people, in disarray. And as well, we are witnessing the movement of refugees and migration is occurring at an unprecedented rate as social and economic life disintegrates in so many communities.

We have a moral and spiritual imperative to address these issues. It would be a scandal for us to not see that in calling for world peace, we have an obligation to address the most pressing social issues around us.

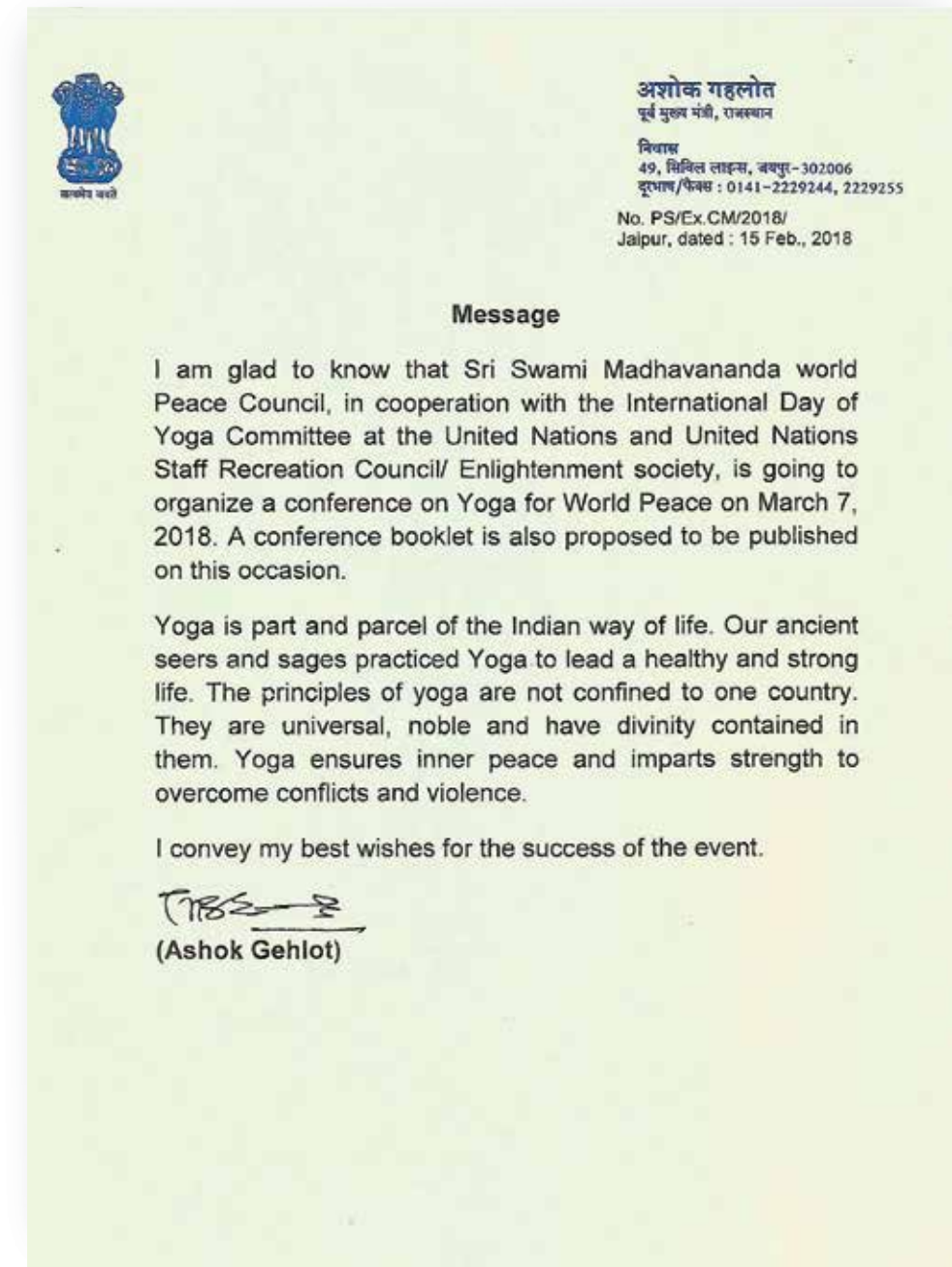
Consequently, we are called to be people of prayer. We are called to be models of peace and harmony in our own lives. Non-violence, respect for diversity, selflessness, the building of community life, and advocacy with governments and organisations of influence, as we better address the crises around us, and build a better more sustainable world.

Although I cannot be with you in person, I am with you in the Spirit of God which dwells within us. May the work of the World Peace Council and the guidance of dear Swamiji flourish and produce the fruit of love, compassion, charity, and peace.

And in particular, I wish to express my thanks and appreciation to Swamiji, I am so grateful and thankful for your mission of peace in the world. May your health and your good work continue!

With my blessings

Monsignor David Cappo AO





Ramu Damodaran
Chief, United Nations Academic Impact



Denise Scotto
Chair, International Day of Yoga Committee
United Nations, New York



Ramu Damodaran
Chief, United Nations Academic Impact

"Whom should you trust?" Paramhans Swami Maheshwarananda once asked and went on to reply, "yourself first of all." That assurance of inner faith was central to the creation of the United Nations; after a brutal war in which neighbour was betrayed by neighbour, human worth squandered in ash and dust, nations and their peoples came together in an enterprise premised on faith and in trust, a trust that reached as much within as without.

The theme of today's conference, so close to Swamiji's heart, is "Yoga for World Peace". Central to that concept is the affirmation that the true foundation for peace lies in individual action, which yoga so vividly manifests. This is not a particularly difficult or cumbersome train of thought to follow; if each individual believes in, and furthers, the idea of peace, then its resonance on a global scale is a given. And once we accept that given, we see the possibilities of peace as a dynamic force for purposeful, creative action.

Indeed, the word "Yoga" can be said to stand for "Years Of Global Action"---these are the years in which we are blessed to be, where every nation, and its peoples, have united in common commitment to a world worthy of our times, where development is not only assured but remains sustainable. And this quest for global fulfilment begins with the individual aspiration and realization that the practice of yoga seeks to cherish, of---in the phrase of Swami Madhavanandaji--- "all in one and one in all."

Ramu Damodaran

All Life is Yoga - Sri Aurobindo

I am delighted to participate in this event to discuss yoga's role in promoting a culture of peace and non-violence in our world.

Yoga has a long history within the United Nations. In 1970, Secretary-General, U Thant, invited Sri Chinmoy to conduct non-denominational meditation for staff, member states and the greater UN community. In the late 1990's and for the next ten years, as a UN staff member, I attended these silent gatherings where we focused our minds and hearts on seeing a peaceful and harmonious world.

Throughout the years, respected Yoga Masters shared their wisdom and practices about yoga and the benefits to the integral being---body, mind, emotions and spirit. They related: the word 'yoga' in Sanskrit means 'union'; yoga is not a religion; yoga is an ancient philosophy; yoga is a way of life; and physical asanas are just one part as there are eight limbs of yoga.

Science shows that engaging in yoga provides an individual with positive gains to the physical, mental and emotional bodies. It provides a holistic approach to health and well-being. The popularity of yoga around the world demonstrates that it is an important tool in advancing global health, a long-term development goal and a key pillar of the 2030 Agenda. Yet, yoga promises even more.

Back on 11 December 2014, a record number of 175 countries of the General Assembly adopted Resolution 69/131 proclaiming 21 June as the International Day of Yoga to raise awareness of the advantages of practicing yoga. In lending support, one representative stated that yoga would 'promote health and evolution, but also clarity of vision and action. That, in turn, could help prevent contradictions, which often generated confusion while making rules and promoting laws.'

Understanding the fullness of yoga allows an individual to realize a union of one's inner and outer life as well as a connection to our shared humanity, our natural world and the interconnectedness of the web of all life. It can bring an appreciation for others who may appear different, a grasp of their circumstances that are unfamiliar, and a comprehension that dignity is inherent, inalienable and universal, regardless of human diversity. This can lead to tolerance and give rise to collective action resulting in positive change that creates a better and more peaceful world for everyone.

My firm belief as an attorney practicing law for many years is that the rule of law, the administration of justice and good governance is important to harmonious and sustainable societies. Using the power of the law to empower all people is also significant. At the same time, the foundation of peaceful co-existence lies elsewhere. It is grounded in the recognition of our human-ness. Lasting peace comes from shifting human consciousness, both individual and that of groups. By valuing everyone, we foster worth, belonging and engagement and together we meaningfully build a culture of peace and non-violence.

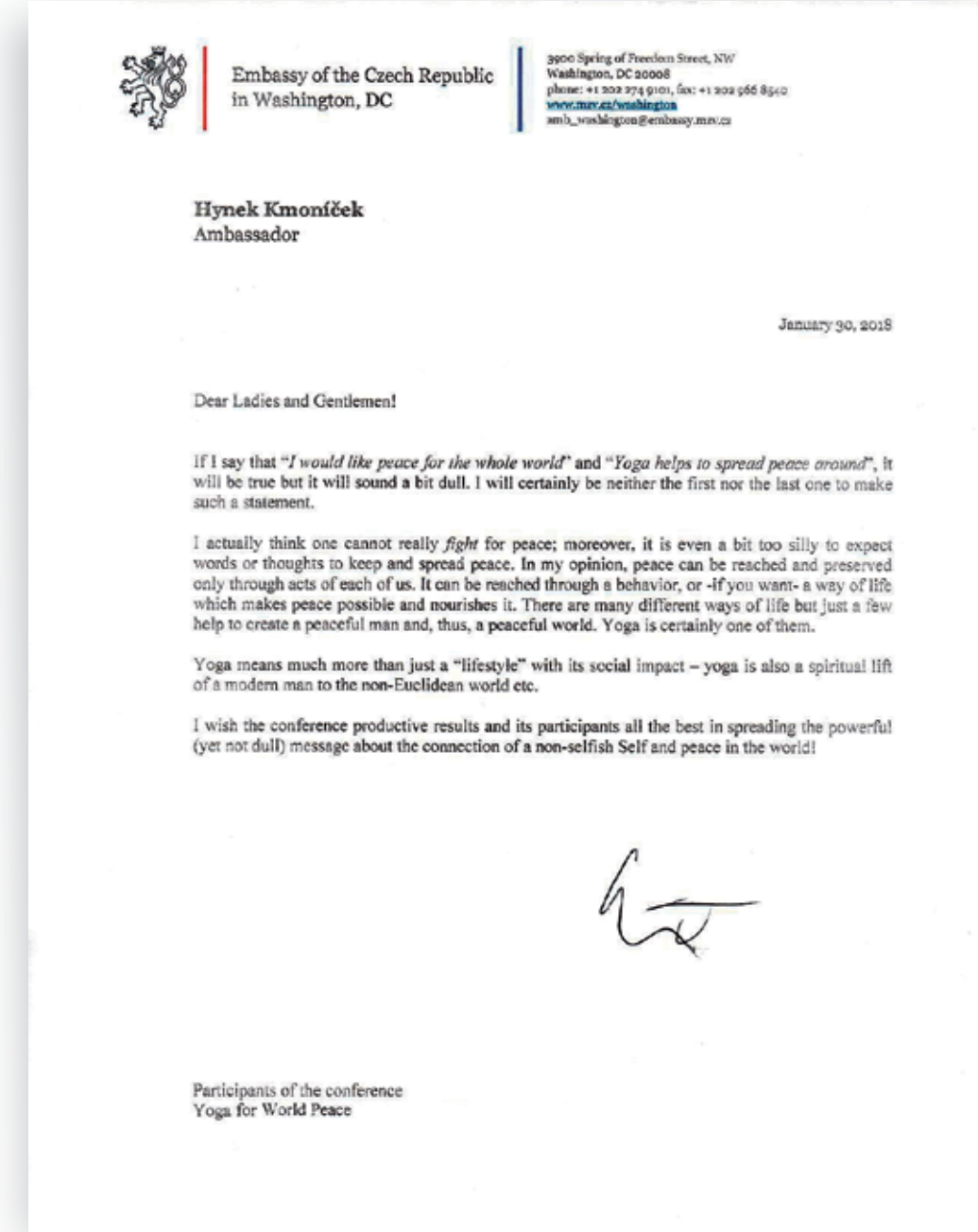
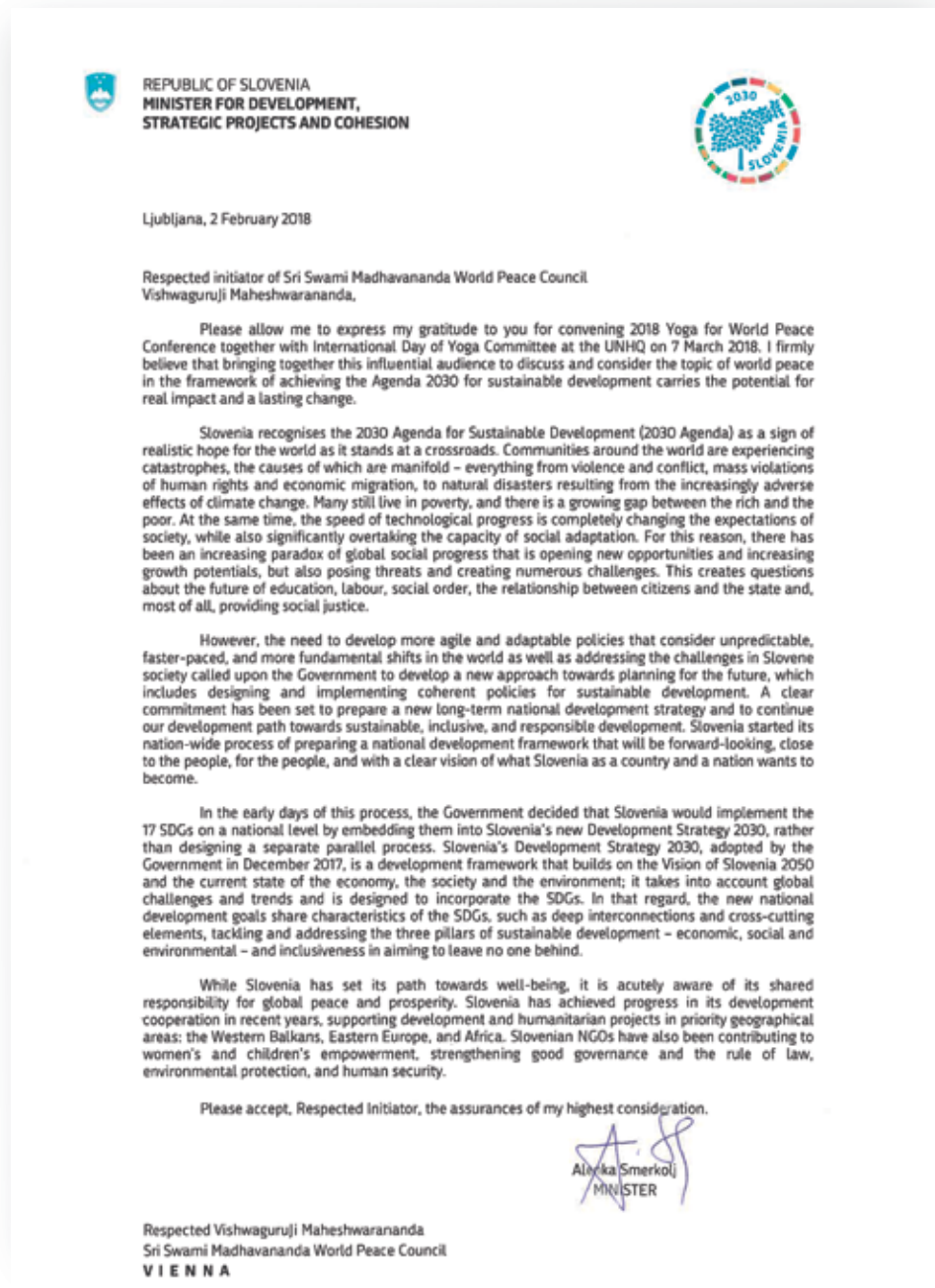
Denise



Alenka Smerkolj
Minister for development, strategic projects and cohesion - Slovenia



H.E. Hynek Kmonicek
Ambassador, Czech Republic





Dr. Jan Zahradnik
Member of Parliament of Czech Republic



Stjepan Mesic
President of the Republic of Croatia 2000-2010

Sri Swami Madhavananda World Peace Council Conference
Yoga for World Peace
United Nations, New York
7th March 2018

Respectable participants of the World Peace Council Conference **Yoga for World Peace**,
I am truly delighted that such a conference takes place at the United Nations in New York.

Yoga is an extraordinary ancient science bringing us closer to the essence of our own life. Yoga teaches us the most beautiful values of human life - truth, love, peace, compassion, unity, non-violence... Yoga helps us to understand others.

Great personalities, yogis and saints like Mahatma Gandhi and Sri Swami Madhavananda walked on the path of yoga, on the path of truth, love and peace. They were successful in their lives through the power of ethical and moral principles deeply rooted in each part of their being.

Mahatma Gandhi and Sri Swami Madhavananda touched hearts of many and inspired them to live better life, to walk on the path of yoga, to spread love, peace and harmony.

We all share one dream, one hope that the future of mankind is bright and peaceful.


Yoga is the way. Truth, love and peace are the only chance for our children, for the nature, for the mountains, meadows, forests, rivers, for entire world.

I am so pleased with all the good work Sri Swami Madhavananda World Peace Council is doing for world peace and for people in so many countries.

I wish a great success to this conference and cordially greet all the participants.



RNDr. Jan Zahradnik
Member of Parliament of the Czech Republic
Former Governor of the South Bohemian Region



Stjepan Mesic
President of the Republic of Croatia 2000 - 2010


Respected Sri Swami Madhavananda World Peace Council organisers and participants,

Continuous and relentless efforts of His Holiness Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda Puri aiming to improve all aspects of life on our planet inspire us and teach us that in order to make changes happen we need to reach both the minds and the hearts of as many people as we can.

This sets an example which every human being should follow and serves to light the spark within every one of us.

The work of His Holiness can be described both in "western" and "eastern" terminology by an interplay of two great quotes - he is actively reminding us to be aware that "the only thing necessary for the triumph of evil is for good men to do nothing" and to "be the change you want to see."

With love and best wishes for all the future projects of His Holiness and the Sri Swami Madhavananda World Peace Council,



Stjepan Mesic

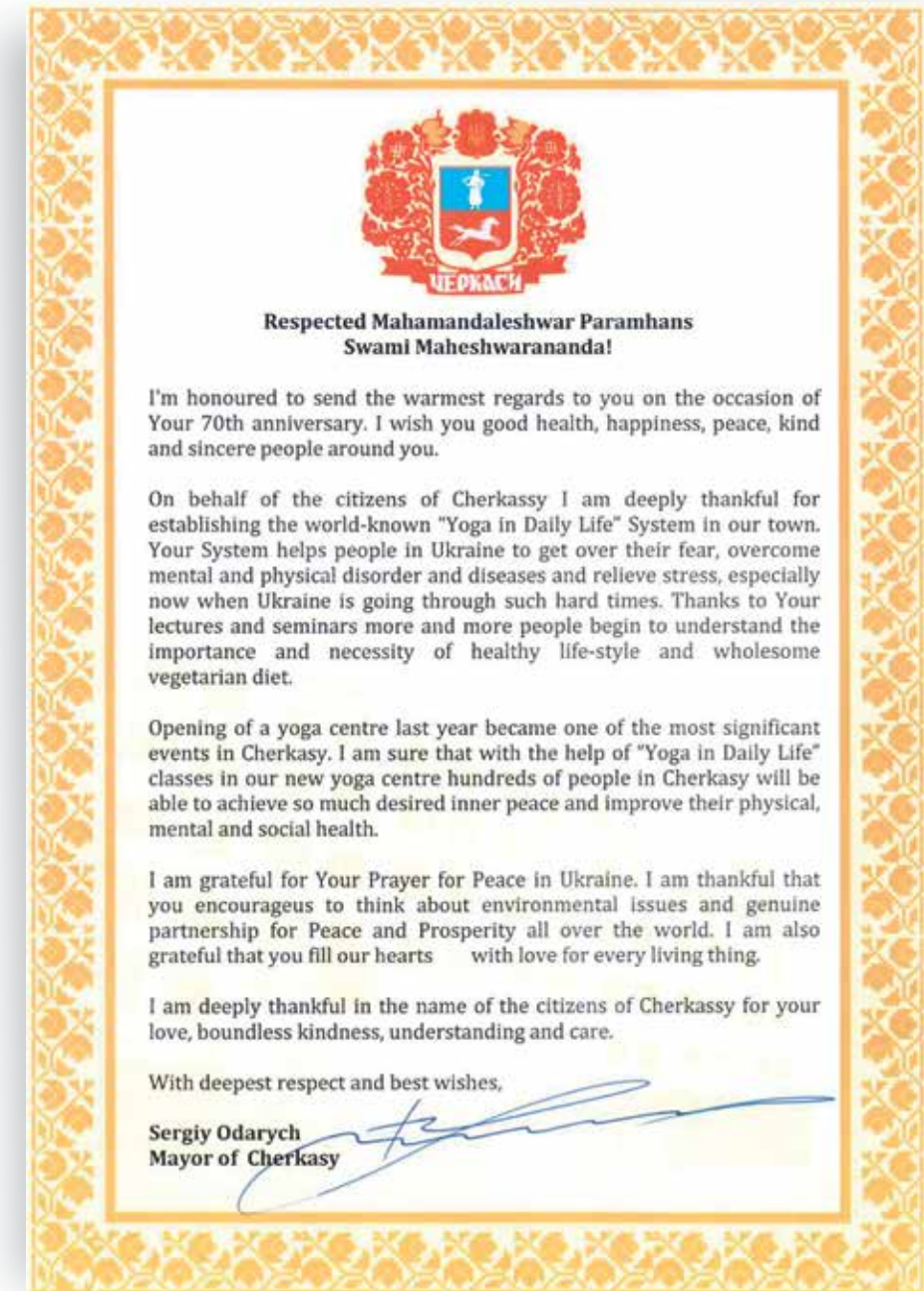
Zagreb 29.09.2015.



Mayor Allison Silberberg
Alexandria, Virginia



Sergiy Odarych
Mayor of Cherkasy

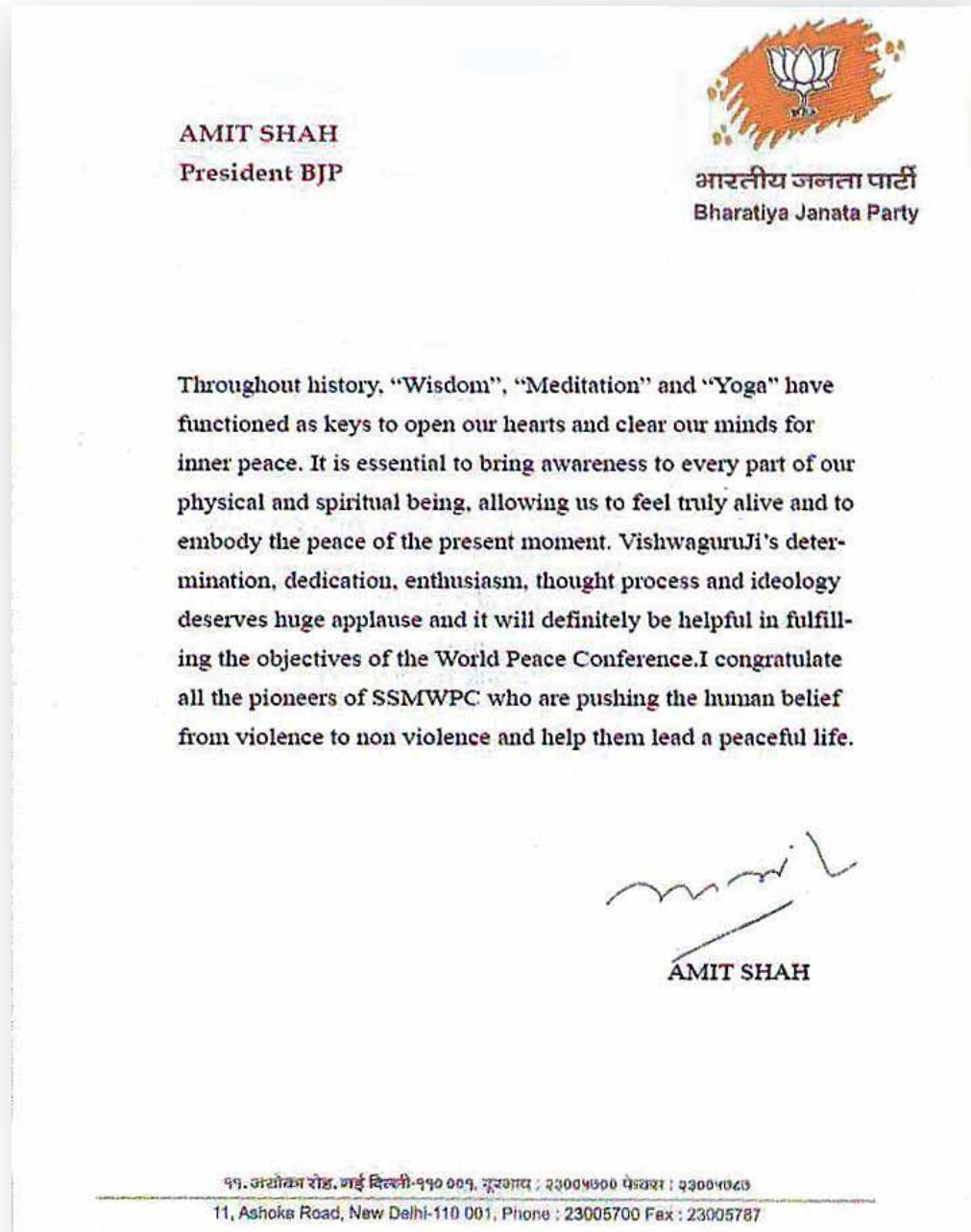




Amit Shah
President of the Bharatiya Janata Party



Dr H R Nagendra, ME, PhD
Chancellor, S-VYASA Yoga University, BENGALURU.
Chairman, IDY Experts Committee,
Chairman of Task force of AYUSH
Chairman of SAC of CCRYN
Govt of India, Ministry of AYUSH



Respected Sri Swami MaheshwaranandaJi,

I would like to express my highest gratitude to learn about such important conference as the Sri Swami Madhavananda World Peace Council Conference. Especially when not only India but the whole World is celebrating the UN International Day of Yoga so widely and when we also recently marked the most respected 70 jubilee of the United Nations.

We see the International Day of Yoga proposed by India Prime Minister ModiJi supported by 177 countries made the UNO to declare June 21st as the IDY is a launch pad for bringing Dharma (Values) in the world at large through Yoga. The impressive developments in the research field of Yoga has made Yoga popular over the whole globe as science and not just a blind belief. Earlier Yoga was considered to be only an exercise to keep the body fit. The Yoga Teachers and Institutions engaged in teaching yoga were concentrating only on development of body. The IDY brought out a paradigm shift in thinking that Yoga is not an exercise but as a comprehensive set of practices with the associated knowledge base of the totality of creation. Yoga is being understood as a science of Holistic living for keeping up health, gain mastery over the mind and emotions, reach heights of enlightenment and Kaivalya, our original self (Svarupa). Upanishads as Jnana Yoga mention it as Moksha (absolute Freedom), the goal of Sanatana Dharma.

When the western people showed interest, approached such great scholars many ancient texts have been translated to English and other languages also. As they started practicing, people also developed interest in the total approach of Yoga and its four main streams – Jnana, Raja, Bhakti and Karma also. Now we are happy to see that there are lot of good standard institutions in India and abroad propagating the essence of Yoga for better living, beneficial for maintenance of health, happiness and harmony if not for Moksha. And above all, to achieve lasting peace.

I sincerely wish a great success for the Sri Swami Madhavananda World Peace Council Conference.

Yours,

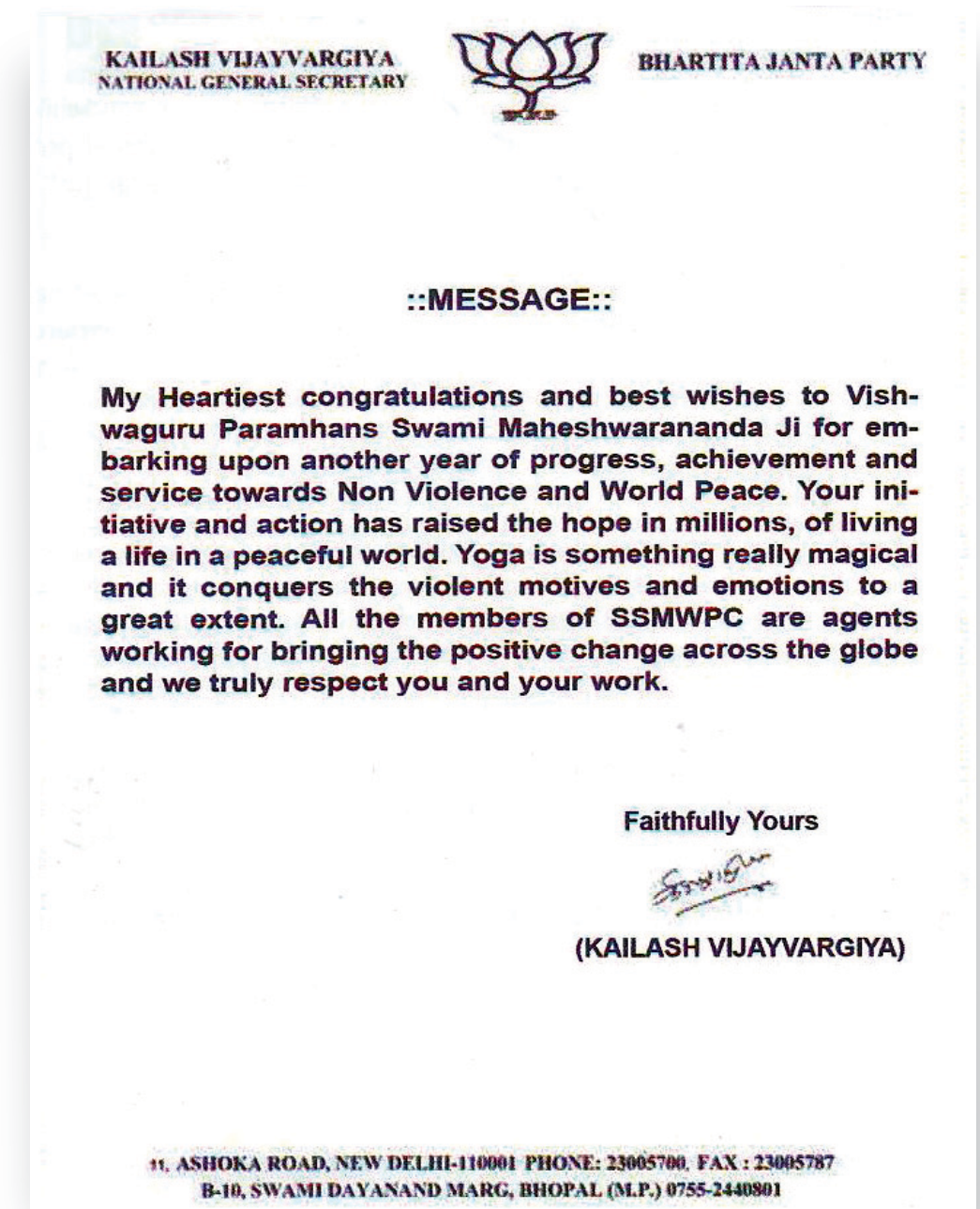
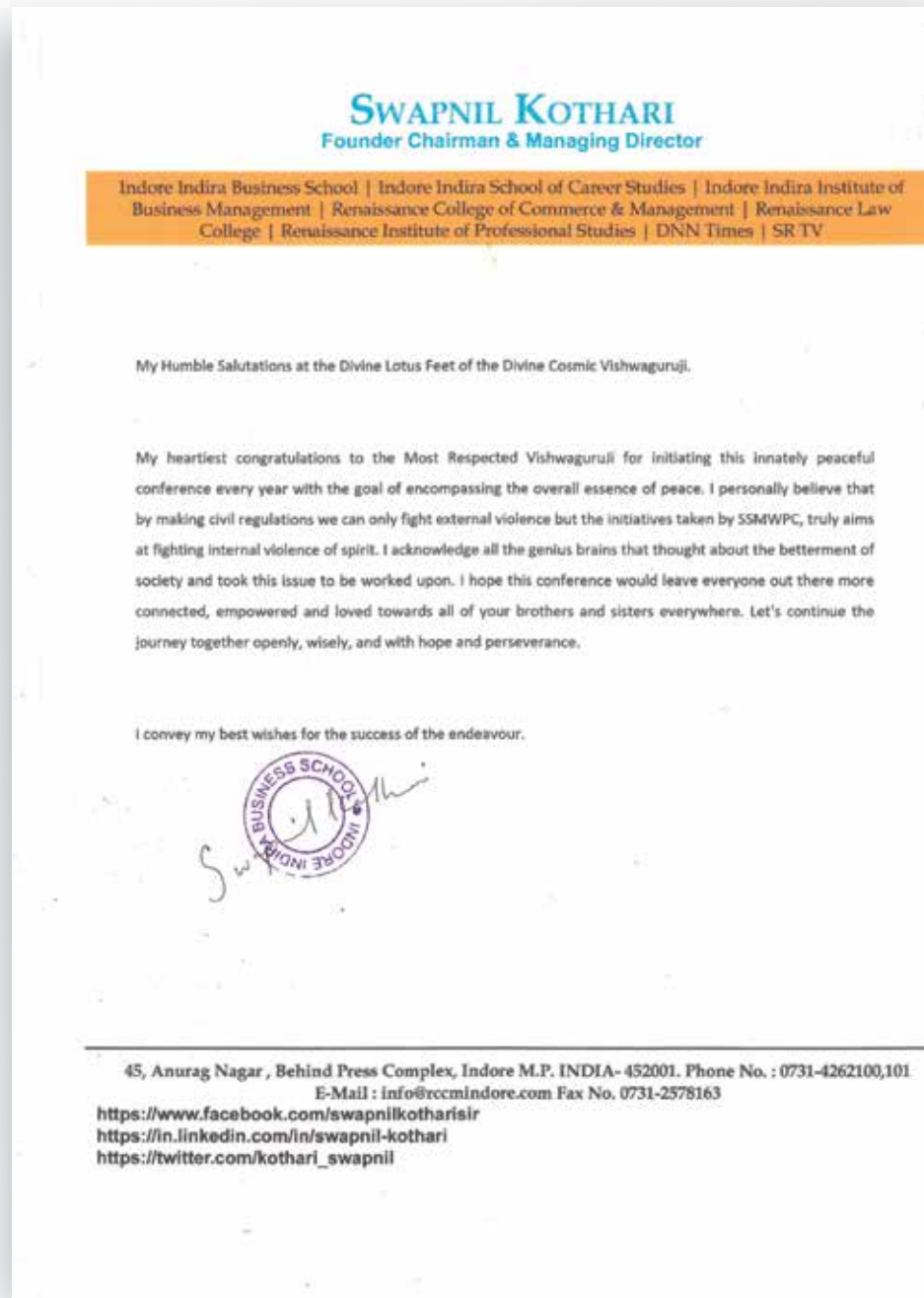
Dr H R Nagendra, ME, PhD



Swapnil Kothari
Chairman Indira Group of Institutions



Kailash Vijayvargiya
National General Secretary





Dr. Manfred Stepponat

President of International Sri Deep Madhavananda Ashram Fellowship

ASATO MA SADGAMAYA	Lead us from ignorance to the truth
TAMASOMA JYOTIR GAMAYA	Lead us from darkness to the light
MRITYOTMA AMRITAM GAMAYA	Lead us from death to immortality
SARVESAM SVASTIR BHAVATU	May everyone be healthy
SARVESAM SANTIR BHAVATU	May everyone live in peace
SARVESAM MANGALAM BHAVATU	May the wishes of everyone be fulfilled
SARVESAM PURNAM BHAVATU	May everyone attain perfection
LOKAH SAMASTAH SUKHINO BHAVANTU	May there be happiness and prosperity everywhere
OM SHANTIH SHANTIH SHANTIH	OM Peace Peace Peace

Peace is a state that mankind is longing to reach for thousands of years. The above-cited peace mantra is taken from the Brihadaranyaka Upanishads and is one of the oldest prayers on this planet. Yoga and peace complement each other like the two wings of a bird. We are all humans, we are all one family and everybody want to live a happy life in peace. Outer circumstances of life are merely a reflection of the inner world of human beings. In this context, each of us has an influence on world peace. As long as greed, jealousy and hate are affecting us, as long as there is no clarity of thought, there will be no peace, neither in our personal inner world nor in the outer world.

In other words, Mahatma Gandhi said: "Be the change you want to see". By following these words everyone can create peace in this world. Therefore, it is necessary to attain a peaceful state, which harmonizes physically, psychologically, socially and spiritually. Especially our children should be given the opportunity to grow in a peaceful and socially healthy environment. They should be taught ethical and moral principles by us adults develop independent thinking, learn to love and serve every living being. All humans have to live a vegetarian life and to protect Mother Nature. Many spiritual masters have already found a way to live in peace in the presence of God, many of us try to do it but many people do not have the possibilities because of personal circumstances, illness or even wars. My great respect to those who can still pray to God and do not lose their confidence.

To preach or to give advice is one way. Another one is to be an example. By practicing yoga, everybody can be such an example, so that others have the wish to imitate them as if children imitate their parents. The best examples for all of us to imitate are the holy saints all over the world. From their point of view, we all are their children.

In the year 2014, the UN declared that 21st of June will be the "UN International Day of Yoga". Two years later, the UNESCO appointed yoga as a world heritage. Everybody has the possibility to gain knowledge about yoga, to practice yoga, to pray with devotion and to live a peaceful life. By following the natural obligations and commitments, we can form our own inner world in order to change the outer world as well. The inner peace in our mind will reflect in our families, our surroundings and by us being an example – through our choice of words, our behavior and actions. That really means to "be the change you want to see".

To follow the royal path of yoga means to live a healthy physically, mentally and socially healthy and happy life and follow the path to peace. We have to pay attention to the natural duties towards our children, parents, partner and colleagues. With the guidance and wisdom of a self-realized master, we have the opportunity to gain true knowledge and many individual benefits like a peaceful mind, good health and even a lucky life.

In 1972 Mahamandaleshwar Vishwaguru Sri Swami Maheswarananda brought the living light, the light of peace, love, knowledge, tolerance and understanding from India to Europe. It represents the life of the holy incarnation of Bhagwan Sri Deep Narayan Mahaprabhuji. His teaching and message for mankind are given to us through many spiritual seals and numerous golden teachings. Through the system Yoga in Daily Life®, thousands of people all over the world develop the peace inside by prayer and practicing such spiritual techniques. An additional support is all social and humanitarian projects and especially public lectures.

Vishwaguruji's master, Hindu Dharmasamrat Paramhans Sri Swami Madhavananda, known as Holy Guruji, was a great example to all of us. His selfless serving to human mankind, all the spiritual lectures and poems he has given, testify his devotion, knowledge and wisdom. The Sri Swami Madhavananda World Peace Council was founded in the year 2002 together with Holy Guruji. He and many other spiritual leaders give us the knowledge and show us the way to peace. We simply have to follow their instructions. His wisdom is represented in the simple important sentence "One in all and all in One." On these words of wisdom, one should meditate to understand what is the meaning and also the cause of our life. And through the peace tree planting activities of the SSMWPC we remember, that a tree provides us with fruits, gives us shelter and protects all living beings from sun and rain, and so we as humans shall give our best to act the same.

I wish all a happy, successful and healthy life and I wish success to everyone in their efforts to bring peace to this world. The conference of the SSMWPC will be always an inspiration, not only for people who are attending this event but also for all mankind.

Dr. Manfred Stepponat
(President of International Sri Deep
Madhavananda Ashram Fellowship)

Graz, January, 24th 2018



Gregor Kos MSc.
General Secretary World Yoga Union

Most respected Bharat Gaurav Vishwaguru Paramhans Maheshwarananda,
Excellences, distinguished delegates, ladies and gentleman!

If anytime in the modern history of the mankind it is now we need authentic and original knowledge, based on proper experience. Not just copy-pasting or simply copying as it became so common nowadays. It is even more important to follow this authenticity and originality in Yoga and other ancient wisdom like Ayurveda. Unfortunately, modern human tends more to look for easy way, shortcuts and nice packages. We are surrounded by more and more so-called teachers, self-proclaimed gurus, Yoga teachers after 5 weeks fancy seminar in some island or even worse, such Ayurveda doctors. Quality is being neglected on perpetual basis, the only thing that counts for majority is time, money and looks.

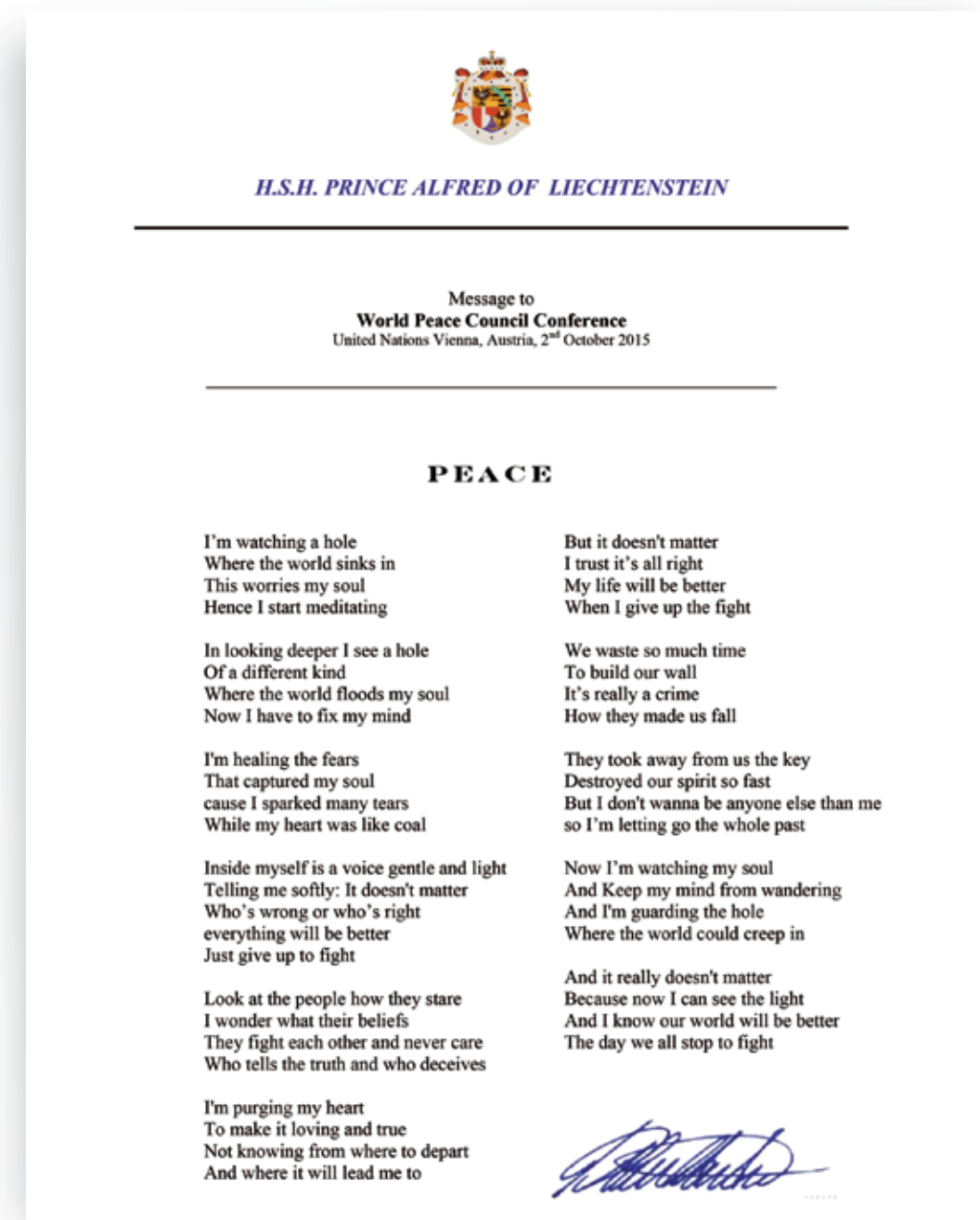
The very definition of the word tradition explains it as transmission of customs or beliefs from generation to generation, or the fact of being passed on in this way. It is exactly our most important goal at the World Yoga Union, to emphasise the importance of originality, genuine experience, authenticity, the tradition! The traditions, based on the non-dualism and so-called Guru Param Para principle, which is the one and only assurance for proper knowledge and practice to be transferred from a teacher to disciple for ages.

World Yoga Union will continue promoting authentic Yoga as a comprehensive system of Asanas, Mudras, Bandas, Pranayamas, Meditation and Kriyas; Vedanta, Sanathan Dharma, non-Dualism and Guru Param Para principle as well as harmony, peace and mutual understanding among the World religions. We aim physical, mental and spiritual health, harmony of the body, mind and soul, wellbeing of entire humankind as well as protecting and saving environment and life of all creatures. It is precisely those values which are the essence of Yoga and therefore the essence of Peace. Thank you for your selfless guidance!

On behalf of the Executive Board,
Yours sincerely,
Gregor Kos MSc.
General Secretary
World Yoga Union



HSH Prinz Alfred von Liechtenstein
Chairman, Advisory Board International Peace Foundation





Damijan Denac, PhD.

Assistant professor, CEO of DOPPS
BirdLife Slovenia



PhDr. Zdena Marečková

The Presidium of the Continents Czech Republic



SDRUŽENÍ PRO SPOLUPRÁCI SE ZEMĚMI AFRIKY, ASIE
A LATINSKÉ AMERIKY
THE ASSOCIATION FOR COOPERATION WITH THE COUNTRIES
OF AFRICA, ASIA AND LATIN AMERICA

Vitkova 13, 186 00 Praha 8
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World Peace Council
Conference

Trubelgasse 17-19
A 1030 Vienna
AUSTRIA

Once, before the great disaster of the 2nd World War which rocked Europe, Asia, Near East and Africa and killed millions of people of many races, religions and nations, the blessed India let us hear the quiet, loving voice of Mahatma Gandhi. The Mighty of this world did not listen.

The same quiet, loving voice is now heard from your Conference again and again and the PEOPLE hear it. We need to be told every day that non-violence is stronger than the strongest blast of terrorist explosives, then the most sophisticated wapons, than all military pacts. Truth and love are the only building stones of tolerance, mutual confidence and help between nations. Those who live in truth, in modesty and unselfishness, are the only ones who will survive the present pandmonium of money-search, profit-rule and oppression of millions.

It is good that this Conference is taking place now, that it is meeting in Austria which embraces the people expelled from their homes by war. It is good that it takes place next to our country, the Czech Republic.

Let its voice be heard over the whole Europe as well as in distant countries. Let it remind us the quiet voice of Mahatma Gandhi which has rocked the strong British empire and brought India to independence.

Let your Conference touch the hearts not only of its participants, but of all countries including our homeland. It is now YOUR quiet and loving voice which we hear and need over the frontiers.

The Presidium of the Continents
Czech Republic
PhDr. Zdena Marečková

[Signature]

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Prof. Dr. Péter Földesi
Rector, Széchenyi István University, Győr



**Respected Paramhans Swami Maheshwarananda,
Revered Vishwaguruji,**

This is a great honour to be invited to the conference titled Yoga for World Peace organized at the premises of the United Nations, in New York, 7th March 2018. On behalf of Széchenyi István University, Győr, Hungary I have been a supporter of the peace initiatives of the Sri Swami Madhavananda World Peace Council (SSMWPC) for over four years.

In September 2014 Paramhans Swami Maheshwarananda and I planted a world peace tree on the grounds of our institution of higher learning, outside the newly erected library building, at a venue that serves as a borderline between the Campus and the City thus enables all citizens and visitors to pay their tributes to the concept of peace that is at the core of yoga values and the major purpose of the establishment of the United Nations.

On 2nd October 2015, on a day that is observed as the UN's International Day of Non-Violence I was invited by Vishwaguruji to the United Nations Offices in Vienna (UNOV) to deliver a speech on how higher education institutions may contribute to the notion of non-violence. Széchenyi István University, as a founding member of the United Nation's Academic Impact (UNAI), adheres to the ten basic principles of the initiative, the seventh of which "a commitment to advancing peace and conflict resolution through education" resonated with the aim of the conference organised at UN Vienna and is in line with the focus of the upcoming conference at the UN Headquarters in New York.

In June 2017 I re-invited Vishwaguruji to Széchenyi István University to discuss our mutual conviction that education has to be accompanied by values and our shared belief that a massive responsibility lies with the academic community to solve the problems of countries and the world.

I would like to congratulate to Vishwaguruji on organizing this milestone event at the UN HQ, New York and I should further like to congratulate to him on receiving the title Doctor of Letters (D.Litt.) by the S-Vyasa University, Bangalore, India.

Respectfully,



Prof. Dr. Péter Földesi
Rector

www.sze.hu 9026 Győr, Egypetem tér 1. Tel.: +3696/503-401 Fax: +3696/529-263 E-mail: foldesi@sze.hu



Prof. Dr. Igor Lukšič
University of Ljubljana, Former Minister for Education & Sport, Slovenia



PRESIDENT

Respected initiator of World Peace Council
Paramhans Swami Maheshwarananda,
Ladies and gentlemen, dear conference delegates,

Allow me first to express what an honor it is for me to be able to participate actively within the World Peace Council also giving the fact I have agreed to become Slovenia's World Peace Council Ambassador. It is my firm belief the key messages of the conference as yoga-being part of India's wisdom and tradition, non-violence and world peace should be promoted more and hopefully achieved sometime.

My professional work is more or less dedicated to the Political Science. Not just as a professor at the University in Ljubljana, also actively during my former position of the president of one of the nation's most important political parties, as Minister for Education and Sport of the Government of Slovenia as well as Minister for Science and Technology. What I would like to clarify is a fact I possess not just theoretical but also practical experiences from which I can conclude what the modern society's needs tend to be. What I have determined is that on one hand, those needs are merely materialistic. However on the other hand, not less important, there are non-materialistic, moral and human-values based needs. I have studied numerous authors from ancient times until nowadays and what I would like to share with you out of those studies is a rather simple message: (human's) inner peace is an (unseparated) basis for (society's) outside peace. It has been like this for thousands of years and it is most likely it will remain like this for at least another thousands ones. The only one who has to adapt to the actual circumstances is the human being. The very adaptation is at the same time the greatest possible change of the circumstances. Making peace is not training of passivity, on the opposite, it is the greatest possible activity.

Therefore, respected Paramhans Swami Maheshwarananda I would like to thank you very much for your numerous activities aiming to promote a better humankind and as a consequence a better and more quality society. The one not counted by economic parameters only but rather by the human values and nature of human character. I sincerely believe this must become the one and only goal of the humans. By achieving it all other problems and obstacles will eventually disappear. As you often say, respected Paramhans Swami Maheshwarananda and what I have heard also India Prime Minister Modi: "Yoga is the way".

Yours Sincerely,

prof. dr. Igor Lukšič
Ljubljana, Slovenia, EU





Prof. Dejan Dinevski Ph.D.

University of Maribor, Slovenia
Vice President, Sri Madhavananda World Peace Council



Aladar A. Kogler, Ph.D.

Director of the Sports Psychology Research Laboratory at
Columbia University in the City of New York, established by the United
States Olympic Committee



Maribor Slovenia, Jan 26th 2018

**Pranam, Sri Mahamandaleshwar Paramhans Swami Maheshwarananda
respected founder of the Sri Swami Madhavananda World Peace Council**


It has been a great honor for me to personally participate and partly co-organize a long series of your revered World Peace Summits in Vienna (2002), Brno (2004), Zagreb (2005), Ljubljana (2006), Bratislava (2007), Wellington (2008), Szombathely (2009), Vienna (2015) and Prague (2016). Especially the international conference in the United Nations in Vienna 2015 at the occasion of the International Day of Non-Violence, titled "Yoga – a Path to Non-Violence and World Peace" delivered a lot of answers to the problems of modern world. Esteemed speakers from all over the world conveyed clear signposts towards the realization of non-violence and world peace which are on one hand coming from authentic yoga philosophy and are on the other hand exceptionally aligned with the United Nations Sustainable development goals.

Please accept my sincere congratulations for positioning the Sri Swami Madhavananda World Peace Council as one of the strongest global forums which links the non-violence and peace with spirituality and inner peace. Sri Swami Madhavananda was a spiritual giant. Observing his sadhana and his way of life during the months that I stayed with him in Nipal Ashram in 1991 and in Jadan Ashram in 1994 I had a blessing to be near his unlimited source of spiritual strength and devotion. Carrying his name the Sri Swami Madhavananda World Peace Council is manifesting its dedication to spread the authentic spiritual treasures of Yoga and present them as a genuine way to peace.

As your disciple, Swamiji, and a follower of the Yoga in daily life system, I'm teaching a class "Yoga in sports" at the Faculty of Education, University of Maribor, and while studying scientific research on yoga combined with my personal experience of being a yoga teacher for the last 28 years, I'm observing that vitality, health and personal growth can be achieved through the regular practice of authentic Yoga. Our Yoga in daily life meditation classes are over-booked, demand has already occurred at the University itself for special anti stress and meditation programs where not only students are regular participants, but my dear colleague professors also. In Slovenia where Yoga in daily life is practiced in every town and most of the villages we are strongly dedicated to maintain its originality and excellent quality because only as such it is bringing also the higher quality of life, openness, tolerance and peace to the Slovenian society.

Symbolically I'm writing this contribution on a day when we remember one of the modern time peace icons – Mahatma Gandhi and his premature departure. Fortunately, we rather remember him by his successful Satyagraha or nonviolence movement, and therefore let the Sri Swami Mahavananda World Peace Council Conference bring together those minds and personalities in this world who care.

Professor Dejan Dinevski, PhD
University of Maribor, Slovenia
Vice president, Sri Swami Madhavananda World Peace Council



Aladar A. Kogler, Ph.D.

Director of the Sports Psychology Research Laboratory at
Columbia University in the City of New York, established by the
United States Olympic Committee

Born in the wrong place and at the wrong time. When the Second World War ended all of our property was nationalized and one early morning my family was awakened under gun point. Forced to take only some personal belongings and sent to exile in a remote place with no electricity, no running water and no transportation of any kind.

My father died of a heart attack, half of my mother's face became paralyzed, and my 14 year old brother defected to the west – I was automatically considered a spy. I was 12 years old, not permitted even to attend school. Desperate, on the edge of suicide, I was looking desperately for some help to survive.

A turning point in my life was reading Patanjali's Yoga Sutras – "Now the Discipline of Yoga."

When I read it I was so happy, I felt as though Patanjali had written it for me. Yes I was so desperate, not seeing any more road than suicide, I was ready for the discipline of yoga. That gave me hope and confidence for transformation right here and now.

His second sutra "Yoga is the Cessation of Mind." This gave me a clear idea what to do. When there is no mind, I am in Yoga. When there is mind, I am not in Yoga.

That was enough for me. My meditation experiences were my teachers.

And now, 70 years later, Patanjali's "Now the Discipline of Yoga" is even more important for everybody if we want to survive as humans. Never in history have humans been so close to nuclear war as they are today.

Wars were always fought between small countries, but today the world's most powerful countries such as China, Russia and the United States are on the edge of war. Experts use the analogy that if the nuclear clock totals 1 hour, we are but 30 seconds away from disaster. Even a small error, coincidence, or mistake can trigger a disastrous nuclear war.

"Now the Discipline of Yoga" is a must. A duty for all people to use the old wisdom of Indian science for world peace, love, compassion and tolerance.



Assoc. prof. Martin Repko, MD, Ph.D.
President of the Czech Union of Yoga in Daily Life, Czech Republic
Head of Orthopaedic Department Faculty Hospital Brno, Czech Republic

Vishwaguruji with His tireless work and more than 45 years of His dedicated effort for establishing peace and harmony in the world very positively influenced many spheres of our lives and inspired great number not only of His disciples but also many world specialists in different fields of science.

Individual people as well as whole organizations around the whole globe utilize the possibility of integrating the complex System Yoga in Daily Life into their work in the fields of pedagogy, health, psychology and many others. Around the whole world many scientific and humanitarian projects inspired by Vishwaguruji's wisdom and deep understanding to needs of our society as well as each individual have been established.

Let me remind you significant contribution of His Holiness Vishwaguru Paramhans Sri Swami Maheshwarananda Ji into the sphere of healthcare at the occasion of His life jubilee.

Modern medicine voices are still stronger and strongly and strongly calling for ways to seek such ways of health care that would lead to complex understanding of human health. The influence of our way of eating, movement activities, way of thinking, amount of stress and ethic problems of our lives play significant role in quality of our health. The western medicine intensively explores meaning of holistic view of health. By creating complex system Yoga in Daily Life Vishwaguruji significantly outruned the time.

By understanding of real causes of human problems as well as health complications He offers us a way, how to give our lives high quality and live it with deep understanding to all its dimensions - physical, mental and spiritual. This is the way, how the system YiDL introduces scientifically supported system of modern complex care for human health.

Vishwaguruji's system and His message and wisdom inspired also the uprise of Association of Doctors and Physiotherapists in Czech and Slovak Union of Yoga in Daily Life in 1998. By its activity many international conferences with topics of utilization of the YiDL system in healthcare took place. Among the most important belong International Scientific Conferences for Application of Yoga in Health Care in Brno 1999, in Karlovy Vary 2002, in Brno 2003. Let me also remind recent multidisciplinary international conference on holistic health held at the occasion of the 40th anniversary of existence of the system YiDL in Czech and Slovak Republics at Medical faculty of Masaryk's University in Brno 2013.

Let me thank Vishwaguruji for His great contribution to medical workers. We got miraculous tool how to help not only to those who we take care of at our medical care of but also to ourselves. Vishwaguruji taught us how to understand ourselves better and showed us the way, how to be better and more understandable to those whom we give our care. It is not even possible to estimate how huge number of people Vishwaguruji already helped and is still helping by this way. Our great wish is to be at Vishwaguruji's physical presence and we wish Him very good health and further inspiring work for many many decades.

assoc. prof. Martin Repko, MD, Ph.D.
President of the Czech Union of Yoga in Daily Life, Czech Republic
Head of Orthopaedic Department Faculty Hospital Brno, Czech Republic



Assoc. Prof. Jarmila Kmetova, PhD
Dean of the Faculty of Natural Sciences, Matej Bel University,
Banska Bystrica, SLOVAKIA

Dear members of the Sri Swami Madhavananda World Peace Council

It is my great pleasure to express my support for the idea of joining the world peace movement together with the yoga principles in a beautiful event like your Yoga For World Peace conference is. The main mission of the faculty that I represent is to prepare future teachers and specialists for various kinds of human spheres like chemistry, physics, biology, mathematics, geography, geology, informatics and technology. Despite not having yoga itself in our curricula, as a university teacher and also a human I comprehend yoga one of the powerful tools to strengthen human minds to be smart enough to sustain the world peace tendencies not only in a dream level.

Ladies and gentlemen, I wish the conference enthusiastic participants and fruitful discussions.

Jarmila Kmetova



Katerina Vinder Ferkov, Ph.D
anthropologist



Yoga Was Practiced by Non-violent Civilization

The practice, spirituality and philosophy of yoga originate from India. The oldest archeological evidence of yoga postures was found in the beginning of the 20th century in Mohenjo Daro and Harappa on the territory of today's Pakistan. Terra cotta seals and figurines indicate that yoga was practiced even before 5000 years B. C. There is evidence that the practice of yoga was scientific and conscious searching for advanced techniques. Scientific texts suggest that archeological finding of "Proto Shiva" seal is a document, which indicates that yoga was a tradition in physical and mental discipline in the Indus valley. Seal was at first named "Proto Shiva" as God Shiva is recognized as the first yoga teacher or guru, as mentioned also in Shiva Samitha and conveyed by today's yoga masters, such the initiator of this conference His Holiness Vishwaguruji.

There is also something else that archeological researchers found in Harappa. There was no evidence of violent deaths; the civilization they unearthed revealed itself as organized and with high hygiene standards. We can see from this historical remains that yoga is intrinsically connected to non-violence and care for harmonious environment. While archeological remains speak to scientists that understand them, they are silent for the majority of us who live turbulent lives affected by environmental pollution and stress. But yoga can also speak to us, if we practice it. As yoga is a global cultural phenomena par excellence, and after ten years of practice and observation I can say that yoga can be more than recreation. I saw also that yoga could be easily adjusted to various means from therapeutic to preventive. But we are the ones who should adjust to yoga and simple life. While the nature will not adjust to us - we must learn again to respect nature like the civilizations before us, if we want to live in peace and contentment.

In time when it seems that we can reach everything with a light touch of the screen, yoga is not so instant. But all effort is necessary and worthwhile, if we want our children to know what joyous life is.

Katerina Vinder Ferkov, Ph. D, anthropologist



MUDr. Roman Bednar, Ph.D.
Deputy Senior Consultant of the Department of Physiatry,
Balneology and Treatment Rehabilitation
F. D. Roosevelt Faculty Hospital with Polyclinic
in Banská Bystrica, Slovakia

It is an honour that I can highlight the benefits of Yoga in Daily Life – the System to human health in today's hectic time marked with an increase in the prevalence of lifestyle diseases.

As a rehabilitation physician I work with various mobility methods. At our F. D. Roosevelt Faculty Hospital in Banská Bystrica we were dealing with the problem of backache affecting nurses at the hospital departments and surgeries. The only exercises that met the therapeutic and anti stress effect criteria were the yoga exercises. We have therefore created a preventive exercise program against backache for nurses based on Yoga in Daily Life – the System. The results confirmed its effectiveness, there was a reduction in the nurses' backache. Based on these results every week since 2015 exercises against backache according to Yoga in Daily Life – the System have been running for hospital employees and are very popular.

I work as a lecturer at the Medical Faculty of the Slovak Medical University in Banská Bystrica that trains future physiotherapists. During one term of their studies the physiotherapists have the opportunity to attend the subject Yoga in Rehabilitation, which is based on Yoga in Daily Life – the System. The students thus become practically as well as theoretically familiar with the basic yoga techniques and their application in various diagnoses.

As a physician, scientist and yoga teacher I know from my own experience that Yoga in Daily Life – the System improves the state of health of our bodies, restores it, balances the autonomous nervous system, improves concentration, calms emotions and mind, and induces inner peace. Peace begins within us and needs to be taken care of every day. Yoga in Daily Life – the System is an ideal tool for the modern person. Thanks to it we can unfold our inner positive, even divine qualities and maintain good physical and mental health.

I wish Yoga in Daily Life – the System and its author Paramhans Swami Maheshwarananda every success in further work. Let Yoga in Daily Life – the System find its way to every human and help people all over the globe.

MUDr. Roman Bednár, Ph.D.
Deputy Senior Consultant of the Department of Physiatry, Balneology and Treatment Rehabilitation
F. D. Roosevelt Faculty Hospital with Polyclinic in Banská Bystrica, Slovakia

Banská Bystrica, Slovakia, 26 January 2018



Juraj Celko

Deputy Senior Consultant of the Department of Physiatry,
Balneology and Treatment Rehabilitation
F. D. Roosevelt Faculty Hospital with Polyclinic
in Banská Bystrica, Slovakia



Prof. PaedDr. Milada Krejci, PhD.

Vice-President for Science and Research
Head of the Dept. of Wellness
College of PE and Sport PALESTRA

Respected Initiator of Sri Swami Madhavananda World Peace Council Vishwaguruji Maheswarananda,

I am very grateful to you for coming to Europe to teach yoga. 50 years ago most people in Slovakia considered yoga mysterious, even strange. Fortunately, today yoga has significantly been influencing thinking of many people of all continents. System „Yoga in Daily Life“ is becoming a natural need for people overloaded due to the consumer way of life. It brings the physical, emotional, mental, social and spiritual health. People influenced by ideas of an ancient Indian culture, are organizing peace conferences, taking part in various ecological activities and thus they are contributing to bringing humanity to the current world.

Yoga helps us to treat people. In the Slovak Spas we apply the Yoga in Daily Life system as a part of rehabilitation at treating the locomotor system of patients and at the same time we promote the principle of AHIMSA by the clients with vegetarian food. We also teach students of physiotherapy in the Faculty of Health how to use yoga in the prevention and therapy of their patients.

Please accept, Respected Vishwaguruji, the assurance of my highest consideration.

Yours sincerely Juraj Čelko



To: Sri Swami Madhavananda World Peace Council, New York 2018
In Prague, 25th January 2018

THANKSGIVING MESSAGE

Dear and high respected Vishwaguru Mahamandaleshwar Paramhans Sri Swami Maheshwaranandaji,
initiator of Sri Swami Madhavananda World Peace Council,

The path of yoga helps us to recognize that peace is not possible to realise in the world unless we feel it within ourselves.

Your work on "Sri Swami Madhavananda World Peace Council" represents a unique example how to view and interact with our world to be able to create peace within ourselves. It represents a meaningful way to achieve peace in our society. This holds true for each nation and the world.

We need to eliminate fear and anger. The safe, moderate, holistic system "Yoga in Daily life" beneficial for everybody, brings benefits in global standards as a symbol of unity and serves to human peace and harmony existence.

Research related and practice-related questions applied in research area in the international community, to meet current and future challenges across the three pillars of humanistic scientific work: peace and security, development, and human rights express that yoga helps effectively and permanently in areas of health education, health support, social work and education generally. It is evident on the base of research outputs published in scientific journals, monographs and conference proceedings.

Respected International Audience of the Sri Swami Madhavananda World Peace Council, I wish you a very successful conference with warmest thanks and all best wishes!

Sincerely Yours
Milada Krejčí

Prof. PaedDr. Milada Krejčí, PhD.
Vice-president for Science and Research
Head of the Dept. of Wellness
College of PE and Sport PALESTRA
Slovačikova 400/1
197 00 PRAGUE
Czech Republic



Dr. Uma Mysorekar

President - Hindu Temple Society of North America, New York

Respected friends, brothers & sisters,

My humble salutations at the Lotus feet of the Divine cosmic Vishwaguruji. My congratulations to the organizers of WPC conference to demonstrate that yoga and meditation are important tools for world peace.

Healthy and happy life are the most important goals of everyone. Irrespective of the social economic status and occupation everyone aspires to have healthy and joyful life. It is important to know that health and happiness are interwoven with physical and mental wellbeing. It is not enough to give importance only to physical fitness as the individuals must be mentally and emotionally stable. This fact is emphasized in the ancient Indian texts and is reflected in the holistic way of life. It is also important to realize that modern medicine also recognizes that the combination of mental and emotional fitness are vital for healthy and a happy life. The Indian sages of Vedic times - the rishis had discovered the super science of yoga and thereby guided the practical ways of accomplishing total wellbeing. The rishis had devised methods to awaken the unlimited powers or potentials of human life by means of yoga. The word yoga means - union. In the spiritual context it implies the union of individual self with the absolute Eternal self. The philosophy of yoga teaches that a life when lived as per the will and the disciplines of the Supreme creator, becomes a life united with His supreme powers.

The specialty of yoga is controlling a person's psyche, body and soul. It oversees stress and nervousness and helps unwinding. It also keeps expanding Bhakti which signifies 'love of God'. Union through affection and commitment is Bhakti yoga. Yoga itself is not a religion but more like a science of life. It is an ancient physical, mental and spiritual practice, the oldest system in the world for personal development - originated in India and practiced all over the world. Yoga and meditation have been shown to influence the behavior of the whole community and cities, resulting in reduction of crimes, fewer accidents etc. They have also been proven to be successful in resolving conflicts and maintain peace.

War & violence - whether military, ideological or religious is caused by aggression between people. Changes within individuals will change the institutions that they make up. The practice of yoga will be central to the transformation of individuals who believe in peace and follow peaceful methods to resolve conflicts. Yoga has a direct benefit for practitioners and an indirect impact on non-practitioners and institutions. Yoga aims for healthy tuning of the body. The asanas help rejuvenate the physical body, pranayama (breath control exercises) elevate bio energy, help cleansing and calming the mind and chanting of the mantra helps augment inner strength.

"Asato ma sad-gamaya; tamaso ma jyotir-gamaya; mrtiyorma amrutam gamaya.
Om...shantih, shantih, shantih"

Praying for world Peace

Dr. Uma Mysorekar
President
The Hindu Temple Society of North America, NY



Mahamandaleshwar Swami Gyaneshwar Puri

Vishwaguru Deep Ashram
Jaipur

A need for the respect and harmony between nationalities, cultures and religions

India is a place where hundreds, if not thousands of cultures intersect, and Indian tolerance has been recorded through ages. Nowadays effects of globalisation are more and more obvious all over the worlds, and it is more than important to learn the secret of tolerance from India.

We, who are living in Vishwaguruji's ashrams in India are lucky to have an exposure to the various cultural influences, and we can easily witness 'the clash of West and East' almost daily. Cultural differences are sometimes big but not necessarily unbridgeable. By living in India, one can truly be aware of this and witness the miracle that Vishwaguruji can collect so many people from such a different tradition, cultures and even religions together. This is a tribute not only to him but also to the Indian Tradition. He had so skilfully used famous Indian tolerance and put it into the practice. I remember that even in the worst years of Yugoslavian civil war, all warring parties were sitting peacefully together on satsang. We can easily learn from Vishwaguruji, as his teachings are universal and can be easily implemented in various situations. Vishwaguruji created places called ashrams all over the world and planted so many peace trees for one and one purpose only, to unite us. Ashrams are like many oases in this chaotic world from where the peace and tolerance radiate in all directions. This should be our aim and desire too. We can use our homes and societies to build the more tolerant world. We should strive to accept each other as we are, does not matter from where we come. Naturally, there are always some problems, but we should learn from them, and improve ourselves. We should strive to avoid us versus them mentality.

We are one world and Yoga in Daily Life; the System is one!

Mahamandaleshwar
Swami Gyaneshwar Puri
Vishwaguru Deep Ashram
Jaipur 302019

Neill Walker

Co-Founder, Executive Secretary and Co-Director,
Edinburgh International Centre for Spirituality and Peace, EICSP



On behalf of the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC038996, www.eicsp.org, I would like to send good wishes and support for the Peace Conference on the theme of Yoga and World Peace at the UN Headquarters in New York on 7 March 2018.

The world's spiritual traditions, and their associated values, practices and processes, are key to nurturing a culture of peace and compassion in everyday life.

Hence, let the conference highlight and celebrate the potential to nurture a culture of peace and compassion and spiritual development through embodying and living out spiritual values, through utilising well-established spiritual practices, and through engaging in well-understood transformative processes.

Further, let the protection of the natural world and sustainable and healthy living be highlighted and celebrated.

Let awareness be raised about the importance of Ahimsa, non-violence and respect and compassion for all sentient beings.

Let self-awareness and self-compassion be highlighted and celebrated - taking care of ourselves can also be an act of love for others.

In particular, some key endeavours for nurturing of a culture of peace and compassion, within, in society and among nations, include:

Cultivating compassion in everyday life

Trauma resolution and healing through compassionate means

Understanding the nature of happiness, joy, fulfilment and embodiment

Moving from spiritual needs to spiritual fulfilment

Teaching empathy education and education of the heart and mind

Practising a good heart and a clear, peaceful and compassionate mind

Practising living and dying in peace and compassion

Awakening the heart and mind of humility and selflessness

Highlighting compassion as a foundation of wellbeing and as a pillar of peace

Addressing compassion and social, economic, and environmental justice and compassion and universal responsibility

Raising ethical awareness through loving, compassionate and inclusive means.

Neill Walker,
Co-Founder, Executive Secretary and Co-Director,
Edinburgh International Centre for Spirituality and Peace, EICSP,
2007-Present, Scottish Charity, SC038996. EICSP Website: www.eicsp.org

Co-Founder and Co-Director,
Edinburgh International Festival of Middle Eastern Spirituality and Peace, MESP,
2004-Present. MESP Website: www.mesp.org.uk

Co-Founder and Director,
The Middle Eastern Film Festival, MEFF, 2004-Present.

Principal Founder and Director,
Edinburgh International Centre for World Spiritualities, EICWS,
1995-2008. EICWS Website: www.eicws.org

Edinburgh International Centre for Spirituality and Peace, EICSP,
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Mahamandaleshwar Swami Jasraj Puri

Yoga in Daily Life Brisbane
Australia

Yoga - A catalyst for lasting peace

Ever since the inception of the Sri Swami Madhavanand World Peace Council, the Council, guided by the inspiration of Vishwaguru Paramhans Swami Maheshwaranand Ji Maharaj, has been a beacon to the world for peace through the practice of Yoga, meditation and selfless service to all living creatures.

Everyone longs for peace. It is a fundamental call of humanity. Beyond humanity, it is a basic desire of all living beings. Yet, at times, modern society seems to have lost connection with this basic need, leading to communities, families and individuals who are fractured, divided, unsupportive of fellow beings and, at worst, at war.

Although it may seem that the task of attaining World Peace for all is a lofty goal, the World Peace Council refuses to rest in its efforts to remind the world to wake up and "be the change you want to see." Driven by a vision to share the peace and harmony of Yoga across cultures and societies the Council brings together people of all ages, cultures and faiths through conferences, festivals and planting of peace trees.

The Swami Madhavanand World Peace Council brings spiritual leaders, dignitaries, politicians and the citizens from throughout the world together, creating a nurturing environment for active dialogue and action towards peace. However the efforts of the Council go beyond merely putting the subject on the agenda. The message of the Council is action and change through embracing the principle of Ahimsa (non violence) and Oneness through Yoga.

The historic occasion of the World Peace Conference at the United Nations in New York is a moment to reflect on the teaching of Paramhans Swami Madhavanand Ji Maharaj that is the foundation of the Council's inspiration.

"All in one and one in all".

The congregation of like minds and spirits in New York, sharing peace together and sending it out into the world, becomes an inspiration to peace of the spirit within individuals. Whilst the individual contributions of the conference speakers and delegates, together with their meditation and spiritual energy, are an inspiration shared with all.

All the members of the Yoga In Daily Life community in Australia wish the World Peace Council Conference in New York every success. We pray that, through the blessings of Vishwaguru Paramhans Swami Maheshwaranand Puri Ji Maharaj, Paramhans Swami Madhavanand Puri Ji Maharaj and all of those gracing the conference with their wisdom and love that the conference will be a catalyst for change. A change that brings peace for each and every person, their society and humanity as a whole.

Mahamandaleshwar Swami Jasraj Puri
Yoga In Daily Life Brisbane
Australia



Kapil Agarwal
SMWPC Ambassador for India



Amparo Elia Berrillo Pérez, MSC
President of the Bioethics Department
Professor at the "Facultad de Informática y de Yoga en la Vida Cotidiana (YVC)", University of Holguín, Cuba

"Yoga for World Peace"

Yoga is an important building block for transforming World into a Global Planet of Peace. It makes you child again, when there is yoga and vedanta there is no lack of impurity, ignorance and injustice.... Yoga is not a religion; it is a way of living whose aim is 'a healthy mind in a healthy body'. As we know Terrorism is raising its head in many countries and gun alone cannot control it. "In order to root it out we have to change the mindset of the people and for that yoga practice would play a significant role."

Yogic exercises recharge the body with cosmic energy and Removes negative blocks from the mind and toxins from the body and Enhances Personal power. Yoga teach us to Love and to empathize with all beings through intentional movement(asana), conscious breathing (pranayama)meditation ,satsang(community),being of service to others,and practicing and ahimsic(non-harming to all loving) lifestyle,creating a Path to Inner Peace and World Peace

The Yoga developes new ideas, new energy, and neutral background which can contribute to peace development. , one step is to make sure that national policies are religion-neutral, with no place for phrases like jihad. with the help of Yoga we made respectful and spiritual relationship between all beings on the earth and we need to take it to the doorstep of everyone and free the world of misery. As my beloved Gurudev H.H.Vishavguru Swami Maheshwaranand ji has said , we must not only understand and respect one another , we must welcome each other . That enhancement of a noble , but passive, quality into one that is active ,inclusive and participatory is at core of an inner peace which , while secure in its calm , is energetic in its promise .

Finally, dear Parliamentarians and Leaders, I am sure that with World as a big laboratory, your experience is very extensive and it is only a question of using it with commitment to peace development. We must ensure that 21st century should be a century of tolerance and peace, led by the Yoga and youth. Every inhabitant of this planet should think "wherever I go, peace is with me, because without peace there is no me."



Yoga en la Vida Cotidiana Cuba

In 2005 the Yoga in Daily Life arrived at Holguín, Cuba through Sadhvi Yamuna Puri, a disciples of HH Vishwaguruji.

In 2006, with my assistance YIDL was incorporated at the University of Holguín. We greatly value the principles of how yoga works with mental, spiritual and social wellbeing, areas that are important for the intellectual development of the university students.

With time, great results have been seen in the implementation of practicing Yoga. It has allowed the graduation of students with optimal results, regardless of their initial academic standing. Today, we focus on the yoga health practice with students that present challenges performing sports activities, this has been highly valued for its impact in their quality of life.

This work continues and is ascending, it has been extended to the other university faculties, while being recognized for its grand humanitarian value reaching various age groups, including the elderly and other communities outside the university.

Amparo Elia Berrillo Pérez, MSC

President of the Bioethics Department
Professor at the "Facultad de Informática y de Yoga en la Vida Cotidiana (YVC)"
University of Holguín, Cuba



Jana Long

Founder, Power of One Yoga Center, Baltimore, MD
Executive Director, Black Yoga Teachers Alliance, Inc.

"I am Everyday People." This line comes from a song by the 70s group Sly and the Family Stone. They were the first major American rock group to have a racially integrated male and female lineup.

Everywhere in world, there are everyday people who desire to live together in peace with one another, but it seems this simple desire is becoming more elusive.

The cacophony of voices coming from numerous sources can drown out the gentle whisper of our inner voice. If we are not mindful we might get swept away and lost. We are encouraged to externally seek our happiness and contentment through the pursuit of material possessions, but we are never satisfied.

In my work to offer yoga for peace, I bring focus to the contemplative aspects of yoga to people who often think yoga is a solely a form of physical fitness. When they are exposed to the fullness of yoga and how easily it can be integrated into daily living, they take full possession of it, allowing its benefits to permeate all aspects of their lives. They lose fear and embrace Spirit, they begin to look at the thoughts they hold in Mind and they take better care of the Body.

The Black Yoga Teachers Alliance is a non-profit organization that I co-founded in 2014, along my friend and fellow yoga teacher, Maya Breuer. Our mission is to support the educational and professional development of black yoga teachers, and to elevate our presence and voices in how yoga is defined and practiced in the United States.

We launched "Yoga As A Peace Practice" as our first national initiative in 2016. We have been organizing and seeking funds to move this effort forward into communities where violence has become commonplace for the people who live there. We train yoga teachers, community leaders, and everyday people in a curriculum based on universal tenets found in yogic philosophy to facilitate and share the deeper aspects of yoga to promote healing from violence and to create a peaceful and balanced life.

Yoga opens our eyes and egos to acceptance, accommodation and adjustments. There are "different strokes, for different folks," as the song goes, but "we've got to live together."

Jana Long

Founder, Power of One Yoga Center, Baltimore, MD
Executive Director, Black Yoga Teachers Alliance, Inc.



Clarke Peters

American actor, singer, writer and director

The world is a mess. People are hungry, angry, sad, and afraid. Everywhere people are looking for peace. Yet people don't know what peace is. It's hard to ask for something that you are unfamiliar with. Peace cannot be brought about by referendum or bought off the shelf at your local grocery store. Peace has got to be experienced by the individual. Peace takes time and effort. One method of experiencing and enjoying peace is to meditate in silence. Once an individual experiences Peace and becomes familiar with it, it can then be brought into the world. The practice of yoga and the habit of prayer, regardless of religion, will help to bring peace to the world. I support any initiative that promotes methods of achieving inner peace and ultimately world peace.

YIDL Vienna

Yoga in Daily Life Vienna. Austria



International Sri Deep Madhavananda Ashram Gesellschaft »Yoga im täglichen Leben«

To Sri Swami Madhavananda World Peace Council on the occasion of the World Peace Council Conference at Vienna International Center on 2nd October 2015

Yoga in Daily Life societies from Austria are wishing the SMWPC and its President Vishwaguru Paramhans Swami Maheshwarananda much success to this international conference on "Yoga - A Path to Non-Violence and World Peace".

Swami Maheshwarananda, founder of the World Peace Council (SMWPC) and the System of Yoga in Daily Life devoted his life to bring the divine message of Paramguru Sri Deep Narayan Mahaprabhuji to all of us. It is the message of peace, love, light, harmony, non-violence, understanding and tolerance. This message began to radiate from the International Sri Deep Madhavananda Ashram in Vienna to the whole world and the eternal light which is dedicated to Bhagwan Sri Deep Narayan Mahaprabhuji has burnt constantly since that time.

Through his efforts we had the blessed opportunity to meet his divine Master, His Holiness Hindu Dharmasamrat Paramhans Sri Swami Madhavananda Puriji not just in India but also several times in Vienna. Some of his precious words about peace:

„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“.

The foundation of the Sri Swami Madhavananda World Peace Council is an instrument to bring into realization the messages of Mahatma Gandhiji „Be the Change you want to see“ and Sri Swami Madhavanandaji „One in All and All in One“ in order to achieve unity and peace.

„We shall spread the message of peace from door to door. May these seeds germinate into an enormous tree that extends its branches of spirituality, justice, peace, tolerance, love, understanding and forgiveness across our whole globe.“ *Vishwaguruji*

Vishwaguruji and SMWPC are observing the annual Day of Peace and planted several Peace Trees in Vienna, which are transmitting through each of their branches and leaves the blessings and the message of peace that can be felt by everyone who passes by .

Vishwaguruji's message of universal love, tolerance and peace has awakened our consciousness and opened our hearts to follow the principles of Ahimsa – non violence towards humans and animals. These words of love lead tens of thousands worldwide to a vegetarian life style.

The System of *Yoga in Daily Life* offers us physical, mental, social and emotional health. This master system rooted in the authentic tradition of classical yoga and is designed to meet the needs of modern lives.

By practicing the System people all over the world have improved their physical and mental health, found harmony within themselves and in their society and became more aware of the importance to protect the whole environment and all living beings.

We would like to express our thankfulness to Vishwaguruji for his loving care and guidance which have open our hearts and awaken our desire for self-realization, charity and peace.

*The Board of Sri Swami Madhavananda Ashram
and all students of Yoga in Daily Life in Vienna and Austria*



Claudia Matejovský

Director of Ayurveda Academy of Yoga in Daily Life, Vienna



Muktamani - Claudia Matejovský
www.AyurvedaAcademy.org
www.sattva.at

Peace and the Individual

Ayurveda and Yoga both provide directions for a way of leading one's life to achieve and maintain a supreme quality of physical, mental, spiritual and social health. Finding out who we really are is the true purpose of Yoga.

Ayurveda is a complete science of life and not only a form of medicine for the prevention and treatment of diseases. The uniqueness of Ayurveda is that it gives equal importance to both, physical health and mental health. It is the science, which deals with the Hitayu (useful things of life), Ahitayu (harmful things of life), Sukhayu (happy life) and Asukhayu (unhappy life). It also gives guidelines for what is beneficial and harmful to life and describes the Ayu Mana (span of life).

The scope of Ayurveda is to cure those who are affected with disease and to maintain the health of the healthy. For the maintenance of physical and mental health, Ayurveda can provide a daily routine (Dinacharya), a seasonal routine (Ritucharya), a balanced diet, suggests elimination of natural urges at appropriate time, gives rules about sleep and rules about celibacy, suggests regular use of rejuvenation treatments, aphrodisiac treatment, gives guidelines about following ethical conduct and controlling emotional urges like anger, fear, greed.

The mind is a very important tool in our being and needs a lot of attention. Only when the mind, the senses, and the soul (self) are truly connected one can attain knowledge. But when the mind is absent, one cannot grasp the subject.

Primarily the mind is situated in the heart and secondly in the brain. The functions of the mind are to have control over the senses and to have control over oneself. The process is as follows. First of all the perceived object is distinguished by the sense organs along with the mind. Then the mind analyses it in forms of merits or demerits and forwards it to Buddhi (Intellect), which produces decisive knowledge by which one proceeds to speak or to do something with full knowledge.

Sattva, Raja and Tama are the qualities of the mind and also from food. They are present in everybody and are concerned with intelligence. The quality Sattva is considered to be pure and not having any bad effect whereas the other two are responsible for negative effects when they become increased above the specific limit.

This quality stands for a steady pure mind, capable of taking decisions after careful thinking, hard working yet it does not tire, has a great degree of self control, a clear intellect and is spiritual by nature.

When we observe and realize in practice four points in our daily life *acara* (how we should behave), *vicara* (what we should think), *ahara* (what we should eat), *vihara* (with whom we are keeping company) and practice these aspects under the principle of Sattva, we can live a happy, healthy and spiritual life.

We can change our consciousness and turn from ignorance and greed to awareness, humbleness, contentment, compassion, alertness and responsibility towards ourselves, our fellow men, animals, the nature and the whole creation.

„A man of understanding acts with mind and intelligence; gives up all sense of proprietorship over his possessions and acts only for bare necessities of life; thus working he is not affected by painful reactions.“

Bhagavadgita, verse 21, chapter 4



Mag. Brigitte Zehetner
Highschool Teacher

"Yoga in Daily Life" – For Stress-Relief and More

In our modern time, people are meeting so many demands of life, and often there is a lot of worry in their heads, so they can easily get stressed out. In this way, chronic stress often develops and leads to serious health problems.

When you realize that stress is a real disruption to your life, think about stress management, think of anti-stress techniques. One of the best methods is yoga.

There is the holistic and scientific system of His Holiness Vishwaguruji Paramhans Swami Maheshwarananda "Yoga in Daily Life", a world-renowned system for the harmony of body, mind and soul. It is a perfect anti-stress system, a systematic method from level 1 to 8 - truly a system for all and for every day. By practicing "Yoga in Daily Life," we learn to trust ourselves, our Master, and God. This trust is a tremendous help against stress and leads to inner peace.

The very effective methods of "Yoga in Daily Life" are:
Relaxation with different relaxation techniques. One of them is Yoga Nidra, the "sleep of a yogi", which has a very harmonizing and healing effect on all levels of our being.
Asanas, yoga postures. They are psychosomatic exercises. The focus of the practitioner is not only on the body but also on the mind and breathing. They help to lose the tense muscles in the body. The areas of the body that tend to be the most stressful are the neck, shoulders and back.
Pranayamas, breathing exercises. They calm the nerves and thoughts. In this way, they reduce all kinds of fears, which is fundamental to improving our physical health and mental clarity. It says, "Take a deep breath and calm down."
Meditation helps to deepen the understanding of the forces of life. We can also use it to reduce stress. It can wipe away the stress of the day and lead to inner peace. It brings positive thinking and a positive attitude to life. After prolonged practice, along with mantra and prayer, it leads to the awakening of consciousness.

As a high school teacher and yoga teacher, I personally learned that the "Yoga in Daily Life" system is a perfect anti-stress method for children, students and teachers. In Vienna, Austria, I offered yoga seminars for teachers and yoga classes for children and students for years. I have indeed received wonderful and positive feedback.

Do not wait until stress and inner conflicts affect your health and quality of life!
Let's start today with Yoga in Daily Life!

"Yoga in Daily Life" is not only the best way to relax, it's much more! For example, it teaches the highest ethical principle: Ahimsa (not to hurt). It should be our duty to protect our world and to create harmony between humans, and between humans and nature so that there will be no more stress anywhere, no wars, no torture of animals, no inhuman working conditions, no drug abuse, etc.

What our world needs now is the practical application of the spiritual and ethical principles of "Yoga in Daily Life"! Let's work together and do our best!

I want to express to my spiritual master Vishwaguruji my highest adoration and greatest gratitude for his continuous and tireless work for humanity and for the whole planet.

Rukmani – Mag. Brigitte Zehetner
Certified yoga teacher of the system "Yoga in Daily Life"
Board member of Int. Sri Deep Madhavananda Ashram – Yoga in Daily Life Society, Vienna, Austria



Harriet Bucher
Physiotherapist

Yoga in Daily Life - the Way to Health with the Goal of Peace

„Health is not everything, but without health everything is nothing“.
Paracelsus

The World Health Organization defines health as a state of complete physical, mental and social well-being and not the mere absence of disease or infirmity. Remarkable about this definition is probably the holistic approach, critics however find the high claim of that statement too hard to be attained.

And what says Vishwaguruji, founder of Yoga in Daily Life to this topic?
The system Yoga in Daily Life leads through its comprehensive techniques of relaxation, breathing, dynamical exercises and postures, concentration and meditation to physical, emotional, psychological and mental equilibrium and this balance means health. In addition, the exercises achieve self-knowledge and thus awakens in us a most long awaited inner peace.

Thus, the claim of Yoga in Daily Life regarding health is no less high than that of the World Health Organization. The invaluable big advantage, however, is that Yoga in Daily Life defines not only the target, but its systematic structure shows also a clear path to that goal.

Each disease is a disorder of balance on one or on several levels of our being. Because the exercises of Yoga in Daily Life have a very wide range of holistic effect, I like to use it not only for myself but also for my patients in physical therapy. A sore back, tense shoulders, a stiff knee, weakened legs or breathing disorders - all these are examples for signs of an imbalance on physical, mental, or emotional level that lead to a disturbance of peace.

The exercises of Yoga in Daily Life strengthen the muscles, stabilize the joints, improve the posture and strengthen the willpower. They train the ability to coordinate and balance and promote self-confidence. They lead to a good extensibility of the muscles and restore its original length, elasticity of shortened muscles is the result.

Tension and relax, hold and release, this leads to a pleasant and healthy tension state. Thereby life energy (prana) is released, the chakras are activated and breathing again begins to flow freely, deeply and naturally. This has a positive impact on all body functions, as well as on the nervous system. The parasympathetic nervous system can meet again sufficiently its relaxing function and also the sympathetic nervous system can fulfil its activating task according to the current requirements.

Pranayamas, yoga breathing techniques, can significantly support this balancing effect on the vegetative nervous system. Prana begins to flow freely, physical, emotional and spiritual blockages dissolve, thoughts are calming down, the desire to meditate often arise by itself ... and than the inner peace within oneself begins to grow.

And this is certainly the reason why patients, students or yoga-practitioners often say after a yoga session of Yoga in Daily Life: "I feel like a new person". Therefore, I would like to thank Vishwaguruji in my own name and in the name of all my patients and yoga-practitioners for this wonderful system. May it bring health and peace to many people and thereby contribute to world peace - as Vishwaguruji says: "World peace begins with the own inner peace".

Harriet Bucher (Hemlata)
Certified yoga instructor of the system Yoga in Daily Life
Lecturer at the FH Campus Wien, University of Health and Science
Physiotherapist in private practice



Mahamandaleshwar Swami Vivek Puri

President of Yoga in Daily Life Croatia
and Hindu religious society of Croatia

The peace conferences and similar events raise our awareness and motivate us to start the change and endure on the path of change. The more people start with their first steps towards true nature, true dharma of human, the sooner the world will be a better place not only for humans, but for the all living beings.

The whole world agrees that peace is not an option but a necessity for the survival of mankind. The only question is how to achieve this.

Humans are social beings. The scientists have proven that an addict impacts his environment in a negative way destroying the life of minimum three other persons besides their own lives. In the same way self-realized persons who have reached the state of inner peace and inner happiness impacts their environment influencing the lives of others in a positive way, bringing harmony and peace.

Yoga offers us tools and techniques to attain that genuine state of capacity for compassion, peace, understanding and unconditional love. Teaching of Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwaranandaji provides us with practical tools for reaching the state of inner peace and happiness in daily life and consequently for becoming a better humans.

The answer is clear: Only the one who attained inner peace can make a real contribution towards the world peace.

Mahamandaleshwar Swami Vivek Puri
President of Yoga in Daily Life Croatia and Hindu religious society of Croatia



Mladen Zlamalik

Croatiana Indian Friendship Society

Your Holiness Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda,
Honorable Participants of Sri Madhavananda World Peace Council Conference,

On behalf of Croatian Indian Friendship Society, as well as a member of Croatian Yoga-in-Daily-Life organization, let me wish the noble assembly successful work and express the hope that the Conference issues would contribute to the universal peace movement.

I also wish a lot of success to His Holiness Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda, the creator of the worldly renowned System "Yoga in Daily Life", in his fully committed and the hardest work on permanent implementation of humanistic principles, on keeping the environment protected as well as on reaching personal ethics, all in order to contribute to establish the peace, tolerance and mutual understanding in the world.

With respect to the Conference topics on Yoga, world peace and nonviolence, let me remind that we, the "System of Yoga in Daily Life", have incorporated in all international activities, the working on and contribution to the world peace. The same goals are supported by Croatian Indian Friendship Society.

I had the honor to represent and read the message to the first Sri Madhavananda World Peace Summit in Vienna, written by one of the greatest Croatian humanist and internationally respected peacemaker, professor Ivan Supek. He is not with us anymore, and my country Croatia unfortunately has not born yet such a great thinker and soul, as he was. But we have inherited his thoughts and messages, complying to the issues of this Conference. Fifteen years old materials of the former conferences contain also the following message to the World community:

" The only bright light we can see is humanism developed from a moral philosophy into a world peace movement. Unless people from all continents realize and accept their unity, blind antagonisms, hatred and greed will change this beautiful Earth into a dead planet!"

Do we have anything to add? Which path has been chosen to be followed by the humanity today?

We are strongly determined to follow the path of terminal elimination of antagonisms, hatred and greed; yoga as well as particularly the scientific "System of Yoga in Daily Life" as a way of living, gives us the path-sign and instruments to achieve it. That's the greatest blessing we have received from the founder of the system, His Holiness Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda!

It is a long way to go, it may even last the whole life and even more, but the peace has to be universally imposed.

Zagreb, 14th September 2015

On behalf of Croatian Indian Friendship Society, Zagreb
President
Mladen Zlamalik

Yoga in Daily Life

Croatia



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Sklad tijela, uma i duše

On the occasion of World Peace Council Conference 2018 in New York, we would like to share with you our thoughts and activities in striving for peaceful, non-violent world.

The System Yoga in Daily Life, brought to Croatia by Vishwaguru Mahamandaleshwar Paramhans Sri Swami Maheshwarananda - Vishwaguruji is bringing divine light of Yoga and its message of peace and tolerance to thousands of Croatians for almost 4 decades now.

We are proud to say that the Vishwaguruji's great initiative "Prayers for World Peace" started in Croatia with the first prayer by the seaside of the Adriatic Coast in beautiful city of Umag in 2001. From Croatia, international peace prayer events spread all over the world.

We remember also the big International World Peace Summit, first of that kind in Croatia, which took place in Zagreb in 2005 under Vishwaguruji's guidance. It was held in the capital's largest conference hall, Vatroslav Lisinski and more than 30 speakers from all over Europe, the USA, Canada, Australia, New Zealand and India spoke on topics of multi-religion and multi-culture, peace, education, the environment and water protection, ecology and sustainable development.

On 2 October 2010 one day conference 'Day of Non-Violence for World Peace' took place again in Umag. Thousands of people from all over Croatia as well as from other European countries and representatives of USA, Australia and India, accepted the invitation and came to Umag to reinforce the idea of peace, tolerance and non-violence as the only viable future for mankind. Participants from more than 200 countries around the world joined the event through the webcast that day.

Vishwaguruji with his life is endless inspiration for all our work and activities promoting health, charity and peace and following his example we developed several social programs for the people in Croatia.

To convert words, prayers and positive decisions into action, beside planting Peace Trees in many Croatian cities, we plant more than five hundred young wild fruit trees in Kopački rit, Croatian nature park and several thousands of young trees in Croatian forests. Each and every Peace tree is standing for peace, reminding us, encouraging us to stand for tolerance, humanity and peace.

We live in hard times. But at the same time, we have a great opportunity to work for peace, spiritual progress and true achievement in our lives. Let's not miss this God-given opportunity.

Yoga in Daily Life Croatia



Swami Anand Puri

Yoga in Daily Life
Zagreb

We all share desire is to live happy, healthy and meaningful life in a world of peace and non-violence. In the same time, we know very well that it is not enough just to have a desire to make it really happen. Not knowing how to achieve such future, we simply give up on it, and that is the main problem of mankind.

Yoga, traditional authentic yoga which came to us unchanged and clear through the great teachers of today like Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwaranandaji, gives the answer to the question what we can do for our self, people around us, and with this, for the world peace.

Each trip begins with the first step, likewise the world peace and non-violence society starts with the realization of peace and non-violence within ourselves. System Yoga in Daily Life gives us just that, perfect, complete tool, techniques of yoga so we can achieve that goal.

Our true human duty is to come to self-realization through personal development and realization and, let's not forget, to teach others how to do the same and how to transfer that knowledge further.

I am sure, with every peace conference, with every new tree that Yoga in Daily Life plant for peace around the world, awareness begin to grow within all people who participate, not just awareness of the need for peace, because it is clear to everyone, but awareness that such a future is possible.

Swami Anand Puri
Yoga in Daily Life Zagreb

Yoga in Daily Life Rijeka



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OIB: 11713016305. IBAN HR5823600001102107603

'Yoga in Daily Life' in Rijeka Healthy City Project

The Healthy City Programme is implemented in all six regions of the World Health Organisation (WHO) including the European Region. The general goal of this global movement is to encourage and commit local authorities to improving health. Over 1,200 cities and towns from more than 30 countries are linked through national, regional, and other networks, while more advanced cities also through the WHO European Healthy Cities Network.

Rijeka joined the European Healthy Cities Network in its third phase, which took place from 1998 to 2002. Joining the WHO European Healthy Cities Network, marked the beginning of a direct communication with the World Health Organisation, the cities included in the European Healthy Cities Network, and the promotion of innovations and changes in health policies at local level.

The activities of the project "Rijeka – Healthy City" additionally intensified in Phase IV which started in 2003 and lasted by the end of 2008. The priority topics of this phase included the promotion of healthy ageing, healthy urban development planning, physical activities and active life and the introduction of a method to assess the impact of different programs, projects and initiatives on the health of citizens.

From 2013, Yoga in Daily Life and its program for elderly people (age 50+) have been included in Phase V, which continues to promote activities relating to healthy ageing. Since then, thousands of participants have been involved in doing yoga according to the system Yoga in Daily Life.

The program has been very successful. Each year participants fill out an evaluation form about the level of improvement of their physical and mental health. Results show that many people have improved their overall health and were able to reduce stress. Additionally, they have noticed increased mobility and particularly joint mobility.

Since 2015, hundreds of students of Rijeka University have been doing yoga through the project Rijeka - Healthy City. Students, the population under great stress and lacking physical activity, recognized many benefits of yoga. For instance, they found that yoga improved their ability to deal with stress and their physical condition/level of fitness.

Society 'Yoga in Daily Life' Rijeka
Croatia

MUDR. Richard Pacola

Sri Swami Madhavananda World Peace Council

Ladies and getlmens,

allowed me very thank to Swamji's system YOGA IN DAILY LIFE. I very often use yoga technics during my practice as doctor medicine – specialist of diseases of ear, nose and throat -OTORHINOLARYGOLOGY .

Every patient must clean their nose with saline solution after nose and sinus surgery . This procedure is known as NETI in yoga.

If nose ventilation is not good, many patients can have problem with hearing. After medicine or surgery treatment and when ventilation is better I recommend them breathing exercises. These procedures are known as PRANAYAMAS in yoga .

From year to year more and more patients are feeling tinnitus. Stress , junk food, smoking and bad lifestyle cause this problem, therefore yoga is ideal solution with VEGETARIAN FOOD, RELAX and physical exercises -ASANAS.

I wish Višvagurudžī mahāmandalēšvar paramhans śri svāmi Mahēšvarānanda good health, a lot of success and God blessing.

Yours sincerely

MUDR.Richard Pacola

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Sadhvi Parvati

on behalf of the Czech Yoga in Daily Life



Harmonie těla, mysl a duše

Vishwaguruji has been visiting our country regularly for nearly 50 years now. The original, small group of disciples and yoga practitioners grew quickly, and now thousands of people attend Yoga In Daily Life classes, which are held all over the country, and ten of thousands more practice at home. The Yoga In Daily Life system is not practiced only at specialized yoga centres, but also at schools and universities, as well as in many healthcare institutions (hospitals, spas, physical therapy centres), assisted living homes, etc.

We have really appreciated that Vishwaguruji was coming to teach yoga to Czechoslovakia in the difficult communist period too. This was also officially acknowledged by the late Czechoslovak and Czech President Václav Havel.

Over the years, Vishwaguruji has led many seminars, lectured at many locations, and met with many people. In this way thousands — perhaps even millions — of people have found help and inspiration. Vishwaguruji passes on to us the teachings of the Vedas — the ancient wisdom of our predecessors — in a way that enables us to apply those teachings in our daily lives, so we can lead a happy life and be of value, that we can "think healthy, eat healthy, and live healthy". The uniqueness of the Yoga In Daily Life system lies in the fact that it encompasses and nurtures the practitioner's entire being.

Vishwaguruji inspires people to form happy, harmonious and stable families to raise their children to be healthy, happy and wise.

He teaches tolerance and mutual understanding among people, and leads them to knowledge of their self — and thereby to understanding of others as well. He has initiated a number of inter-religious dialogues, which have been attended by representatives of the world's foremost religions, as well as peace conferences, children and youth conferences, world peace prayers, plantings of Peace Trees, etc.

Thanks to Vishwaguruji, we have the opportunity to take part in many successful humanitarian projects, both in our country and in India. Among other things, Yoga In Daily Life centers help to create and maintain a healthy living environment by planting trees. So far, nearly 20,000 trees have been planted in the Czech Republic in cooperation with local authorities.

I don't know anyone who has helped individuals and the world as much, and who has so fully dedicated his life to others, as he has.

The Yoga In Daily Life system is a blessing for all. Back when I was studying developmental disabilities, I practiced according to this system with blind and visually impaired teenagers. After consultations with an ophthalmologist and with some minor adjustments, the system proved to be of great benefit to them. They appreciated how it takes them safely and systematically, from simple exercises to more challenging ones, in a way that enables them to easily follow and perceive their progress. The health condition of all participants improved, as did their self-confidence and independence, and practicing the system brought them much joy. When I practiced with blind and visually impaired children, my experience was similar. During an internship I also practiced with mentally handicapped preschool-aged children, who always eagerly anticipated their yoga practice, and they even started practicing occasionally during their spare time. I saw similar, excellent results when I practiced with children with learning disabilities. I also practiced with seniors, who appreciated in particular the depth and simplicity of the exercises, and the great benefits of yoga relaxation and breathing exercises.

The Yoga In Daily Life system also encompasses the area of spirituality. In Vishwaguruji we have a self-realized Master who guides us safely to self-realization in the deepest sense of the term.

On behalf of the Czech Yoga In Daily Life

Sadhvi Parvati

Czech Union Yoga in Daily Life
www.ina.cz

Oldrich Frybort

Chairman of the Czech Association of Yoga in Daily Life
Teachers Committee



Harmonie těla, mysl a duše

Since ancient times man seeks, and indeed every living being, a happy and healthy life. At the same time every living creature tries to avoid the danger that threatens their life and health.

One of the personalities who have dedicated their life to helping others to live in peace, health and happiness, is the spiritual master and Yogi Paramhans Swami Maheshwarananda. He helps people to understand and accept themselves and others; he leads them to be able to feel and to relieve the pain and suffering of others, to understand what is the meaning of life. His humanitarian sentiment manifests in organizing peace conferences, yoga seminars, interfaith dialogues and prayers aimed at promoting respect for life, peace, protection of nature and environment, tolerance between people, nations and faiths, the importance of positive thinking and lifestyle.

Swami Maheshwarananda came with this mission to Europe in the early seventies of the last century. When he met with the lifestyle, the health and the skills of Europeans, he decided to develop a system of exercises and techniques based on ancient teachings of yoga to help people rediscover the path to a better physical, mental, social and spiritual health.

He called this extensive and comprehensive system The System Yoga in Daily Life, which, as its name suggests, allows a person to use the wealth of yoga in daily life. Using the body, breathing, concentration and meditation exercises not only enhances a person's health, but also increases more understanding of their surroundings and the person is kinder to all beings.

The System Yoga in Daily Life originated with the cooperation of many physicians, physical therapists, physiotherapists and other specialists. It is suitable for everyone regardless of age, gender, colour or religion; it is appreciated by both healthy and ill people.

Authenticity and originality of this teaching is guaranteed by Swami Maheshwarananda being a direct descendant of an ancient line of spiritual masters, bringing teaching in its original undistorted form to the world. In the same way it is passed on further by Yoga in Daily Life instructors. In the Czech Republic, as in other countries where the Yoga in Daily Life is practiced, there is a very responsible and demanding preparation of instructors. Future instructors are trained according to the requirements of the International Fellowship, where they receive the International Certificate of YIDL Trainer, as well as by the Czech legislative rules on courses of instructors for the third, eventually second and first level. In both cases, extensive theoretical and practical knowledge is required, important for the very professional and responsible work of a trainer with the public in general or special courses of Yoga in Daily Life, e.g. for children, the elderly, pregnant women, the physically or mentally disabled, diabetics, exercise against back pain or joint pain, and so on. Czech instructors also undergo regular refresher workshops that ensure their continued high standard of professional qualifications.

There are over five hundred Yoga in Daily Life courses in the Czech Republic and nearly seven thousand practitioners attend them. They find the path to peace of mind and personal development; they discover and develop their talents and true human qualities.

The System Yoga in Daily Life is one of the ways to sustainable development of life on the planet Earth. It improves the quality of human life; it allows them to develop in all areas to achieve the highest levels of consciousness and knowledge. Thanks to more than forty years of the tireless and self-sacrificing work of Swami Maheshwarananda and of all organizers, instructors and many others, this system is also increasingly appreciated worldwide by important figures in all possible fields of human activity.

We thank you.

Oldřich Frybort, chairman of the Czech Association of Yoga in Daily Life Teachers Committee

Český svaz jóga v denním životě, Zámecká 202, 768 04 Střílky | Czech Union Yoga in Daily Life, Zámecká 202, 768 04 Střílky | www.joga.cz



Pavel Klimes

Teacher of YDL system

Yoga, Children and World Peace.

"If we are to reach real peace in this world and if we are to carry on a real war against war, we shall have to begin with children. Children are our future and their proper education will get the desired results."

Mahatma Gandhi

In recent times, it becomes more evident that exercises from Yoga in Daily Life system can be very well applied in up-bringing and education of children. This fact was brought to the attention already by Paramhans Swami Maheshwarananda, author of this system, in his lectures in former Czechoslovakia more than 25 years ago. However, journey of yoga to schools has not been without problems until today, in spite of its generally recognized excellent benefits for human health. There is some worry behind this situation, that integration of yoga into school activities might endanger Eastern culture based on Christian traditions, as well as religious neutrality of schools. For the sake of health and peaceful co-existence of mankind, these worries should disappear if we sufficiently and clearly explain what yoga really is. It must be understood that Eastern and Western culture can learn and benefit from each other without threatening each other.

Basic principle of yoga is ahimsa, which means non-violence. Its power was demonstrated to the whole world by Mahatma Gandhi who led India to break free from British colonial rule on the strength of a non-violent movement. Real and sustainable peace can be achieved only by teaching tolerance and understanding, respecting diversities of interests and opinions on way of life among various nations, cultures and religions. Education for humanity and non-violence should have superiority over all religions in the whole world. Guruvakya from above mentioned Swami Maheshwarananda could be great inspiration on our path to peace.

"World peace must be supported by each of us. If we want to bring peace to the world, we must first establish peace within ourselves."

Paramhans Swami Maheshwarananda

Yoga can help us, if understood and practiced correctly, because especially spiritual exercises lead to creation of inner peace. However, many of those who are practicing yoga, can more easily master sirsasana, raja (royal) yoga posture, than achieve inner peace and tranquillity. But even if all people in the world stand on their heads, it would not be enough to achieve peace. Peace and nonviolence must be educated, already from childhood. And education for health and environmental protection is also important. A lot of inspiration for such education can be found exactly in YDL system.

Swami Maheshwarananda's call for introducing yoga in education of children at schools is being slowly but surely fulfilled, at least in the Czech Republic. We are pleased to emphasise that mostly it is attributable to United Nations which in 2014 proclaimed 21 June as the International Day of Yoga in response to the proposal of India. This date is very close to the end of school year in the Czech Republic. Within a few academic years, some schools succeeded to get people interested in yoga exercises with children to such an extent that the International Day of Yoga was celebrated at these schools by hundreds of children lead either by YDL teachers or, which is particularly valuable, directly by their class teachers, who has already learned to use guidelines for teaching yoga for kids in regular classes.

Presence of invited representatives from the Embassy of India in these festivities has been proved to be a high motivation during the training for IDY. Therefore, I would like to propose for the Peace Summit organised in UN headquarters to express our thanks to the Government of India for their initiative in establishing IDY and to encourage UN to support the efforts in implementing yoga teaching at schools.

In 2014 on the occasion when IDY was established, UN General Assembly claimed that using yoga in its authentic form has a big potential to help achieving UN development goals. One of the main UN goals is to establish world peace, co-operation and mutual assistance of all countries in the world. Based on my own life experiences, I am sure that applying Yoga in Daily Life system, together with ideas of its author Swami Maheshwarananda can significantly contribute to the achievement of these goals. And each of us can make such contribution. If only to follow Mahatma Gandhi's challenge:

„Be the change that you wish to see in the world.”

Pavel Klimes Mohanpuri – Teacher of YDL system

Jana Kazmirská

B.A., Nursery School Director, Ostrava - Plesná, Publicly Funded Organization

Yoga - a way to create your own island of safety

I have been doing yoga for 30 years. I practice the Yoga in Daily Life system every day and it has helped me go through difficult times as well as overcoming very difficult life situations. I believe Yoga is for me the best way to solve all the problems. It may seem unbelievable but when you look at the world from the Yoga in Daily Life perspective, you can embrace it with fun, humor and kindness but you will also realize there is a belief in hope, self-confidence or a state we call "flow".

As a preschool teacher, I daily encounter some kind of worldly injustice from the earliest age. Children often say, "He took my toy!", "She did not lend me ...", "He destroyed my jigsaw puzzle!", "She does not want to play with me!", "He said that ...", "She did not wash her hands ...", "He pushed me!" These and similar sentences I hear every day, children have been using them constantly since they have learnt to talk. If children have a problem, they want to let us know about it. We create different patterns of resolving conflicts which are adopted by children. It depends entirely on us how we choose to solve these seemingly banal situations. Every culture, religion, tradition, individual nature of a parent or a teacher provide children with different codes to cope with problematic situations which help early years children learn life attitudes and psychological skills to deal with inconvenient, unfair and disturbing situations. The Yoga in Daily Life system created by Vishwaguru Paramhans Swami Maheshwarananda has taught me to handle these situations not only through understanding, forgiveness, love and kindness with insight and humour, but also with a sense of justice, responsibility and discipline. Everyone since early childhood has been affected by ideals - personalities and people who have what we lack and it motivates us to develop such skills so that we could acquire any of these ideals. Children naturally need to know and experience wisdom, truth, kindness, humour, justice and discipline on a daily basis. Nowadays they are often confused by traffic problems, advertisements, haste, anxiety and aggression, which is not their natural environment. They need to feel peace, kindness, contentment and harmony in their own environment. Why are children today very dependent on daily rituals? Because these are their psychic pillars, which help them hold their world together and the observance of these rituals enables them to overcome feelings of fear, uncertainty, anxiety, sadness or even depression.

If adults, whether parents, grandparents, teachers or nannies are able to create a kind environment with pleasant, true and logical rituals and daily routines, they will help children feel comfortable and safe. People practicing yoga according to the Yoga in Daily Life system can naturally create a relaxing atmosphere both in families, at workplaces and in yoga classes, where the psychic harmonization automatically takes place. The Yoga in Daily Life system will help everybody create a harmonious environment for life, improve physical health, manage mental stress and find an inner island of peace within themselves, and thus create a better world around us.



Sita Rojova

Czech Republic, Prachatice

Yoga and its benefits

My name is Sita Rojova and the greatest passions in my life are yoga and literature. Thinking about yoga and the ways, how best to express its benefits, fills me with great joy and happiness.

However, now comes the question, how could possibly someone with my level of consciousness cover such an amazingly broad topic, reaching beyond common level of understanding.

The subject of "Yoga" itself fills me with sacred respect and immense humbleness. Let's look together at the definition extract which in 2014 premier of India, Narendra Modiji, introduced yoga by on the grounds of UN. He called yoga an invaluable gift, the inheritance of ancient India, including the unity of body and mind, thoughts and actions. He introduced yoga as a harmony between humanity and nature and he described yoga as a holistic approach towards health and mental wellbeing. He emphasized that yoga is not only exercise, but revelation of unity with yourself, with the world and nature. Another definition states, that yoga expresses unity of the individual consciousness with universal consciousness, with the highest consciousness, with God. I find it important to stress here, that in the context with the previous statement we are only on the way to understand yoga, each successful step on this path I however accept as a real treasure of the main meaning of my life. I am therefore thrilled to accept the challenge to express my experience with yoga so far.

Yoga penetrates all that we encounter every day. Yoga offers its techniques for everyone every moment of the day, yoga can become a faithful companion and the best friend. In the morning in the first moments after waking, yoga can fill your mind with spiritual energy of ancient mantras, prayers and hope that new day will bring opportunity for examining the self and realization of yoga principles in practice. Part of the morning hygiene can become powerful yoga purifying techniques that brings health as well as spiritual benefits. Afterwards yoga participant can dive into the practice of yoga asanas – positions and pranayama – breathing techniques, gaining vast amount of positive and rejuvenating energy and many other health benefits. Followed by mediation, that can transform the human mind and bring peace, understanding and healing vibration of divine love into the whole body. I dare to say that even during working hours, into which most of us enter in the morning, yoga can play an important role. Thanks to the knowledge we gained through yoga, we deal with work situations more easily. Six treasures of gyana yoga serve us as pillars in communication with our colleagues, friends and family members, yama and niyama from raja yoga adjust our behaviour and protect us from mistakes. Equally important is that the aspirant should pay to the meaning of seva, unselfish service to others – to people and other living beings on our beautiful planet Earth. After we fulfil our everyday duties to the society, we can again invite our companion yoga for the favourite practice; evening contemplation can become time for evaluating our day as a tool for self-reflection.

There is a chance that during meditation or prayer the Supreme will accept the invitation for personal consultation and will fill the souls of the practitioners with His presence. Tratak – concentration on the candle flame is often pleasant conclusion of the day with many yogis, purifies negative energies that might have accumulated during the day and tune the mind to a peaceful sleep. The system, according to which I have been practicing for almost 30 years, is named Yoga in Daily Life. Yoga is my daily life and in my daily life I am discovering enumerate benefits of yoga.

As a yoga teacher I meet hundreds of enthusiastic practitioners of all ages and I have realised that Yoga in Daily Life has something to offer to everyone independent of age or gender, it speaks to people from various religions and atheists too. Someone is looking for benefits for the body, others are searching for help to calm the mind, many want to learn relaxation techniques at our yoga classes that liberates them from stress and inner tension. There are many reasons why people come to Yoga in Daily Life classes and they leave the class happy. I am not going to start describing the benefits of individual yoga postures, the experienced one know them and people new to yoga can read about them in the literature. I would like to describe them with widely used description – yoga is the way to physical, mental, social and spiritual health. This is the main motto of the yoga system I chose whose author, Vishwaguruji Paramhans Sri Swami Maheshwarananda, gives us the line – Yoga in Daily Life – harmony for body, mind, consciousness and soul. This is the exact way I also perceive the benefits of yoga myself.

Now I would like to let out the bridle of my imagination and use few poetic parables. Yoga is like a sun, that offers its warmth, radiance and glow to all without discrimination. Yoga is a ray of light, that can light the darkness of ignorance, ray of hope in every life situation. Yoga is as beautiful as a lotus flower, floating above the water surface; it shows us the option to stay above, not to be pulled into the waves of restlessness of the outside world, waves of worries, pain and suffering. Yoga is a spring of clear water, that never dries and anyone can drink from the nectar of its wisdom and knowledge. Yoga is a safe boat, onto which you can get in the happy times as well as troubled times. You can have short or long voyage or stay in this boat forever. Yoga is a magic wand, that can bring peace and sustainable development to the Earth. If everyone on this planet would practice yoga, in my opinion it would turn to real paradise.

From the depth of my heart, I thank to my Guru Vishwaguruji and all the masters of Sri Alakhpuriji Parampara for personal guidance of each step on my yoga pilgrimage.

With love, humbleness and gratefulness I bow in front of Mahadev Shiva, first yogi, that brought yoga to humanity. I wish to all humankind, to experience the benefit of yoga.

Sita Rojova, Czech Republic, Prachatice



Károly Kovács
President Yoga in Daily Life Budapest, Hungary



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Respected Vishwaguruji,

Dear Conference Delegates,

It is a great honour and privilege to be the Hungarian representative of the System – Yoga in Daily Life (YIDL) founded by Vishwaguru Paramhans Swami Maheshwarananda. Vishwaguruji has been contributing to the maintenance of the physical, mental, emotional and social health of Hungarians since 1978. During the last four decades he has annually guided approximately three week-end seminars and similarly two-week long summer *sadhana* camps in Hungary where the number of participants from time to time was well over fifteen-hundred.

Vishwaguruji has been regularly visiting the more populous Hungarian cities (Budapest, Vép, Érd, Győr, Szeged, Kecskemét, Kétegyháza, Mezőtúr, Debrecen, Miskolc, Nyíregyháza, Tata, Tatabánya, Szombathely, etc.), delivering lectures on the *Sanathan Dharma*. Vishwaguruji is also known as the Ambassador of Peace. His teachings and the techniques of YIDL are of immense assistance for those who wish to create and sustain their inner peace and practice the principle of *ahimsa* (non-violence). Vishwaguruji regularly attracts his disciples' attention to the fact that the state of peace should not be expected from others and the notion of peace cannot be externally imposed upon anyone, it is rather the acts of loving-kindness and mutual respect that lead to peace.

In 2002 Vishwaguruji initiated a series of World Peace Conferences, a regular programme of the Sri Swami Madhavananda World Peace Council that is dedicated to Hindu Dharmasamrat Paramhans Swami Madhavananda and hallmarked by Mahatma Gandhiji with the main objectives of fostering world peace, cultural exchange, dialogue between religions and nationalities, ethic education and healthy lifestyle.

In 2009 Hungary was pleased to host the World Peace Summit titled the "Inner Peace – the Answer to World Conflicts" with a number of distinguished speakers from the United Nations, ambassadors of various countries accredited to our country, Hungarian ministers, mayors, representatives of political parties, university rectors as well as leaders of diverse religious communities. Mr. Surya Kumar Bose the grandnephew of the great freedom fighter, Netaji Subhas Bose and Mr. Arun Gandhi, the grandson of the Mahatma were the keynote speakers of the event.

I should further like to take the opportunity to congratulate Vishwaguruji for his participation and the compelling lecture he presented, in New Delhi on 8 January 2018, on the conference 'Integrative Oncology: Future of Cancer Care'.

Please accept my sincere appreciation, gratitude and best wishes for the conference titled "Yoga and World Peace" at the UN Headquarters in New York, on 7 March, 2018.

Respectfully:

Mahaprabhuji Ashram – Hungary
Krishnanand Károly Kovács
president, special advisor
of the National Centre of
Yoga in Daily Life System

Dr. Tamás Cseuz
President of Yoga in Daily Life Society



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Respected Vishwaguruji, Dear Guests and Conference Participants,

It is an honour for me to share with you some of my thoughts on life free of violence, on animal protection and sustainable development.

First of all, please allow me to briefly introduce myself: I have been working as a veterinarian for over 20 years. My job offers me the opportunity to cooperate with animal rights organizations and animal rescue professionals. We jointly try to reduce the suffering of injured or sick animals.

I am convinced that the practice of non-violence primarily depends on how we apply ethical principles of spiritual teachings, especially in the education and upbringing of children. Setting an example is way more authentic than sharing ideologies.

Let me give you an example for the contradiction of theory and practice: the Hungarian animal welfare law in force entails the sentence: "...animals are capable of feeling, suffering and rejoicing, respecting them and ensuring their well-being is a moral obligation of all people."

This is a very beautiful phrase that holds a deep and important truth. But then again, will there be fewer animals slaughtered for food production? Unfortunately and obviously not.

The question arises: why is this duality to be experienced? On one hand we have to respect and ensure the well-being of other living beings as, like us, they are able to suffer and be happy, and on the other hand one can kill them and may eat them without any consequence. If the legislators have acted responsibly and on the basis of real knowledge, how is possible to fully counteract the law thousand times on daily basis?

I call the problem "collective schizophrenia." I do not want to stigmatize anyone, so I have to confess that I was born and brought up in the same way. This fog in the social-consciousness is so strong that many positive minded, animal loving people are unable to see through it. Often they do not understand why it is so important to avoid harming animals. Non-violence should not only apply for those domestic animals we love and share our lives with, but it should be extended all living beings.

From my conversations with pet owners it became clear to me that most of them have never seen an example of vegetarianism due to the commitment to spiritual principles. During their education and upbringing they have not heard about the importance of the principle of not harming others.

I was also unaware of the latter until the age of 28 when I came across yoga, through the System - Yoga in Daily Life established by Vishwaguruji. It was through Vishwaguruji that I first heard about ahimsa, the most important moral principle. This knowledge fundamentally changed my life just as many other people's fates as well. I am sure that realizing the deep spiritual meaning of ahimsa makes one a better human being and better citizen, who is capable of advocating the peaceful life of the whole society.

I am convinced that the principle of non-violence should be taught from the earliest age. The best way is the example set by the parents, but we should also find place for it in school education.

A series of scientific studies confirm the positive effects of yoga, non-violent and vegetarian lifestyle on the human body, mind and the environment. Because of the children's natural and clear thinking they are exceptionally susceptible to these principles. As a parent and as an active member of the society I feel that it is our responsibility "to walk our talk" and pass this knowledge to the future generations.

Thus we can also to protect our planet's wildlife and contribute to sustainable development. This is of fundamental significance and the most important task of all human being.

Dr. Tamás Cseuz (Cetan Puri)
veterinarian, yoga instructor,
President of the Yoga in Daily Life Society



Tibor Kökény
Psychologist

Supporting Athletic Performance with the Techniques of Yoga in Daily Life System

Respected Vishwaguru Maheshwaranandaji,
Dear Conference Participants,

I am honored to greet you on the occasion of the conference Yoga and World Peace at UN Headquarters, New York.

By my profession I meet people with different problems like depression, anxiety, panic attacks and so on. Beside psychological methods my patients get relief from different yoga techniques like yoga nidra (deep relaxation) to improve self confidence and pranayam techniques to release tensions and revitalize themselves.

A special section of my work is bound to sport. Athletes mostly are well prepared physically but lack a strong concentration. They can benefit from the techniques described in His Holiness Maheshwaranandaji's book *Yoga in Daily Life System*. When used properly these techniques can enhance regeneration that is essential to top athletes since heavy trainings need high quality roboration. Among the best techniques are meditation and pranayams, breath exercises. *Yoga in Daily Life* provides such methods like Self Inquiry Meditation that teaches "changing perspective" that gives athletes mental flexibility and they can re-evaluate their situations that can change from loss to gain. Pranayams supply extra oxygen that is a source of vital energy for metabolism and breath can improve concentration through elevated functions of the nerve system.

I was lucky to meet such athletes who won Olympic Gold Medal (Éva Risztov, 2012 London, 10 km swimming), Deaflympic Gold Medal (Gábor Máthé, 2013 Sophia, tennis single) and National Gold Medal (FTC Female Handball Team, 2015; Gergely Kántor – Hungarian Chess Blitz Champion, 2016) with my contribution. Mostly my work with these athletes included many *Yoga in Daily Life* techniques from Vishwaguru Maheshwaranandaji. Other athletes also benefited from *Yoga in Daily Life* that seems to be a strong and effective method to enhance performance for marathon runners, fencers, football players, judo competitors, motor racers and so on.

These athletes benefited not exclusively from the physical, energetic and mental techniques of *Yoga in Daily Life*. They utilized the classic principles from Yama and Niyama, like strong willpower given by Tapasya, fair play as honesty and truthfulness by Satya, and personal hygiene by Shaucha. I wish success and good health to all of you on the path of spreading peace and harmony all around the globe.

Sincerely and respectfully
Tibor Kökény
Psychologist from Budapest, Hungary

Susan Mulder - van Rooij
Yoga in Daily Life Society - Netherland

Certainly that well-being of the individual and the general community is based on cultivating of physical, mental, social and spiritual health. And that can be achieved through study and practice of the System "Yoga in Daily Life".

The System was designed by Vishwaguruji Paramhans Swami Maheshwarananda to meet the needs of our modern times and takes into account psychosomatic conditions caused by improper lifestyle, stress, anxiety and mental diseases. The System encompasses the authentic ancient knowledge, wisdom of India and modern science. By practicing the System huge numbers of people all over the world have improved their physical health, found harmony within themselves, in their families and society, got certainty, clear thinking, became more aware of nature's beauty. What a precious gift in our hectic and stressful modern life!

The System "Yoga in Daily Life" is practiced in Ukraine for 15 years, the most widely adopted in Cherkasy – the spiritual heart of Ukraine. In this city you can find the System in sport centers, rehabilitation centers, cultural centers, private clubs etc.

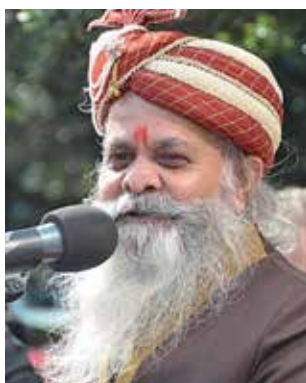
Opening of yoga-center in Cherkasy became outstanding and so expected event for the citizens of this city in September of 2014. There are some special classes held, which are also the part of the System "Yoga in Daily Life" - Yoga for children, pregnant women, Yoga against back pain, high blood pressure, diabetes and Yoga for the health of the joints.

In Rehabilitation and Healthcare center "Astra", which is supervised by Head Doctor Iryna Volostchenko, more than ten years *Yoga in Daily Life System* is used for rehabilitation of disabled people, Chernobyl liquidators, peacekeepers, people after myocardial infarction, stroke, people with spinal or limbs injury, women after mastectomy, children with infantile cerebral paralysis, etc.

A lot of attention *Yoga in Daily Life* pays to protection of environment and all living beings. During one of his visits to Cherkasy Vishwaguruji participated in a Conference about Ecology. In his speech, His Holiness Swamiji emphasized the importance of Ahimsa (non-violence) and vegetarian lifestyle for the sake of environment and protection of life on earth. A lot of people all over the world became vegetarians, having been inspired by example of Swamiji and his words of wisdom.

Along with Archbishop of Cherkasy and Chygyryn Ioann and other priests His Holiness Swamiji took part in the World Peace Prayer event that was organized by the Cherkasy "Yoga in Daily Life" Society.

Significant event during Vishwaguruji's visit in 2010 was planting of a Peace tree together with Mayor of Cherkasy Mr. Sergiy Odarych in Park of 50th Anniversary of October. "It is a remarkable event for city to host the mentor of ancient teaching of yoga. I consider it is a great honor for me to plant together with Swamiji "tree of peace". Hope that knowledge, peace and purity, that His Holiness radiates, will be passed through this tree to all the citizens of Cherkasy", -admitted the Mayor. After that there were planted more than hundred trees by the Cherkasy and Kyiv Society of "Yoga in Daily Life".



Naginbhai Neil Ghelabhai Patel

Vice President - Sri Madhavananda World Peace Council
Vice President - Yoga in Daily Life Society (New Zealand)
Co Chairman - Pujya Mahatma Gandhi Commemoration Committee
New Zealand.
Celebrating International Day of non-violence and peace

Divyapuri

Yoga in Daily Life - Wellington



Harmony for Body, Mind and Soul

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Hari Om

Paramhans Sri Swami Madhavanandaji (Holy Guriji) has written in *Lila Amrit*, his book on the divine life of his master, Sri Deep Narayan Mahaprabhuji, that God is existent within each and every living being and that as humans we have the possibility to realise our DEVINE descent. Yet only a rare few know of this inner treasure and set out to find it.

In all religions those great souls who have directly experienced God and have dedicated their life to Him are worshipped as saints. But there is one fundamental difference between western and eastern way of thoughts - in the west, these great souls are acknowledged as saints only after their death and not during their lifetime, whereas in the east, the idea of a living saint is absolutely conceivable - indeed fervently prayed for. God hears the prayer of His devotees and fulfills their wish through the birth of a saint so that the ordinary person too, may directly experience Him.

Sri Swami Madhavanandaji was one such saint from the state of Rajasthan, India. He was revered by thousands, many of whom still live today, who knew and worshipped him. God inspiration and awareness was brought to many who had the privilege of meeting him, including myself, before his moving on to eternal world. His and Mahatma Gandhiji's message on Truth, Love and Peace inspired me and millions throughout the world. His teachings on Sustainability and re-using materials to save the world are "fundamentals for the world to follow".

Inspired by him our prayers for peace, non-violence, love, respect and faith can save today's world and allow mankind to be respectful, lovable, content and peaceful.

"May peace prevail within us."

Naginbhai Neil Ghelabhai Patel
Vice President - Sri Madhavananda World Peace Council
Vice President - Yoga in Daily Life Society (New Zealand)
Co Chairman - Pujya Mahatma Gandhi Commemoration Committee New Zealand, Celebrating International Day of non-violence and peace.

17 February 2018



Yoga in Daily Life Society (New Zealand)
23 Jessie Street
Wellington 6011

Firstly, congratulations from the Yoga in Daily Life Society in New Zealand to the organisers of this **Yoga for World Peace** conference being held on 7 March 2018.

Next, let us consider what Yoga really is. By definition Yoga means union, joining together, harmony, balance. Any effort in that direction is in fact a contribution to inner and outer peace. The more people adopting the ideals of unity and harmony in their lives, more peace and harmony is spreading in the community. And as a fire starts from a small flame and then spreads growing bigger and bigger, so these ideals grow and spread from individuals and smaller groups, to larger groups and communities, to cities and countries.

Yoga teaches or reminds us of essential ancient principles that help us shape our daily lives and our conduct more and more towards the ultimate aim: the unity and oneness of all. One such principle is Ahimsa, non-violence. As our beloved Vishwaguruji tells us, "Ahimsa Paramo Dharma" - non-violence, not to harm, is the highest principle, the life-guideline of the highest priority. Yogis say that even Satya, another essential principle, the principle of telling and sticking to the truth, has to give priority to Ahimsa. In other words, if by telling the truth we would hurt someone, it is better to avoid saying that truth and instead say something kind and friendly. Sometimes, life places us in delicate situations when we have to make a decision: if we say the truth, someone's life may be in danger; and if we want to protect their life, we may have to avoid saying the truth or even say what might be considered a lie. So, by choosing to save or support a life, we are choosing Ahimsa and we are not committing a sin or a bad karma, on the opposite, we are following the highest Dharma.

Another principle from Raja Yoga is Santosha, contentment, inner satisfaction. When we stop to think, why people in the world actually fight and kill one another, we can find that among the main causes are dissatisfaction and greed. By contemplating on the Santosha and working on developing more contentment in our lives, at some point we come to realize that having more money, more land, more power, more fame will not actually make us happy. We realize that by helping others, giving instead of taking, loving instead of hating, supporting instead of fighting, building instead of destroying, our happiness grows. For our true Self knows and makes us feel that these positive feelings, words and actions are bringing us closer to our ultimate goal: the Oneness of God-Realization.

May your presence and contributions at this conference contribute to the spread of positive change in individuals, communities, nations and internationally.

Om Shanti

Divyapuri

Nevena Savitri Simin
Yoga in Daily Life - Serbia



Harmonija tela, uma i duše

Society „Yoga in Daily Life“ - Serbia
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“Yoga in Daily Life” and World Peace

How to get peace between people, nations and cultures? And after we get it, how to keep it? Such a mission requires healthy people, individuals, who can influence their surroundings, and then, by the system of concentric circles, spread to society in large.

One of the possible and very practical answers gives us, the science of Yoga, and especially the System Yoga in Daily Life, whose author is Vishwaguru Paramhans Swami Maheshwarananda.

As one cannot influence all people and all of the social processes in the world, it is advisable that individuals first have to work on themselves, to realize peace within and become as Gandhi said: *“Be the change you want to see in the world.”*

A healthy person is satisfied, accepts other people, is interested in peace among people, and wants happiness, health and progress. A healthy person is able to face his own bad qualities, gradually weaken, and then remove them. A healthy person has a healthy family and contributes to the health of the entire society in the sense in which is spoken since ancient times.

In the Ashrams of Yoga in Daily Life around the world, trained instructors have been holding exercises based on a scientifically proven system. In the System of Yoga in Daily Life, approach to health is according to the physical, mental, spiritual and social wellbeing. A system of exercise (asana, pranayama, banda, mudra) for bodily health- as well as nutrition (what to drink and eat). Meditations, contemplations, mantras - for mental health. For spiritual health, the principles of karma yoga-unselfish work and for social health, the principles of behavior and the development of desirable human qualities.

When a human being fulfills the Dharma, following dharmaic principles, then he climbs along an evolutionary scale of consciousness and approaches one of the important stands on the spiritual path: he reaches to Anand - bliss. One of the frequent sentences from Vishwaguruji's lectures is: *“Every living being wants to be happy!”*

Acquiring any form of health, its maintenance and advancement is vastly supported by Swami Maheshwarananda at his Satsangs – sermons and lectures. For more than four decades, he interprets, illuminates, explains, and little by little, leads his students and those who come to listen, to clearer knowledge what means „being a human“.

Vishwaguruji repeated the simple sentences many times, in many places where he had meetings with people: *“For every man, every day is different, only for the saint every day is golden.”* The saint has a simple life without much desire and expectation, but his thoughts are exalted, turned to God and for the benefit of the divine creation. Only a saint can tell a man: *“Human life is a precious diamond that is rarely and hardly obtained.”* And warns: *“Watch how you use this gift in your life.”*

In order for this diamond to be used for the benefit of humanity, and then for the well-being of the environment and society as a whole, everybody should say, according to the advice of Swami Maheshwarananda, to themselves every day - *“I am a human”* and to think about the meaning of that sentence. Then every day they need to ask - *“What does it mean for me to be a human?”*; *“What makes me a human?”*; *“What qualities are purely human and what not?”* And more: *“How to develop, control and improve human traits and suppress those which are not?”*

Contemplation on these issues will develop positive energy in person and suppress negative, in other words, liberate hidden power within. Through such an effort, and thinking, a person could heal own life and wisdom will come. It is a step towards peace throughout the world.

Nevena Savitri Simin

Yoga in Daily Life - Slovakia

In the footsteps of Indian rishis

“In the age of cruelty one can't almost believe that someone would reject the law of brute force. I believe, however, that non violence will finally prevail.”
Gandhi

Every time the world peace is discussed, we somehow happen to think of all those Indian rishis, the past ones as well as the present ones, and of... Mahatma Gandhi (1869–1948), the messenger of peace. Mahatma Gandhi is the shining example of bringing yoga principles into everyday life. His life demonstrates how via non violence – the highest yoga principle – major society wide changes can be achieved without atrocities and wars. It serves as an example for all those who still believe that the world can exist without wars and people can solve their disputes with understanding and sympathy. If we gain inner peace and knowledge also with the help of yoga, we will move one step closer to this kind of world.

At the end of last year we asked the Prime Minister of India J. E. Narendra Modi to propose to the UN to declare 2019 – the year of 150th anniversary of the birth of Gandhi – the Year of Non Violence. The respect that Mahatma Gandhi and India gained in the international community could thus again help achieve that which matters most – a world without wars.

We sincerely wish that our world was free from wars and that all of us – humans as well as all other beings – lived forever in peace, having natural relations. It is also for this reason that we posted Gandhi's ideas in the buses of one Slovak town this January. They had already inspired the leaders of the so called Prague Spring (1968), a reform movement that sought to create a society with “a human face” in Czechoslovakia, also the representatives of other movements (Civil Forum, Public Against Violence) that brought the Czech and Slovak society to political changes (to democracy) in 1989.

In Slovakia we keep his letter (in the Slovak National Library), we have got a street named after him (in Martin), and as of 2007 we commemorate here, in many towns, especially due to the numerous sympathizers of Yoga in Daily Life, the International Day of Non Violence declared by the UN in honour of Gandhi's birthday.

Many people believe that also the dissolution of Czechoslovakia (in 2000 into the Czech Republic and Slovakia) was non violent thanks to, among other things, the effect of Gandhi's example or also the then activity of Swami Maheshwarananda – another important world leader and social reformer of Indian origin. (Until then, and also after that, the political division of many other countries in the world was not free from violence.)

If the example or the direct activity of these personalities (and also of many others today as well as in the past) could positively influence and continue to influence the development and life in certain regions of the world, why couldn't they, in the end, positively influence it everywhere, in the whole world?

How? It only takes to listen to them. Let oneself be inspired by them and follow them.

We are sending our best wishes to all the participants of the World Peace Summit 2018 in New York. We see it as a breakthrough event in the next development of this world.

All the best.
Yoga in Daily Life Slovakia



RNDr. Allan Dudinsky
President of Slovak Union Yoga In Daily Life



Slovenská únia Joga v dennom živote


Dear conference, ladies and gentlemen, brothers and sisters.

No external revolution can free a man whose soul, spirit are enchained.


Building peace in society, among nations is hard, unless we find inner peace inside ourselves, in our hearts. For more than 40 years Mahamandaleshwar Paramahansa Maheshwarananda has been visiting Slovakia and teaching us how to cultivate our physical, mental and spiritual health. His activities inspire us to be good people, useful for the nation and the mankind. Yoga techniques enable us to get a view of ourselves, our place in society, sense of our life. During those 40 years Vishwaguruj has trained hundreds of instructors who give courses in 70 smaller, medium-sized and large centers, clubs and ashrams of Yoga In Daily Life. These centers, which train thousands of people a year, are a spiritual and personality clinics. It is where we work with our body, cultivate our inner environment, our soul. We grow respect for life, respect for all living beings, respect for all religions, cultures, natural environment and nature. Yoga In Daily Life runs several vegetarian restaurants, we plant thousands of trees every year. The idea of hundreds of yoga courses is not only physical exercise, but mainly active promotion of a healthy life style, both externally and internally. Through our lives, our activities in families, small communities and yoga courses we are trying to cultivate collective consciousness of our surroundings towards peace, understanding and love, towards the need to work on ourselves, work for others, for the benefit of the country we live in and for the benefit of the Earth. It may be little, but life itself was started through reproduction of a few cells. This is why we are optimistic and believe in a universal, unifying and balancing principle of yoga.

RNDr. Allan Dudinsky
President of Slovak Union Yoga In Daily Life

Joze Sraka
President, Yoga in Daily Life Slovenia



YOGA UNION OF SLOVENIA



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Most respected Bharat Gaurav H.H. Vishwaguruj Paramhans Maheshwarananda, founder of the Sri Swami Madhavananda World Peace Council and author and founder of Yoga in daily life system,

Excellences, dignitaries and respected international delegates!


Allow me first to congratulate most respected founder of the WPC for the conferences organized in the past years, such as remarkable 2015 United Nations Vienna WPC Conference, as well as marvellous 2016 Prague WPC Conference. Several speakers and delegates from Slovenia attended them and the unforgettable experience gave representatives from Slovenia even more enthusiasm and honour to attend 2018 United Nations New York WPC Conference.

It is our firm belief the topic of this year's conference "Yoga and world peace" is excellent for your and WPC continuous endeavours. As it has been reaffirmed throughout the history of the humankind inner peace is the necessary prerequisite for any kind of broader outer peace in the society, and we are more than certain Yoga is that particular path to the all-embracing goal. All one needs to do is to start walking on this path. You are showing us examples constantly and it is our choice, and not the lack of knowledge, preventing us or encouraging us to follow those examples. We would like to affirm you our full support regarding all humanitarian projects you are dedicating to the humankind, nature and environment with special emphasis on society. Without the light you are representing in the modern world we would simply remain lost and goalless in the artificial environment, with more and more so called smart devices and consequently less and less inner capabilities and smartness. Thank you endlessly for your guidance and selfless serving!

Most respected Bharat Gaurav Vishwaguruji Maheswarandanda and respected international delegates, please accept our sincere congratulations for yet another remarkable conference, this time at the very heart of the most important global organization. Yoga is a path to peace and let me reassure you we will make sure to take care of our inner light to become and remain active part of that peaceful society we all strive to live in.



Jože Sraka
President



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Yoga in Daily Life - South Africa



Harmony for Body, Mind and Soul

Yoga in Daily Life South Africa

Yoga for World Peace

The knowledge, wisdom, love and constant inspiration and support of His Holiness Vishwaguru Paramhans Sri Swami Maheshwaranandaji, the Fellowship and the System *Yoga in Daily Life* provide a crystal clear education and complete reference of the complexity, nature, potential and beauty of what it means to be a human being in this world.

A lack of authentic knowledge and education about the complete human body and being, spirituality, living in harmony with nature and outdated conditioned thinking patterns can be addressed by practising *Yoga in Daily Life*. The system *Yoga in Daily Life* provide a perfectly balanced knowledge framework at an individual level for practical and sustainable lifelong learning, self-development, management and growth that promotes health at every level of a person and society, that ultimately leads to living in harmony with nature.

With knowledge and a better understanding of yourself and your body, your relation to yourself, others, animals and nature also improves. Education increases your awareness and attention but very little; wrong or contradicting and confusing information is available to take better care of your wellbeing and how to live in the world today. *Yoga in Daily Life* gives us the knowledge, guidelines and benefits of how to pay proper attention to your complete being including the physical body, emotions, energy and intellect and the health benefits of a vegetarian diet for all to protect and care for all creatures on earth, to preserve natural resources and respect and restore nature and the earth to accommodate us all.

With proper education an individual can grow a better understanding, perspective and improved thinking processes with a broader vision to realise how to live and what it means to be a human being. If one is aware of your total being and the impact of your thoughts, actions, words and deeds one would always strive to analyse and overthink and attempt to always act with wisdom and kindness. Respect, tolerance, dignity, understanding, forgiveness and welfare would increase towards self, all others, all creatures and nature.

Yoga in Daily Life is a lifelong gift of how to practically connect with your body, to release stress and tensions and to always direct you towards the positive. The knowledge of the chakras helps us to understand the intricate energy centres in our bodies to increase our life force, positive energy and talents and to minimise our negative qualities and tendencies.

With Vishwaguruji's teachings, support, protection and love and the System *Yoga in Daily Life*, we are always directed towards the positive in a world that is in chaos. If all of humanity could operate with positive energy, thoughts and actions and live as true human beings, the world would be a better place for all.

Yours sincerely, with best wishes for all and much gratitude to Gurudev Vishwaguruji.

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Yoga in Daily Life - Ukraine



Certainly that well-being of the individual and the general community is based on cultivating of physical, mental, social and spiritual health. And that can be achieved through study and practice of the System "Yoga in Daily Life".

The System was designed by Vishwaguruji Paramhans Swami Maheshwarananda to meet the needs of our modern times and takes into account psychosomatic conditions caused by improper lifestyle, stress, anxiety and mental diseases. The System encompasses the authentic ancient knowledge, wisdom of India and modern science. By practicing the System huge numbers of people all over the world have improved their physical health, found harmony within themselves, in their families and society, got certainty, clear thinking, became more aware of nature's beauty. What a precious gift in our hectic and stressful modern life!

The System "Yoga in Daily Life" is practiced in Ukraine for 15 years, the most widely adopted in Cherkasy – the spiritual heart of Ukraine. In this city you can find the System in sport centers, rehabilitation centers, cultural centers, private clubs etc.

Opening of yoga-center in Cherkasy became outstanding and so expected event for the citizens of this city in September of 2014. There are some special classes held, which are also the part of the System "Yoga in Daily Life" - Yoga for children, pregnant women, Yoga against back pain, high blood pressure, diabetes and Yoga for the health of the joints.

In Rehabilitation and Healthcare center "Astra", which is supervised by Head Doctor Iryna Volostchenko, more than ten years Yoga in Daily Life System is used for rehabilitation of disabled people, Chernobyl liquidators, peacekeepers, people after myocardial infarction, stroke, people with spinal or limbs injury, women after mastectomy, children with infantile cerebral paralysis, etc.

A lot of attention Yoga in Daily Life pays to protection of environment and all living beings. During one of his visits to Cherkasy Vishwaguruji participated in a Conference about Ecology. In his speech, His Holiness Swamiji emphasized the importance of Ahimsa (non-violence) and vegetarian lifestyle for the sake of environment and protection of life on earth. A lot of people all over the world became vegetarians, having being inspired example of Swamiji and his words of wisdom.

Along with Archbishop of Cherkasy and Chygyryn Ioann and other priests His Holiness Swamiji took part in the World Peace Prayer event that was organised by the Cherkasy "Yoga in Daily Life" Society.

Significant event during Vishwaguruji's visit in 2010 was planting of a Peace tree together with Mayor of Cherkasy Mr. Sergiy Odarych in Park of 50th Anniversary of October. "It is a remarkable event for city to host the mentor of ancient teaching of yoga. I consider it is a great honor for me to plant together with Swamiji "tree of peace". Hope that knowledge, peace and purity, that His Holiness radiates, will be passed through this tree to all the citizens of Cherkasy", -admitted the Mayor. After that there were planted more than hundred trees by the Cherkasy and Kyiv Society of "Yoga in Daily Life".

Yoga In Daily Life - UK

Yoga In Daily Life - Alexandria

Yoga in Daily Life - UK | Yoga in Daily Life Scotland

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**Sri Swami Madhavananda World Peace Council Conference | Yoga and World Peace
7 March 2018 | UN Headquarters | New York | USA**

Warm greetings to all Conference participants, and heartfelt gratitude to His Holiness Vishwaguruji Paramhans Swami Maheshwarananda for initiating this important event.

We are indeed living in a wondrous age – when all the knowledge so far revealed to humanity regarding the science and philosophy of living a healthy, happy life is at our fingertips, and yet there is still dissatisfaction, disharmony and discord in the hearts and minds of many people, and between many communities and nations on Earth. However – there is hope...

YOGA is the principle of peace, harmony and unity. And YOGA is a practical science of life – in addition to the great body of knowledge presented in its ancient teachings, YOGA provides practical techniques that we can apply not only in our set-aside periods of 'practice', but that we can also consciously utilise in our daily activities whilst living in this modern world.

As a revered and respected teacher, His Holiness Vishwaguruji has always emphasized this **practical application** of the theoretical wisdom, and has especially done so by presenting systematic guidance to living a healthy peaceful life and giving it the name **'Yoga in Daily Life'**.

Through applying just some of the many wise principles of YOGA in our day-to-day behaviour, we can begin to find the **inner satisfaction, harmony and peace in ourselves** that we all seek, and thereby contribute to a **greater peace and harmony in the world at large** via our interactions with others.

For example, the set of YOGA principles known as **YAMA – ahimsa, satya, asteya, brahmacharya and aparigraha** – remind us to **restrain from harming, lying, stealing, indulging and being possessive, in our feelings, thoughts, words and actions.**

And the YOGA principles known as **NIYAMA – shauca, santosh, tapas, svadhyaya and ishvara pranidhana** – encourage us to **maintain cleanliness of body and mind, be accepting of what is out of our control, persevere in our endeavours, study diligently our own thoughts and feelings, and focus with devotion on the sacred Divinity and goodness within all.**

Another fundamental principle of YOGA – which is the beginning point, the ongoing practice and the ultimate result of YOGA – is heightened awareness. **The techniques of YOGA practice are all designed to help us develop finer, deeper and more expansive awareness.**

Awareness – and especially self-awareness – empowers us to see opportunities and enables us to make choices in our lives. Life constantly presents us with opportunities to which we may respond, and the choice to do so in a way that is conducive to peace, or otherwise. **The choices we make have an influence not only on our own live but also on others** – people, animals, vegetation and the environment around us.

The task for us as humans is to develop a greater awareness of the **consequences of all that we think, say, consume and do**, and to wholeheartedly take on the **responsibility to make choices that will enhance peace, harmony and compassion in this world.**

We pray for the **World Peace Council Conference** to successfully inspire all guests, participants and observers to act in this positive direction, and we trust that with confidence, faith and determination it will be so.

On behalf of the members of *Yoga in Daily Life* in England and Scotland.

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Harmony for Body, Mind and Soul

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"Yoga and World Peace"

A Statement from Yoga in Daily Life USA
On the Occasion of the New York United Nations World Peace Council Conference
March 7, 2018

The Yoga in Daily Life centers of the United States offer the sincerest wish for a rewarding outcome to Vishwaguru Paramhans Swami Maheshwarananda, founder of the World Peace Council and the Yoga in Daily Life system, and his distinguished colleagues at this momentous conference.

With yoga being more popular everywhere, often promoted as mere "fitness," we are fortunate that spiritual centers such as Yoga in Daily Life continue to teach the authentic yoga that offers holistic benefits for body, mind, and soul. Thanks to Vishwaguru Maheshwarananda, Yoga in Daily Life remains strong in number and in popularity in multiple regions of the world, offering hope to those seeking the traditional yogic path—a path that starts with inner peace and continues with outer action.

Across the globe, Yoga in Daily Life practitioners are actively practicing the concept that "world peace starts with inner peace." Through their practice of the ancient wisdom of yoga, each of these individuals contributes to a reduction in conflict in the lives of those around them and in their communities. The effect multiplies as it reverberates onto the regional, national and global scales.

The large international gatherings at Yoga in Daily Life centers in Vienna, Austria, Vép, Hungary, and Střílky, Czech Republic, bear witness to this larger effect. Hundreds of individuals practice yoga and meditation together, reaffirm their commitment to achieving inner serenity, and return to their home countries where they contribute to harmony and peace. We are blessed in the United States to be one of the participating and, thus, recipient countries.

Mahatma Gandhi showed the world that what cannot be accomplished through government, politics, and nations, can often be achieved through the strength of individual spirits performing simple acts of non-violence and peace. We heartily endorse the premise of the conference that yoga is a path that leads individuals and, in turn, communities and nations to realize those outcomes on a grand scale.



Denis Licul

Secretary General, SSMWPC
Yoga in Daily Life New York, President



Yoga in Daily Life New York

It is my great privilege and honor to convey best wishes for a successful and inspiring World Peace Conference on Yoga for World Peace.

When I started practicing yoga in 1993, in my hometown of Labin in Croatia, even in my most daring dreams I would not have been able to conceive that one day I would be one of the cofounders of Yoga in Daily Life-New York, and have the privilege to serve as the Secretary General of the SMWPC and representative at the United Nations.

Yoga has balanced, enriched and altered my life, and lives of many people I know. The Yoga in Daily Life system, authored by HH Vishwaguruji, has brought the ancient knowledge, wisdom and practices in an approachable, yet comprehensive, way to people all over the world. With loving guidance and blessings, HH Vishwaguruji has awakened the consciousness of many in understanding the words of Holy Gururji--One in All and All in One--and inspired us to live the change we want to see, as Mahatma Gandhi taught with his own example.

The world today is in great imbalance, created with human behaviors driven by greed, selfishness, biases, hatred and ignorance. Mankind is in urgent need of a sustainable change. In the High-Level Political Forum on Sustainable Development in July of 2016, "Ensuring That No One Is Left Behind," in the final remarks by the president of ECOSOC, Mr. Oh Joon emphasized *the need of supporting technologies to change mindsets and behaviors.*

Luckily, mankind has inherited a proven technology for changing the mindsets and behaviors of humans, and it is called YOGA. Awareness of the tremendous benefits of yoga is growing daily, supported by abundant scientific research and recognition of yoga at the highest levels, such as by the United Nations.

In this light, I look forward to humbly serve, champion and contribute in sharing the knowledge of Yoga in Daily Life.

I congratulate SMWPC on the upcoming conference Yoga for World Peace, with best wishes for furthering the enlightenment of hearts and minds at the United Nations and around the globe.

Denis Licul - Kripadevi
Secretary general, SMWPC
Yoga in daily Life New York, President

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SRI SWAMI MADHAVANANDA WORLD PEACE COUNCIL (SSMWPC)
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